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All About OLLI

OLLI At Loudoun

OLLI at Loudoun is our most recent expansion to serve retired learners in Loudoun County. Classes are \$50 each, or \$125 for as many OLLI at Loudoun courses you would like to attend during the spring 2008 term.

Who We Are

The Osher Lifelong Learning Institute (OLLI) at George Mason University (Mason) offers daytime courses, lectures, special events and other activities during eight-week terms in the spring and fall, a four-week mid-winter term and a six-week summer program. There are no exams, no credits, no college degree required or offered and no age threshold. Making new friends is an important part of the OLLI concept. Social activities include luncheons and book clubs.

Course leaders are qualified members of OLLI and others who enjoy sharing their knowledge. Attracting well-known and knowledgeable persons from Mason, government, the diplomatic community and private organizations, OLLI is particularly proud of its volunteer teachers and speakers.

The regular annual membership fee for OLLI is \$350. For this amount, you can enroll in an unlimited number of courses at any of OLLI's three sites. Classes are also held at 4210 Roberts Rd. in Fairfax, and at Lake Anne in Reston. For a comprehensive look at OLLI, we encourage you to visit the OLLI website – www.oli.gmu.edu. You may also call 703-503-3384 for information. Welcome to the OLLI learning community!

OLLI is one of many Osher Lifelong Learning Institutes affiliated with The Bernard Osher Foundation and is also a member of the Elderhostel Institute Network of similar educational organizations in the United States and Canada. OLLI is a nonprofit, equal-opportunity 501(c)(3) organization and does not discriminate on the basis of race, color or national/ethnic origin.

Loudoun Site Associate: Madeline Lynn.....703-993-4488

Courses: Apr. 7–May 30

- Class hours are 10:30–12:00 and 1:00–2:30 unless otherwise noted.
- All classes meet at Mason in Loudoun, 21641 Ridgetop Circle, Sterling, Virginia 20166.

191 Broadway Musicals

Thursdays, 1:00–2:30, Apr. 10–May 29

Instructor: Professor Bill Messenger

Coordinator: Ray Beery

This is a video course from The Teaching Company. The second half of each session will be an open class discussion. In addition to the lectures, we will view selections from *Showboat*, *The Sound of Music* and *Chicago*; explore the 200-year evolution of American musical theater, including the minstrel era, the vaudeville era, ragtime, the revue and musicals based on the book; recognize the incredible variety of different kinds of classic Broadway shows. A musical is a production in which story, song and dance are integrated.

Professor Bill Messenger lectures on American music at the Peabody Institute of the Johns Hopkins University. He holds two masters' degrees from the Johns Hopkins University. He is the author of several books, including *The Power of Music: A Complete Music Activities Program for Older Adults* and *The Melody Lingers On*. He has accompanied many nationally known performers, including Lou Rawls and Cass Elliot. In 1983, he was voted Baltimore's best piano player by *Baltimore* magazine.

192 Introduction to Drawing

Thursdays, 10:30–12:00, Apr. 10–May 29

Instructor: Sigrid Blalock

Students will practice basic drawing techniques: basic sketching, contour drawing, and a non-linear approach to objects with weight and volume. Work will be in black and white, with limited color. Subjects will include trees, buildings, still-life objects and self portraits. Beginning and advanced students are invited to attend.

Sigrid Blalock is an experienced artist and teacher who has taught drawing and painting for the Smithsonian Associates. Her resume includes illustration, exhibits, and design. She received a BSA from Syracuse University followed by an MFA from American University.

291 Financial Planning and Investing

Mondays, 10:30–12:00, Apr. 7–May 19 (this class ends before Memorial Day observed)

Instructor: Eric Showalter

This course will examine financial planning and investment issues of interest to anyone planning for, or already enjoying, their retirement. Many of the covered subjects emerged from the OLLI Investment Forum as “hot topics” and issues that people wanted to learn more about. The key topics will include:

- Understanding Investment Diversification and Asset Allocation.
- Understanding IRA’s and Required Minimum Distributions.
- Stretch IRA: Using beneficiary designations to defer taxes over multiple generations.
- Tax Equivalent Yield: Evaluating Taxable vs. Tax-free Fixed Income Investments.
- 529 College Savings Plans: Saving for a Child’s or Grandchild’s College Education.
- Understanding Roth IRAs and the Roth IRA Conversion.

Eric Showalter is a financial advisor in Vienna, Virginia and President of the Washington Association of Money Managers. He helps his clients with their retirement income planning, estate planning, and investment management. Eric lives with his wife and two daughters in Ashburn, and has enjoyed being a guest speaker at the OLLI Investment Forum at the Loudoun campus.

491 Visiting Authors

Wednesdays, 10:30–12:00, Apr. 9–May 28

Moderator: Bebe Faas Rice

OLLI Loudoun is happy to announce an exciting new program. The following is a roster of eight talented writers who will be our guests, each for a specific morning in the spring. Each author will give a talk about his or her work, and read us an excerpt, if the author so chooses. Time will be allowed for questions from the audience about the writing process because it is always fascinating to learn how a gifted writer creates such excellence.

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- Apr. 9: **Mark Leepson**, journalist, historian and author, will present a lively talk on Desperate Engagement, his latest book, which focuses on the little-known but crucial July 9, 1864, Civil War Battle of Monocacy. This battle saved Washington, D.C. and changed American history. Mark is a seasoned speaker, having been a guest on All Things Considered, Talk of the Nation, Fox news, MSNBC, CBC (Canada) and Irish Radio.
 - Apr. 16: **Susan Richards Shreve** is a professor in the English Department at George Mason University and has served as co-chairman and president of the PEN/Faulkner Foundation. Susan's latest of thirteen novels, A Student of Living Things, is about "the futility of revenge and the sheer miracle of forgiveness." A former professor at Princeton and Columbia universities, Susan lives in Washington, D.C. She is a native, and this fascinating city springs to life in all its complicated glory in a number of her books.
 - Apr. 23: **Gen. Bernard Trainor**, a retired Marine Corps Lt. General, is co-author of Cobra Two: The Inside Story of the Invasion and Occupation of Iraq. He was Director of the National Security Program at Harvard and is a military correspondent for the New York Times and a military analyst for NBC. Gen. Trainor has been named "Scholar in Residence" at George Mason University.
 - Apr. 30: **Barbara Bradlyn Morris**, author of The Kennedy Center for the Performing Arts, Crazy for Cats, and The Fattest Baby in the Bronx, has been freelancing for 35 years, mostly in the areas of travel, humor and nostalgia, with features in The Washington Post, The LA Times, House Beautiful, Bon Appetit and other publications. Barbara's talk is "The Writing Life: A Long Rough Road to Royalties and Rejection."
 - May 7: **Jan Bohall**, retired from a career in public health nursing, studies and writes in the Poetry Workshop she leads with Mike McNamara at the Fairfax OLLI. She also edits the OLLI catalog. Jan's poems have appeared in Passager: A Journal of Remembrance and Discovery, The Orange County Register, the Poet's Domain and Fairfax Ink.
 - May 14: **Elaine Thompson**, retired teacher, local historian, museum consultant, is the author of In the Watchfires: The Loudoun County Emancipation Association, 1890-1971, an illumi-

nating book that contributes not only to Loudoun County, Virginia history, but to African American and United States history. It is a memoir as well.

- May 21: **Mike McNamara** retired after thirty years as an Infantry Officer to work with the Turkish, Bosnian, and Afghan governments to improve their defense forces. Subsequently he joined OLLI four years ago to return to a first love of English literature, having taught in England, The Netherlands and at NOVA in Annandale. Mike co-chairs the OLLI Poetry Workshop and is a published and prize-winning poet.

- May 28: **Bebe Faas Rice** is an Edgar Award nominee and author of eighteen published novels for juveniles and adults. Bebe is a former teacher, newspaper writer, and the wife of a retired Marine Corps Major General with whom she has crisscrossed the globe. These broad travels and experiences inform her work which has been translated into German and French and been recorded as audio titles. Bebe leads OLLI Loudoun's Writer's Workshop; with Bebe as moderator our Spring Visiting Authors Series will be in good hands.

492 Poetry Roundtable

Wednesdays, 1:00–2:30, Apr. 9–May 28

Moderator: Mary Rajki

Peer learning and peer teaching are at the heart of the OLLI concept. Poetry Roundtable is offered not as a lecture course, but as an opportunity to experience the love of poetry. Participants will explore this incomparable art together - the beauty, the wit, the humor, the rhythm, the whole impact of well placed words. This roundtable is designed to provide a relaxed atmosphere for those who welcome encouragement and helpful suggestions as they create their own "works of art."

Please visit our website at www.lli.gmu.edu.

691 Explorations in Religion

Mondays, 1:00–2:30, Apr. 7–28

Coordinator: Madeline Lynn

- Apr. 7: The Episcopal Church. **The Reverend Kevin Phillips** will trace for us the history of the English church from its Christian foundation to the Elizabethan settlement. Special emphasis will be placed on appreciation of diversity and cultural variety in the life of the church. Rev. Phillips, rector of St. David's Episcopal Church in Ashburn, is a graduate of Virginia Theological Seminary in Alexandria. He has served churches in California and Virginia. His special interest is in organizational development and leadership.
- Apr. 14: Quakerism 101: The Religious Society of Friends, Then and Now. **John Unger** will discuss the history of Quakers and Quakerism from its beginnings in England in the 1650's to the present. John will focus on traditional Quaker beliefs and traditions and how these ideas grew out of early Quaker concepts and how they have been integrated into the Quaker religion and Quaker "lifestyle" as we know it today. John is a member of Goose Creek Monthly Meeting of Friends in Lincoln, Virginia where he has served as Chairman of the Trustees.
- Apr. 21: The Church of the Brethren. **Pastor Paul Liepelt** will explain the Brethren movement, a Christian denomination which holds the New Testament as its only creed. Historically this church has taken a strong stance for non-resistance or pacifism. Originating from the Schwarzenau Brethren, organized in Germany in 1708, the first of its churches in America was established in 1723. Pastor Liepelt leads the Church of the Brethren on Leesburg Pike in Herndon. He attended McPherson College in Kansas, is married to a classmate pastor, and just returned from a three year mission in Nigeria.
- Apr. 28: McLean Bible Church. **Pastor Rich Hurst** will give a talk on this non-denominational, evangelical Christian mega church located in McLean, Virginia. The church's motto is "Impacting Secular Washington for Christ." Founded in 1961 by five families, the church now boasts over 10,000 regular attendees and meets at the renovated former headquarters of the National Wildlife Federation. In January 2008, a satellite campus opened in Lansdowne. Pastor Hurst, who has been in the ministry at

McLean Bible Church since April 1998, is currently the Director of Leadership and Staff Development. He holds a Masters of Divinity from Fuller Seminary.

791 Campaign Issues

Moderator: Lynda Hollidge

Tuesdays, 1:00–2:30, Apr. 8–May 27

This course examines selected national, state and county issues on the political agenda for this election year. It is NOT a debating forum; rather it seeks to be an open, fact-based, courteous conversation on topics of high import and interest to the senior community. We are citizens engaging in civic responsibilities. Class members will draw background information from the League of Women Voters, editorial pages, candidates' web pages and commentators' blogs. One objective is to separate rational argument from propaganda and emotional appeals. Another is to rank the importance of issues in the areas of economics, constituent needs, foreign affairs and social programs. Political leaders invited to participate include: Chap Peterson, State Senator for the 34th Senate District of Virginia, Delegate Ken Plum (D - an OLLI founder) of Fairfax County, Supervisor Lori Waters (R-Broad Run) of Loudoun County, Janette Muir, Associate Dean of the New Century College at Mason, and Priscilla Godfrey, Blue Ridge District School Board Member. Peter Stegner, whose career involved several newspapers including a number of properties owned by Gannett Co., will join us to talk about the role of the press in campaign issues.

Lynda Hollidge, Ph.D. is a former secondary educator and administrator with graduate degrees in English from the University of Maryland and in Curriculum and Instruction from Virginia Tech. She has taught in graduate degree programs at Shenandoah, George Washington, and George Mason Universities. Lynda is a new member of the OLLI Loudoun Program Committee. This course was her idea and everyone agrees it is sure to be a lively one.

792 Great Decisions

Tuesdays, 10:30–12:00 Apr. 8–May 27

Moderator: Bill Aird

For over 50 years, the Foreign Policy Association has sponsored discussion groups throughout the United States to investigate

some of the world's greatest challenges affecting our lives. This year's topics are: Iraq End-Game, European Union at 50, Talking to Our Enemies, Russia, U.S. Defense and Security Policy, Latin America—Shift to the Left? and U.S.-China Trade Policy. A briefing book and video cover each week's topic to set the stage for class discussion. There is a \$25 materials fee payable with your registration form. Class limit: 20.

Bill Aird is a professional meteorologist from UCLA and has Masters Degrees in Engineering and Education. He served 27 years in the U.S. Military. Other career positions have been with the *New York Times*, IBM, Control Data Corporation, The American Institute of Architecture, and the U.S. State Department. In these positions he has traveled extensively to foreign countries gaining background information pertaining to their culture, political atmosphere, climate changes and customs.

891 Beginning Computers

Wednesdays, 1:00-2:30, Apr. 9-May 28

Instructor: Darlene Hall

This course brings you into the best computer classroom in Northern Virginia, where you sit at your own computer while an instructor and a coach make things a lot simpler. In this introductory course we will cover terminology, learn to use the mouse and keyboard, understand files and folders, do word processing, browse and search the World Wide Web, and learn to handle email using web mail. Prerequisites: Own a computer running Windows XP operating system; have access to the internet (Ex. Earthlink, AOL, Comcast, Openband); have a working email account; and have received email from others. A special thanks to **Evercare Hospice and Palliative Care** for granting Darlene release time to teach this course.

Darlene Hall founded her own company, Call-Hall In Home Computer Tutoring in the state of Washington in 1995. The company was transferred to Virginia in 2001 and has been growing expediently. She teaches seniors at Leisure World at Landsdowne and other places in and around the Sterling/Leesburg areas.

892 Aging Productively

Thursdays, 10:30-12:00, Apr. 10-May 1

• Apr. 10: Marilyn Jarvis-Eckert, M.D. will present the Physiological Aspects of Aging. In order for a process to be considered

“aging” it must be universal, degenerative, progressive, and intrinsic. It unfolds at a different rate in each individual. All other maladies are age-related.

Marilyn Eckert, a graduate of the University of Minnesota Medical School and a Fellow of the American College of Family Medicine, was in private practice in Minnesota and later in West Virginia where she became Clinical Professor of Family Medicine at the WVU Health Sciences Center. Lastly, before retiring she was Interim Associate Director of the WVU Center on Aging, Community Service and Outreach Unit.

• Apr. 17 and 24: Jane E. Jones, MSW, Ph.D. will present a brief overview of the social and psychological aspects of aging. Participants will explore creative ways to evaluate and plan for “retirement” years in order to create a useful and meaningful image of his/her “third” age. Topics to be covered:

- Making transitions and anticipating change and uncertainty
- Building a new life structure after retirement
- Living ones values and priorities
- Exploring changing family relationships

Jane Jones is a psychotherapist and psychoanalyst practicing in northern Virginia. She is on the faculty of the Institute of Contemporary Psychotherapy and Psychoanalysis in Washington, D.C. and holds a Ph.D. in Clinical Psychology from the University of Detroit-Mercy and a Masters in Clinical Social Work from Wayne State University.

• May 1: Jaime L. Gomez, M.D. Starting off his presentation with music and slides that offer a quick glimpse at physical fitness in an earlier, more primitive era, Jaime will give a short overview of some of the many advances of contemporary medicine in combating illness. Mainly he will attempt to impart to the audience his own “Ten Commandments of The Senior,” a mélange of wise ideas for increasing physical, mental, and emotional well-being.

Jaime L. Gomez, M.D. is a retired surgeon, formerly attending at The Danville Veterans Administration Medical Center in Danville Illinois, St Elizabeth’s Hospital and Lakeview Medical Center, and was trauma surgeon at St. Anthony Medical Center in Rockford. He and his wife Maria Cecilia moved to Leesburg in 2001, and he is an enthusiastic OLLI Loudoun participant.


Special Events

A. Museum of the Shenandoah Valley

Bus Trip

Friday, April 11, 9:00–4:00

Coordinator: Mary Coyne

 703-729-6855

The Museum of the Shenandoah Valley in Winchester, which opened in April 2005, traces the history of the Valley and has a miniature gallery, fine paintings and antique furniture. The extensive gardens should be lovely in the Spring. Next to the Museum is the historic Glen Burnie House built by the founder of Winchester, James Wood. It is furnished with many pieces original to the earliest families. We will have lunch on our own at the pedestrian mall of Old Town Winchester with time to visit gift shops, art galleries, a famous shoe store, or the Old Courthouse Civil War Museum. The bus will leave promptly at 9:00 from OLLI Loudoun. Please be at the bus no later than 8:45. The fee of \$44, payable to OLLI with your registration form, covers the cost of admission to the Museum of the Shenandoah, including house and gardens, the bus fare and driver gratuity.

B. George C. Marshall: An American Leader: Presentation and Tour

Friday, May 9: 10:00–12:30

George C. Marshall International Center at Dodona Manor, Leesburg,

Presenter: Rachel Yarnell Thompson

From 1941 until 1959 General George C. Marshall made his home at Dodona Manor in Leesburg, VA. Marshall had a crucial role in the history of the 20th Century, serving as US Army Chief of Staff during World War II. In his role as Secretary of State in the turbulent post-war period, he helped conceive of and implement the Marshall Plan, considered the most enlightened program of the century. Come for a pre-tour lecture and Power Point presentation by Marshall historian Rachel Thompson and discover more about this remarkable 5-star general and Nobel Laureate. The “cook’s tour” of his home will follow. The program’s cost is \$8.00, payable to OLLI with your registration form.

Ongoing Activity

Classic Fiction Book Club




Fourth Fridays

10:30–12:00, April 25, May 23

Cascades Library in Sterling

Coordinator: Sigrid Blalock

 703-723-6825

All OLLI participants and members are cordially invited. Registration is not required and there is no fee. Contact Sigrid Blalock for information about the books to be discussed this Spring.

Investment Forum



Fridays, 10:30–12:00

April 11–May 30

Coordinator: Ray Beery

The forum is an ongoing investment discussion group that meets throughout the year. Discussions are open, and all members are encouraged to participate. Both prepared and extemporaneous discussions are offered. The focus is on topics of particular interest to retirees, including stocks, bonds, mutual funds, partnerships and investment trusts. There is no fee and registration is not required for this activity.

THE JOY OF PLANNING AT OLLI



By Thom Clement, Executive Director

I have the pleasure, as director, of participating in many meetings of OLLI committees. It is fascinating to see the chemistry between people who are so like-minded in a number of ways, yet so distinct in personality and talents. One of the great strengths of OLLI is that it provides so many opportunities for intelligent people to interact in a wide variety of ways.

OLLI planning and resource groups are filled with people who are motivated not only by their own personal desires to learn, but also by the desire to offer exciting learning opportunities for others. Each group has its own way of operating, but the common element is the obvious fun that people are having as they brainstorm ideas for upcoming classes, instructors, speakers and activities.

The Planning and Resource Group at OLLI Loudoun welcomes new volunteers. If you haven't yet become involved in some way with this group, I highly encourage you to do so. The more you contribute to planning, the better our offerings of classes and activities. The more you invest in OLLI, the more you will receive from OLLI.



OLLI at LOUDOUN OPEN HOUSE

Tuesday, April 1st at 11:00

You are invited to an Open House at the Mason-Loudoun campus at 11:00 on Apr. 1st. We encourage you to bring friends to learn about our program, enjoy refreshments and to meet other members.

Spring 2008 Schedule: Apr. 7--May 30

All classes meet at Mason in Loudoun, 21641 Ridgetop Circle, Sterling, Virginia 20166.

Mondays	Tuesdays	Wednesdays	Thursdays
10:30–12:00	10:30–12:00	10:30–12:00	10:30–12:00
291 Financial Planning and Investing	792 Great Decisions	491 Visiting Authors	192 Introduction to Drawing 892 Aging Productively
1:00–2:30	1:00–2:30	1:00–2:30	1:00–2:30
691 Explorations in Religion	791 Campaign Issues	492 Poetry Roundtable 891 Beginning Computers	191 Broadway Musicals

Special Events

Fri., Apr. 11, 9:00 Bus A. Museum of the Shenandoah Valley
Fri., May 9, 10:00 Dodona Manor B. George C. Marshall: An American Leader: Presentation and Tour

Ongoing Activities

See page 11 for days and times of Classic Fiction Book Club and Investment Forum. These activities are free to members and require no registration.

Registration Information

- Registration is ongoing until April 1st. Late registrations are accepted on a space available basis. You may register for as many classes as you would like.
- To register by mail, use the registration form on p. 15. Please enclose a check made out to OLLI for total tuition.
- Separate checks should be included for class and trip fees.
- Walk-in registrations will be taken at our Loudoun site on Mar. 31st and Apr. 1st from 9:00am–12:00pm.
- OLLI has a no-refund policy, unless the classes you requested are closed.
- Tuition for the spring term is as follows:
 - \$ 50 for one class
 - \$100 for two classes
 - \$125 for three or more classes
- You are urged to attend all courses for which you are enrolled.

Friends of OLLI

Members of OLLI have the opportunity to make tax-deductible contributions. These funds support scholarships for students in several departments at George Mason University as well as purchases of equipment that enhance the quality of OLLI programs. All contributors will be recognized as *Donors* to Friends of OLLI. Contributions may be made at any time, or included as a donation with the registration form.

CLOSING POLICY

OLLI will not hold classes or events when Loudoun County schools are closed for the day because of inclement weather or area-wide emergencies. We will remain open when schools open late. Tune in to your TV or radio for closing announcements when the weather is bad or emergencies exist.

Note: Loudoun County schools are closed for non-weather reasons on Apr. 11th, but OLLI will be in session.

Registration Form: Spring 2008

- ◆ Print all entries.
- ◆ Check all applicable boxes.
- ◆ Enclose all necessary checks.

<i>Office Use Only</i>	
D_____ / _____ T_____ : _____	
Reg Chk _____ _____	
Act Chk _____ _____	
Act Chk _____ _____	

Name: Dr. Mr. Mrs. Ms. _____, _____
LAST NAME FIRST NAME

Address _____,

City _____, State _____, Zip Code _____

Phone _____ Fax _____

Email _____

Emergency Contact _____

Relationship _____ Phone _____

Please check if you have previously taken classes at OLLI-Loudoun.

Enclosed is my tuition check for\$ _____

Enclosed is my \$25 check for class 792.....\$ _____

Enclosed is my \$44 check for Special Event A.....\$ _____

Enclosed is my \$ 8 check for Special Event B.....\$ _____

Enclosed is my contribution to Friends of OLLI.....\$ _____

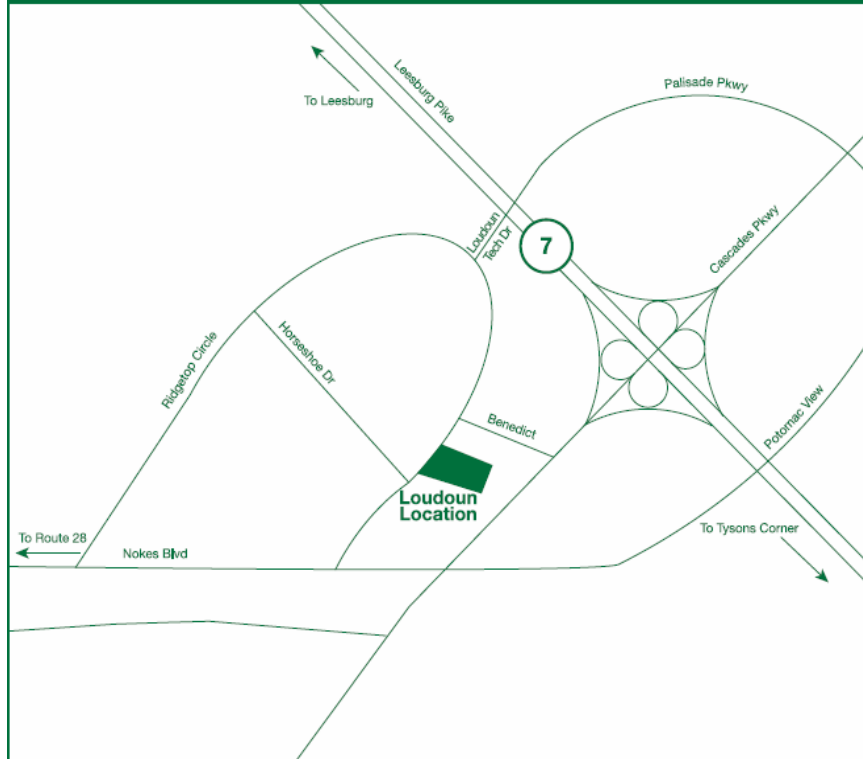
I do not want my name listed as a contributor in OLLI publications.

Registration Data

	Number	Course
1st priority		
2nd priority		
3rd priority		
4th priority		
5th priority		

Mail registration forms to:

**Osher Lifelong Learning Institute
 Mason @ Loudoun in Ridgetop Two
 21641 Ridgetop Circle, Suite 210
 Sterling, VA 20166-6597**



Directions to Loudoun Site

From the east along Route 7: From I-495 (Capital Beltway) take Route 7 West. Once past Cascades Parkway, turn left onto Loudoun Tech Drive. Drive two-tenths of a mile and turn left onto Ridgetop Circle. Proceed one-half mile and George Mason will be on your left at the intersection with Horseshoe Drive.

From the west along Route 7: Take Route 7 East and turn right onto Loudoun Tech Drive (approximately 10 miles east of Leesburg). Drive two-tenths of a mile and turn left onto Ridgetop Circle. Proceed one-half mile and George Mason will be on your left at the intersection with Horseshoe Drive.

From the Fairfax Campus: Take Braddock Road west for approximately six miles. Turn right onto Sully Road (VA-28 North). Continue on VA-28 North approximately 10 miles. Turn right on Nokes Boulevard and drive 1.2 miles. Turn left onto Ridgetop Circle. Proceed one-half mile and George Mason will be on your right at the intersection with Horseshoe Drive.