

# FALL 2018 Courses & Events

# OLLI ▶

OSHER LIFELONG LEARNING INSTITUTE  
OF THE UNIVERSITY OF VERMONT

seek. learn.  
discover. grow.



OLLI Italy Trip, Spring 2017

## Beginning Yoga I

with Amanda McIntire

**SESSION 1: Wednesdays, August 29–September 19,**  
5:30–6:30 pm  
Member: \$40 | Non-Member: \$60

**SESSION 2: Mondays, October 1–22**  
5:30–6:30 pm  
Member: \$40\* | Non-Member: \$60

**SESSION 3: Mondays, October 29–November 12**  
5:30–6:30 pm  
Member: \$30 | Non-Member: \$45

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 3–24,**  
5:30–6:30 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 2 – Eight classes for only \$60!*

## Beginner Pilates

with Sarah Griffin

**Thursdays, September 6–27, 5:30–6:30 pm**  
Member: \$40 | Non-Member: \$60

Improve strength, flexibility, balance, muscular symmetry, and promote elongated and toned muscles to create a strong body core. Bring a padded mat, at least equivalent to 2 yoga mats.

## Total Body Strength and Stretch – Session 1

with Janet Franz

**Tuesdays, September 11–October 2, 4:30–5:30 pm**  
Member: \$40 | Non-Member: \$60

Improve overall strength, range of motion and balance through pilates, yoga, calisthenics, and functional strength training. We use stability balls, hand weights, and resistance tubing, with options for all levels. Bring your own mat.

# sign up now!



of The University of Vermont®

classes  
travel  
lectures  
discussions  
active learning

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

## Wildlife Tracking

with Mike Kessler

**Saturday, September 15, 1-4 pm**

**Member: \$30 | Non-Member: \$45**

Discuss techniques and time-tested science and art-of-tracking wisdom and apply it in a rich wildlife setting. Elements of physical, life, and social sciences will be covered. Transportation to the Jericho Research Forest is on your own.

## The Mueller Investigation, Trump, & Russia

with Garrett Graff

**Wednesday, September 19, 5:30-7 pm**

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

Garrett Graff, who covers the FBI and has written a biography of Bob Mueller, explains the state of the investigation and Russia's efforts to meddle in the 2016 election.

## Burlington Edible History Tour

with Elise Guyette and Gail Rosenberg

**Thursday, September 20, 1-4:15 pm**

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

Join us for a two-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.

## Reading Workshop: How Democracies Survive

with Rebecca Starks

**Wednesdays, September 26-October 17, 5:30-7 pm**

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

Discuss current local and global threats to democracy, read stories about living under authoritarian rule, and reflect on how best to save and restore democracy.

## Understanding Verdi's *Aida*

with William Harwood

**Thursday, October 4, 5:30-7 pm**

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

Discuss themes and characters from Verdi's grandest of grand operas, *Aida*, about Radames, the four-star Egyptian general, who falls in love with Aida, the Ethiopian slave daughter of the general. This class will prepare you for viewing the Metropolitan Opera in HD presentation on Saturday, October 6, 2018, at the Palace 9 Theater in South Burlington. Performance transportation and tickets are on your own.



Turkey Trip, Spring 2015

## Painted Pottery

with Jen Labie

**Friday, October 5, 6:30-8:30 pm**

**Member: \$35 | Non-Member: \$50**

Enjoy painting a pottery piece of your choice with your own colors and designs. Each artist will be guided through the process of painting on bisque ware. All materials provided.

## Pressure Cooking with Confidence

with Patsy Jamieson

**Saturday, October 6, 10 am-1 pm**

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

Learn recipes and tips for using a modern pressure cooker to prepare dishes in one-third of the time it takes to cook conventionally! Includes recipes for appetizers, main dishes, and desserts. Aprons are provided. Transportation to The Essex Resort & Spa Kitchen is on your own.

## Burlington Tree Tour

with Brian Sullivan

**Saturday, October 6, 10 am-12 noon**

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

Join us for a two-hour walking tour to familiarize yourself with Burlington's urban forest, discuss how trees function and the challenges they face. This is a moderately-paced walking tour, on-foot for two hours, with some flat surfaces and uphill and downhill walking. Tour participants should wear good walking shoes, bring water, and consider the weather conditions.

## Avian Migration Mysteries

with Maeve Kim

**Tuesdays, October 9, 16, 5:30-7 pm &**

**Saturday, October 20, 10 am-noon**

**Member: \$50 | Non-Member: \$75**

Marvel at the astounding journeys that many birds undertake each fall. Examine the various obstacles that get in our way as we attempt to observe birds. Local field trip transportation on the third session is on your own.

sign up now!

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

## OLLI AT UVM DISTINGUISHED SPEAKER SERIES

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

● **The Mueller Investigation, Trump, and Russia**

*with Garrett Graff*

**Wednesday, September 19, 5:30–7 pm**

● **The Science Behind Cannabis**

*with Wolfgang Dostmann, M.D.*

**Wednesday, October 10, 5:30–7 pm**

● **Mill Girls: Factory Operatives and New Woman**

*with Susan Ouellette*

**Tuesday, October 23, 5:30–7 pm**

● **Rumi & Ryokan: A Dialogue on Life's Mysteries  
Between a Zen Master and a Muslim Poet**

*with John Hanagan*

**Monday, October 29, 5:30–7 pm**

## OLLI AT UVM ART EXHIBIT

***On the Trail: Images from Wild Places***

*with Jeffrey Trubisz*

**Thursday, November 8, 5-6:30 pm**

Office of Continuing and Distance Education

322 South Prospect Street

“Over the last forty years I have trekked, scrambled, and hiked hundreds of trails up mountains, through forests, into canyons and along beaches. What drives me is the desire to immerse in the natural world, not just see it but connect with its deeper spirit or essence. The camera enables me to record that immersion. I hope that in observing my photographs you feel the essence of the place as if you were on the trail.” — Jeffrey Trubisz



Photograph by Jeffrey Trubisz

## 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

**Tan Le:**

**“Immigrant, Refugee, and Revolutionary Tech CEO”**

**Thursday, November 1, 2018, 5 pm, Ira Allen Chapel, UVM Campus**

Tan Le recounts her childhood fleeing from war-torn Communist Vietnam, to her life as an immigrant in Australia, and how those circumstances have shaped her both personally and professionally as a successful female CEO of neuroengineering company Emotiv. Tan discusses the latest advances in EEG brain monitoring technologies and the implications they will have on the future of scientific and academic research, advertising and media, education and training, mobility, defense, communication, automotive development, and in the lives of people with mental and other neurological conditions. Tan Le demos her innovative headset and talks about its far-reaching applications in the industries of gaming, robotics, psychology, medicine, and many more.

**A prime seating area will be saved for all OLLI members who arrive and identify themselves to an usher before 4:45 pm. Free and open to the public. RSVP required at: [learn.uvm.edu/aiken](http://learn.uvm.edu/aiken).**



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

## Total Body Strength and Stretch – Session 2

with Janet Franz

**Tuesdays, October 9–30, 4:30–5:30 pm**

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

Improve overall strength, range of motion and balance through pilates, yoga, calisthenics and functional strength training. We use stability balls, hand weights and resistance tubing, with options for all levels. Bring your own mat.

## The Science Behind Cannabis

with Wolfgang Dostmann, M.D.

**Wednesday, October 10, 5:30–7 pm**

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

This lecture will provide an overview of the historical, political, and social background of Cannabis, followed by more advanced scientific concepts in pharmacology and medicine.

## The Constitution Today: What Remains?

with Sandra Baird

**Thursday, October 11, 5:30–7 pm**

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

Explore the nature of our Constitution, its past crises, its present condition, and its current threats. Discuss whether the US Constitution still stands.

## Paint & Sip: Vermont Landscapes

with Janet Hinnes

**Friday, October 12, 6:30–8:30 pm**

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

Create a beautiful Vermont landscape painting on canvas from start to finish. Experienced and novice painters are welcome to participate. Fee includes one glass of wine and all materials.

## A History Tour of Burlington

with Gary DeCarolis

**Saturday, October 13, 9:30 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 Revolutionary War and the War of 1812. Transportation by van provided for tour.

## Backyard Gourmet Mushroom Gardening

with Alissa White

**Saturday, October 13, 10 am–1 pm**

**Member: \$40 | Non-Member: \$70**

Learn the basics of gourmet mushroom cultivation, revered for culinary and medicinal qualities. This hands-on workshop will cover the basics of mushroom life cycles, various cultivation techniques, and their ecological role and potential. Take home the skills and materials to grow your own gourmet mushrooms.

## A Day at Montreal's Food Mecca: Jean Talon Market

with Patsy Jamieson

**Sunday, October 14, 8 am–5 pm**

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

Spend the day in Montreal's best foodie destination filled with local produce and specialty foods, located in the Little Italy district. Premier coach bus transportation provided.

## Intro to Ukulele

with Clare Innes

**Mondays, October 15–November 5, 6–7 pm**

**Member: \$45 | Non-Member: \$65**

Take a light-hearted journey as we learn essential chords and strums. Explore the mechanics of playing, dabble in a touch of music theory, and gain confidence in playing with others.

## Estate Planning for Retirees

with Jennifer Luitjens, Esq.

**Tuesday, October 16, 5:30–7 pm**

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

Estate and elder law attorney Jennifer R. Luitjens will explore the traditional estate plan (wills, trusts, powers of attorney, and medical directives) and highlight long-term care planning issues.

## On the Road to Bali: Author Reading & Discussion

with Lisa Kusel

**Thursday, October 18, 5:30–7 pm**

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

Join Burlington author Lisa Kusel as she shares her adventures and misadventures as an expat on the Island of the Gods. Learn about the Balinese culture, and get the inside scoop on the famed Green School. Lisa will read excerpts from her new book, *RASH, A Memoir*.



Photo: Cheryl Hooper

Paint and Sip, Spring 2018

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

## Fused Glass for Beginners – Bowls

with Alyssa Oxley

**Sunday, October 21, 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 then be fired in a kiln for a spectacular end-result. No previous experience necessary. All materials provided.

## Closing the Loop: Where Does My Recycling Go?

with Lauren Layn

**Monday, October 22, 10 am–12:30 pm**

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

Learn about the recycling industry and witness this essential and fascinating step in “closing the loop.” Tours are partially indoors and partially outside, and take place regardless of the weather. Tour-goers must be able to stand and walk for at least 30 minutes and up to an hour, and negotiate two flights of stairs and some close spaces. Participants must wear closed-toed shoes with backs.

## Mill Girls: Factory Operatives and New Women

with Susan Ouellette

**Tuesday, October 23, 5:30–7 pm**

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

Explore the opportunities and the shortcomings of factory work for young women in the first century of the Industrial Revolution in New England. Discuss how these women were treated and compensated, the fight for worker’s rights, and the mill’s connection to slavery before the Civil War.

## The Basics: Memory Loss, Dementia, & Alzheimer’s Disease

with Walter Gundel, MD

**Wednesday, October 24, 5:30–7 pm**

**Member: Free | Non-Member: Free**

If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and the resources available. Discuss the difference between normal aging and dementia.

“ OLLI has met all my expectations — great courses, trips, good people — made a number of good friends there. ”

– OLLI Member



## Poets of the Piano: Phantasmagoria

with Nathan Carterette

**Thursday, October 25, 6:30–8 pm**

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

This lecture-recital celebrates the magic and poetry of piano music that transcends the instrument, and explores the haunting themes and moods of the spirit-world- ghostly apparitions, goblins and imps. Behind each great piece, there is a story that will enrich your experience and open your ears to new possibilities. Music from Liszt, Grieg, Medtner, Scriabin, and Prokofiev will be included. Carterette will guide your discovery of the poetic essence of the music he is performing and share his insights on these musical legends in a 30-minute lecture followed by a 60-minute concert. Light refreshments will be served.

*Nathan Carterette has performed in such venues as Weill Recital Hall and the Yamaha Piano Salon of New York City, the Gasteig in Munich, the Museum für Kunst und Gewerbe of Hamburg, and Cleveland’s Trinity Cathedral. He has been presented in several universities such as the Berklee School of Music, Cleveland Institute of Music, Radford University, Kent State University, Baldwin Wallace Conservatory, and Carnegie Mellon. He is known for his performances of Bach; his work with composers of today; and his educational initiative ‘Poets of the Piano.’ For more information, please visit [www.nathancarterette.com](http://www.nathancarterette.com)*

## Dobra Tea

with Nina Beck and Stacy Jolles

**Saturday, October 27, 10–11:30 am**

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

Join us on this journey of the senses. Explore and taste teas from lesser-known tea growing regions including Korea, Vietnam, Myanmar, Hawaii and Thailand. Discuss tea production, the natural environment and the people/culture of each country. Enjoy traditionally brewed teas and a small snack.

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

## Rumi and Ryokan: A Dialogue on Life's Mysteries Between a Zen Master and a Muslim Poet

with John Hanagan

**Monday, October 29, 5:30-7 pm**

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

Celebrate the poetic visions of Ryokan's Zen and Rumi's Sufism. Discover many harmonious points of view, made richer by provocative counterpoints. Discuss common themes that lie at the heart of every religion: love, the pain of isolation, the longing for connection, the meaning of wealth, and the tension between materialism and spirituality.

## Medicare Fraud

with Mike McCleese

**Tuesday, October 30, 5:30-7 pm**

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

Discuss best ways Medicare beneficiaries, their families, and caregivers can prevent, detect, and report health care fraud, errors, and abuse. Examine the latest frauds and scams active in Vermont. The presentation begins with a few skits from Savvy Seniors, a troupe of professional actors from Burlington's Lyric Theatre Company. Presented by Community of Vermont Elders.

## How to Rescue Our Representative Democracy

with Rick Hubbard

**Tuesday, October 30, 1-2:30 pm**

**Member: Free | Non-Member: Free**

Discuss why large numbers of Americans feel we have major, well documented, problems with the structure and financing of our political system that result in improper representation of broad citizen interests by Congress.

## Shelburne Vineyard: Grapes, Vines, Wines & Your Palate, VT Style

with Shelburne Vineyard Staff

**Tuesday, November 6, 1-4 pm**

**Member: \$50 | Non-Member: \$75**

In this introductory presentation, explore grape growing, wine making and wine tasting focused on the varietals that thrive in VT's cold climate. Discuss how grapes grow, tour the winery, explore the nuances of your own personal taste palate and finish by experiencing a tasting of the wines paired with delicious Artisan VT cheeses. Take home your own souvenir Shelburne Vineyard wine glass.

## The Thanksgiving Table

with Patsy Jamieson

**Saturday, November 10, 10 am-1 pm**

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

Prepare a complete Thanksgiving menu, featuring a simple, easy-to-carve glazed turkey breast, seasonal vegetables and a fresh take on a pumpkin dessert. Bring food storage containers for leftovers. Aprons are provided. Transportation to Essex Resort & Spa Kitchen is on your own.

## Moliere's Tartuffe: Pre-Talk & Performance

with Royall Tyler Theater Staff and Performers

**Saturday, November 10, 12:30-4:15 pm**

**Member: \$35 | Non-Member: \$50**

Enjoy an afternoon pre-talk and performance of Moliere's *Tartuffe*, a story about a man who falls prey to misplaced adoration that presents several dramatic features which define the play as a comedy of manners. Of particular importance is Moliere's satirical look at religious hypocrisy. Light refreshments will be served.

NEXT STOP FOR OLLI...

# ICELAND: A WEEK OF WELLNESS

Tentative dates: **May 10-18, 2019**

**Details coming soon!**

Call or email for more information



Photo: Rauben Brough

sign up now!

**REGISTER TODAY! [learn.uvm.edu/olli](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 **30% discount** on all OLLI at UVM courses and additional discounts where available (visit [learn.uvm.edu/olli](http://learn.uvm.edu/olli))
- **Weekly OLLI e-newsletters and updates** on lectures, activities, courses and events of interest
- **Priority seating** at select premiere UVM lectures
- **Discounted tickets** to UVM Lane Series performing arts events
- **Priority registration** for OLLI travel programs
- 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](http://learn.uvm.edu/olli) 802.656.2085**

Osher Lifelong Learning Institute of The University of Vermont  
University of Vermont—Continuing and Distance Education  
460 South Prospect Street, Burlington, VT 05401