



OSHER LIFELONG LEARNING INSTITUTE  
OF THE UNIVERSITY OF VERMONT

seek. learn.  
discover. grow.



OLLI Iceland Trip, Spring 2019

## Beginning Yoga I

with Amanda McIntire

**SESSION 1: Wednesdays, August 28–September 18,**  
5:30–6:30 pm  
Member: \$40 | Non-Member: \$60

**SESSION 2: Mondays, October 7–21**  
5:30–6:30 pm  
Member: \$30 | Non-Member: \$45

**SESSION 3: Mondays, October 28–November 18**  
5:30–6:30 pm  
Member: \$40\* | Non-Member: \$60

Learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Bring your own mat.

## Beginning Yoga II

with Amanda McIntire

**SESSION 2: Wednesdays, October 9–23, 5:30–6:30 pm**  
Member: \$30 | Non-Member: \$45

**SESSION 3: Wednesdays, October 30–November 20,**  
5:15–6:15 pm  
Member: \$40\* | Non-Member: \$60

This series furthers participants' yoga experience through physical practice (asana), breathing (pranayama), and meditation. Bring your own mat. Completion of Beginning Yoga I course required.

\*Members can sign up for both Monday (Yoga I) and Wednesday (Yoga II) classes in Session 3 – Eight classes for only \$60!

## Who Is That: Bird Sexing & Owl Prowl

with Maeve Kim

**Tuesdays, September 3 & 10, 5:30–7 pm**  
& **Saturday, September 14, 7–8 pm**  
(Raindate: 9/15, 7–8 pm)  
Member: \$50 | Non-Member: \$75

Discuss the wide range of factors that determine sexual differences in Vermont birds and then spend time with birds of the night.

## Reading Workshop: One World Short Stories

with Rebecca Starks

**Wednesdays, September 4–25, 5:30–7 pm**  
Member: \$60 | Non-Member: \$90

Pulling from the *One World* and *One World Two* global short story anthologies, we will read a few stories each week from authors who have had the experience of living in two or more countries. Explore themes of identity, communication, morality, and code-switching.

see more classes ►

sign up now!



of The University of Vermont\*

classes  
travel  
lectures  
discussions  
active learning

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## The Wisdom and Beauty of Plato's Republic

with John Hanagan

**Mondays, September 9–30, 11:30 am–1 pm**

**Member: \$60 | Non-Member: \$90**

Explore the wisdom which has engaged thoughtful people for so many centuries. Discuss Socratic dialogue concerning justice in the context of examining the character of the good person and the order of a just polity. Plato's main concern is with how one might live a wise, virtuous, and happy life.

## Beginner Ukulele — Level 1

with Clare Innes

**Mondays, September 9–30, 5:30–6:30 pm**

**Member: \$40 | Non-Member: \$60**

Have fun learning chords, strums, and techniques to begin your ukulele journey and gain confidence playing with others. No uke? No worries! Ukes available to rent or buy in class.

## Pine Street Walking Tour with Preservation Burlington

with Britta Tonn

**Thursday, September 12, 10 am–noon**

**Member: \$20 | Non-Member: \$30**

Join local architectural historian, Britta Tonn, for a walking tour of Burlington's former gritty, industrial neighborhood. Learn how it continues to embody the spirit of creative, entrepreneurial culture. Approximately one mile of walking with several opportunities to sit throughout the tour.

## Bringing the World of Chocolate to Vermont

with Kevin Toohey

**Thursday, September 12, 5:30–7 pm**

**Member: \$10 | Non-Member: \$25**

Spend an evening at one of Burlington's finest boutique chocolatiers, NU Chocolat, with Swiss trained chef and owner, Kevin Toohey. Enjoy a tour of the chocolate lab, curated tasting of chocolates from around the world as you deepen your understanding of one of the planet's most complex foods: Cacao — The Food of The Gods.

## Intervale Center Tour

with Carolyn Zeller

**Tuesday, September 17, 10–11 am**

**Member: \$15 | Non-Member: \$25**

Learn about the Intervale's rich agricultural history and innovative programs and visit the Intervale Conservation Nursery greenhouses, the Intervale Food Hub barn, and the Intervale farmer complex. This tour will provide a general overview of programs, and includes a 1/4 mile walk around the Intervale at a comfortable pace.

## Current Debates in Public Health and Health Policy

with Jan Carney

**Tuesday, September 17, 5:30–7pm**

**Member: \$25 | Non-Member: \$35**

Are e-cigarettes harmful or an aid to quit smoking? Can sitting too much really kill us? Why is health care so controversial? Dr. Jan Carney, Associate Dean for Public Health and Health Policy at UVM's Larner College of Medicine, will explore how controversy can be both a helpful tool to raise public awareness and a hindrance for progress in health policy.

## Burlington Edible History Tour

with Elise Guyette and Gail Rosenberg

**Thursday, September 19, 1–4:15 pm**

**Member: \$60 | Non-Member: \$75**

Join us for a 1.5 mile, five-restaurant tasting and walking tour, and discover the history of Burlington's early immigrant groups and their food traditions, when farm-to-table was a way of life. A section of the walk is uphill, which may offer a challenge to some.

## Wildlife Tracking

with Alison Thomas

**Thursday, September 19, 5–7 pm**

**Member: \$20 | Non-Member: \$30**

On this interactive walk, begin to unravel the mysteries of the signs that wild animals leave behind and build a stronger connection to the natural world around you.

sign up now!



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## Fused Glass Plates, Bowls and Vases

with Alyssa Oxley

**Sunday, September 22, 3:30–5:30 pm**

**Member: \$65 | Non-Member: \$95**

Learn to work with colored glass to create a unique, handmade keepsake or gift. Cut and arrange glass that will be fired in a kiln. No previous experience necessary. All materials provided. You will be able to pick up your finished project in about one week.

## The Role and Work of an End-of-Life Doula

with Francesca Arnoldy

**Wednesday, September 25, 5:30–7 pm**

**Member: \$25 | Non-Member: \$35**

Explore how you might infuse End-of-Life Doula approaches and techniques into relationships with others and your own mortality. Learn how to incorporate doula essentials into life, death, and grief. Discuss ways of “being” with others in times of need and ways of doing the work.

## Dobra Tea Tasting: Black Teas Around the World

with Nina Beck and Stacy Jolles

**Saturday, September 28, 10–11:30 am**

**Member: \$25 | Non-Member: \$40**

Explore the methods of growing, processing, and brewing of black tea from a variety of countries including India, Sri Lanka, Vietnam, Myanmar, Korea and China. Taste teas traditionally served with milk (non dairy will be available) and sweetener, along with those best tasted “black”. Includes snack that pairs well with black tea.

## Abbaye de Saint Benoît-du-Lac

with Patsy Jamieson

**Wednesday, October 2, 8 am–5 pm**

**Member: \$95 | Non-Member: \$130**

Travel to the Eastern Townships of Quebec to tour the Benedictine monastery Abbaye de Saint-Benoît-du-Lac on the shore of Lake Memphremagog. You will have the opportunity to attend mass (optional) celebrated with Gregorian chants, learn about the monastic life at the Abbey, enjoy a lunch featuring local products, and shop in the boutique where you can purchase cheese and apple cider made by the monks. Premium Coach bus transportation, tour, and lunch all included.

## Writing Workshop: Four Poems

with Rebecca Starks

**Wednesdays, October 2–23, 5:30–7 pm**

**Member: \$60 | Non-Member: \$90**

Read, write and discuss poems of identity, observation, witness, and elegy as models for our own poems. All levels welcome.

# CROATIA: ADRIATIC ADVENTURES

Tentative dates: **May 1–10, 2020**

**Details coming soon!**

**Call or email for more information**



## Beginning Tin Whistle

with Mary Ann Samuels

**Thursdays, October 3–24, 5:30–7 pm**

**Member: \$60 | Non-Member: \$90**

Beginners will explore the basics of playing the “D” tin whistle by learning tunes, taught by ear, from Ireland and or Scotland. Sheet music will be available afterwards for those who read music.

## Mindfulness: Integrating Practice Into Daily Life

with John Sojun Godfrey

**Tuesdays, October 8–29, 5:30–6:30 pm**

**Member: \$40 | Non-member: \$60**

Join former Zen Monk, John Sojun Godfrey, to learn practical mindfulness techniques you can incorporate into daily life. Explore ways to enhance focus, attention, and awareness to your interactions with yourself, others, and the world around you. Bring a cushion or blanket, anything you need to feel comfortable sitting in a chair or on the floor.

sign up now!

## Counter Culture: Fermented Foods 101

with Julia Irish

Wednesday, October 9, 5:30–7 pm

Member: \$25 | Non-Member: \$40

Discover tips and tricks of fermenting your own vegetables with ease. Participants will make a jar of sauerkraut or similar ferment to take home to enjoy!

## Salvation Farms Presentation

with Theresa Snow

Thursday, October 10, 5:30–7 pm

Member: \$15 | Non-Member: \$25

Learn how Salvation Farms, known for its gleaning program, helps to reduce food loss on farms, increase the use of locally grown foods, and foster an appreciation for Vermont's agricultural heritage and future.

## A History Tour of Burlington

with Gary DeCarolis

Saturday, October 12, 10 am–12:30 pm

Member: \$65 | Non-Member: \$90

Explore Burlington's amazing historical past from pre-European settlement when Algonquin and Iroquois Nations ruled the area to the Revolutionary War and the War of 1812. Transportation by van provided for tour includes the opportunity to get out of van for each of the four, historical lecturettes at the allotted locations.

## An Apple a Day: A Taste of Autumn's Sweet Bounty

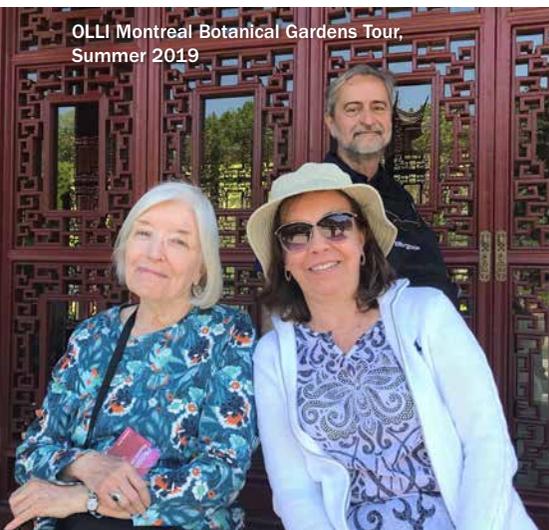
with Patsy Jamieson

Saturday, October 12, 10 am–1 pm

Member: \$65 | Non-Member: \$95

Taste a selection of different apple varieties, discuss which ones are best for specific types of recipes and prepare sweet and savory apple recipes. Transportation to the Essex Resort & Spa Kitchen is on your own.

OLLI Montreal Botanical Gardens Tour,  
Summer 2019



“Just do it! OLLI has something for everyone... you will meet new people, learn a lot, and visit different places, near and far!”

– OLLI Member

## Alice & the Magician: Aroma & Flavor Science of Cocktail Creation

with Aaron Wisniewski, A&M fragrance creator

Wednesday, October 16, 5:30–7 pm

Member: \$75 | Non-Member: \$95

In this interactive, multi-sensory experience, learn the complexities of aroma, the science of olfaction, as well as the alchemy of drinks through cocktail creation and scent layering. Includes hands-on composition and tasting of two creative cocktails.

## Why Educate Prisoners? And Why Liberal Arts?

with Kathy Fox

Thursday, October 17, 5:30–7 pm

Member: FREE | Non-Member: \$35

Discuss why education is fundamental to prison rehabilitation, with an emphasis on the barriers that formerly incarcerated individuals face. Learn about the existing research on the power of college in prison, and UVM's newly formed Liberal Arts in Prison Program.

## Beginner Ukulele – Level 2

with Clare Innes

Mondays, October 21–November 18 (no class Nov. 11),  
5:30–6:30 pm

Member: \$40 | Non-Member: \$60

Take your ukulele to the next level. Become more fluid with chord changes, strumming, and learning new songs. Explore fingerpicking and an easy music theory tool and, of course, play lots of songs!

## Introducing Islam in a Time of Islamophobia

with Ilyse Morgenstein Fuerst

Wednesday, October 23, 5:30–7 pm

Member: \$25 | Non-Member: \$35

Learn key concepts, rituals, and global and regional differences within Islam, the world's second largest religious tradition. Examine the effect of increasing Islamophobia in the US.

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## Cooking for One (or Two)

with Patsy Jamieson

**Saturday, October 26, 10 am–1 pm**

**Member: \$65 | Non-Member: \$95**

Learn simple, nutritious, and delicious recipes that are easy on clean-up, such as cooking en papillote (in parchment paper) and making a complete meal on a sheet pan! Transportation to The Essex Vermont's Culinary Resort & Spa is on your own.

## Saffron: Vermont's New Gold Rush

with Arash Ghalehgalabbehbahani

**Monday, October 28, 5:30–7 pm**

**Member: \$25 | Non-Member: \$35**

Discuss how UVM scientists at the North American Center for Saffron are learning how to create a specialty saffron, the most expensive spice in the world. Crop diversification is key to the economic stability of small family farms.

## Fleming Museum Tour:

### ***Be Strong and Do Not Betray Your Soul*** **Photography Exhibition**

with Alice Boone

**Wednesday, October 30, 5:30–7 pm**

**Member: \$15 | Non-Member: \$25**

Enjoy a private tour of the Fleming Museum's special exhibition of contemporary photography, *Be Strong and Do Not Betray Your Soul*. The forty-eight featured artists use the medium of photography to express the inherent humanity of themselves and their subjects; subtly comment on the social, economic, and historical forces that oppress us all, but especially women, queer people, and people of color; and above all to create images that are by turns startling, meditative, and thought-provoking.

## UVM Saffron Tour:

### **Your Golden Opportunity**

with Arash Ghalehgalabbehbahani

**Thursday, October 31, 10–11 am**

**Member: \$10 | Non-Member: \$15**

Enjoy this unique and rare opportunity to tour the internationally-recognized North American Center for Saffron Research & Development. View the fall blooms from the active saffron plots. Discuss the production cycle, harvesting methods, and the economic implications saffron can have for Vermont. Rain or shine, transportation to the UVM Hort Farm is on your own.



Birding, Spring 2019

## Primary Predictions: Exploring the 2020 Presidential Election

with Ellen Andersen

**Wednesday, November 6, 5:30–7 pm**

**Member: \$25 | Non-Member: \$35**

Join UVM professor Ellen Andersen to discuss the 2020 Presidential Election, with a particular emphasis on the democratic primaries.

## Those Secret Eyes: Lady Macbeth, Music, and Dance

with Merz Trio — Brigid Coleridge, Julia Yang, & Lee Dionne

**Thursday, November 7, 5:30–7 pm**

**Member: \$25 | Non-Member: \$40**

How can music, text, and dance work together to bring fresh meaning to a 400-year-old story? Merz Trio gives an exclusive glimpse into the making of their multidisciplinary show *Those Secret Eyes*, based on a night with Lady Macbeth. Featuring live music, audience participation, and discussion — students will workshop the show with Merz Trio, contributing their own creative choices and witnessing the creative process unfold. Sponsored by Lake Champlain Chamber Music Festival which is presenting *Those Secret Eyes* at the FlynnSpace on Sunday afternoon November 10.

## The Brain, Mind and Music

with Lawrence Zoller

**Tuesday, November 12, 5:30–7 pm**

**Member: \$25 | Non-Member: \$35**

This presentation addresses how we incorporate sounds that we hear daily and transform them into music. Discuss how music affects our emotions and can help people with neurological diseases including Parkinson's disease and Alzheimer's disease.

## Sutton Holiday Market and Domaine Bresee Wine Tasting

with Patsy Jamieson

**Saturday, December 7, 8 am–5 pm**

**Member: \$90 | Non-Member: \$120**

Visit the Holiday Market in Sutton, Quebec, filled with local crafts and artisan food. Afterward, participate in a wine tasting at the Vignoble (Vineyard) Domaine Bresee. Premier Coach transportation provided.

sign up now!

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## OLLI AT UVM DISTINGUISHED SPEAKER SERIES

Join us in the beautifully renovated Alumni House this Fall for lively and informative presentations on historical, timely, and relevant topics.

- **The Wisdom and Beauty of Plato's *Republic***  
with John Hanagan  
Mondays, September 9–30, 11:30 am–1 pm
- **Current Debates in Public Health and Health Policy**  
with Jan Carney  
Tuesday, September 17, 5:30–7 pm
- **The Role and Work of an End-of-Life Doula**  
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with Merz Trio — Brigid Coleridge, Julia Yang, & Lee Dionne  
Thursday, November 7, 5:30–7 pm
- **The Brain, Mind and Music**  
with Lawrence Zeller  
Tuesday, November 12, 5:30–7 pm

## SACRED HARP SINGING

Every Tuesday, 6:30–8:30pm, UVM Campus

Sacred Harp is a traditional New England style of participatory singing that is both dramatic and beautiful. Sung a cappella in four part harmony, songs are taught by singing the “shapes” and then the words. Free and open to the public. Regular attendees strongly encouraged to become an OLLI member.

## AIKEN LECTURE SERIES PRESENTS

### Doing Justice: An Evening with **Preet Bharara** Former United States Attorney

Thursday, November 14, 2018, 5 pm,  
Ira Allen Chapel, UVM Campus

Join us for a special conversation with Preet Bharara, former U.S. Attorney for the Southern District of New York, featuring anecdotes from Bharara's time as a federal prosecutor, his thoughts on the justice system and constitutional governance today, and more. Fired by President Trump, Bharara now has a vast online and social media presence where people look to him for his critical analysis and keen insights on pressing issues like the Mueller investigation and other important topics of the day. Fresh off the release of his first book, *Doing Justice: A Prosecutor's Thoughts on Crime, Punishment, and the Rule of Law*, Bharara comes to the University of Vermont for a candid conversation on his career and America's justice system.

A prime seating area will be saved for all OLLI members who arrive and identify themselves to an usher before 4:30 pm. Free and open to the public. RSVP required at: [learn.uvm.edu/aiken](http://learn.uvm.edu/aiken).



Preet Bharara

**REGISTER TODAY! [learn.uvm.edu](http://learn.uvm.edu)/olli 802.656.2085**

# What is OLLI?

OLLI (Osher Lifelong Learning Institute) at UVM is a community of adult learners who enjoy year-round courses and events that are diverse, interesting, fun, and affordable.

OLLI at UVM seeks to engage the minds, stimulate the senses, and foster learning through a wide range of classes, programs, travel opportunities, and social activities.

OLLI instructors are a mix of peer teachers, UVM faculty, independent scholars, and experts.

join now!

Membership is **\$30** for one year (two can sign up for **\$50**), and courses are priced based on length and format.

## Here's what an OLLI membership gets you...

- Over **50% discount** on all OLLI at UVM courses
- **Priority seating** at select premiere UVM lectures
- **Priority registration** for OLLI travel programs
- **Weekly OLLI e-newsletters and updates** on lectures, activities, courses and events of interest
- **Discounted tickets** to UVM Lane Series performing arts events
- Eligible to purchase membership to the **UVM Campus Recreation Center**

## OLLI volunteer & teaching opportunities:

Become an active OLLI member by sharing your talents, interests, and ideas as a member-volunteer. An actively involved membership ensures interesting and diverse classes as well as keeping OLLI fees affordable. Join the Programming or Membership committee! Or maybe teach for OLLI? Don't have time for a committee? Be a classroom ambassador. Or help with fundraising and special events.

Become an OLLI at UVM member and register for courses:  
**learn.uvm.edu/olli 802.656.2085**

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University of Vermont—Continuing and Distance Education  
460 South Prospect Street, Burlington, VT 05401