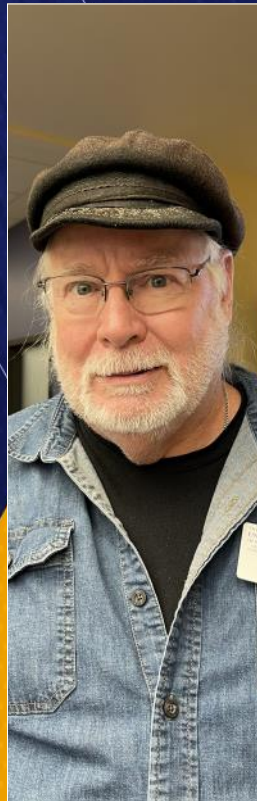


THE  
UNIVERSITY  
OF RHODE ISLAND  
OSHER LIFELONG  
LEARNING INSTITUTE



**A Learning Community of  
Adults 50+**

**FALL SEMESTER 2023  
September 11 to Dec 22**

**URI.EDU/OLLI  
401.874.4197**



## Director's Message

*Beth Leconte*

*As our days become shorter and cooler temperatures arrive, we know it is "Back to School" time. As lifelong learners we enjoy our OLLI classes and programs year-round without the pressure of grades and tests.*

*Our instructors are eager to engage you in new learnings and discussions with over seventy-five course offerings this fall semester. You can select from one-time presentations to others spanning three to six weeks. You might want to take advantage of our tours, special interest groups, and our newly introduced OLLI Extras.*

*We are also very excited to be working with Collette Tours providing trips to Spain, Greece, and Ireland. Enjoy your travels with new friends made at OLLI. Future trips include travel to the Azores and the British Isles.*

*Olli members serve on various committees representing our members and providing the leadership paving the way for future courses, events, and financial stability. Stop by the office and see how you might lend a helping hand.*

*All members are welcome to sit in our lobby, enjoy a cup of coffee, and gather socially with other members before or after classes. This is your "OLLI Home."*

*Tell your friends to come along with the classes and stay for the connections!*



## ***Fall registration starts August 22***

Classes fill up quickly so don't wait!  
There are four ways to register for classes:

🖱️ **ONLINE** - This is the easiest way to register. To [log on to your OLLI account](#) go to [URI.EDU/OLLI](http://URI.EDU/OLLI) and click on Member Login. Payment is accepted with a credit card: Visa, Mastercard or Discover.

☎️ **PHONE** - Call us to register! 401-874-4197

Office hours: Monday through Thursday, 9AM-5PM, Friday, 9AM-12PM

If you leave a message, we will do our best to return your call within 24 hours.

✉️ **MAIL** - [Download the registration form from our website](#) (or pick one up in the office). Fill it out and include a check (or call with credit card #) for payment.

Checks are made payable to URI. Mail form and payment to: URI OLLI, 210 Flagg Rd., Room 212, Kingston, RI 02881

😊 **IN PERSON** - Visit us! URI OLLI is located at 210 Flagg Rd. We are on the second floor.



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## **MEMBERSHIP INFORMATION**

Your membership must be valid throughout the duration of the classes you register for. If you're not sure of your renewal date, call the office at 401-874-4197.

## **SUGGESTED AND REQUIRED READING INFORMATION**

Due to space limitations, suggested and required readings are not listed in this catalog. Please check your class confirmation, log on to [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET) or check out our online catalog on our website: [URI.EDU/OLLI](http://URI.EDU/OLLI).

## **OLLI DISCLAIMER**

The courses offered by OLLI do not imply the endorsement of a particular philosophy, product, or procedure. The content is the view of the presenter and is for educational and informational purposes only and not as professional advice for specific cases or circumstances. Participants need to be aware of the potential risks of using limited knowledge when integrating techniques and procedures that are new to them. Participants need to consult their own financial, legal, and medical professionals for advice.

## **DISABILITY ACCOMMODATIONS**

If you have a disability and need an accommodation, please call the OLLI office at 401.874.4197, at least three business days in advance of the need. Interpreters require a minimum of two weeks advance notice, when possible. We are committed to equal access for persons with disabilities and we will make every reasonable effort to provide accommodations.

### THE UNIVERSITY OF RHODE ISLAND OSHER LIFELONG LEARNING INSTITUTE



The Osher Lifelong Learning Institute at URI provides learning opportunities to enhance the enjoyment, meaning, and direction of adult lives, as well as the health and well-being of adults, while developing a community of older learners.

Established in 2009 and offering diversified courses and activities, the OLLI at URI enjoys a rich relationship with the University.

Membership is open to anyone fifty years of age or better. Whether teaching, learning, playing, or exploring, OLLI members constitute a vibrant lifelong learning community.

The OLLI at URI is part of the national network of Osher Lifelong Learning Institutes funded by the Bernard Osher Foundation.

Closer to home, OLLI has ties with local community and civic organizations. OLLI members are essential in shaping, managing, and leading the organization.

# ABOUT



## Join Today!

Membership is **\$65** for one year and courses are priced based on length and format.

Take classes

Explore new subjects

Meet new friends

Lectures, discussions, and hands-on activities

Winter, Spring, Summer, and Fall semesters

Intergenerational classes

Tours and day trips

Interest groups for special activities

THE  
UNIVERSITY  
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**URI.EDU/OLLI 401.874.4197**

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OLLI continues to be a strong organization due in part to members serving on various committees providing leadership in partnership with the staff.

In the coming months we will be recruiting new members to serve on these committees:

Membership, Technology, Events, Curriculum, Finance, Advisory, Special Interest Groups, Outreach

Call the office for more information (401-874-4197) or email [olli@uri.edu](mailto:olli@uri.edu).

## **OLLI STAFF**

### **Beth Leconte**

*Director*

Phone: 401.874.2405

[bleconte@uri.edu](mailto:bleconte@uri.edu)

### **Roberta M. Palmer**

*Membership Services Director*

Phone: 401.874.4194

[roberta\\_palmer@uri.edu](mailto:roberta_palmer@uri.edu)

### **Beth Desrosiers**

*Operations Manager*

Phone: 401.874.4197

[beth\\_desrosiers@uri.edu](mailto:beth_desrosiers@uri.edu)

## **OFFICE HOURS**

Monday through Thursday

9AM to 5PM

Friday, 9AM to 12PM

## **IMPORTANT DATES**

### **Fall Semester**

Sept 11 – December 22

### **Winter Semester**

Jan 8 - March 14, 2024

## **FALL HOLIDAYS/OFFICE CLOSINGS**

Labor Day, Sept 4

Rosh Hashanah, Sept 16

Yom Kippur, Sept 25

Indigenous Peoples Day, Oct 9

Veterans Day, Nov 13

Thanksgiving, Nov 23

Day after Thanksgiving, Nov 24

Christmas, Dec 25

## **OLLI@URI WEEKLY NEWS**

Are you signed up for our weekly e-newsletter? Don't miss out on new classes, special events and announcements. News arrives in your email Monday mornings. Sign up by emailing

[olli@uri.edu](mailto:olli@uri.edu)

## **ADVISORY COUNCIL**

Paul Gricus, Chair

Steve Berardo

Phil Clark

Jennifer Demeter

Joanne Gemma

Debbe Hayes

Karen LaPointe

Louise Paquin

Eric Schonewald

Jet Vertz

## **FINANCE COMMITTEE**

Joe Gallichio, Chair

David Navin

Jayne Ogren

Steve Perry

Michael Pesta

Nicole Spaulding

## **CURRICULUM COMMITTEE**

Joan DeFinis, Chair

Beverly Carroll

Bill Cole

Mary Cole

Kathleen Gallichio

Linda Gatewood

Paula Grey

Mary Keane

John McGeehan

CJ Menard

Karen Montgomery

Paul Stein

## **EVENTS COMMITTEE**

Carole Duffy, Chair

Dyann Boudreau

Kathy Plante

Patricia Rye

Linda Trimball

## **TECHNOLOGY COMMITTEE**

Bill Meisner

Mary McAuley

Stephen O'Brien

Etta Zasloff

## **PROGRAM COMMITTEE**

Joan Yokow, Chair

Brenda Bibb

Gale Eaton

Emilia Gozalez-Torpey

Krystyna Kasman

Marie Lupino

Lori Pivarnik

Marie Schwartz

## **OFFICE VOLUNTEERS**

Jean Anderson

Cobi Bush

Gail Dupont

Sally Levesque

Marie Lupino

Debbie Murphy

Cindy Pacheco

Michael Pesta

Lorraine Rappoport

Nicole Spaulding

---

## **OLLI REFUND POLICY:**

- Memberships are non-refundable.
- To withdraw from a class and receive a full refund or credit, you must notify the OLLI office at least two weeks before the start of the class.  
Call the office at 401.874.4197 or email [olli@uri.edu](mailto:olli@uri.edu).
- No- shows forfeit their course fees.
- Day trips and special tours are prepaid so there are no refunds for cancellation or withdrawal.
- Classes that do not meet minimum student registration numbers are subject to cancellation.
- OLLI follows the University's policy of cancelling classes for certain holidays and because of inclement weather.



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#### Music

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## MAKE A GIFT TO OLLI

To make a secure donation on-line, go to  
[urifoundation.org/giveonline](https://urifoundation.org/giveonline)



### GIVE TO OLLI

We ask you to consider what an enriching experience OLLI is to your life, how it challenges you to keep sharp and engaged, and how these new friendships enliven your days, and make an annual contribution to support the OLLI Annual Fund Drive at URI.

Give at [URI.EDU/GIVE](https://URI.EDU/GIVE)

Scroll down to “Search for Funds” and type in OLLI.

## A Word About WAIT LISTS

If you get closed out of a class, you should always add your name to the Wait List. There are always cancellations before a class begins and we will call you if an opening becomes available. and register you over the phone.



## AN INTRODUCTION TO THE ALEXANDER TECHNIQUE

1 Session with Mara Sokolsky

Date: Sept 11

Time: 11:00 AM - 12:30 PM

Tuition: \$15.00 Limit: 25

The Alexander Technique is a century-old method of self-care that teaches you how to move and carry yourself more easily. Through a better understanding of anatomy and alignment you will learn how to relieve pain, prevent injury, and age more gracefully. After an introduction to the history and principles of the Alexander Technique, we'll do some simple movements more mindfully and learn mental cues that keep the body balanced and rejuvenated.

**Mara Sokolsky** graduated from the School for Alexander Studies in London in 1980. She has lectured about the Alexander Technique at Mass General Hospital, Tufts Dental School, and the Miriam Hospital. She has had private practices in Boston, Providence, New York City, and now Newport.

## ITALIAN I

8 Sessions with Dora Waters

Dates: Sept 11, 18, (skip 25), Oct 2, (skip 9), 16, 23, 30  
Nov 6, (skip 13), 20

Time: 9:30 AM - 11:00 AM

Tuition: \$65.00 Limit: 15

Although designed for beginners, classes will be conducted in Italian as often as possible, for students to adapt readily to the "bella lingua del paese" as they practice the five language skills: reading, writing, grammar, culture, and conversation. From time to time the class will form into small groups where participation is highly encouraged to build the confidence and understanding useful for future travel.



**Required text:** Donatella Melucci and Elissa Tognozzi: *Piazza* (Cengage Learning, 2014 or 2015). Go online to [Abebooks](#), [eBay](#), or [Thriftbooks](#), where you will find the student edition reasonably priced.

**For the first class:** Review Capitolo Preliminare, pages 4-16 in the text and then focus on pages 7 (Vocabolario), 8 (Vocabolario), 9, 11 (Vocabolario), 12, 13 (Essere e stare- to be), 14, 15 (I Mesi dell'Anno), 16 (I Numeri). Go to [wordreference.com](#) and install the free app for Italian on your cell phone.

**Dora Waters** is retired and has taught Spanish in public schools (all levels), Italian and Spanish at the Moses Brown School, and was an adjunct professor of Italian at URI and Salve Regina University over the past 40 years.

## WALKING RHODE ISLAND: HIKE IN THE FALL

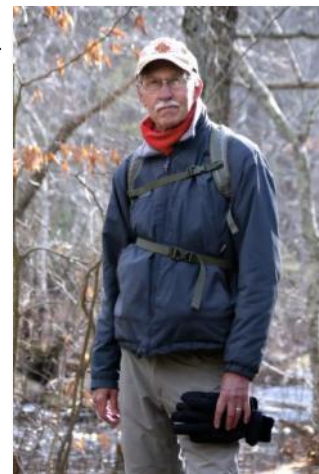
1 Session with John Kostrzewa

Date: Sept 18

Time: 10:00 AM - 11:30 AM

Tuition: \$15.00 Limit: 45

John Kostrzewa, who writes the "Walking Rhode Island" column for *The Providence Journal*, has been hiking across the state for decades. He'll share how and why he started, where he has hiked, and what he has learned on the trail. He'll discuss the history of the areas where he has hiked, including what makes RI's trails unique, and the variety of birds, trees, and geological features he has found. He'll also recommend places to walk in the fall and point out what you need to bring with you. Kostrzewa has compiled some of his columns into a book, *Walking Rhode Island - 40 Hikes for Nature and History Lovers*, with pictures, GPS coordinates, and trail maps.



**John Kostrzewa** worked for 45 years in the newspaper industry, including the last 29 at *The Providence Journal* as a business reporter, columnist, business editor, and assistant managing editor. He retired from the Journal in 2017, and spent the next three years as an adjunct professor at Bryant University, where he taught a writing workshop course to first-year students.

In 2020, he began writing freelance stories for the Journal about business and economics during the pandemic. In January 2021, he launched "Walking Rhode Island," a weekly column online and in the Sunday newspaper, about hiking in the state. A College of the Holy Cross graduate, Kostrzewa also worked at the Worcester Post, Lawrence Eagle-Tribune, and Akron (Ohio) Beacon Journal.

**Suggested reading:** The class will read several "Walking Rhode Island" columns.

**Assignment for class:** Links to the selected columns will be e-mailed to registered students before the class.

Keep  
Learning

Register online!

[URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)

## DEMISTIFYING THE COLLEGE ADMISSIONS PROCESS

1 Session with Kelly Walter

Date: Sept 18

Time: 5:00 PM - 6:30 PM

Tuition: \$15.00 Limit: 45

PLAY VIDEO ▶

The college search and application process can be both exciting and confusing especially given the admissions process—very different from what our age group and our adult children have experienced. Using a case study, we will



gain insights into the selective college admissions process of today. Learn how a variety of factors, not just strong grades and standardized test scores, are weighed in a college or university's review of a student's application. We'll pull back the curtain on selective college admissions by asking participants to serve as members of an admissions committee.

*You may register a guest to attend with you (adult child or grandchild).*

**Kelly A. Walter** is the associate vice president for enrollment and dean of admissions at Boston University. With 42 years of experience in enrollment, she also manages the College Advising Corps, a national service program based at BU, that works to increase the number of first generation, low-income, and underrepresented students attending college. Dean Walter is currently a trustee of the College Board and has served on the faculty at the Harvard Summer Institute on College Admissions. She also travels overseas for the U.S. State Department as an ambassador for U.S. higher education. Dean Walter also worked at Wellesley College for three years.

## MAYBE IT'S YOUR MEDICATIONS

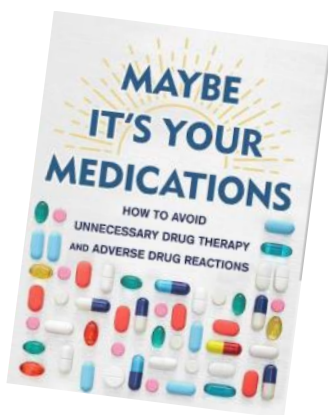
1 Session with Hedva Barenholtz Levy

Date: Oct 2

Time: 1:00 PM - 2:30 PM

Tuition: \$15.00 Limit: 45

PLAY VIDEO ▶



Taking multiple medications might be the “new norm,” but medications come with both benefits and harms.

What steps can we take to reduce the risk of unwanted or adverse effects? Hedva Barenholtz Levy will present an overview of medication use considerations among older adults. She will highlight material from her new book, *Maybe It's Your Medications: How to Avoid Unnecessary Drug Therapy and Adverse Drug Reactions*. We'll have a door prize raffle, and one lucky member will receive a free copy of the book. Books will be available for purchase and signing.

(MAYBE IT'S YOUR MEDICATIONS, CONTINUED)

**Hedva Barenholtz Levy, PharmD**, is founder of HbL PharmaConsulting, a senior care pharmacy practice in St. Louis, MO and adjunct faculty at the St. Louis College of Pharmacy. She has over 25 years' experience educating older adults, caregivers, students, and caregiving professionals about safe and effective medication use. She received her PharmD and BA degrees from the University of Michigan and completed a clinical pharmacy residency at Shands Hospital in Gainesville, FL.

## SIX PILLARS OF HEALTHY LIVING

6 Sessions with Kathy Tonelli

Dates: Oct 2, (skip 9), 16, 23, 30, Nov 6, (skip 13) 20

Time: 10:00 AM - 11:30 AM

Tuition: \$55.00 Limit: 20

Each class includes a presentation that provides the basis of a discussion about one of the six pillars of healthy living: nutrition, movement, sleep, connection with others, self-care, and avoidance of toxicities. At the end of each class, participants will leave with materials they can use to incorporate these healthy practices in their daily lives.



### Before the first class:

- Spend a bit of time thinking about your current lifestyle.
- Jot down some ideas around the following: How healthy do you think your current lifestyle is? (scale of 1 -10)
- Where do you think you could make positive changes? What area could use the most work?
- List at least 2 healthy lifestyle habits you already incorporate into your daily routine. Bring your notes to class. These will be for your own use.

**Kathy Tonelli** is a certified integrative nutrition health coach. She owns and operates South County Health Coaching, a service for adults, families, and children around many areas of health and wellness. She is also a microgreens farmer and operates Meadowland Greens, a small organic microgreens business delivering fresh greens in South County. Both businesses are part of Healthy Life Enterprises of North Kingstown. Kathy retired from the South Kingstown School Department in June 2022 after teaching elementary special education for 33 years.



**CIVILITY AND DEMOCRACY**

3 Sessions with Vincent Colapietro

Date: Mon, Oct 16, 23, 30

Time: 1:00 PM - 2:30 PM

Tuition: \$40.00 Limit: 25

There is a paradox at the heart of democracy in all its forms, not just its political form. Democracy depends upon civility (above all, treating those with whom one disagrees with respect); however, conscientious violations of formal civility are occasionally justifiable (e.g., the actions of those who staged the Boston Tea Party, Thoreau, and MLK). Stephen Carter and others have written insightfully about civility.

Our moment calls for thinking through the delicate balance in any vibrant democratic culture between civility and unruliness, and we will do just that. We will read and discuss Carter, William James, J. S. Mill, and John Dewey.

**Suggested Reading:**

- Stephen L. Carter, *Civility: Manners, Morals, and the Etiquette of Democracy* (Harper Perennial, 1999).
- John Stewart Mill, *On Liberty* (Hackett Publishing Company, Inc., 1978 or any other edition)
- William James, "Dedication Speech: Robert Gould Shaw." (Oration at the exercises in the Boston Music Hall, May 31, 1887, upon the unveiling of the Shaw Monument. [Click to read online.](#)
- John Dewey, "Creative Democracy—The Task Before Us." (Essay) [Click to read online.](#)

**Assignment for the first class:** Read selections from *Civility: Manners, Morals, and the Etiquette of Democracy*.

**Vincent Colapietro**, liberal arts research professor emeritus, Penn State University, is now affiliated with the Center for the Humanities at URI. His formal training is in philosophy. While his historical specialization is American thought and culture (with an emphasis on the pragmatist movement—Peirce, James, Dewey, and Mead), his systematic interests are quite diverse. These include psychology and psychoanalysis, social and political philosophy, and, intimately related to these interests, specific questions regarding human aggression, violence, and destructiveness.

**EMBRACING A GLUTEN-FREE LIFESTYLE**

2 Sessions with Chris Curtis

Dates: Mon, Oct 16, 23

Time: 11:30 AM - 1:00 PM

Tuition: \$35.00 Limit: 20

Learn about the facts surrounding adopting a gluten-free lifestyle. What is gluten and is it really bad for you? Are you suffering from digestive issues and wondering if gluten might be a contributing factor? Could you be suffering from celiac disease, a wheat allergy, or a gluten sensitivity? We will learn key points and principles around proper diagnosis, understanding health challenges, and identifying symptoms. We'll discuss how to identify foods to avoid and make substitutions, and we'll explore ways to maintain a gluten-free lifestyle. We'll learn how to modify tried and true recipes to eliminate gluten and how to read labels to identify gluten. Participants will also be challenged to identify a restaurant where they can enjoy a gluten-free meal.

**Assignment for the first class:**

- Read at least 5 random food labels, at least one of which should be labeled as gluten-free. Consider the messages on the front of the package, the ingredient list, and the nutrition label. Check for a "may contain" statement. Look for allergen statements.
- Compare a non-gluten-free product you buy with a similar product labeled gluten-free. What are the differences?

**Chris Curtis** is a certified integrative nutrition health coach and a fully retired senior citizen. She received in-depth training in nutrition, health and wellness, coaching skills, and business development with the Institute for Integrative Nutrition. Her expertise also draws from her own journey toward improved health and the elimination of serious digestive symptoms associated with Celiac disease. She helps clients create personalized action plans based on their unique body, lifestyle, sensitivities, preferences, and resources. She also leads workshops on nutrition linked to health challenges such as diabetes, high blood pressure, and digestive issues associated with food sensitivities. Chris has published a gluten-free cookbook focused on whole food, natural cooking.



**NAVIGATING MODERN CANNABIS**

1 Session with Nikki Arnold and  
Stephanie Forscher-Dancause

Date: Oct 16

Time: 4:30 PM - 6:00 PM

Tuition: \$15.00 Limit: 45

With adult-use cannabis now legal in Rhode Island, many of us are being reintroduced to this controversial



plant. Today's modern cannabis is nothing like the buds of decades past with cannabis now being formulated into oils, edibles, topicals, and more. We will explore the difference between hemp and marijuana as well as THC and CBD. We will

discuss the varied cannabis products in the adult marketplace, their medical potential, and accompanying risks.

**Stephanie Forscher-Dancause** is an associate teaching professor at URI and directs the cannabis studies programs in the College of Pharmacy. She earned her Ph.D. in pharmaceutical sciences with a specialization in medicinal chemistry and pharmacognosy. Her scientific interests focus on the study of natural products with biological activities capable of modulating human health and environmental interactions.

**Nikki Arnold** is a current P3 student in URI's Doctor of Pharmacy program. Originally from Massachusetts, she has worked in various pharmacy settings including retail, hospital, and full-time care homes. She is currently pursuing a career in natural products/cannabis research as it relates to healthcare.

**THE PROVINCETOWN PRINTERS AND THE ART OF THE WHITE-LINE WOODCUT**

1 Session with Sharon Estes

Date: Nov 6

Time: 11:30 AM - 1:00 PM

Tuition: \$15.00 Limit: 25

In 1914, an art colony was established in Provincetown, MA. A group of artists in this colony, later known as the Provincetown Printers, developed what is widely considered to be the sole American woodcut technique, the white-line woodcut, also known as the Provincetown print. We will learn about the history of the group and view a demonstration of the technique. Attendees can even give it a try!

**Sharon Estes** is a self-taught, emerging artist living in RI. She creates in two mediums: hand-printed watercolor white-line woodcuts, also known as Provincetown prints, and acrylic paintings in a style she calls "technicolor realism," which uses bright, saturated color to depict images that are representative of the object, just not in a traditional realist manner. Sharon lives in East Greenwich, RI with her cat, Ittybitty. Creativity has always been a part of Sharon's life, and in 2018, at the age of 57, she picked up a paint brush and never looked back.

**THE NOBLE EIGHTFOLD PATH**The Division of Wisdom

- 1) Right Understanding
- 2) Right Thought

The Division of Ethical Conduct

- 3) Right Speech
- 4) Right Action
- 5) Right Livelihood

The Division of Mental Discipline

- 6) Right Effort
- 7) Right Mindfulness
- 8) Right Concentration

**MINDFUL LIVING: A LOOK AT BUDDHISM'S NOBLE EIGHTFOLD PATH**

4 Sessions with Kathy Pesta

Date: Nov 27, Dec 4, 11, 18

Time: 9:30 AM - 11:00 AM

Tuition: \$45.00 Limit: 20

This course is for those who know little or nothing about Buddhism but would like a glimpse into its basic tenets and practices, practices that can be followed by those who espouse any religion as well as by agnostics and atheists. In particular, we will explore the Buddhist Noble Eightfold Path and consider how we might incorporate it into our own lives. We will use the wise words of the Dalai Lama as our guide. Do not try to use what you learn from Buddhism to be a Buddhist; use it to be a better whatever-you-already-are.

**Suggested readings:**

- Thubten Chodron: *Buddhism for Beginners* (Snow Lion, 2001). Noah Rasheta: *Secular Buddhism: Eastern Thought for Western Minds* (available on Amazon and Wakefield Books at 20% discount)
- Stephen Bodian, Jonathan Landlaw, and Gudrem Buhnemann: *Buddhism for Dummies* (The Dummies Series, available on Amazon and Wakefield Books at 20% discount)
- Steve Hagen: *Buddhism Plain and Simple* (Tuttle).
- Jetsunma Tenzin Palmo: *The Heroic Heart: Awakening Unbound Compassion* (Shambhala)

**Kathy Pesta** was a Catholic nun for nine years. Since leaving the religious order, she has maintained a keen interest in religions and in spiritual life. She spent most of her career teaching English and religious studies at the Prout School in Wakefield where she taught for 27 years. One of her favorite courses to teach was World Religions, which was a mandatory class for all Prout students. She also taught Religions of the World in the International Baccalaureate Program at Prout. As part of her experience in that program, she attended several conferences at IB's curriculum center in Cardiff, Wales.

**PRACTICAL AND PROVEN SUICIDE PREVENTION**

1 Session with Rob Harrison

Date: Dec 11

Time: 11:30 AM - 1:00 PM

Tuition: \$15.00 Limit: 30

We are in the midst of a global mental health crisis and people of all ages need help. QPR (Question. Persuade.



Refer) is a community-level evidence-based training program that has proved effective in teaching any adult age 17 or older to recognize someone who might be considering suicide and take the appropriate measures

to get help. Just like CPR, QPR is an emergency response to someone in crisis. Participants are certified as Gatekeepers for 3 years.

**Rob Harrison**, a 1963 U.S. Naval Academy graduate, was an engineer on nuclear submarines for six years and an instructor at submarine school for one year. He earned his M.D. at Temple University School of Medicine in 1974. His residency was in family practice. He served as attending staff at the U.S. Naval Hospital at Camp Pendleton, was Westerly Hospital emergency department staff for 18 years and surgical assistant for 15 years. An instructor for Youth Mental Health First Aid and QPR Institute, he is currently director of the Washington County Zero Suicide Program.

**MEMBERSHIP INFORMATION**

Your membership must be valid throughout the duration of the classes you register for. If you're not sure of your renewal date, call the office at 401-874-4197.



Sessions are offered monthly and are open to both current and new members. Come learn about all OLLI has to offer. We'll review our current programs, and our special interest groups all while exploring and becoming more familiar with the OLLI website and registration software.

Log on to register: [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)  
or call 401-874-4197

Plenty of time for Q & A. Coffee & door prizes too!

**Upcoming date:**

Thursday, August 31, 11:00AM

Volunteering is a wonderful way to meet new friends, stay active and make a difference in your community.

OLLI has a wide-range of opportunities for interested volunteers. Members can choose from office support, committees, or catalog editing.

If you're interested in contributing your time and expertise, call (401-874-4197) or email ([olli@uri.edu](mailto:olli@uri.edu)).



## CLASSIC FILM NOIR

6 Sessions with Paul Stein

Dates: Sept 12, 19, 26, Oct 3, 10, 17

Time: 1:30 PM - 4:30 PM

Tuition: \$55.00 Limit: 45



"The dark night of forsaken streets, vistas of blissful angst and unholy pilgrimage. I have been there and know their inhabitants: deadly dames, drunken losers, dangerous hoods, crooked cops, dreamers of broken dreams, and flawed heroes" (from [filmsnoir.net](http://filmsnoir.net)).

Film noir is characterized by cynical heroes, stark lighting effects, frequent use of flashbacks, intricate plots, and an underlying existentialist (pes-simistic) philosophy. The term was originally applied in 1946 to American thrillers or detective films. We will screen *M, In a Lonely Place, The Third Man, Night of the Hunter, Touch of Evil, and Double Indemnity* and discuss and analyze what makes them film noir (direction, acting, editing, lighting, sets, and sound). One week before each class, a biography of the director and at least two critical reviews of the movie will be emailed to those who registered for the class.

**Paul Stein** studied film production at the NYU Graduate School of Film. He has given classes at the Providence Art Club, and for the OLLI at URI he has taught *Film Appreciation: The Art of Watching Films, Film Noir, The French New Wave, and the films of Jean Renoir, Alfred Hitchcock, Akira Kurosawa, Federico Fellini, and Ingmar Bergman*.

## PLAYING WITH CLASSICS:

### TENNESSEE WILLIAMS SCENES AND MONOLOGUES

6 Sessions with Laurie Heineman

Dates: Sept 12, 19, 26, Oct 3, 10, 17

Time: 10:00 AM - 11:30 AM

Tuition: \$55.00 Limit: 20

We will read, explore, discuss, and play with scenes and/or monologues from several plays by Tennessee Williams. Some theater techniques, basic acting tools, and games will be introduced, and then we will begin looking closely at the material. No experience is needed. If you prefer to observe and discuss and not act in scenes, that is fine. No stress (except what Tennessee provides in his scripts).

Laurie Heineman has played roles in several of his works professionally and knows there is no one way to do it. Come for light or deep exploration, and fun.



(PLAYING WITH CLASSICS, CONTINUED)

**Required reading:** Names of the plays will be provided prior to the first class.

**Assignment for the first class:** Familiarize yourself with the plays.

**Laurie Heineman** is a teacher and an Emmy Award winning actor who has offered *Playing with Shakespeare at OLLI*, at libraries, in schools with multi-age and ability groups, for seniors, and at corporate and private parties. Her goal is for you to gain understanding while having fun with classics.

## LITTLE RHODY & THE OTHER 49 . . . AND MORE

1 Session with Roberta Mudge Humble

Date: Sept 19

Time: 10:00 AM - 11:30 AM

Tuition: \$15.00 Limit: 45

Rhode Island will be compared, sometimes with tongue-in-cheek, to the other 49 states, every one with a heritage to be proud of. Then there will be a Rhode Island quiz in which all students can participate. Learn a little U.S. history, experience a little personal growth, and increase your awareness about the uniqueness of Rhode Island—all with a little entertainment.

**Roberta Mudge Humble**, with bachelor's and master's degrees in English from URI, retired as professor of English at CCRI after 47 years. Her passion is the promotion of RI as the state with the deepest national history. She has worked with the U.S. Military as writer and volunteer to assist the National Guard & Coast Guard Reserve. On the Warwick Historical Society board, she is a resident of Warwick but native of Westerly.

She was the first woman Rotarian on the East Coast and first woman RI Rotary president. She was honored by Jim Hummel as Community Hero for her work with historic armories. Roberta is the author of *The Historic Armories of Rhode Island* and 6 other books in addition to 7 Rhode Island games. She has traveled the country with presentations about Little Rhody.



Register online!

[URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)





## WILLA CATHER: MY ANTONIA AND THE PROFESSOR'S HOUSE

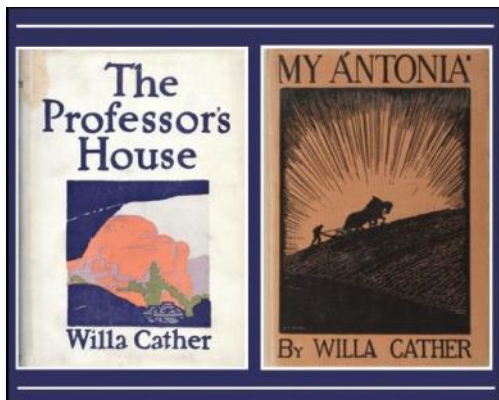
4 Sessions with Ann Ferrante

Dates: Oct 3, 10, 17, 24

Time: 3:00 PM - 4:30 PM

Tuition: \$45.00 Limit: 20

PLAY VIDEO ▶



We will focus on two 19th-century novels about the inner consciousness of developing human selves. Both feature narrators whose deeply formative early lives center on open spaces—Nebraska in the 1800s in *My Antonia* and the American Southwest in *The Professor's House*—and childhood friendships. These primary lives

remain within the narrators as they mature and create existences within the ever-changing circumstances of their societies. Cather's explorations into human identity bring to light questions of gender identity,

sexual orientation, societal restrictions on the self, and the nature of the creative process. She is one of America's most respected writers of fiction.

**Required Reading:** Willa Cather, *My Antonia* (Warbler Classics, 2022). Willa Cather, *The Professor's House* (Vintage Classics, 1990). Assignment for the first class: Read *My Antonia*, Introduction and Books One and Two. Please keep a journal to record what stands out for you in your reading.

**Ann Ferrante** received her Ph.D. in English in 1985 at URI. She is a retired RISD distinguished lecturer in English. She is a specialist in 19th- and early 20th-century American literature. Her doctoral dissertation is titled *The Dark Woman of Hawthorne's Art*.

### DIY EDITING

1 Session with Paula Grey

Date: Oct 24

Time: 10:00 AM - 11:30 AM

Tuition: \$15.00 Limit: 45

Self-publishing has made it possible for writers to see their books in print, but many self-published books are rife with errors—from minor typos to major inconsistencies in plot or timeline—that could have been caught with careful editing. Hiring a professional editor can be prohibitively expensive. What's an author to do? We will discuss the various levels of editing with tips on how to identify problems and resolve them at each level.

**Paula Grey** is a freelance writer and editor whose career has included work as a technical writer, technical editor,

(DIY EDITING, CONTINUED)

and grant writer. She has a B.A. in English and an M.B.A., both from the University of Rhode Island, and is the author of *A History of Travel in 50 Vehicles*, part of the *History in 50* series by Tilbury House Publishers. In her free time, she enjoys writing short fiction and personal essays.

### MOVEMENT MEDICINE

6 Sessions with Lisa Jones

Dates: Oct 24, 31, Nov 7, 14, 21, 28

Time: 3:00 PM - 4:00 PM

Tuition: \$55.00 Limit: 25

Movement Medicine is Lisa's fitness modality adapted from her 25 years of teaching breathing and movement. Lisa draws from Nia, a practice to achieve well-being by combining the essence of the dance, healing, and martial arts (like qigong and tai chi) with additional core conditioning. Benefits include improved muscle tone; greater flexibility, agility, and balance; better posture alignment; a stronger cardiovascular system; increased stamina and vitality; and stress reduction. Movement Medicine can also create new brain pathways and help you deepen your body awareness and become more centered. Lisa can accommodate the needs of people of all ages and abilities, and you are welcome to modify and find your own freedom, form, and somatic discoveries.



**Lisa Jones** has been studying wellness and practicing yoga for more than four decades. She is an internationally-recognized conscious breathing practitioner since 1998, and a Nia instructor since 2004, teaching thousands of individuals and supporting their journeys into the body/mind realm. Lisa blends all her trainings into her dynamic private sessions and classes. She holds an M.C. in alternative health from Plymouth College in New Hampshire as well as certifications in Nia technique and breathing facilitation. She spent three years in training programs credentialed by the Global Breathworkers Training Alliance and has taught at dance, wellness, and yoga studios; city recreation departments; and hospitals on four continents.



Fall Registration Begins  
August 22



**WHAT IS THE ROLE OF PUBLIC EDUCATION?**

4 Sessions with John McGeehan

Dates: Oct 31, Nov 7, 14, 21

Time: 1:00 PM - 2:30 PM

Tuition: \$45.00 Limit: 30

"At every hour of every day I can tell you on which page of which book each school child in Italy is studying." – Benito Mussolini. Explore the current debate and legislative developments concerning the role of public education at the primary, secondary, and university levels. When education is funded, in part, by the public, should the education reflect what is in the best interests of the state? And who determines what those interests are? While Florida has received the most attention regarding education legislation (increased parental rights, partisan school boards, instructional/library book challenges, increased state oversight, limits on funding for diversity, equity, and inclusion programs, etc.), many jurisdictions across the country are considering similar changes.

**Suggested reading:** Eden McLean: *Mussolini's Children, Race and Elementary Education in Fascist Italy* (University of Nebraska Press, 2018).

Meghna Chakrabarti and others: NPR Program On Point, "What the DeSantis agenda means for higher education in Florida." [Click here to view.](#)

Model legislation published by Goldwater and Manhattan Institutes, such as [Click here to view.](#)

**John R. McGeehan** holds a B.A. in history from St. Lawrence University, an M.A. in liberal studies from Stony Brook University (SUNY), and J.D. from Catholic University's Columbus School of Law. Before retiring from a career in public education, he spent 25 years as a high school history teacher. For the OLLI at URI he taught *Twenty-five Songs: A Social History, 1930 – 2000*, *Do Our Votes Really Count?* and *The Right to Vote*.

**FOOD IS MEDICINE**

4 Sessions with Kathi Masi

Dates: Oct 31, Nov 7, 14, 21,

Time: 1:30 PM - 2:30 PM

Tuition: Free for members | Limit: 20

In this cooking demo series, learn how to prepare nutritious and flavorful meals on a budget to improve your health. Cooking ideas and tips about using extra virgin olive oil will help to get you started. Each week will feature a different recipe using extra virgin olive oil and will include a cooking demonstration. Samples of the food will be available to taste. Participants who attend at least three sessions will receive a free bottle of extra virgin olive oil and a cookbook!



(FOOD IS MEDICINE, CONTINUED)

**Kathi Masi** has been an educator for over 35 years. She is a graduate of the University of Tennessee and earned her master's degree in education from URI. A teacher recently retired from South Kingstown High School, she has taught classes in family and consumer sciences (FCS) specializing in culinary arts. In 2005, she was honored as RI FCS teacher of the year. Since retirement, Kathi has worked with BCBS RI, Own Your Health RI, and RI Geriatric Education Center, teaching classes in nutrition and wellness, *A Matter of Balance*, and doing food demonstrations. She has taught several classes for the OLLI at URI.

**ADVANCED BRIDGE: TWO-OVER-ONE FORCING**

6 Sessions with Barton Buffington

Dates: Oct 31, Nov 7, 14, 21, (skip 28 &amp; Dec 5), 12, 19

Time: 3:00 PM - 5:00 PM

Tuition: \$55.00 Limit: 20

Two-over-one is a bidding system that has become popular among tournament players. Its popularity is due to more accurate bidding sequences. The play, of course, is the same. In addition, two-over-one has a few conventions that help, notably the forcing no-trump and Bergen raises.



**Barton Buffington** holds a B.S. and an M.B.A. from URI. He has been an accredited bridge teacher for many years and is rated as master teacher by the American Bridge Teachers Association, the only such person in Rhode Island to have received this award. Bart has earned the diamond master rating from the American Contract Bridge League and has won more than 5000 master points in tournaments coast to coast.

**REFUND POLICY**

Memberships are non-refundable.

To withdraw from a class and receive a full refund or credit, you must notify the OLLI office at least two weeks before the start of the class. Call the office at 401-874-4197 or email [olli@uri.edu](mailto:olli@uri.edu).

No-shows forfeit their course fees.

Day trips and special tours are prepaid so there are **no refunds** for cancellation or withdrawal. Classes that do not meet minimum student registration numbers are subject to cancellation.



## IRELAND - A BRIEF HISTORY

4 Sessions with Stephen Berardo

Dates: Nov 7, 14, 21, 28

Time: 10:00 AM - 11:30 AM

Tuition: \$45.00 Limit: 45

We will examine one part of Ireland's long and complicated history, focusing on the period between 1916 and the Good Friday Agreement in 1998. During these seven decades, Ireland suffered a civil war, achieved independence from England, experienced one of the longest and bloodiest uprisings in the 20th century, joined the European Union, fundamentally changed the balance of power with the Catholic church, and became one of the strongest economies in Western Europe. At the same time, Ireland produced some of the greatest artists of modern times including James Joyce, W. B. Yeats, Samuel Beckett, Oscar Wilde, Sean O'Casey, Seamus Heaney, Edna O'Brien, and, of course, the band U2, some of whose works we will discuss.



### Suggested Reading:

Jill and Leon Uris, *Ireland; A Terrible Beauty* (Bantam Doubleday Dell, 1978).

Fintan O'Toole, *We Don't Know Ourselves: A Personal History of Modern Ireland* (Liveright, 2022).

W. B. Yeats, poem "Easter, 1916" [Click to read.](#)

The movie *Belfast*, written and directed by Kenneth Branagh, 2021.

**Assignment for first class session:** Look at the photos in *Ireland: A Terrible Beauty*, and read the poem "Easter 1916." (click link above).

**Stephen Berardo** has a master's degree in public administration and is a student of history and political systems. He has taught a number of courses at OLLI including *Slavery: The Scourge of Civilization and the U.S. Constitution*, among others. He is a planning consultant and has been an adjunct and full-time college faculty member teaching courses in business administration and aviation. He has also worked for many years with local, state, and federal government agencies on a variety of land use and infrastructure development issues.

## WORLD WAR II RHODE ISLAND

1 Session with Brian Wallin

Date: Dec 5

Time: 10:00 AM - 11:30 AM

Tuition: \$15.00 Limit: 45

From the onset of World War II, Rhode Island would play a steadily increasing role in the evolution of the American arsenal of democracy. The state played host

(WORLD WAR II RHODE ISLAND, CONTINUED)

to a greatly expanded presence of army and navy facilities, while also serving as a key manufacturer of everything from bayonets to liberty ships. Women became major contributors to the war effort as they took the place of men on production lines and support services statewide. Rhode Islanders on the home front learned to live with blackouts and rationing (the state was designated as a vital war zone by the government and was heavily defended by coastal fortifications). This is the story of the state's preparation for its role in the war, the many ways Rhode Islanders participated in the march to victory, and the impact of the war's aftermath on the state.

**Brian L. Wallin** is a graduate of Stonehill College and earned his master's degree from American International College. He is a former radio and television reporter/anchor and a retired hospital administrator (vice president, Kent Hospital). A member of the U.S. Naval Institute, he is also a docent at the Naval War College Museum and a narrator for the RI Fast Ferry Lighthouse Cruises. He is a recognized author and historian and a frequent lecturer throughout the state. He is co-author of *World War II Rhode Island* (History Press, 2017).



## THE VIROLOGY AND ORIGIN OF COVID 19

1 Session with Paul March

Date: Dec 5

Time: 2:00 PM - 3:30 PM

Tuition: \$15.00 Limit: 45

Paul March will describe the structure and function of the virus that causes COVID, including a brief explanation of the action of antiviral drugs and the viral targets of vaccines. We will then discuss what is known about the origin of the virus.

**Paul March** received his Ph.D. in biological chemistry from the University of Pennsylvania. As an assistant professor he taught biochemistry to graduate students and medical students at Rutgers Medical School. Following that he taught undergraduate microbiology while at the University of New South Wales, Sydney, Australia. From 2007 to 2022 Paul was a professor of biochemistry at Emmanuel College in Boston, and from 2019 to 2022 he was associate dean of Emmanuel's School of Science and Health. In 2013, he was a visiting scientist at Brown University, and in 2015, he was a visiting research scientist at Harvard Medical School. Paul has published 33 journal articles that have been cited 1,976 times.

**COOL JAZZ**

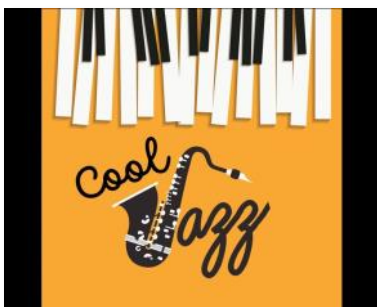
4 Sessions with Lloyd Kaplan  
and Tom Shaker

Dates: Sept 13, 20, 27, Oct 4

Time: 1:00 PM - 2:00 PM

Tuition: \$45.00 Limit: 45

There are many styles of jazz, from Dixieland to swing, bebop to fusion. "Cool" refers to a relaxed tempo and lighter tone, sometimes using elements of classical music. "Take Five" by the Dave Brubeck Quintet is one of the most well-known cool jazz tunes. Cool jazz is also referred to as West Coast Jazz, since many musicians who played this music were based in California. Artists like Miles Davis, Gerry Mulligan, Chet Baker, and Stan Getz exemplify the cool jazz movement. We'll investigate, and, more important, listen to and watch some great performances that define this genre of jazz.



**Tom Shaker** has spent over 30 years as a college professor, teaching courses in video and film production, media, music history, news writing and reporting, sports announcing, and public speaking. He is the co-author of *A Treasury of Rhode Island Jazz & Swing Musicians* (2016) and, with Lloyd Kaplan, *In Harmony: Early Vocal Groups: Remembered & Celebrated* (2020). Tom also co-produced the award-winning documentary film *Do It Man: The Story of the Celebrity Club* (2018). He is a contributor to *RhodyRadio*, producing podcasts covering jazz, vocal groups, and Rhode Island Diner history. For the past 15 years Tom has been the host of "The Soul Serenade," a classic soul and funk show on NPR affiliate station WICN in Worcester, MA. He currently serves on the Board of Directors of New England Jazz Alliance.

**Lloyd Kaplan** earned an M.A.T. at Brown University, and is professor emeritus at CCRI. Lloyd established the jazz studies program at CCRI, has authored various books about music and music history including one he co-authored *Who's Who in Rhode Island Jazz: c 1925-1988*. As a professional musician (1954-2020), he was inducted into the Rhode Island Music Hall of Fame in 2018.

**MALAGA ISLAND AND THIS OTHER EDEN: A TRAGEDY OF RACISM AND EUGENICS**

3 Sessions with Gale Eaton

Dates: Sept 13, 20, 27

Time: 10:00 AM - 11:30 AM

Tuition: \$40.00 Limit: 25

Through the middle and late nineteenth century, a mixed community of African Americans, Indigenous people, and whites eked out a living on Malaga Island in Phippsburg, Maine. In 1912, after forcibly moving several residents to a home for the feeble-minded, the state evicted the island's 45 remaining inhabitants.

(MALAGA ISLAND, CONTINUED)

Economics helped motivate the action but racism was key, and the rhetoric of eugenics cloaked the proceedings in scientific righteousness. The episode has been fictionalized more than once, most recently in *This Other Eden*, by Pulitzer Prize winner Paul Harding. Using multiple viewpoints and rich prose, he gives mythic resonance to the loving, flawed, and eccentric people of his Malaga-like Apple Island. We will discuss the history behind the story in week one, and the novel itself in weeks two and three.

**Required Reading:** Paul Harding, *This Other Eden* (W. W. Norton & Company, 2023, ISBN 978-1324036296)

**Suggested Reading:** Julia Bouwsma, *Mid-den: Poems* (Fordham University Press, 2018).

**Gale Eaton**, a one-time children's librarian and past director of URI's Graduate School of Library and Information Studies, faced some intellectual freedom challenges over the years. She thinks Paul Harding has learned a few things about connected family sagas from William Faulkner and Marilynne Robinson.

**THE KINGDOM OF THE SUN**

7 Sessions with Bob Klein

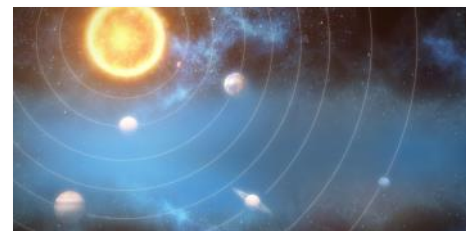
Dates: Sept 13, 20, 27, Oct 4, 11, 18, 25

Time: 10:00 AM - 11:30 AM

Tuition: \$60.00 Limit: 45

PLAY VIDEO ▶

In our lifetimes, for the first time, space probes and powerful observational instruments have explored the solar system close-up, showing that our neighborhood is more fantastic and incredible than anyone would have imagined, and every passing year reveals more. Focusing mostly on the discoveries of the past 60 years, we'll take a tour of the solar system via a brief survey of current knowledge of the planets, their moons, the sun, etc. We'll highlight some of the questions that are still unanswered, including a brief review of the search for life beyond Earth.



**Note:** Although meant for a general audience, our discussion will be based in science. We'll use very few equations, but will use scientific terms for discussion. For example, we will briefly review and then depend on concepts like gravity, kinetic energy, plate tectonics, the elements and their chemistry, etc.

**Bob Klein** is an enthusiastic amateur on the subject of the solar system. Having been caught up in the grandeur of the planets and stars at the dawn of the Space Age when he was young, astronomy has always ignited his imagination. Now fortified with a background in the physical sciences and engineering, he is even more awed by the night sky and the discoveries of the last 60 years.





### FABULOUS FINGERS: BASICS OF PIANO

8 Sessions with Kirsten Mitak

Dates: Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1

Time: 11:00 AM - 11:55 AM

Tuition: \$65.00 Limit: 16

Location: URI Keyboard Lab

Have you always wanted to learn how to play the piano? Or get back to playing again? Review basic keyboard skills and musicianship in the comfort of the URI keyboard lab, where you will use headphones to practice and play. We will work on sight reading, repertoire, keyboard technique, simple improvisations, and fundamental music theory. Personal access to a piano or keyboard strongly recommended.

**Required text:** Nancy and Ronald Faber: *Adult Piano Adventures All-In-One Piano Course Book 1* (FJH Music Co., 2016). This class will be held at the URI Keyboard Lab, URI University Club, 95 Upper College Road. Parking for this class will be in the Fine Arts Lot (staff side).

**Kirsten Mitak** has been a member of the URI music faculty since 2013, where she currently teaches various piano classes. She has maintained a private teaching studio of piano students of all ages for over 25 years. She is director of music at Saints John & Paul Church in Coventry, where she conducts a children's choir and an adult choir. She holds a B.S. in music education from RI College, and master's and Ph.D. in music education/piano pedagogy from Florida State University.

### BASIC HORSEMANSHIP

8 Sessions with Joye Briggs and Jessica Mizzell

Dates: Sept 13, 20, 27, Oct 4, 11, 18, 25, Nov 1

Time: 9:00 AM - 10:30 AM

Tuition: \$425.00 Limit: 8

Location: Yellow Horse Equine, Ashaway

Learn how to approach a horse, read its body language and behavior, and communicate with it. We'll start with the groundwork, getting to know the horses, then move to grooming, and learning how to tack. From there we will get our horses ready and ride – all tailored to the instincts and abilities of the group. The instructors and staff are trained and educated in working with people of all abilities.

**Note:** Those who register will receive a form to fill out in advance and instructions about meeting time and place. There is a weight limit of 180 pounds (except for those who want to learn groundwork only).



(BASIC HORSEMANSHIP, CONTINUED)

**Joye Briggs** is founder and executive director of Yellow Horse Equine Therapeutic Program and holds several certifications in riding instruction. She has volunteered and worked with several therapeutic programs, such as Pikes Peak Therapeutic Center in Colorado and Horses Healing Humans in Connecticut. She has taught foundation horsemanship, on and off, part time, for more than 40 years.

**Jessica Mizzell** is the volunteer coordinator and an instructor in training at Yellow Horse. She received her B.S. in equine business management from Johnson and Wales University in 2021 and is currently in training to become a certified therapeutic riding instructor through the Certified Horseman's Association.

### LIVING A FULL LIFE OVER 50: BEING AN ADULT CAN BE FUN!

6 Sessions with Chaia May

Dates: Sept 20, 27, Oct 4, 11, 18, 25

Time: 5:00 PM – 6:30 PM

Tuition: \$55.00 Limit: 20

What do we all hope to have in our lifetime? Perhaps wisdom, close connections with loved ones, being fully understood, and being in the moment? We will playfully explore ways to live creatively, compassionately, and closely to our truest self. Explore approaches that have proven track records, such as Bono's 6 hats and Tolle's Power of One to more modern discoveries about how our brains and bodies can align so that we can be even more sentient using sensory awareness techniques. For the first class: Bring a book to share that you loved when you were a child and a short description of why you chose it.

**For the first class:** Bring a book to share that you loved when you were a child and a short description of why you chose it.

### Suggested reading:

- *The Happiness Project* by Gretchen Ruben
- *The 6 Hats* by David Bono
- Eckhart Tolle (a variety of excerpts from his books), Osho, and Sensory Awareness articles, and The Wisdom of the Enneagram.

**Chaia May** has a B.A. in intercultural communication from Wellesley College and an M.A. in applied communication theory from Stanford University, where she developed a social-emotional curriculum for young children that she later applied to her religious, museum, recreational, music, and social skill education programs. Personal growth has led her to complete further work in coaching and training through programs that incorporate techniques drawn from Active Listening, Reichian work, Mindfulness, The Enneagram, the Human Awareness Institute (H.A.I.), and the Landmark Forum. She has spoken nationally on sensory integration to both educators and lay people as it applies to personal development, spiritual practice, and being fully aware and focused and calm on a day-to-day basis.



**SIMPLE SOURDOUGH: DECONSTRUCTING THE PROCESS**

1 Session with Jennifer Douglas

Date: Oct 4

Time: 1:00 PM - 3:00 PM

Tuition: \$15.00 Limit: 10

Materials Fee: \$20.00 (Paid directly to instructor at first class - cash or check)

PLAY VIDEO ▶

Did you ever want to try your hand at baking a beautiful boule of sourdough bread but were intimidated by the process, which can take two to three days? Whether beginners or seasoned bakers, we will learn how to use a sourdough starter to create delicious bread to make at home. We will watch a video tutorial, see some of



the equipment used, and take home a booklet containing a recipe, references, and resources as well as a sourdough starter to keep and cultivate for years to come. Baking sourdough bread can be a beloved hobby and some have turned it

into a business. Bottom line: it can be fun.

**Note:** This is not a baking class but a learning experience to create your own bread at home.

**Jennifer Douglas** is a newly retired RN from New York's Hudson Valley area. She is a graduate of Pace University who has worked long shifts in emergency rooms, recovery rooms, and the ICU-CCU over the years. She also taught and did clinical rotations with nursing students at her local SUNY community college. She found baking to be a creative outlet that helped her deal with the stress, and loved baking cakes, cookies, and traditional yeasted breads. During the pandemic and the lockdown, with nowhere to go on her days off, she began developing her own sourdough starter and experimenting with making breads. She loved the process and wants to share what worked for her.

**GENEALOGY: BECOMING A FAMILY DETECTIVE**

6 Sessions with Helen Smith

Dates: Oct 11, 18, 25, Nov 1, 8, 15

Time: 1:00 PM - 2:30 PM

Tuition: \$55.00 Limit: 25

Can you name your eight great-grandparents? Would you like to find those you don't already know? Learn how to track your ancestors, organize your research, verify old family stories, and much more. Join us and learn to become a family detective.

**For the class:** Bring your laptop or iPad if you use one for research, paper and pencils with erasers (not pens), and your research if you have already done some.

**Helen H. Smith**, former high school history teacher and travel agent, teaches genealogy classes in libraries around RI and MA. Vice president of the RI Genealogical Society, DAR, member of North Kingstown Preservation and Genealogical Society, she has been researching genealogy most of her life!

Enjoy  
every  
moment

GIFT  
CARD



Wondering what to buy the people in your life who have everything? Your parents, aunts, uncles, friends, neighbors, or colleagues? Then do something original and creative—give the gift of OLLI at URI! eGift cards are available at any value. (non-refundable & non-redeemable for cash reward)

Purchase Options: Online here: [eGift Cards](#), or call the OLLI office at 401-874-4197.

## HOMESCAPES IN WATERCOLOR

6 Sessions with Pike Powers

Dates: Oct 11, 18, 25, Nov 1, 8, 15

Time: 3:00 PM - 5:00 PM

Tuition: \$55.00 Limit: 12

Let your imagination come into play as we practice basic methods of watercolor painting! Inspired by fun and colorful photos of your own home and landscape we will explore watercolor paints in an expressionistic approach. Learn to observe the importance of light and shadow, color mixing, and composition. We'll cover how to control paints with wet on wet and dry brush techniques, and sketching as we take a playful leap into recreating your favorite personal landscape image. Plenty of individual feedback provided.

**For the first class:** Bring pictures of exterior places familiar to you. Come to class with your materials.

### MATERIALS LIST

- Personal watercolors - Pan sets preferred
- Paints: inexpensive brands: Prang or Crayola (8 or 16 pan) to expensive: Sakura, Windsor-Newton, Holbein, Van Gogh.
- Watercolor paper/pad- Size: 9"x 11" or 11"x15"- Strathmore. Arches preferred
- Soft watercolor brushes - sizes: small 1/16th to 3/4 inch-round, flat, or other watercolor "mop" approximately 1"
- Very soft watercolor brush for washes
- Jars with lid to hold water
- Pencil and eraser
- Tape --drafting or Painters' blue tape
- Paper towels

### SOURCES

[Michaels in-store or online](#)

[Blick art supplies](#)

[Jerry's Artarama](#)

**Pike Powers** takes a multipronged approach to creativity. Throughout her career she has exhibited her artwork in painting, glass and sculpture in mixed materials as well as teach workshops and lecture nationally. Stemming from a career as foundation professor at Parsons School of Design, art director at Pilchuck Glass School in Washington State, and past director of Boca Grande Art Alliance, Florida, she is most at home in her native Rhode Island setting making, or teaching art in support of community, preserving RI's historic farmland, architecture, and commercial fishing heritage in Galilee and Jerusalem. Powers holds a B.F.A. from Rhode Island School of Design and an M.F.A. from Yale. At present, she freelances in design, consultation, and teaching art.

## JAPANESE AMERICANS AND WORLD WAR II: HISTORICAL AND PERSONAL PERSPECTIVES

4 Sessions with Ken Nomiya and

James T. McIlwain

Date: Wed, Oct 18, 25, Nov 1, 8

Time: 3:00 PM - 4:30 PM

Tuition: \$45.00 Limit: 30

The U.S. declared war on the Empire of Japan following the attack on Pearl Harbor on December 7, 1941, and soon after authorized the forced round-up and evacuation of 120,000 people of Japanese descent from their homes on the West Coast. Without trial or other due process, they were sent to prison camps surrounded by barbed wire fences and guarded by armed soldiers. The government's justification for the action was national security and military necessity, but its effects were

the total removal of the civil and constitutional rights from these people, two-thirds of them American citizens. Forty-five

years later, a congressional commission concluded that the action by the U.S. government was the result of "race prejudice, war hysteria, and failure of political leadership." By the 1970s and 1980s, the climate was beginning to change. We will discuss some of those changes and their impact on the Japanese in America today.



**James T. McIlwain**, professor emeritus of neuroscience, Brown University, is a student of Japanese-American history with a special interest in the service of Japanese Americans in the U.S. Army during WWII. He is a life member of the Japanese American Veterans Association and an honorary member of Fox-Company Chapter of the 442nd Veterans Club of Honolulu.

**Ken Nomiya**, a retired businessman, has developed a strong interest in the history and plight of the Japanese American. He is Japanese American, born during WWII at Tule Lake, CA, one of the ten incarceration camps established by the U.S. government. He is on the board of the Tule Lake Committee and is involved in issues relating to race and minorities.



**Registration begins  
Tuesday, August 22**

**DIY HOLIDAY WATERCOLOR NOTE CARDS**

1 Session with Kara Marziali

Date: Nov 1

Time: 1:00 PM - 2:30 PM

Tuition: \$15.00 Materials Fee: \$10.00 (*Paid directly to the instructor at first class - cash or check*) Limit: 20

'Tis the season for making and sending out holiday greeting cards. Even if you've never thought of yourself as an artist or painter, Kara Marziali will help you create six note cards for the upcoming holidays. Participants will paint three different designs on blank cards so a personal holiday message can be written inside. Your friends and family will love the hand-made touch and the cards (suitable for framing) will look gorgeous on their mantles!

*Materials: All materials will be supplied, and students will receive a kit designed especially*

*for this class.*

**Kara Marziali** holds a B.F.A. in theater arts from Emerson College and is a certified Ageless Grace® educator. As a dedicated patron of the arts, she is involved in many creative endeavors including writing, painting, crafting, and performing. Kara's children's book, *Kara Koala and Her Kaleidoscope of Feelings*, published in 2020, is now accompanied by an activity book and journal. For the OLLI at URI, Kara's most recent offering was *To Be or Not to Be: An Exploration of Hamlet, Prince of Denmark*.

**THE ART OF THE iPHONE**

3 Sessions with Jan Armor

Dates: Nov 1, 8, 15

Time: 10:00 AM - 11:30 AM

Tuition: \$40.00 Limit: 25

Want to get the most out of your iPhone camera? We will learn how to create stunning landscape and architecture photos, take good macro (close-up) photos, capture unobtrusive candid images, and take photos in the dark of night. We will also discuss using selected camera apps to extend control over your iPhone, how to sync with the Apple and/or Google cloud so your photos are available across all your devices, and how to move, share, and save pictures, including moving images between iPhone, iPad, and computer. Finally, we will explore



(THE ART OF THE iPHONE, CONTINUED)

many hidden features in the Apple Photos app as well as available gear and gadgets that can make your mobile life easier.

**Assignment for the first class:** Bring a selfie that says something about you.

**Jan Armor** has been a photographer all his life and a teacher for the past 20 years. He takes his teaching seriously and wants to help you make stronger photographs. An award-winning educator and fine art photographer with 40 years of experience in both digital and traditional media, he has received grants and awards for environmental photography and has taught at the Newport Art Museum, the Bristol Art Museum, Wickford Art Association, South County Art Association, and others. To see his work and a more detailed biography, go to [armorphoto.com](http://armorphoto.com).

**FROM TOM TO TENNESSEE: AUTOBIOGRAPHICAL ELEMENTS IN THE GLASS MENAGERIE**

5 Sessions with Kara Marziali

Dates: Nov 1, 8, 15, 22, 29

Time: 9:30 AM - 11:00 AM

Tuition: \$50.00 Limit: 30

It has been said that Tennessee Williams's *The Glass Menagerie* is autobiographical. Students will compare the characters in *The Glass Menagerie* to its author playwright and his family. We will explore themes, motifs, and symbolism, as well as the play's emotional power and poetry.



**Required text:** Tennessee Williams: *The Glass Menagerie*. For the first class: Read Act I.

Marziali Bio: See entry for DIY Holiday Watercolor Note Cards (left column).



## MAWTUCKET OF PAWTUCKET: RHODE ISLAND'S REVOLUTIONARY LIBRARIAN

1 Session with Gale Eaton  
Date: Dec 6  
Time: 10:00 AM - 11:30 AM  
Tuition: \$15.00 Limit: 25

Widow Minerva Sanders ran Pawtucket's library from its 1876 opening until 1910, and broke the era's library rules. She accommodated children and immigrant workers. She took books out of locked cases and let people handle them. ("Maybe you can get away with that in sleepy little Pawtucket," humphed other city librarians, not knowing Pawtucket.) We will learn about an unsung heroine of access to information and brainstorm what she'd be doing today.

**Gale Eaton**, a one-time children's librarian and past director of URI's Graduate School of Library and Information Studies, faced some intellectual freedom challenges over the years. She thinks Paul Harding has learned a few things about connected family sagas from William Faulkner and Marilynne Robinson.

## LIFESTYLE FACTORS AND YOUR AGING BRAIN

1 Session with John Robinson  
Date: Dec 6  
Time: 9:30 AM - 11:00 AM  
Tuition: \$15.00 Limit: 45

Research is showing that you can do a lot to prevent and even reverse the effects of brain aging by changing your ways. There is a growing list of potentially modifiable lifestyle practices, such as changes in diet and exercise, which can slow or accelerate brain aging and affect your risk of dementia. We will discuss some real-world examples of behavior change strategies and how you can "customize" a health-promoting lifestyle that is sustainable and fits your unique interests and situation.

**John K. Robinson**, URI Thomas M. Ryan Professor of Neuroscience, is a noted behavioral neuroscientist specializing in the use of rodent models to understand nervous system dysfunction and disease. He is co-director of the George & Anne Ryan Institute for Neuroscience and professor of psychology in the College of

Health Sciences and Biomedical and Pharmaceutical Sciences in the College of Pharmacy at URI. He has made significant contributions to the understanding of modifiable risk factors for dementia, including the

roles of diet, cardiovascular exercise, and cognitive and social stimulation. Dr. Robinson is also a highly regarded educator and mentor, having received numerous teaching and service awards throughout his career.



## DONATIONS ACCEPTED at OLLI for URI'S BASIC NEEDS PANTRY

Each month we send out an email listing for items the pantry is in need of. A collection bin is located right outside the OLLI office door and another is located in the office.

You can view a current list by [clicking here](#).

## Register for Parking

Parking is FREE for OLLI members! You only need to register your vehicle once during the academic year (Aug-July). Parking permits are virtual, no stickers are provided. All permits expire on July 31.

Reminder emails were sent out last month.

Only one vehicle per member may be registered.

If you bring a different vehicle to campus or your license plate number changes, you will need to log into your parking account and update the vehicle information prior to parking to your car.

Parking permit is only valid for **Lot #21**, (Staff/Faculty Lot) outside our building at 210 Flagg Rd., Fine Arts Center **Lot #6**, Plains Rd **Lot #25**

**Do not park across the street in lot #20.**

This is for resident students only.

Call the OLLI office for assistance in registering your vehicle at 401.874.4197.

## THE MUSICAL MAGIC AND MISCHIEF OF PETER SCHICKELE/PDQ BACH

3 Sessions with Christine Phoenix Green

Dates: Sept 14, 21, 28

Time: 1:00 PM - 2:30 PM

Tuition: \$40.00 Limit: 25

It is a rare composer who can create outstanding serious beautiful sensuous music as well as compositions of intelligent musical mayhem and hilarious merriment. Peter Schickele has done both in his long and illustrious career as a prolific composer, creative musician, and actor in his role as P.D.Q. Bach (his imaginary alter-ego), self-described as the last and oddest son of the famous Papa J.S. Bach. This course will highlight selected serious works of Peter Schickele as well as wondrously silly and beautifully awe-inspiring compositions with the double focus of pure pleasure combined with cues for listening

with imagination. The class will also watch his brilliant humorous opera *The Abduction of Figaro*.

**Suggested listening:** Peter Schickele: *The Biography of P.D.Q. Bach* (Audible, 2001).

**Christine Phoenix Green** has taught a variety of courses in spiritual personal and spiritual deepening, the arts, music, dreams, and wellness privately and for the OLLI at URI. A music/piano teacher, mentor in personal growth, mother, grandmother, and lifelong teacher, for more than 40 years she has created classes and programs that encourage people to share their own wisdom with each other in a supportive community. Her inspirational essays and photography can be enjoyed on her blog <https://thegreeningspirit.wordpress.com>.

## FRUIT TREE GROWING SIMPLIFIED

3 Sessions with John Campanini, Jr.

Dates: Sept 14, 21, 28

Time: 1:00 PM - 2:30 PM

Tuition: \$40.00 Limit: 30

Growing fruit trees can be very rewarding or very frustrating. Most people, unfortunately, experience only the latter. They have good intentions but don't realize that even good intentions need a game plan. And not a complicated one at that. Just a simple understanding of the basics, which starts with selecting the right variety for your location. Knowledge of training methods and how they are used to initiate early and consistent fruiting in trees is also essential and will be discussed. Finally, this course will provide a firm foundation for anyone who wishes to learn about or grow fruit trees conveniently at home.

(FRUIT TREE GROWING, CONTINUED)

**John Campanini** earned a B.S. in natural resources management and an M.S. in plant pathology-entomology at URI. He is the technical advisor to the non-profit RI Tree Council, a position he has held since 2004. His primary duties include teaching, publishing the Council's *Root Tips* monthly newsletter, and administering the RI Champion Tree Program. Before joining the Tree Council, John was employed for 28 years by the City of Providence as city forester. During his tenure there, he was awarded the distinguished public service award by the RI Public Expenditure Council and the Alfred Hawkes environmental award by the RI Department of Environmental Management.

## RECOGNIZING AND RESPONDING TO AN OPIOID OVERDOSE

1 Session with Anita Jacobson

Date: Sept 14

Time: 3:00 PM - 4:30 PM

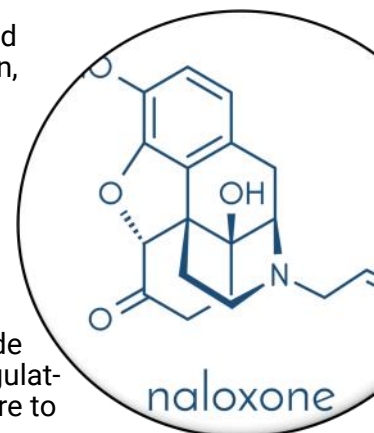
Tuition: \$15.00 Limit: 45

PLAY VIDEO ▶

We will discuss the current opioid overdose landscape in our nation, including nationwide and Rhode Island overdose data, information on the science of addiction, action steps to effectively assist someone having an opioid-involved breathing emergency, and frequently asked questions related to the overdose crisis. Dr. Jacobson will also provide information on how to use unregulated substances more safely, where to find recovery

resources, facts related to medications for opioid use disorder, passive fentanyl exposure, various naloxone formulations, and liability concerns. Finally, she will demonstrate how to administer naloxone, and participants will have an opportunity to request naloxone for personal use.

**Dr. Anita Jacobson** is a clinical professor at the URI College of Pharmacy and has worked as a pharmacist in a variety of patient care settings for 25 years. She is the director of the ecommunity First Responder Program, which focuses on harm reduction, overdose education, and naloxone outreach, and serves as the hub of the Northeast Rural Opioid Technical Assistance Regional Center. Dr. Jacobson is the coordinator of the pharmacists' patient care laboratories for URI's Doctor of Pharmacy program and is an instructor in the Doctor of Physical Therapy program at URI. Dr. Jacobson also works as a per diem pharmacist at Eleanor Slater Hospital, is a past-president of the Rhode Island Pharmacists Association, and a current member of the RI Board of Pharmacy.



PLAY VIDEO ▶



## NATIVE VOICES FROM CANADA

5 Sessions with Judith Gamble  
 Dates: Oct 5, 12, 19, 26, Nov 2  
 Time: 1:00 PM - 2:30 PM  
 Tuition: \$50.00 Limit: 30

The Indigenous experience of First Nations people, as natives are known in Canada, is similar, yet different in details, to the sordid record of what happened to native people in the U.S. The same is true of the ways in which they fought back, resisted, and still survive. In Canada, this history and treatment has only recently come to light for non-Indigenous Canadians, and many are appalled. We will journey into the past record, up to and beyond the Truth and Reconciliation Commission of 2015, to explore this history. First Nations' voices—



through their writing, music, and art—will tell much of this story. Along the way, we will also learn a bit of the little-known history of our neighbors to the north.

**Judith Gamble** has a Ph.D. in history and specializes in the so-

cial and cultural history of underrepresented people. She has taught courses on U.S. social and cultural history, Latin American civilization, and Native American history at URI and other colleges. Now her passion has shifted from scholarly to creative writing, both her own and the voices of others.

## WRITING YOUR IMMIGRATION STORY

1 Session with Edward Iannuccilli  
 Date: Oct 5  
 Time: 1:00 PM - 2:30 PM  
 Tuition: \$15.00 Limit: 45

Ed Iannuccilli will share how he came to write six books about growing up Italian-American. We will discuss the approach to writing your story in the context of immigration to America (not just Italians), research, books, and other available resources. Ed's goal is to help you understand your story and find the best approach to recording it.



**Ed Iannuccilli**, a retired gastroenterologist, has had extensive experience in academics, management, governance, and entrepreneurial endeavors. A former chairman of the board at Rhode Island Hospital and board member at Lifespan, he is a clinical professor emeritus at the Warren Alpert Medical School at Brown University. He was the founder of CME Consultants, a national physician and professional education company.

(WRITING YOUR IMMIGRATION STORY, CONTINUED)

A graduate of Providence College and Albany Medical College, he is a published author of medical articles and stories of his childhood. Dr. Iannuccilli has been on numerous boards and was honored as a distinguished alumnus of Classical High School in 2014 and Albany Medical College in 1991. He was recently inducted into the RI Heritage Hall of Fame.

## LET'S SKATE!

8 Sessions with Dorothy Cunningham  
 Dates: Oct 12, 19, 26, Nov 2, 9, 16 (skip 23), 30, Dec 7  
 Time: 9:00 AM - 9:50 AM  
 Tuition: \$65.00 (+fees below) Limit: 20  
 Location: Boss Ice Arena

Refresh your ice skating skills or get started in a sport that is challenging, social, and a lot of fun. Starting with the basics, each skater will be given personal attention by our coach according to the step-by-step learning programs of the United States Figure



Skating Association and the Ice Sports Industry. Participants may continue skating after class until 10:20 AM.

**Admission to the Boss Arena:** \$35 /6-week skate card.  
**Skate rental:** \$30/6 weeks.

**What to wear:** ski jacket and pants, gloves, mittens, winter hat or helmet.

**Dorothy M. Cunningham** holds a B.A. in English from URI and has taught in public and private schools for over 40 years. The Iditarod has been a favorite topic among her students and their parents throughout this time. Her presentations at URI, George Mason, and the Westerly College Club have brought enthusiastic reviews and interest. Last year, Dorothy attended the Iditarod in person for its 50th anniversary. During that same time period, she has coached figure skating and hockey skills classes. Her Franklin Blades Skating School has produced skaters for professional ice shows, various learn-to-skate programs, and coaches who work with all levels from beginners to Olympic skaters. Dorothy teaches private lessons for skating skills in figure and hockey skating at various arenas in Rhode Island and Massachusetts.



## COMPASSIONATE CONVERSATIONS: LEARN TO COMMUNICATE BETTER WITH ANYONE

6 Sessions with Kathy Black

Date: Oct 12, 19, 26, Nov 2, 9, 16

Time: 9:30 AM - 11:00 AM

Tuition: \$55.00 Limit: 16

Communication can be very tricky and challenging. How do we talk with someone who just won't listen? How can we connect with others who see the world differently from how we do? Understanding the skills needed to listen deeply and really connect with people makes all the difference. We will discuss the four basic components of compassionate communication and how to use



them in any conversation. We'll practice true empathic listening and uncover behaviors that impede our ability to be present with others. Learning to communicate with compassion for others will enhance and improve all of your relationships!

**Required Text:** Marshall B. Rosenberg, PhD, *Nonviolent Communication, A Language of Life* (PuddleDancer Press, 2003).

**Assignment for the first class:** Review chapters 1 & 2 and bring a photo of yourself with other people to share in class.

**Kathy Black** holds a B.S. in social work and a comprehensive certification as a life-empowerment coach. She has over 18 years of experience leading personal growth workshops and retreats, coaching women to own their power and use their voices, and instructing students in the art and practice of compassionate communication. A life-long student herself, Kathy has studied meditation with Buddhist monks in Prague, bhakti yoga with Hare Krishna devotees in New South Wales, and mindfulness practice with new thought leaders across the U.S.



Age-friendly  
University  
Global Network

THE  
UNIVERSITY  
OF RHODE ISLAND

The University of Rhode Island became a member of the Age-Friendly Global Network in 2018.

The AFU effort has depended greatly on the contributions of many OLLI members, including those who serve on our work group, attend intergenerational classes, and participate in special projects and programs. OLLI is a critically important part of what the AFU vision and mission represent at URI, and we look forward to continuing to work with OLLI members as we move forward to make URI more age-friendly!

The AFU workgroup at URI is currently focusing on the following initiatives:

- (1) Creating Intergenerational programs, such as Cyber Seniors, and classes with both URI students and older adults
- (2) Increasing access by older adults to regular URI courses
- (3) Developing a retirement community on or near the URI campus that could also serve as the home for the Osher Lifelong Learning Institute (OLLI)
- (4) Creating a retired faculty and staff association
- (5) Expanding research involving older adults, particularly with regard to health and well-being.



### DISCRIMINATION IN SCIENCE FICTION FILMS

6 Sessions with Linda Morse

Dates: Sept 15, 22, 29, Oct 6, 13, 20

Time: 1:00 PM - 4:00 PM

Tuition: \$55.00 Limit: 45

With discrimination rampant in the world today, including racism, gender discrimination, and caste systems, what will the future hold for us? Science fiction helps us to understand these questions by exploring the challenges we might face with cybernetic implants, genetic engineering, new belief systems, and even contact with aliens. We will attempt to understand and resolve some of these issues as we view six full-length science fiction movies whose themes deal with some aspect of discrimination and control. There will be time each week to discuss reviews, content, story lines, symbolism, and relationships for each movie: *Enemy Mine* (1985); *Gattaca* (1997); *I, Robot* (2004); *District 9* (2009); *Elysium* (2013); and *Divergent* (2014).

**Linda M. Morse**, a URI grad, has been a yoga and meditation practitioner most of her life, teaching for over 20 years. Certified professionally through the Kripalu Center in MA, she owned and operated the Yoga Center in Melbourne, FL. With her relaxed and humorous approach, she hopes to inspire students in body, mind, and spirit. For the OLLI at URI, Linda has taught Intro to Yoga, Chair Yoga, Breath Techniques, Taking the Inward Journey, Meditation, the Chakra Energy System, and a number of science fiction film programs.

### MAKING PEACE/DISPUTE MEDIATION

3 Sessions with Phyllis Waldman

Dates: Sept 15, 22, 29

Time: 10:00 AM - 11:30 AM

Tuition: \$40.00 Limit: 24

Disputes with friends, family members, co-workers, and neighbors can lead to broken relationships...and broken hearts. With the help of mediation, we can clear up misunderstandings, find areas of agreement, and create solutions. Using readings, discussions, and role play, learn the steps of an effective mediation process. Plan to hone those skills you once used instinctively to mediate spats between your children (and maybe still do!) and transfer them to any number of situations, from a disagreement between colleagues

(MAKING PEACE, CONTINUED)

to bringing two quarreling family members back together again.

**Phyllis Waldman**, B.S., M.A., is a certified family and conflict mediator in private practice and also volunteers as a mediator in the RI District Courts through the Center for Mediation and Collaboration RI (CMCRI.org). For 15 years she was a professor of communication at Boston University, as well as a lecturer at Simmons University, Suffolk University, and Emerson College. She specializes in teaching the course *Interpersonal Communications: How to Assert Yourself, Listen to Others, and Resolve Conflicts*.

### CAROL BURNETT: A COMEDY LEGEND

6 Sessions with Brett Morse

Dates: Sept 29, Oct 6, 13, 20, 27, Nov 3

Time: 1:00 PM - 2:30 PM

Tuition: \$55.00 Limit: 30

From unemployed actress in her first year in New York City, to her first job as a hat check girl, to finally landing her first acting job playing a minor role as the girlfriend of a ventriloquist's dummy, Carol Burnett never gave up, and we are grateful she persevered. Did you know that she won an Emmy in the field of music or was nominated for a Tony Award on Broadway? In this program we will learn all about her life right up to the celebration of her 90th birthday, as well as enjoy her comedy along with fellow comedians like Lucille Ball, Bob Newhart, Steve Martin, Rodney Dangerfield, and many others. This program is designed to be a laugh-a-thon guaranteed to put a smile on your face.



**Brett Morse** worked in the pharmaceutical industry for over 40 years. He is a graduate of Bryant College, served in the U.S. Navy during the Vietnam era, and is a certified yoga instructor. He was very fortunate to have a father who worked in the music industry, first with RCA and then with Columbia Records, and had the opportunity to meet many of the artists. His love of music continues to this day.

**READING A ROCK'S STORY**

2 Sessions with Kristyn DeMarco

Dates: Oct 6, 13

Time: 10:00 AM - 11:30 AM

Tuition: \$35.00 Limit: 20

Just as every human has a story to tell, so too does every rock. Encoded in the physical and chemical characteristics of every rock is the story of where it came from, how it was formed, and how it came to be above Earth's surface. We will learn the basics of physical geology with an emphasis on rocks, how to identify rocks, and how to decipher the historical code locked within their structure.

**Please read: For the first class:** Two readings, available from the instructor or at these two web sites:

- [Reading 1](#)
- [Reading 2](#)

**Kristyn DeMarco**, an OLLI member, is an associate professor of environmental science and geology at Northern Virginia (NOVA) Community College's Loudoun campus. She pioneered the environmental science program at NOVA, Loudoun as she began her journey at NOVA eight years ago. Kristyn holds an M.S. in geoscience from Virginia Polytechnic Institute and State University and is currently finishing a Ph.D. in environmental science and public policy at George Mason University. She has a great love for everything outdoors and is an avid rock collector.

**THERE'S SOMETHING HAPPENING HERE: LAUREL CANYON IN THE '60S AND '70S**

1 Session with Elizabeth Bogutt

Date: Oct 6

Time: 9:30 AM - 11:30 AM

Tuition: \$15.00 Limit: 25

Every name is famous, every song is one we recognize...Laurel Canyon in Southern California was a community of talented and slightly crazy musicians and singer-songwriters who changed the voice of a generation. We will read about and discuss the relationships that formed in this neighborhood of woods, trees, and winding canyon roads, and we will listen to and sing along to some of their unforgettable music. For a couple of hours we'll leave the present behind and return to the people we were then.

**Elizabeth Bogutt** is a lifelong writer and a member of the Peace Dale Guild writing group. She facilitates a po



(LAUREL CANYON, CONTINUED)

etry group at the South Kingstown Senior Center and conducts occasional poetry workshops in the community. This is her sixth course teaching various aspects of poetry for the OLLI at URI.

**TAKING THE INWARD JOURNEY**

6 Sessions with Linda Morse

Dates: Oct 27, Nov 3, 10, 17, (skip 24), Dec 1, 8

Time: 1:00 PM - 2:30 PM

Tuition: \$55.00 Limit: 30

Experience the benefits of relaxation, movement, and stretching. Sessions will be interactive, each week focusing on a different technique designed to enhance wellness through a gentle mind-body approach: six movements for a happy spine, breath techniques, yoga, ayurveda, the chakra energy system, and meditation.

**Linda Morse Bio:** See Discrimination in Science Fiction Films, page 28.

**PETER, PAUL AND MARY: A MUSICAL JOURNEY**

4 Sessions with Brett Morse

Dates: Fri, Nov 10, 17, (skip 24), Dec 1, 8

Time: 1:00 PM - 2:30 PM

Tuition: \$45.00 Limit: 30

Peter, Paul and Mary was one of the leading contemporary folk bands in the 1960s, mixing social activism with music. Although Mary Travers left us tragically on September 16, 2009, her legacy and music live on. Peter Yarrow and Paul Stookey are still performing. Learn about their lives and listen to the incredible music of these talented and beloved artists. Peter, Paul and Mary will live on forever!



**Brett Morse Bio:** See Carol Burnett– A Comedy Legend, page 28.

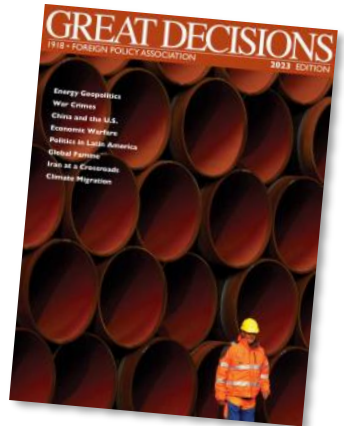


# GREAT DECISIONS

**THE GREAT DECISIONS FOREIGN POLICY DISCUSSION GROUP** at OLLI is a Special Interest Group that meets monthly for 8 months and is **FREE** to all members who register. Members must register for each class separately online each semester. See page 3 for details on how to register.

Great Decisions is America's largest discussion program on world affairs.

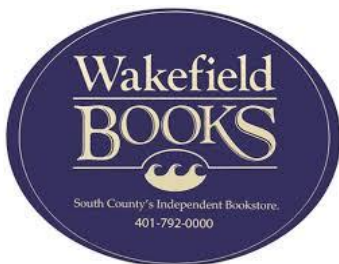
The program model involves reading the *Great Decisions Briefing Book*, watching the documentary film series and meeting in a discussion group to discuss the most critical global issues facing America today.



## Climate Migration

Friday, Sept 15, 10:00 AM - 11:30 AM

How is climate change affecting human migration? As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals, and how might the United States aid them, and be affected by the migration?



160 Old Tower Hill Road  
Wakefield, RI 02879  
[Wakefieldbooks.com](http://Wakefieldbooks.com)

*Thank you to our friends at Wakefield Books who offer a 20% discount on any purchase related to OLLI classes or special interest groups.*

**COAST GUARD HOUSE**

sea food sea friends sea view

Oceanside Dining on Narragansett Bay

Lunch & Dinner  
open 7 days year round  
indoor/outdoor seating

seafood | oysters | burgers | steaks

40 Ocean Road, Narragansett Rhode Island  
401.789.0700 | thecoastguardhouse.com

Wine Spectator  
AWARD OF EXCELLENCE  
2021  
2015 - 2021

## The Continent of Africa: A series of single session classes with James Buxton | Choose one or register for all seven!

Join us as we visit various countries on the second-most populous continent in the world. We'll discuss geology, war, genocide, human rights, government and more. Register for one class or all 7. If you register for all seven you will receive a \$15 voucher to use toward your membership renewal or toward a future class.

### AFRICAN OVERVIEW

Date: Mon, Oct 30  
Time: 1:00 PM - 2:30 PM  
Tuition: \$15.00 Limit: 30

Using maps, charts, graphs, photos, and editorial cartoons, we will examine the continent of Africa, which is made up of 53 countries. We will see the impact of resources, geography, slavery, colonialism, and governments upon the continent.

### RWANDA

Date: Tue, Oct 31  
Time: 10:00 AM - 11:30 AM  
Tuition: \$15.00 Limit: 30

The focus of this course will be the genocide of 1994, spending considerable time on the historical causes of the genocide. We will examine post-1994 Rwanda, with its improvements, and reasons for optimism. Why was the United Nations unable to stop the genocide? Should it have pulled out when it did?

### SOMALIA

Date: Thu, Nov 2  
Time: 10:00 AM - 11:30 AM  
Tuition: \$15.00 Limit: 30

Somalia came into the view of Americans as a result of the movie *Black Hawk Down*. At that point, many Americans asked, "Why are we involved in Somalia anyway?" We will consider why Somalia is one of the poorest countries on Earth. Further questions: Should the United States have pulled out when it did? Was Somalia a Cold War pawn? Why are so many Somalis involved in pirating? Has the United Nations had any successes in Somalia?

### SUDAN

Date: Mon, Nov 6  
Time: 1:00 PM - 2:30 PM  
Tuition: \$15.00 Limit: 30

Sudan has been constantly at war since 1955 at the very least. The people have undergone many civil wars between north and south, genocide in Darfur, a violent secession resulting in two countries, and current warfare that is causing a massive refugee crisis. It is very ambitious to try to cover it all. The hope is to get a working knowledge of the demographics, the religious and ethnic divides, the impact of Sudan on its neighbors, and its involvement with terrorism, including Osama bin Laden. We will not try to delve into the complexity of Sudani clans and governance. What has been the role of the United States and the United Nations in Sudan?

### BOTSWANA

Date: Tue, Nov 14  
Time: 10:00 AM - 11:30 AM  
Tuition: \$15.00 Limit: 30

We hear about countries like Somalia, Sudan, and Rwanda because of all their troubles. Botswana is a country that we never hear of. Why? No news is good news. Botswana has a working democracy, with no history of coups, rebellions, or dictatorship. How much of its success has to do with resources? You might have learned a bit about Botswana if you have read the Alexander McCall Smith series *The No. 1 Ladies' Detective Agency*.

### SOUTH AFRICA

Date: Mon, Dec 11  
Time: 10:00 AM - 11:30 AM  
Tuition: \$15.00 Limit: 30

Apartheid was "the law of the land" in South Africa from 1948 until the early 1990s, and during that time it was, arguably, the most hated government on Earth. During that time, South Africa had a horrid human rights record and developed nuclear weapons. In the mid 1990s, partially because of international economic boycotts, South Africa gave up its white-run dictatorship, agreeing to one-man, one-vote elections. Nelson Mandela came to power. After that, South Africa was so well regarded by the international community that it was awarded as the host of the 2010 Soccer World Cup. We will trace South Africa's intriguing history.

### SOUTHWEST AFRICA

Date: Mon, Dec 18  
Time: 10:00 AM - 11:30 AM  
Tuition: \$15.00 Limit: 30

We will be exposed to 8 African countries that you have barely heard of: Benin, Ghana, Sierra Leone, Liberia, Ivory Coast, Guinea Bissau, Guinea, and Burkina Faso. These countries were devastated by the slave trade. Colonialism brought them roads, health clinics, and schools, but did the cons outweigh the pros? In the past few decades, many of them have been ravaged by civil war. One of those countries has a capital city named after James Monroe. One of them was set up as a locale for slaves freed by Britain. One of them was the first African country Obama visited to commend its democratic governance.

**Jim Buxton** taught global studies and international relations at South Kingstown HS for 32 years. During that stretch, he earned numerous teaching awards, including the RI HS Social Studies teacher of the year in 1997, and the RI HS Girls Soccer Coach of the Year in 1988. In 1997-98, he taught in England under the Fulbright Teacher Exchange program. Since his retirement in 2009, he has taught International politics courses in the URI Political Science Department. From 2009 until 2016, he also taught in the Salve Regina Education Department and supervised HS Social Studies student teachers. He has also taught in both the Circle of Scholars and OLLI programs.



Members **MUST** provide their own transportation to all off-site venues. Parking and meeting information available online and will be listed on your class reminder email. *If an instructor is not listed, the tour will be guided by a knowledgeable staff member or docent.*



## ROUGH POINT MUSEUM

Date: Tue, Sept 12  
Time: 10:00 AM - 11:30 AM  
Tuition: \$25.00 Limit: 20  
Location: Newport

This Gilded Age mansion, which borders the Cliff Walk and overlooks the Atlantic, was completed in 1892 by Frederick William Vanderbilt. The original gardens were designed by the firm of Frederick Law Olmsted. In 1922, the house was purchased by James Buchanan Duke, who died in 1925, leaving the property to then 12-year-old Doris Duke, his only child. Although she used the house in the intervening years, it was not until the late 1950s that she began refurbishing it, installing a collection of fine and decorative arts and fashions until her death in 1993. Enjoy learning more about the life and times of this unconventional heiress. After the tour, feel free to explore the museum and gardens on your own.

**Note:** The museum complies with ADA Accessibility Guidelines. There are elevators in the building. Although the outdoor pathways are bumpy in spots, they are manageable for people who use canes, walkers, or wheelchairs.

## BENEATH THE BREAKERS

Date: Tue, Sept 19  
Time: 10:30 AM - 11:30 AM  
Tuition: \$30.00 Limit: 12  
Location: Newport

You'll see and learn about the new domestic technology that transformed daily life, including the development of electricity and how it changed the Gilded Age, the emergence of the modern elevator, the revolutionary infrastructure that heated and cooled the great house, and the modern plumbing and laundry facilities that affected attitudes about hygiene and cleanliness. And you'll hear about the house engineer whose detailed daily journals have helped us understand how it all worked. Based on research by Preservation

## (BENEATH THE BREAKERS, CONTINUED)

Society staff and period documents, this tour shares with visitors how the house changed with the times as domestic technology evolved through the Gilded Age and into the 20th century

**Note:** This is an underground experience in a historic structure. There are 30 stairs. The tour is not accessible for those with mobility devices.

## STROLLING THROUGH HISTORY

1 Session with Jean Gagnier  
Date: Wed, Sept 27  
Time: 10:00 AM - 11:30 AM  
Tuition: \$20.00 Limit: 20  
Location: Westerly

A stroll through downtown Westerly can tell people a lot about the rich history of this nearly 350-year-old community. On our walking tour we will see eight of the dozen murals that were created during a 2017 painting festival sponsored by the non-profit Bricks and Murals to capture the story of the town: the New London Steamboat Company



(depicting coastal and island transportation), Mrs. Harriet Wilcox (patron of Wilcox Park), the granite industry, the Westerly Band (oldest community band in the country), the 1938 hurricane (dedicated to first responders and rebuilders), the Pawcatuck River (natural boundary used by the Narragansett and Pequot people and referenced in the 1663 charter), the Rivalry (Stonington vs. Westerly), and the mills of Pawcatuck Village.

**Jean Gagnier**, a URI graduate with a degree in history, is a former two-time Westerly Town Council member and one of the founding members of Bricks and Murals. This will be his third time leading the downtown Westerly mural tour for OLLI.

**Members MUST provide own transportation to all off-site venues. If an instructor is not listed, the tour will be guided by a knowledgeable staff member or docent.**

**TOUR OF THE URI BAY CAMPUS**

1 Session with Andrea Gingras

Date: Mon, Oct 2

Time: 10:00 AM - 11:30 AM

Tuition: \$15.00 Limit: 20

Location: Narragansett

Overlooking the west passage of Narragansett Bay, URI's 153-acre bay campus is home to the University's highly acclaimed Graduate School of Oceanography, one of the top five oceanographic institutions in the country. We will tour two campus facilities: the RI Nuclear Science Center and the Marine Geological Samples Lab.

**THE RHODE ISLAND COURTS**

1 Session with Justice Gilbert Indeglia

Date: Fri, Sept 29

Time: 10:00 AM - 11:30 AM

Tuition: \$20.00 Limit: 15

Location: Providence

After a welcome by Hon. Gilbert V. Indeglia, retired Supreme Court justice, and Kara Picozzi, deputy director, Community Outreach and Public Relations, our tour will include the Rhode Island Superior Court, the State Law Library, and the Rhode Island Supreme Court, where a Q&A session will take place.

Go to [www.courts.ri.gov/publicresources/communityoutreach](http://www.courts.ri.gov/publicresources/communityoutreach)

**Gilbert V. Indeglia**, Rhode Island Supreme Court justice, retired, is a former associate justice of the Rhode Island Superior Court, former associate judge of the Rhode Island District Court, and a former legislator.

**IDENTIFYING COMMON INVASIVE PLANTS**

1 Session with Tom Hoagland

Date: Thu, Oct 12

Time: 1:00 PM - 3:00 PM

Tuition: \$15.00 Limit: 20

Location: Canonchet Farm, Narragansett

Invasive plants overpower native and ornamental species and then spread quickly to starve native plants and animals from sunlight, nutrients, and habitat, which disrupts an interconnected biological and ecological place-based network that has developed over millions of years. On this walking tour at Canonchet Farm, learn about the major invasive species found locally and how to identify them, remove them, and maintain removal by replanting the area with native species with dense root systems. Along the trail we will observe the effects of invasive plants in a second-growth woodland and discuss best practices for home

(INVASIVE PLANTS, CONTINUED)

owners in controlling the spread of plants like privet and burning bush if they want to keep rather than eliminate them.

*This is an outdoor walk on trails.*

**Tom Hoagland** is a 2010 URI master gardener, president of the Friends of Canonchet Farm, and an RI certified invasive plant manager. For the OLLI at URI, Tom led a tour of the URI demonstration garden at East Farm in 2018. He also co-taught this same Invasives class for OLLI in 2018 and 2021.

**RIESLING: IT IS NOT ALWAYS SWEET**

2 Sessions with Elisa Wybraniec

Choose 1 date: Thu Nov 16, or Nov 30

Time: 3:00 PM - 4:00 PM

Tuition: \$25.00 Limit: 40

Location: Narragansett

Riesling and Chardonnay are distant relatives but are also far apart in the wines they make. Typically unoaked, this white grape variety has many ways it can express itself. Join us for a tasting that will highlight regional styles of Riesling.

**Elisa Wybraniec** is a graduate of URI with a B.S. in finance. She holds the Wine & Spirit Education Trust (WSET) Diploma, is a certified sommelier, and belongs to the Society of Wine Educators. She has served as adjunct faculty at Johnson & Wales and contributes occasionally to the Rhode Island Beverage Journal. Elisa also worked in Napa Valley for the talented winemaker Alan Viader of Viader Winery in 2018, as well as boutique winery Kosta Browne in Sonoma in 2019. She is now full-time wine director/sommelier at the Coast Guard House Restaurant in Narragansett. For the OLLI at URI she has given presentations about wines from all over the world.

**FESTIVE HOLIDAY TEA**

1 Session at Sweet Marie's Tea Cottage

Date: Wed, Dec 13

Time: 12:00 PM - 2:00 PM

Tuition: \$50.00 Limit: 20

Location: Wickford

Please join us for a festive holiday tea on December 13, 2023, at Sweet Marie's Tea Cottage. The tea shop will be decorated for the holiday, and we'll enjoy assorted finger sandwiches, strawberry tarts, petit fours, tea cakes, and, of course, good British tea.



## ROGER WILLIAMS PARK ZOO VIRTUAL MEET & GREET

1 Session with a docent  
Date: Mon, Sept 18  
Time: 10:00 AM - 11:00 AM  
Tuition: \$15.00 Limit: 22

Get up close virtually with three animal ambassadors and chat with Zoo educators to learn more about these wild wonders and the work of Roger Williams Park Zoo.

## ALFRED HITCHCOCK'S SAN FRANCISCO

1 Session with Jay Sherwin  
Date: Mon, Oct 2  
Time: 1:00 PM - 2:30 PM  
Tuition: \$15.00 Limit: 45

Alfred Hitchcock loved San Francisco and used its elegance, beauty, and mystery to great effect in many of his films. In this virtual tour, you'll see brief scenes from *Vertigo*, *The Birds*, and other Hitchcock classics filmed on location in the San Francisco Bay Area. You'll hear great stories about how Hitchcock chose those locations and how he filmed them. If you're already a Hitchcock fan, this program will give you new insights into some of his very best films. If you love San Francisco, the program will only make you love it more. And if you're unfamiliar with Hitchcock or San Francisco, it may inspire you to learn more about both!



**Jay Sherwin** is a writer and consultant who has been watching, studying, and enjoying Hitchcock films for decades. As a resident of the San Francisco Bay Area, he created and led a walking tour of Alfred Hitchcock's San Francisco that continues to attract Hitchcock fans and fellow Hitchcock obsessives from around the world. For the OLLI at URI, he has given the course *Writing a Legacy Letter*, several times.

## OLLI ZOOM CLASS INFO

A link to join zoom classes is sent in a reminder email 2 days before the class starts. For your convenience, a link is also sent 30 minutes prior to the beginning of the course.

If you've downloaded the Zoom app onto your computer or mobile device, the meeting should open automatically when you click the link. If you prefer not to download the app, select the "join from your browser" option that will appear on your screen after you click the Zoom link.

You will be placed in a "waiting room" until the host (an OLLI staff member) admits you into the main meeting. **The host will open the meeting and begin admitting members approximately 30 minutes prior to start time.**

To avoid audio interference with the instructor's presentation, all members will be muted automatically upon entering the Zoom meeting. We've asked our instructors to leave 5-10 minutes at the end of each session to respond to questions.

If you need assistance with any zoom-related matters, please contact the office in advance of your class starting.

## PERSONAL RESILIENCE: HOW TO SHIFT, THRIVE, AND BOUNCE-UP

3 Sessions with MJ Callaway  
Dates: Mon, Oct 16, 23, 30  
Time: 2:00 PM - 3:30 PM  
Tuition: \$40.00 Limit: 20

No one can escape change, yet we resist it. Having resilience as a foundation enables us to flip every transition that comes our way into a positive experience. MJ Callaway will share her three core POWER strategies and her concept for bouncing up higher and stronger. We will get practical tactics and trademarked techniques to develop a Bounce-Up Mindset so that we can thrive through life's changes. We'll also explore how to shift current challenges into proactive solutions by creating and using a customized personal action plan.

**MJ Callaway** is a speaker, coach, and award-winning author. Her newly released book, *Bounce-Up: Outpower Adversity, Boost Resilience, Rebound Higher*, has been endorsed by the CEO of the Healthy Workforce Institute. Her brand and quest in life is all about showing others how to Bounce-Up! She holds a certificate in holistic resilience from Point Park University. She's a two-time survivor breast cancer, certified virtual presenter, and chapter leadership liaison for the National Speakers Association. Her topics include adversity, change, communication, productivity, and resilience. MJ writes a bi-monthly newsletter called *Bounce-Up Chronicles*, sharing slice-of-life perspectives. Fun facts about MJ: She's biked down a volcano in HI, zip-lined over gators in AL, and played tug-o-war with a baby bear in MI.

**CLASSICAL MUSIC VIRTUOSOS**

4 Sessions with Emanuel Abramovits  
 Dates: Mon, Oct 30, Nov 6, (skip 13), 20, 27  
 Time: 9:30 AM - 11:00 AM  
 Tuition: \$45.00 Limit: 45

PLAY VIDEO ▶



Virtuoso performers such as Arthur Rubinstein have impressed audiences with their ability, charisma, and distinctive sound. We will use anecdotes, stories, humor, and audiovisual aids to explore the works and legacy of influential performers who gave technical brilliance, richness of tone, and showmanship another meaning on piano, violin, cello, and other instruments. We will consider the work of performers who base their art on acrobatics but find a balance with intensity, passion, and bold elegance. The artists whose work we will explore span the last 150 years and include Arthur Rubinstein, Jascha Heifetz, Vladimir Horowitz, Yuya Wang, Itzhak Perl-

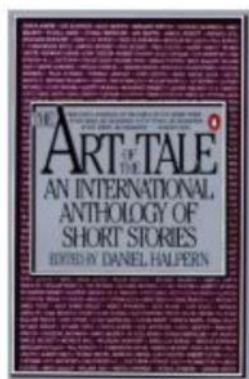
man, Ara Malikian, Anne-Sophie Mutter, Lang Lang, Mischa Maisky, and future talents, like Alma Deutscher.

**Emanuel Abramovits** has been a concert promoter since 2000, directly involved in many concerts by international artists, like Itzhak Perlman, Gustavo Dudamel, Sarah Brightman, Roger Hodgson, ASIA, Journey, Kenny G, and many more. He has designed and staged many original orchestral events, including an Event of the Year winner and several world premieres. He served as the cultural director at Union Israelita de Caracas from 2008 to 2019, releasing books, organizing film cycles, concerts, and art exhibits. He has been consistently teaching online and in person across the U.S. since 2020.

**THE ART OF THE TALE: MORE MID-CENTURY SHORT STORIES**

6 Sessions with Robert Weibezahl  
 Dates: Wed, Sept 20, 27, Oct 4, 11, 18, 25  
 Time: 1:00 PM - 2:30 PM  
 Tuition: \$55.00 Limit: 45

We continue to explore the mid-century short fiction collected in *The Art of the Tale: An International Anthology of Short Stories*. Reading an array of stories by some of the finest writers around the globe published 1945–1985, we will investigate the ways these men and women touch upon both culturally specific and universal themes as they use fiction to ex-



(THE ART OF THE TALE, CONTINUED)

plore life, love, change, and what it means to be human. As with past classes, the stories will be grouped and discussed thematically. There is no prerequisite.

**Required text:** Daniel Halpern, ed.: *The Art of the Tale: An International Anthology of Short Stories* (Penguin, 1987). Available new in paperback, or many well-priced used hardcover and paperback copies can be found through online sellers. Also available from local public libraries. **Please note that we are using the 1987 edition of Halpern's anthology, not the one published in 2000.**

**Robert Weibezahl** is a writer, editor, critic, and publishing industry veteran who has worked with Nobel laureates, Pulitzer Prize winners, and countless bestselling authors. A columnist for BookPage for two decades, he is also a published novelist and award-winning, internationally produced playwright. He teaches at OLLI programs across the country.

**LANDSCAPE PHOTOGRAPHY**

3 Sessions with Eli Vega  
 Dates: Wed, Oct 4, 11, 18  
 Time: 10:00 AM - 12:00 PM  
 Tuition: \$40.00 Limit: 20



Learn about composition, exposure, lenses, depth-of-field, lighting, timing, HDR, photo editing, photographing different seasons, dealing with flare, shooting in snow, and much more.

**Suggested Reading:** Eli Vega: *Right Brain Photography: Be an Artist First* (BookBaby, 2019).

**Eli Vega** is an award-winning photographer and author. He has taught photography since 1993. Among the venues he has taught are Rocky Mountain National Park, Garden of the Gods (Colorado Springs, CO), OLLI in several cities and states, various colleges in Arkansas, Colorado, and Texas, and various art groups and camera clubs.





### ISN'T IT ROMANTIC? THE LITERATURE OF HAWTHORNE, MELVILLE, AND POE

6 Sessions with Teresa Testa

Dates: Wed, Oct 25, Nov 1, 8, 15, 22, 29

Time: 10:00 AM - 11:30 AM

Tuition: \$55.00 Limit: 25

There was a time in American literary history when the consciousness of man was exposed to the emotive and ethereal complexities of human nature—where truth became transient, virtue vanished by inclination, and the temporal encumbered man's reach for the transcendent. Through an unprecedented literary style contemporarily measured as anti-romanticism, this new original course follows the three principal authors who unveil the natural truths of existence while positioning the human being within complex allegorical tales of mortal circumstance. Hawthorne, Melville, and Poe offer a nod to the literature that came before while reminding us of the potential of the human spirit and depths of man's soul. Lecture-style sessions will focus on the assigned readings and the associations among morality, history, psychology, and theology.

**Suggested reading:** New literature assignments of approximately 25 pages will be posted before each class session.

**Teresa M. Testa** is a Ph.D. candidate at Salve Regina University where her dissertation research explores 20th-century cultural approaches to moral theory within the philosophy of technology and theology. Graduating from Brown University with a concentration in English and American literature, Teresa also earned the M.Sc. in organizational management from Salve Regina University with emphasis on modern business ethical standards. Her academic interests are extensive and connect multiple disciplines within the humanities.

### FILE, PILE, SORT, SHRED!

3 Sessions with Jamie Novak

Dates: Thu, Nov 9, 16, (skip 23), 30

Time: 3:00 PM - 4:30 PM

Tuition: \$40.00 Limit: 45

Are your tabletops littered with stacks of paper and your filing cabinets overflowing? If so, then join author and expert organizer Jamie Novak while she guides you through live, hands-on paper sorting sessions during class. Learn what you can shred, regret-free. She will show you how to file papers once and for all! You'll make your own retention schedule for future reference and organize papers with her during class.

**Suggested:** Go to [JamieNovak.com](https://www.jamienovak.com) to read her toss item of the day. **Suggested reading:** Jamie Novak: *Keep This Toss That - Updated and Expanded: The Practical Guide to Tidying Up* (Trusted Media Brands, 2020).

**Jamie Novak** is the author of the bestselling book, *Keep This, Toss That: The Practical Guide to Tidying Up*. You might have seen her on morning TV, listened to the 10-minute podcast that she hosts, or caught her YouTube show. When not on the computer teaching interactive, online programs about decluttering and getting organized, she is searching for a cure to her own addiction—clipping recipes that she'll never prepare. Be sure to check out [JamieNovak.com](https://www.jamienovak.com) to read the tiny tidy of the day.





**Bring Your Lunch! Feed Your Mind!**

**Free for Members**

**Prepaid Funeral Contracts**

1 Session with Andrew Correia

Date: Thu, Sept 28

Time: 11:30 AM-12:30 PM

Tuition: Free Limit: 45

Funeral planning after the death of a loved one requires dozens of decisions at a time of great emotional stress, including how to cover the cost. Preplanning and prepaying your funeral can free family members to focus on grieving, secure in the knowledge that your wishes are being fulfilled. We will discuss the process of preplanning funeral, cremation, and anatomical donation services, including what factors to consider when making your decisions.

*Suggested Reading and assignment online.*

**Advanced Care Planning**

1 Session with Ginette Ferszt

Date: Thu, Oct 26

Time: 11:30 AM - 1:00 PM

Tuition: Free Fee: \$1.00 (cash only payable at start of class) for booklet *Five Wishes*.

Limit: 45

Advanced care planning is not only for older adults, it is for everyone. We never know when a situation might occur when we can no longer speak for ourselves, particularly about the type of healthcare treatment we want to receive. By planning ahead, we can get the medical care we want, avoid unnecessary suffering, and relieve caregivers of decision-making burdens during moments of crisis or grief. Advanced planning also helps reduce confusion or disagreements about the choices we want people to make on our behalf. Ginette will provide the information needed to complete an informed advanced directive.

*Veterans Day*

HONORING ALL WHO SERVED



**OLLI VETERANS CELEBRATION:  
A Time to Honor and Remember**

We will be celebrating our OLLI Veterans in November.

Join us on Nov 2, for a special celebration! We'll unveil our **Wall of Honor** and welcome Tim Gray, founder and president of the WWII Foundation in South Kingstown, for a special presentation.

**12:00 PM** Unveiling of our Wall of Honor. Light refreshments will be served.

**1:00 PM** A Tribute to Our World War II Veterans: Stories from the Disappearing Generation. Tim Gray will discuss important lessons and takeaways from those who served and survived World War II.

**Registration is required to attend presentation. Limit: 45**

**WALL OF HONOR:**

In honor of Veterans Day, OLLI would like to recognize our OLLI members and/ or family members who have served or are currently serving. Please let us know by sharing your name, service information, and a photo. Deadline for submission is October 1.

If you have a photograph you would like us to scan, please let us know.

Email [OLLI@URI.EDU](mailto:OLLI@URI.EDU) or call 401-874-4197.

OLLI Veterans will also be invited to tour the WWII Museum in Wakefield.

Registration will be required. More information coming soon.

**Register online!**

**[URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)**





**Please register for each Ramble.**

Limit per Ramble: 12

Looking for a short outing with a snack to follow? Join the **Rhody Ramblers** for an afternoon adventure. All meeting and parking information will be online.

#### **SEPTEMBER-URI Bike Path**

Thu, Sept 21, 10:30 AM – 12:00 PM

Our September walk takes place at the URI Bike Path. We will walk along the paved URI Bike Path Extension into Peckham Farm fields. After our walk, we will visit TLC Coffee Roasters in West Kingston.

#### **OCTOBER-Roaring Brook Trail**

Thu, Oct 19, 10:30 AM – 12:00 PM

The Roaring Brook Trail in Exeter was designed as an accessible trail by RI DEM. There is a boardwalk beside small ponds, which should have excellent fall color in October. We will stop afterwards at Alaina's Guac n' Roll in Richmond.

#### **NOVEMBER-South County Commons Bike Path**

Thu, Nov 16, 10:30 AM – 12:00 PM


Join the Rhody Ramblers for an afternoon adventure along the South County Commons Bike Path, which runs between the Commons and the playing fields at Broad Rock Middle School, the YMCA, the South Kingstown Senior Center, and the South Kingstown Recreation Center. Afterwards we will visit Audrey's Coffee and Lounge nearby in the Commons.

#### **DECEMBER-Wickford Village**

Thu, Dec 14, 10:30 AM – 12:00 PM

Enjoy the holiday lights and decorations in the village. Coffee location to be determined.

## **THINGS** *you should* **KNOW**

**Video Previews:** When you view a class in our online software or the pdf catalog, a video symbol will appear if there is a video to view. Please note: video previews are not available for all classes. 

**Emails:** OLLI uses email to communicate important information like class confirmations, schedule changes, cancellations, and other special notices. We also send out a weekly email, "This Week at OLLI," on Monday mornings listing our weekly events and notices. If you are not receiving it, please email or call us and let us know. We will not share your email with anyone.

**Classroom Locations:** Not sure what room your class is in? Check the TV monitor located in the lobby.

**Extra Fees for Courses:** Additional fees are sometimes required for courses that involve off-campus activities, special events, or special supplies needed for the class.

We are so happy to see so many members stopping by the lobby for coffee and to socialize before their class starts! We continue to accept donations of ground coffee, coffee pods, cups and cash.

Thanks for your support!



# OLLI *Special Interest Groups*

All Special Interest Groups are FREE with your OLLI membership.  
Registration is required.

## **Book Group**

Meets the third Friday of each month at 1PM at OLLI. Book selections are available on our website: [URI.EDU/OLLI](http://URI.EDU/OLLI) Facilitator: Beth Leconte [bleconte@uri.edu](mailto:bleconte@uri.edu).

## **Bowling Group**

Interested in bowling? This group meets on Wednesdays at 12:30PM at Old Mountain Lanes in Wakefield. Facilitator: Peter Stetson [petestetson8@gmail.com](mailto:petestetson8@gmail.com)

## **Cosmic Questions**

Join us as we dive into the question, “Are we god’s laboratory? Is life on Earth the only life in the universe?” Please note: This group will discuss only scientific facts– not religion or politics. Meets on Thursdays: 1/19, 2/16, 3/16 from 1:00PM-2:30PM Facilitator: Krystyna Kasman [krystyna\\_kasman@cox.net](mailto:krystyna_kasman@cox.net)

**Golf**—Spring Registration for Golf begins April 19.

## **Mah Jongg**

Do you like to play Mah Jongg? Join this group on Thursdays at 1PM in the OLLI lobby. Facilitator: Cobi Bush [bcobi@verizon.net](mailto:bcobi@verizon.net)

## **Movie Group**

Join us on the second Thursday of the month at 3PM at OLLI to discuss the latest movies which are available in theaters or streaming. And on occasion, we may view a film on site. Facilitator: Marylen McKenna [marylen7586@gmail.com](mailto:marylen7586@gmail.com)

## **Photo Friday**

Do you like taking pictures with your camera or phone? Join our Photo Friday Group! Each month you will be given a different prompt to photograph and submit. Photos will be shared and discussed during a monthly [Zoom](#) meeting. The group meets the first Friday of each month at 10AM. Facilitator: Jan Armor [janthephotoman@gmail.com](mailto:janthephotoman@gmail.com)

## **Walking Group**

Walking Group meets weekly on Wednesdays at 1PM. Improve your health; make new friends while exploring our South County area. Walks generally last 90 minutes. Register online and each week you will receive an email for the location.

Facilitators: Cindy Opaluch [CindyRI@cox.net](mailto:CindyRI@cox.net)  
Sara Nelson [saramay51@hotmail.com](mailto:saramay51@hotmail.com)

## **Writer’s Group**

Meets the first Friday of each Month at 1PM via [Zoom](#).

Join us online and share your writings, listen and learn from others, and most importantly have a good time. Facilitator: Susan Berman [susanb99@yahoo.com](mailto:susanb99@yahoo.com).

Please register online to join these groups by visiting [URI.EDU/OLLI](http://URI.EDU/OLLI)



# TEACH FOR



Scan the QR code  
for the course  
proposal form.

OLLI faculty and presenters are members of the community who are excited about teaching and involving an enthusiastic group of learners in a new way.

Some of our OLLI instructors are current or retired high school or college faculty, while others are people who enjoy the opportunity to share their interests and knowledge.

What's to be gained by teaching at the OLLI?

Just as our members attend classes for the pleasure of it, our faculty at OLLI often teach for the sheer joy of sharing their expertise and enthusiasm for a topic. There are no tests to prepare or papers to grade, just teaching and holding discussions with interested and engaged students. We are able to offer small honorarium dependent on the length of the course.

What learning formats are supported at the OLLI?

- **Traditional:** lecture, discussion, or a combination of both

- **Hands On:** getting the fingers dirty (e.g., painting, photography)

**Collaborative:** Collaborative learning classes, or study groups, are led by a facilitator, not necessarily an expert in the field. The facilitator might offer a syllabus with readings and lists of topics. Class participants take responsibility for class activity as peer leaders working independently or in teams. Working from guidelines provided by the facilitator, the class participants have the opportunity to make a presentation, lead a discussion, invite a guest speaker, or develop other ways to engage the class in the subject.

## WANT TO PROPOSE A CLASS?

Fill out a course proposal form on our website:

<https://web.uri.edu/olli/course-proposal/> OR scan the QR code at the top of the page.

If you have questions regarding a topic or format, please contact Operations Manager, Beth Desrosiers, directly at 874-4197 or email [beth\\_desrosiers@uri.edu](mailto:beth_desrosiers@uri.edu)

### Proposal Due Dates:

**Winter 2024** — Proposals due July 30

**Spring 2024** — Proposals due April 30

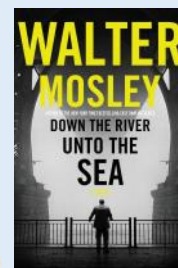


9/15-*Demon Copperhead* by Barbara Kingsolver

10/20-*Down the River unto the Sea* by Walter Mosley

11/17-*Tomorrow, and Tomorrow, and Tomorrow* by Gabrielle Zevin

12/15-*The Soul of an Octopus* by Sy Montgomery



# OLLI Mail-In Course Registration - Fall 2023

Name (one member per form) \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Renewal Date: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email \_\_\_\_\_

## **MONDAY**

- ☐ An Introduction to the Alexander Technique (\$15)
- ☐ Civility and Democracy (\$40)
- ☐ Demystifying the College Admissions Process (\$15)
- ☐ Embracing a Gluten Free Lifestyle (\$35)
- ☐ Italian I (\$65)
- ☐ Lost in the Weeds: Navigating Modern Cannibals (\$15)
- ☐ Maybe It's Your Medications (\$15)
- ☐ Mindful Living: A Look at Buddhism's Noble Eightfold Path (\$45)
- ☐ Practical and Proven Suicide Prevention (\$15)
- ☐ Six Pillars of Healthy Living (\$55)
- ☐ The Provincetown Printers and the Art of the White-Line Woodcut (\$15)
- ☐ Walking Rhode Island - Hikes in the Fall (\$15)

## **TUESDAY**

- ☐ Advanced Bridge: Two-Over-One Forcing (\$55)
- ☐ All Aboard the Seaview: South County's Trolley to the Beach (\$15)
- ☐ Classic Film Noir (\$55)
- ☐ DIY Editing (\$15)
- ☐ Food is Medicine (Free)
- ☐ Ireland - A Brief History (\$45)
- ☐ Journey Through Flatland (\$15)
- ☐ Little Rhody & The Other 49...and More (\$15)
- ☐ Movement Medicine (\$55)
- ☐ Playing with Classics: Tennessee Williams Scenes and Monologues (\$55)
- ☐ The Fall of the Romanov Dynasty (\$45)
- ☐ The Virology and Origin of COVID 19 (\$15)
- ☐ What is the Role of Public Education? (\$45)
- ☐ Willa Cather: My Antonia and The Professor's House (\$45)
- ☐ World War II Rhode Island (\$15)

## **WEDNESDAY**

- ☐ Basic Horsemanship (\$425)
- ☐ Cool Jazz (\$45)
- ☐ DIY Holiday Watercolor Note Cards (\$15 + materials fee paid to instructor)
- ☐ Fabulous Fingers: Basics of Piano (\$65)
- ☐ From Tom to Tennessee: Autobiographical Elements in The Glass Menagerie (\$50)
- ☐ Genealogy: Becoming a Family Detective (\$55)
- ☐ Homescapes in Watercolor (\$55)

(Wednesday, continued)

- ☐ Japanese Americans and World War II: Historical and Personal Perspectives (\$45)
- ☐ Lifestyle Factors and Your Aging Brain (\$15)
- ☐ Living a Full Life Over 50: Being an Adult Can Be Fun! (\$55)
- ☐ Malaga Island and This Other Eden: A Tragedy of Racism and Eugenics (\$40)
- ☐ Mawtucket of Pawtucket: Rhode Island's Revolutionary Librarian (\$15)
- ☐ Simple Sourdough: Deconstructing the Process (\$15+ materials fee paid to instructor)
- ☐ The Art Of The iPhone (\$40)
- ☐ The Kingdom of the Sun (\$60)

## **THURSDAY**

- ☐ Compassionate Conversations: Learn to Communicate Better with Anyone (\$55)
- ☐ Fruit Tree Growing Simplified (\$40)
- ☐ Let's Skate! (\$65)
- ☐ Native Voices from Canada (\$50)
- ☐ Recognizing and Responding to an Opioid Overdose (\$15)
- ☐ The Magic, Majesty, and Mischievous of P.D.Q. Bach (\$40)
- ☐ Writing Your Immigration Story (\$15)

## **FRIDAY**

- ☐ Carol Burnett: A Comedy Legend (\$55)
- ☐ Discrimination in Science Fiction Films (\$55)
- ☐ Making Peace/Dispute Mediation (\$40)
- ☐ Peter, Paul and Mary: A Musical Journey (\$45)
- ☐ Reading a Rock's Story (\$35)
- ☐ Taking the Inward Journey (\$55)
- ☐ There's Something Happening Here: Laurel Canyon in the '60s and '70s (\$15)

## **ZOOM CLASSES**

- ☐ Alfred Hitchcock's San Francisco (\$15)
- ☐ Classical Music Virtuosos (\$45)
- ☐ File, Pile, Sort, Shred! (\$40)
- ☐ Isn't It Romantic? The Literature of Hawthorne, Melville, and Poe (\$55)
- ☐ Landscape Photography (\$40)
- ☐ Personal Resilience: How to Shift, Thrive and Bounce-Up (\$40)
- ☐ Roger Williams Park Zoo Virtual Meet & Greet (\$15)
- ☐ The Art of the Tale: More Mid-Century Short Stories (\$55)



# OLLI Mail-In Course Registration - Fall 2023

## **SPECIAL SERIES—The Continent of Africa**

Register for one or all 7 (receive a \$15 credit toward a future class with registration of all 7)

- ☐ African Overview (\$15)
- ☐ Rwanda (\$15)
- ☐ Somalia (\$15)
- ☐ Sudan (\$15)
- ☐ Botswana (\$15)
- ☐ South Africa (\$15)
- ☐ Southwest Africa (\$15)

## **GREAT DECISIONS**

**(Free but you must register)**

- ☐ Sept 15, Climate Migration

## **LUNCH AND LEARN**

**(Free but you must register)**

- ☐ Sept 28, Advanced Care Planning
- ☐ Oct 26, Prepaid Funeral Contracts

## **VETERANS CELEBRATION:** November 2,

A Time to Honor and Remember (Free)

- ☐ 12:00 Wall of Honor Celebration
- ☐ 1:00PM Tim Gray/Tribute to WWII Veterans

## **TOURS AND TRIPS**

All Tours and Trips require a waiver.

- ☐ Beneath the Breakers Tour (\$30)
- ☐ Festive Holiday Tea (\$50)
- ☐ Identifying Common Invasive Plants (\$15)
- ☐ Riesling: It Is Not Always Sweet (\$25)

Choose one date: ☐ Nov 16

☐ Nov 30

- ☐ Rough Point Museum Tour (\$25)
- ☐ Strolling Through History (\$20)
- ☐ The Rhode Island Courts (\$20)
- ☐ Tour of the URI Bay Campus (\$15)

## **RHODY RAMBLERS**

**(Free but you must register)**

- ☐ Sept 21, URI Bike Path
- ☐ Oct 19, Roaring Brook Trail
- ☐ Nov 16, South County Commons Bike Path
- ☐ Dec 14, Wickford Village

## **SPECIAL INTEREST GROUPS**

**(Free but you must register)**

- ☐ Book Group
- ☐ Bowling
- ☐ Cosmic Questions
- ☐ Photo Friday
- ☐ Mah Jongg
- ☐ Movie Group
- ☐ Walking
- ☐ Writer's Group

NAME \_\_\_\_\_

Payment Method: ☐ Check (Payable to URI)

For mail-in registrations, we only accept check payments.

If you are paying by credit card, please call the office at 401-874-4197 or register online  
URIOLLI.AUGUSOFT.NET

**Mail to: 210 Flagg Rd., Suite 212, Kingston, RI 02881**

**Total # Classes** \_\_\_\_\_  
(If due)

**Renewal Fee** \$ \_\_\_\_\_

**Credits to Apply**  
\$ \_\_\_\_\_

**Total Due** \$ \_\_\_\_\_

*If you are writing a check and think*

## **OFFICE USE:**

DATE RCVD: \_\_\_\_\_ DATE PROCESSED: \_\_\_\_\_ INITIALS: \_\_\_\_\_

MEMBERSHIP: ☐ CURRENT ☐ NEW ☐ RENEWAL

## MEMBERSHIP FORM

210 FLAGG ROAD, ROOM 212, KINGSTON, RI 02881

WEB.URI.EDU/OLLI 401.874.4197 OLLI@URI.EDU

MAIL FORM OR REGISTER ONLINE AT [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)

### MEMBERSHIP INFORMATION (Please use one form per person)

☐ NEW MEMBERSHIP ☐ RENEWAL MEMBERSHIP RENEWAL DATE: \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Seasonal Address \_\_\_\_\_ Begin Date \_\_\_\_\_ End Date \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Secondary Phone \_\_\_\_\_

Year of Birth \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relation: \_\_\_\_\_ Phone \_\_\_\_\_

### MEMBER PROFILE

The following information is used to help us better understand our OLLI Membership as a community and to better serve you.  
This information is optional and confidential.

URI Alumni : ☐ No ☐ Yes Year \_\_\_\_\_ Gender : ☐ Male ☐ Female

Highest Level of Education: ☐ High School ☐ Some College ☐ Associates Degree /Certification  
☐ Bachelor's Degree ☐ Master's Degree ☐ Doctorate

Employment Status: ☐ Retired ☐ Work Full Time ☐ Work Part-Time ☐ Not Currently Employed

Current/Former Occupation: \_\_\_\_\_

Referral \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

### PAYMENT INFORMATION: Annual Membership Fee \$65 (non-refundable)

Payment Method: ☐ Check (Payable to URI) For mail-in registrations, we only accept check payments.

If you are paying by credit card, please call the office at 401-874-4197 or register online [URIOLLI.AUGUSOFT.NET](http://URIOLLI.AUGUSOFT.NET)

Photos taken during OLLI events or programs can be used in promotion material for OLLI at URI.

OLLI and URI will not be held liable for members or guests for any damage or personal injury.

Your membership must be in effect through the last date of the class(es) you have chosen.

**For questions, please call 401.874.4197 or email [olli@uri.edu](mailto:olli@uri.edu)**

**If mailing, send to: OLLI at URI, 210 Flagg Rd, Room 212, Kingston, RI 02881**

OFFICE USE: DATE RCVD: \_\_\_\_\_ DATE PROCESSED: \_\_\_\_\_ INITIALS: \_\_\_\_\_



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