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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. For \$175 members may take an unlimited number of courses this summer at our Loudoun and Reston facilities. Please see page 14 for more details about our fee structure.

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 at 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
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Courses: July 1–July 24

- 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 Drawing with Pastels

Thursdays, 10:30–12:00, July 3–24

Instructor: Sigrid Blalock

Students will use nature as the primary subject in this course: trees, plants, flowers, and landscapes. Painterly and luminous effects can be created with oil pastels. Beginning and intermediate students are encouraged to attend. Supplies: 1 set of oil pastels (24 colors), ruler, pencil, 9"x12" pad of colored drawing paper.

Sigrid Blalock is an experienced artist and teacher, who has taught drawing and painting for the Smithsonian Associates. She received a Bachelor of Fine Arts Degree from Syracuse University, followed by an MA from American University.

291 Financial Planning and Investing

Tuesdays, 10:30–12:00, July 1–22

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 IRAs 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.

391 The Civil War in Loudoun County

Thursdays, 1:00–2:30, July 3–24

Instructor: Steve Meserve

- July 3: The People of Loudoun. In the first of three classroom sessions, Steve will discuss the plight of the “Loyalists.” One out of every three voters in Loudoun County voted against secession in 1861. These “Loyalists” would suffer at the hands of the county’s secessionists throughout the war; but they would suffer even more at the hands of the U.S. Army and the government they supported.
- July 10: The Battles. The best-known battle fought in Loudoun County was Ball’s Bluff in October, 1861. Many people do not realize there were larger battles involving more men in the fall of 1862 and the summer of 1863. In addition, John Mosby’s famous Partisan Rangers fought three of their largest battles in the county. This session will consider these lesser-known combats and the men who fought them.
- July 17: The War’s Effect on Loudoun County. While Loudoun fared well compared to some Virginia counties, the devastating effects of the War on the local economy were felt well into the 20th century. This is the story of devastation, recovery and the will of the people, both black and white, to rebuild after the war.
- July 24: Walking Tour of Middleburg. Middleburg is not only one of the oldest communities in Loudoun, it was the target of frequent troop movements and raids from the time of the first Union invasion of the county to the end of the War. The tour will take in historic homes, the Sharon Cemetery where a number of famous Confederate soldiers are buried and a monument to the 1.5 million horses and mules that died serving the armies of both sides. The tour will involve walking short distances with frequent rests between stops.

Steve Meserve is the author of *The Civil War in Loudoun County, Virginia: A History of Hard Times*, a contributing editor to the *Library of*

Congress Civil War Desk Reference, a photo researcher for Time-Life's *Images of an American Tragedy: An Illustrated History of the Civil War*, former associate editor of *Civil War Magazine* and former editor of *The Skirmish Line: The Magazine of the North-South Skirmish Association*.

491 Finding Our Way with Marcel Proust

Tuesdays, 10:30–12:00, July 1–22

Instructor: Michael Coyne

Do you feel unlettered when someone mentions Proust and madeleines? When an article describes something as a Proustian moment? Then how about a little Proust for your OLLI summer reading? Learn what actually happened when Marcel tasted the petite madeleine. Who was that little blond girl he met on his walk and what was the indecent gesture she made to him? *In Search of Lost Time* is the principal work of French author Marcel Proust. It is fiction, but is based on his life and friends. The class will not attempt to read all 3,000 pages in four class sessions but instead will read most of *The Way by Swann's*, the first of seven volumes. This volume introduces some of the main characters and themes that the author will develop in the rest of the novel—the narrator's description of his childhood, his family and summers spent in the village of Combray. This is followed by the story of Charles Swann, a wealthy, urbane businessman and art collector who ruins his life by falling in love with Odette, a Parisian cocotte. The instructor will smooth the way by explaining events of the times, sorting out characters and summarizing the other six volumes. The class will also watch the video *Swann in Love*.

Michael Coyne, an OLLI member for nine years, says that his academic degree and work history have nothing to do with French literature. His chief qualification for this class is that he has read Proust's work four times over the course of fifty years. This class is a slightly shorter version of the one he gave last summer in Reston. See the OLLI E-News article at <http://www.lli.gmu.edu/enews26-07.htm#proust>.

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

492 Americans in Paris: American Expatriate Literature

Wednesdays, 10:30–12:00, July 2–23

Instructor: Vera Wentworth

In this course, there will be two lectures and two film screenings, all centered on American writers of the Twenties. The lectures will examine the reasons for expatriation and how the lives of these writers intersected. We will focus on the works of Hemingway, Fitzgerald and Edith Wharton, as well as discussing the influence of Gertrude Stein and her salon. Films to be viewed as part of this series are *The Lost Generation* and *The Age of Innocence*.

Vera Wentworth holds a PhD in Literature and has taught on the college level for 30 years. Her interests range from Greek Bronze Age archeology to the WW1 German Navy. In retirement, she became a member of OLLI and has taught several courses there.

791 Trends in Education in Loudoun County

Tuesdays, 1:00–2:30, July 1–22

Moderator: Lynda Hollidge

Education continues to headline the news. What works? What does not? Should we tighten standards; go back to basics? Are we “leaving some children behind?” The hope of the future and the assurance of a democratic society rest on an educated populace, but how much can we afford to pay? Are we getting our money’s worth? Join us for this program which focuses on public education in Loudoun County. Learn about the success and challenges of educating the increasingly diverse and continually growing population in our county. We will hear from LCPS staff (teachers, school administrators and central office personnel). We will learn what is new, what is unique and perhaps what has remained the same since the days when we, and/or our children, progressed through “the system” from kindergarten to high school graduation.

Lynda Hollidge, PhD. 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 member of the OLLI Loudoun Program Committee.

891 Computers

Wednesdays, 1:00–2:30, July 2–23

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 course, we will cover fun Web sites to visit, travel planning via the computer, keeping your computer clean and well-oiled, and word art and graphics. 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 Lansdowne and other places in and around the Sterling/Leesburg areas.

892 Healthy Mind, Healthy Body

Thursdays, 10:30–12:00, July 3–24

Instructors: Susan G. Trivers, Cheryl Terio-Simon, Courtney Engle

This course will offer interesting ways for both the mind and the body to stay fit and try new things.

- July 3: Craft your stories and build the confidence to tell them to others. Create meaningful presentations that attract and impact your audience. Learn to find your stories; share their meaning with others in any setting; think like a storyteller, not a reporter or a teacher.

Susan G. Trivers mentors executives and professionals in the art of using storytelling to advance their business objectives. Her use of storytelling began during her tenure as a professor of finance for work-weary graduate students. For more than 25 years, she has helped business executives, professionals, and IT experts turn their facts and figures into stories that mobilize the audience to take action. Read more about Susan at www.greatspeakingcoach.com and www.susantrivers.com.

- July 10: In the second session, Cheryl Terio-Simon will teach us how to release unnecessary tension and to cooperate with the intrinsic design of our bodies. The Alexander Technique is a study in which we become more aware of the ways in which our habitual patterns of moving and sitting can interfere with our natural coordination. Students of this technique experience greater comfort, ease, and poise in all their activities. Participants will discover the origins of the technique, some of the basic principles of the technique, and how these principles apply to everyday activities.

Cheryl Terio-Simon is certified to teach the Alexander Technique by the American Society for the Alexander Technique. She has studied with some of the most distinguished American and British teachers of the Technique. She teaches privately in Reston and in Middleburg, Virginia. Class Limit: 16.

- July 17, 24: The topic of these last two sessions, led by Courtney Engle, will be the most up-to-date wisdom in the field of nutrition, and the important role these findings play in health and well-being. Ample time will be allowed for questions and interactive discussion.

Courtney Engle is a nutritionist who lives in western Fairfax County and works for Inova Loudoun Hospital.

893 Technology and Society: Effects on Everyday Life

Tuesdays, 1:00–2:30, July 1–22

Instructors: James Wentworth, other OLLI leaders

This four-week course combines the practical and philosophical import of modern technology.

- July 1: We will begin the series with instruction on how to use the excellent audio-equipment at Mason's OLLI in Loudoun, to include Power Point, and the overhead projector. Demonstrations will be useful and hands-on, for participants who may wish to give talks, lectures and courses both here and elsewhere.

- July 8,15: On these two dates, Jim Wentworth will talk on significant current and emerging technologies and their present and future impact on society. Topics will include digital TV and the merging of technologies as devices evolve (such as the cell phone). All technologies to be addressed already have, or can be expected to have, a direct and widespread influence on our everyday

lives for better or worse. A brief presentation at the beginning of each class will describe the technology and its history and set the stage for class discussion. The technology with its philosophy, moral and ethical implications (if any) and the effect on society will be discussed.

- July 22: In the final session, OLLI leaders will continue to demonstrate and instruct interested participants on use of lecture-enhancing audio-visual equipment here at our Mason campus. In addition, the group will brainstorm together on future possibilities for technology to enhance the lifelong learning experience at OLLI Loudoun. For example, we will explore the difficulties and the advantages of bringing video-taped versions of lectures by outstanding speakers at the two other GMU OLLI sites to Loudoun; and possibilities, farther still into the future, for all sites to tap in to one another's lectures "live."

Jim Wentworth retired from the Federal Highway Administration in 1999 as technical director for Highway Safety Research & Development. After retiring, he joined Napier University in Edinburgh, Scotland, as a visiting professor of intelligent transportation systems, taught software engineering, and did some consulting. Following this, he served as a senior research scientist in the Center for Intelligent Systems Research at the George Washington University.

991 Green Thumb: Master Gardeners of Loudoun County

Wednesdays, 10:30–12:00, July 2–23

Instructors: Barbara Arnold, Janette Sawyer, Leslie Blishak

- July 2: Container Gardens. **Barbara Arnold**, Master Gardener. Learn how to design and plant container gardens. Barbara is an active member of the Loudoun County Master Gardeners and a past president.

- July 9: Repotting House Plants. **Janette Sawyer**, Master Gardener. Learn why to repot, when to repot and how to repot. Janette is an active member of the Loudoun County Master Gardeners and a past president.

- July 16: The Allure of Orchids. **Leslie Blischak**, Loudoun County Extension Agent. Leslie has expertise in agriculture and natural resources, including working with orchids during her internship at the Smithsonian.

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- July 23: Ida Lee Demonstration Garden. Join us on a field trip to the Loudoun County Master Gardeners one-third-acre demonstration garden. See the latest techniques in growing vegetables, perennials and grasses; as well as many theme gardens, such as, Heritage Garden, Children's Garden, Herb Gardens, Shade Gardens and more.

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.



OLLI at LOUDOUN OPEN HOUSE Tuesday, June 17 at 11:00

You are invited to an Open House at the Mason-Loudoun campus at 11:00 on June 17th. We encourage you to bring friends to learn about our program, enjoy refreshments and to meet other members.

Special Events

A. The National Air and Space Museum at Udvar-Hazy Center

Monday, July 7, 10:30

Coordinator: Gil Coshland


Gil Coshland, a docent of the National Air and Space Museum in Loudoun, will lead a private tour of the museum arranged for OLLI. The group will meet at the Udvar-Hazy Center at 10:30. Participants may want to consider carpooling, as parking is \$12. There is no charge for the tour, which will last for approximately an hour and a half. The museum has a pleasant café for those who may wish to stop in for lunch after the tour.

B. National Museum of Women in the Arts and The Textile Museum

Bus Trip

Friday, July 11, 9:00–4:00

Coordinator: Mary Coyne

 703-729-6855

On Friday, July 11, OLLI/Loudoun, and other interested OLLI members, can tour the National Museum of Women in the Arts. The bus will leave the Loudoun campus at 9:00 a.m. arriving at the Museum of Women in the Arts at 10:00 a.m. for a docent-led tour of their permanent exhibits, with time to see current exhibits afterward; these include a quilt exhibit and an exhibit with collections of current board members. Lunch will be on your own in the Cafe at noon and then the group will leave for a docent led tour of the Textile Museum. Their current exhibits are “Blue,” exploring this color on textiles across time and place, and “The Finishing Touch: Accessories from the Bolivian Highlands” which include woven or knitted belts, bags, and other items. The bus will return to Loudoun about 4:00 pm. The cost of this tour is \$49, including the bus, driver's tip and entrance fee to two museums.

C. Presentation of Foods of Japan and “Let’s Do Lunch-In”

Tuesday, July 15, 10:30

OLLI/Loudoun

Instructor: Yasuko Nuzzi

Yasuko Nuzzi will give a presentation of some interesting Japanese culinary arts, demonstrating how certain healthful and delicious foods are traditionally prepared. This special event will take place at OLLI/Loudoun in our “Café.” All are invited and there is no charge. At noon, after the presentation, a light Japanese lunch will be served, also in the “Café.” The cost of the lunch is \$10. You may come for the presentation and/or the lunch as fits your schedule.

D. “Let’s Do Lunch” at Lake Anne in Reston

Friday, July 25, 12:30

Lake Anne

On Friday, July 25, OLLI/Loudoun has a reservation for lunch at the Montmartre Café at Lake Anne in Reston. The group will meet at the restaurant at 12:30 and after lunch we are invited on a tour of George Mason’s OLLI at Reston with Ann Youngren, Site Administrator.

Ongoing Activity


Classic Fiction Book Club

Fourth Fridays

10:30–12:00, July 25

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. The books to be discussed this summer are *The Fall* and *The Stranger* by Albert Camus.

Summer 2008 Schedule: July 1–July 24

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

Tuesdays	Wednesdays	Thursdays
10:30–12:00	10:30–12:00	10:30–12:00
291 Financial Planning 491 Proust	492 Americans in Paris 991 Master Gardeners	191 Oil Pastels 892 Healthy Mind, Healthy Body
1:00–2:30	1:00–2:30	1:00–2:30
791 Trends in Education 893 Technology and Society	891 Computers	391 Civil War in Loudoun County

Special Events

Ongoing Activity

Mon., July 7, 10:30 A. National Air & Space Museum at Udvar-Hazy Center
Fri., July 11, 9:00 Bus B. National Museum of Women in the Arts & the Textile Museum
Tues., July 15, 10:30 Mason@Loudoun C. Foods of Japan/Let's Do Lunch—In
Fri., July 25, 12:30 D. Montmartre Café/Lake Anne

See page 11 for dates and times of Classic Fiction Book Club. This activity is free to members and requires no registration.

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

Reston Summer 2008 Schedule: June 16–July 24

All classes are located in the Washington Plaza Baptist Church (Lake Anne Plaza) unless otherwise noted.

RBS = Reston Used Book Shop

OL = Other Location

Tuesdays	Wednesdays	Thursdays
6/17	6/18	6/19
Topical Mini Classes: •American Language •Poetry Roundtable •18th Century French Art Wisdom of History	Field Photography OL Literary Roundtable RBS	Golden Age of Fountain Pens Reverse Mortgages Intelligent Design on Trial U.S. Assistance to Refugees
6/24	6/25	6/26
Topical Mini Classes Wisdom of History Harry Potter & the Power of Love	Field Photography OL Literary Roundtable RBS	Martin Luther, the Great Reformer Harry Potter & the Power of Love Intelligent Design on Trial
7/1	7/2	7/3
Topical Mini Classes Wisdom of History Harry Potter & the Power of Love	Literary Roundtable RBS	Six Wives of Henry VIII Harry Potter & the Power of Love Australia & New Zealand
7/8	7/9	7/10
Topical Mini Classes Wisdom of History Alice Paul: Equal Suffrage/ Equal Rights	Field Photography OL Literary Roundtable RBS	ZIP Codes of Our Food Pleasures of Music
7/15	7/16	7/17
American Food Writing Globalization & the Flow of Capital Wisdom of History	Field Photography OL Literary Roundtable RBS	Air Power in WW II Alexander Technique Pleasures of Music
7/22	7/23	7/24
American Food Writing Wisdom of History Aftermath of WWII in Asia	Literary Roundtable RBS	Sunrise Valley Wetland Bird Walk OL The Tenor Voice Pleasures of Music

More information about these courses, including course descriptions and times, may be found in the Tallwood/Reston OLLI catalog. This catalog is available online at www.lli.gmu.edu. Print copies are available in the OLLI/Loudoun office or you may call 703-503-3384 to request a catalog by mail.

Registration Information

- Registration is ongoing until June 17th. 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 June 17th from 9:00–11:00, followed by an Open House at 11:00. Tuition for the spring term is as follows:

\$ 65 for one class

\$110 for two classes

\$175 special package deal*

- OLLI has a no-refund policy, unless the classes you requested are closed.
- You are urged to attend all courses for which you are enrolled.

***Special package deal for Loudoun:** \$175 gets you *unlimited* courses at Loudoun AND Reston this summer (as space is available). The \$175 would be applied to a full membership of \$350 if you join OLLI in the fall 2008 term. See page 13 for Reston's six-week summer term schedule.

For course descriptions of the courses in Reston, check out the catalog via the OLLI website: www.oli.gmu.edu. Catalogs are also available in the OLLI/Loudoun office or the main office at Tallwood.

Acknowledgment Release and Waiver for Bus Trips

The undersigned:

- Acknowledges that he/she expects to participate in one or more activities for the summer 2008 term that entail bus transportation and associated programs at locations other than sites of the Osher Lifelong Learning Institute (OLLI) at which classes and other activities are normally held.
- Hereby waives and releases OLLI from any and all claims for injury or damage sustained by, through or as a result of such activities.
- Holds OLLI harmless for any claims resulting therefrom.

Signature: _____ Date: _____

Registration Form: Summer 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 NAMEFIRST NAME

Address _____

City _____, State _____, 9 Digit Zip Code _____ - _____

Phone _____ Email _____ @ _____

Emergency Contact _____

Relationship _____ Phone _____

Where did you hear about OLLI? _____

- Enclosed is my tuition check for\$ _____
- Enclosed is my \$49 check for Special Event B.....\$ _____
- Enclosed is my \$10 check for Special Event C.....\$ _____
- Enclosed is my contribution to Friends of OLLI.....\$ _____
- I do not want my name listed as a contributor in OLLI publications.

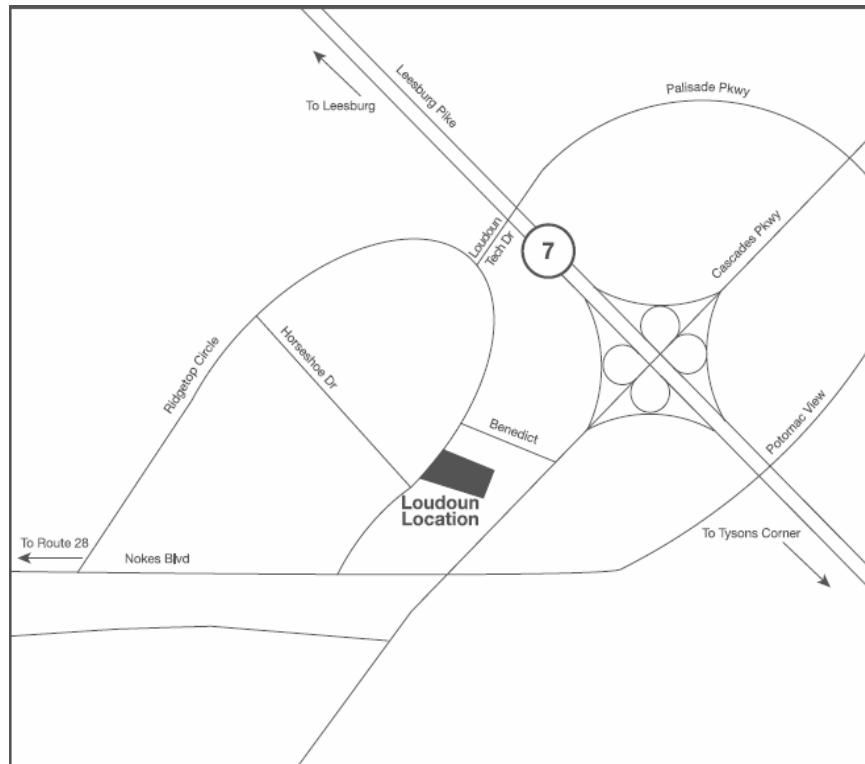
Registration Data

	Number	Course
1st priority		
2nd priority		
3rd priority		
Reston 1st priority		
Reston 2nd priority		
Reston 3rd priority		

For special event A, include signed bus waiver with registration (see p. 14).

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.