



Osher Lifelong Learning Institute

PREMIER LEARNING FOR PEOPLE AGES 50+ SPRING 2025 CATALOG



UNIVERSITY of NORTH CAROLINA WILMINGTON



Welcome to the Osher Lifelong Learning Institute at UNC Wilmington

LETTER FROM THE DIRECTOR



Happy New Year and welcome to a new semester at OLLI at UNCW. This spring, we're inspired by the promise of a fresh start as we learn and grow together.

Our mission remains strong as we continue to foster a vibrant community where curiosity, growth and connection flourish. Excitement for our programs reflects the enthusiasm and dedication of our staff and volunteers. We value your feedback and work tirelessly to expand

and enhance our offerings to meet the needs of our ever-growing community of lifelong learners.

Each semester, OLLI is renewed by the diverse experiences and passions our members bring. Every program, class and gathering is enriched by your insights, your stories and your commitment to learning. We're here to support and learn from one another as we continue to explore new horizons together.

Thank you for making OLLI a welcoming place where lifelong learning and community come alive. Remember to stay curious and embrace the new year with us.

With gratitude,

Amy W. Keith
OLLI at UNCW Director

LETTER FROM THE ADVISORY COUNCIL CHAIR



Did you know that there are 125 Osher Lifelong Learning Institutes in America? Four are associated with universities in North Carolina. OLLI at UNCW is fortunate to be one of them.

Like many of you, I was attracted to this area by its beautiful beaches, more temperate climate and lower cost of living. But the educational and cultural perks of living near a college and having access to programs and activities specifically

dedicated for the 50+ crowd sealed the deal.

I'm constantly amazed at the diverse and stimulating menu of classes OLLI offers each semester. The staff at OLLI and its many volunteers are committed to making your experience as enriching as possible. For instance, this winter/spring, you will find academic courses on media literacy and anthropology, film screenings and a new lecture and discussion series on travel.

For those who prefer distance learning, we have nine Zoom-only courses, the most since the end of the pandemic. But that's just a sampling—turn the page for a panoply of intellectual stimulation, friendship and fun.

Janet Stiegler
OLLI Advisory Council Chair

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Registration opens January 8 at 9 a.m.

Registration for Active and Outdoors programs
opens January 15 at 9 a.m.

Register online at www.uncw.edu/olli

THANK YOU SPRING 2025 VOLUNTEERS

Don Anderson	Lynn Gattone	Nancy Nail	Maureen Tooher
Richard Andrews	Anne-Marie Goff	Kim Nelson	John Tufano
Sandie Bateman	Marvin Hage	Eileen Patterson	Ken Vogt
Selby Bateman	Dick Hayes	Jim Phillips	Barb Wagar
Don Brisson	Sue Hayes	Pamela Roberts	Barbara Waxman
Cleve Callison	Wayne Hoffman	Valerie Robertson	Joanne White
Nancy Cannon	Ken Jernigan	David Smith	Barbara Williams
Andrea Carson	Pat Johnson	Marsha Stanton	Betty Woodard
Betty Carter	Pamela Keegan	Janet Stiegler	
Tim Costello	Nancy Landis	Herb Strickler	
Cathy Cummins	Joanne Levitan	Alan Sturrock	
Al Davis	Ellen McNair	Sherrod Sturrock	
Betsy DeMatteo	Bronwyn Morgan	Stephanna Tewey	
Ted Doroski	Bruce Myers	Mike Thompson	

OLLI ADVISORY COUNCIL 2024-25

Sandie Bateman	Rick Olsen, Ph.D., UNCW	Herb Strickler
Cathy Cummins	Alex Porco, Ph.D., UNCW	Alan Sturrock
Amy Keith, Director	Janet Stiegler, Chair	Stephanna Tewey

BECOMING A MEMBER

Membership is a requirement for enrollment in all OLLI courses or events.

Spring membership: \$30 (expires 06/30/2025)

Membership entitles you access (fees apply) to all courses and activities, members-only special events, as well as the many advantages of being a part of the UNCW community.

SPECIAL EVENTS

OLLI at UNCW offers programming
in service to our community.

Empowering Adults Through Education

with Joey Jackson, B.S.

Tuesday, Jan. 28

One session • 1 – 2:30 p.m.

Free to members, registration required

In person

Learn how a team of passionate volunteer tutors allows Cape Fear Literacy Council (CFLC) to provide free education for adult learners of all levels and languages to help them reach their academic, occupational, community and other life goals. This presentation provides a glimpse into the experiences of those who struggle with literacy challenges and ways you can help the organization change lives through individualized education.

Joey Jackson is a community outreach specialist at CFLC. His goal is to raise awareness about the impactful services the organization provides and reach volunteers who want to support the mission of empowering adults through education.

Hurricane Preparedness: Before, During and After the Storm

with Jason Fuller, MPA

Tuesday, Feb. 25

One session • 10 – 11:30 a.m.

Free for members, registration required

In person/online

This session aims to equip participants with the knowledge and tools to stay safe before, during and after a hurricane. New Hanover County's Emergency Management and Fire Rescue provides practical advice to ensure you are well-prepared for any hurricane event.

Jason Fuller has worked in the fire service, emergency medical services and emergency management. He now serves as a senior emergency management specialist for New Hanover County.

Financial Planning Surrounding Widowhood

with Devin Butler and Trevor Lawson

Tuesdays, Feb. 25 – March 4

Two sessions • 3 – 4:30 p.m.

Free for members, registration required

In person

In this course, we hope to educate OLLI members on the financial impacts of widowhood. We walk through ways to become better prepared prior to the event, what needs to be done in the months following a loss, as well as ways to "reinvent" oneself through family or community.

Devin Butler and Trevor Lawson, financial advisors at Capitol Financial Solutions, are based in Raleigh but have had the pleasure of working across the state to help people reach their retirement and overall financial planning objectives. With roughly 20 years of combined experience, they are honored to serve as a professional resource for North Carolina families.

Cameron Art Museum and the Story of *Boundless*

with Daniel Jones, B.A.

Tuesday, March 25

One session • 1 – 2:30 p.m.

Free for members, registration required

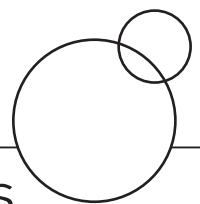
In person

Boundless is a 2021 permanent installation created by Stephen Hayes casting descendants of the United States Colored Troops who fought in NC for freedom. Three years into its life, *Boundless* tells a story of a once divided city coming together to honor what makes us unique. We explore the city's connection with the overarching struggle for freedom, how Cameron Art Museum became the steward for the site and put the project in motion, and how the site is used today.

Daniel Jones is a 2018 UNCW history graduate. He's worked at a number of local museums while conducting research on African American coastal life. His work led him to CAM where he serves as the first cultural curator and is tasked with the continued research and interpretation of their Civil War site.

Tabitha Hutaff McEachern

Lifelong Learning Speaker Series



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LUNCH PROGRAMS

World War II Stories: The Heroes of Aluminum Alley and Beyond

with Rory Laverty, MFA

Wednesday, March 5

One session • Noon – 1:30 p.m.

In person \$30

Join us for an OLLI luncheon featuring a multimedia presentation, readings and storytelling from Rory Laverty's *Aluminum Alley* and his upcoming nonfiction work, *Delivery Man*. The presentation delves into both books' powerful subjects, including the China-Burma-India theater of WWII, Hump pilots, Merrill's Marauders, Japanese American internment, the Army's Nisei translators and the use and effects of the atomic bomb.

Rory Laverty is the author of *Aluminum Alley: The American Pilots Who Flew Over the Himalayas and Helped Win WWII* (Stackpole, 2023) and the forthcoming *Delivery Man: The Enemy-Alien Nisei Translator Who Saved His Battalion in WWII* (Skyhorse, 2025).

A seasoned journalist with bylines in the *Washington Post*, Laverty reports on the military, law enforcement and the justice system. He also serves as a senior lecturer in English and journalism at UNCW.

Global Food Scarcity

with Joel K. Bourne, Jr. M.S., journalist, speaker, author

Thursday, April 10

One session • Noon – 1:30 p.m.

In person \$30

Join us for a thought-provoking OLLI luncheon with award-winning environmental journalist and author Joel K. Bourne, Jr. as he discusses his book *The End of Plenty*. In this compelling work, Bourne explores the global struggle against hunger in the face of climate change. From corporate farms in Ukraine to organic sugarcane plantations, Bourne shares stories of remarkable efforts to ensure food security for generations to come.

Joel K. Bourne Jr. is an award-winning author and journalist who has spent his career traveling the globe to report on the volatile, co-dependent relationship between humans and the natural world. As a frequent contributor and former Senior Editor for the Environment for National Geographic, he's covered many of the major environmental issues of our time.

FILM SCREENINGS

Remarkable Journey: Founding the Asian Indian Community in North Carolina

*with Steven Channing, Ph.D.
producer and writer*

Friday, March 7

One session • 3:30 – 5:30 p.m.

In person \$30

Join Steven Channing for a special screening of *Remarkable Journey* in UNCW's new Discovery Hall. This documentary provides an intimate look at the pioneering generation of Indian immigrants to North Carolina, highlighting their rich cultural heritage and contributions in education, science and business. Through personal stories and vibrant cultural elements, *Remarkable Journey* explores the Indian American community's impact across the state. Refreshments are included in the price.



Wilmington's Place in Triathlon History

with Ed Foster, filmmaker

Sunday, March 16

One session • 2:30 – 3:30 p.m.

In person

Free and open to the public,
registration required

On Their First Tri is a 50-minute documentary that tells the story of one of the oldest triathlons in the world, right here in Wilmington. Through interviews with eight of the participants and archival photographs from the race, viewers are taken back to 1979 when a group of endurance athletes decided to put on their own ironman-distance race in Wrightsville Beach, NC. It became the first triathlon on the East Coast and is second only to the Kona Ironman in longevity.

A Well-Fed Education

*with Jesse Bradley, filmmaker
A Kind of Cool Productions*

Wednesday, March 19

One session • 11:30 a.m. – 2 p.m.

In person

Free for members,
registration required

We are thrilled to share the screening of *A Well-Fed Education* and to welcome the star of the show, Lucas McLawhorn, proprietor of the Well-Fed Ed food truck. Having taught for two decades in North Carolina and abroad, McLawhorn is now on a mission to share his passion for healthy, locally-sourced food. Enjoy a delicious meal from the Well-Fed Ed food truck and stay for the film screening, which promises to deepen conversations about health and wellness.



THE JOANNE WOOSLEY JARRETT ENDOWMENT

IN SUPPORT OF ACADEMIC COURSES

ANTHROPOLOGY

Anthropology and Ethnicity

with Daniel Wegener, Ed.D.

Wednesdays, Feb. 26 – April 2

Six sessions • 1 – 2:30 p.m.

In person \$65

In this course, we learn to apply the tools of anthropology to discover new insights about ourselves, our family and our ethnicity. The multiple dimensions of our ethnicity shape who we are, and this process of discovery can enhance our ability to contribute positively to a rapidly changing and diverse society.

Daniel Wegener holds degrees in anthropology, education and educational administration. He has applied his knowledge of anthropology to multiple aspects of public and private education.



ART HISTORY AND APPRECIATION

The “isms” of Art

with Judith Chandler, M.A.Ed.

Mondays, Jan. 27 – Feb. 17

Four sessions • 3 – 4:30 p.m.

In person \$60

This course presents artists from the Renaissance to the modern day, sharing lives as well as their unique artistic styles and work. This is more than a lecture course; participants take part in hands-on activities that reflect the content presented.

Judith Chandler is a North Carolina who taught visual art internationally for decades and is currently creating and presenting her work in venues around Wilmington.

Art of the Ancients - Italian Style

with Kirah Van Sickle, MFA

Mondays, March 17 – April 7

Four sessions • 1 – 2:30 p.m.

In person \$60

Italy, with its rich art and cultural history, has dazzled and inspired for millennia. Let's explore the foundations of that power and the connective threads that run from ancient Greece and the Etruscans to the heights of the Roman Empire. We consider this history in the context of multiple art forms, including pottery, sculpture, mosaics, frescoes and processes that propelled the western world into the Renaissance.

Picasso and Matisse: How a Bromance Revolutionized Art

with Kirah Van Sickle, MFA

Wednesdays, April 2 – 9

Two sessions • 3 – 4:30 p.m.

Online \$30

Contemporary art may not have the profound influence it has today if it weren't for the friendship and rivalry between these two modern masters. We explore the motivation, influences and creative relationship that drove these two greats to produce a lifetime of works unmatched to this day.

Kirah Van Sickle is a lifelong artist, instructor, lecturer, mentor and coach, leading custom studio and cultural history courses locally and internationally. Active in community arts programming, she is passionate about the preservation of natural and cultural resources.

In partnership with OLLI at NCSU

ACADEMIC COURSES

COMMUNICATIONS

Creating the Future with Stories: The Good Ancestor

with Kirsten Kainz, Ph.D.

Tuesdays, Jan. 28 – Feb. 11

Three sessions • 10 – 11:30 a.m.

In person \$45

Participants in this course will contemplate what it means to live as storytellers who simultaneously make meaning from the past and create the future through the stories we tell. Using the concept of “The Good Ancestor” we will practice storytelling and listening in class and develop storytelling activities for use in our own communities outside of class.

Kirsten Kainz is a methodologist and systems change consultant who specializes in group processes for evaluation and learning. She worked for more than 25 years in higher education serving in research, teaching and leadership roles. She has published, taught and presented on how people work together to learn about their current conditions, envision desired changes and create pathways to new and better outcomes.

Compassionate Communication

with Hoke Pollock, M.D. and Lori Wainwright, M.S., LPC

Thursdays, Feb. 6 – 13

Two sessions • 10 – 11:30 a.m.

In person \$30

This introductory course explores a powerful pathway to experiencing authentic reconnection at home, in the volunteer sector, workplace and in the body politic. It is based on the lifelong work and the practice of Nonviolent Communication by Marshall Rosenberg, Ph.D. Our exploration of its theoretical foundations includes

opportunities for individual and small-group practice of what is learned.

Hoke Pollock is a retired physician, Duke-trained integrative medicine wellness coach and director of Mutual Path, a nonprofit educational foundation. Lori Wainwright is a conflict resolution specialist and licensed mental health counselor.

Media Literacy

with Daniel Wegener, Ed.D.

Wednesdays, April 9 – 30

Four sessions • 1 – 2:30 p.m.

In person \$60

In order to become better consumers of the unrelenting stream of information we receive, we need strong media literacy skills. In this class, we practice checking for reliable sources, spotting robot posts, fact-checking and thinking critically about what we see and read. We apply these strategies as we discuss the news, events and trends happening in the “mediaverse” each week.

Daniel Wegener authored a book about teaching critical thinking skills in the classroom. Throughout his career as an educator and administrator, he trained teachers to help students learn how to think and not just what to think.

CREATIVE WRITING

Memory and Metaphor

with Margo Williams, MFA

Mondays and Wednesdays,

Jan. 27 – Feb. 10

Five sessions • 1 – 2:30 p.m.

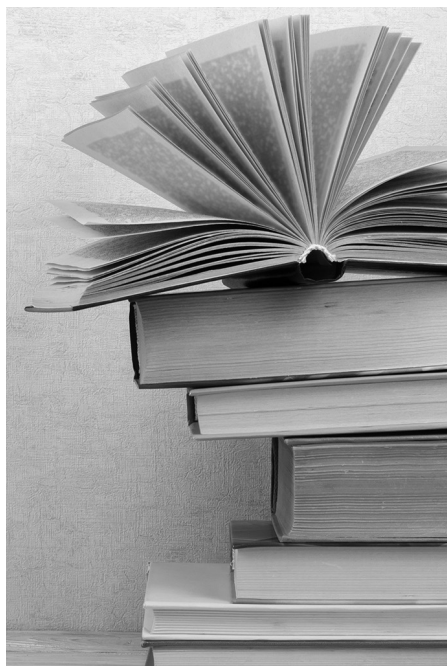
In person \$65

This multi-genre writing course explores the intricacies of memory and the naturally occurring metaphors that create an abiding image in flash forms, poetry, memoir and more. The course allows participants to create and share work in a supportive environment. Writing prompts and reading samples in an interactive class setting encourage meaningful exchange among writers from any background or experience.

Margo Williams holds an MFA from Emerson College and taught creative writing, literature and composition for more than twenty years at community college, university and community workshops. Her works appear in *Glimmer Train*, *Southeastern Review*, *Moonshine Review*, *Prick of the Spindle* and more. She is a produced playwright, a Hambidge Fellow, and many of her works have been made into film and performance pieces.



ACADEMIC COURSES



Self-Publishing Simplified

with Laurel Senick, B.A.

Tuesdays, April 15 – May 6
Four sessions • 10 – 11:30 a.m.
In person \$60

If the idea of self-publishing seems overwhelming, this comprehensive course is for you. We break down every stage of the process into easy-to-follow steps: preparing your manuscript, designing your book, choosing where to publish and marketing your finished work. The goal is to give you the confidence and tools to share your unique voice with others.

Laurel Senick, an award-winning filmmaker, author and surf enthusiast, combines her passion for storytelling with her love for the waves. She recently unveiled her debut novel *Foam*, a thrilling surf adventure featuring a dynamic female protagonist.

Our True Stories: Writing Essays and Memoir

with Rebecca Gummere, MFA

Thursdays, Jan. 30 – Feb. 27
Five sessions • 3 – 4:30 p.m.
In person \$65

In this course, we look at approaches to telling our true stories in both short form (essays) and book length (memoir). We explore techniques for teasing out and expanding on themes, play with possible structures, experiment with strategies for drafting and revision and discuss ways to find and submit to appropriate venues. Some group work included.

Rebecca Gummere's writing has appeared in *HuffPost*, *the NY Times*, *O*, *the Oprah Magazine*, *the Daily Beast*, and literary journals such as the *Gettysburg Review* and the *New South Journal*. She holds an MFA from Queens University of Charlotte, an M.Div. from Trinity Lutheran Seminary.

EDUCATION

Banned and Challenged Children's Books

with Caitlin Ryan, Ph.D.

Mondays, Feb. 10 – 17
Two sessions • 1 – 2:30 p.m.
In person \$30

If you think book bans and challenges are in the headlines a lot these days, you're not wrong. According to the American Library Association, there has been a 2,300% increase in the number of unique titles challenged in the U.S. in the last ten years. A large percentage of challenged titles are written for children. Learn what's behind this staggering increase, explore challenged picture books for yourself, and learn what we all stand to lose when we make children's reading selections less diverse.

Caitlin L. Ryan is a professor of language and literacy in the Watson College of Education at UNCW. She has published widely in the field of children's literature, is the co-author of the award-winning book *Reading the Rainbow* and serves as an editor for the *Journal of Children's Literature*.



ACADEMIC COURSES

ENVIRONMENTAL STUDIES

Can We Stop Climate Change?

with Tom Rawson, M.S., M.Ed.

Tuesdays, March 11 – April 8
Five sessions • 1 – 2:30 p.m.
Online \$65

This class is designed for people interested in learning more about climate change and climate justice, becoming more effective in communicating about it and taking action to mitigate its impact on our planet and ourselves. We start with the problems, basic science and equity issues, but we spend most of our time understanding the wide range of available climate change solutions and how you can get involved, both individually and working with others.

Tom Rawson is a retired science teacher. He leads *Can We Stop Climate Change* courses, works on climate education locally, is an En-ROADS Climate Ambassador and a leader in Third Act Massachusetts.

Climate Change and Our Coast

with Warren Darrell, M.S.

Fridays, Feb. 14 – March 14
Five sessions • 1 – 2:30 p.m.
In person \$65

Our coast (the Carolinas and the world) contributes to anthropogenic climate change, is much affected by it and can be part of the solution. We learn about sea level rise, high tide flooding, storm intensification, land subsidence, coastal erosion, living shorelines, marsh migration, ghost forests, coral bleaching, ocean acidification, beach nourishment, infrastructure retreat and offshore wind energy. We discuss how we can participate in the solutions – personally, regionally and globally.

Warren Darrell is a mentor for UNCW environmental sciences students and an active volunteer with the North Carolina Coastal Reserve, the Coast Guard Auxiliary, the Ecologic Development Fund, Earthwatch and the North Carolina Coastal Federation.

Discovering Gullah Geechee Underwater Artifacts

with J. 'Osku' Backstrom, Ph.D.

Tuesday, Feb. 4
One session • 1 – 2:30 p.m.
In person \$15

Osku Backstrom and Mark Wilde Ramsinghave have identified up to 45 rice-related water irrigation structures across the northern half of Eagles Island. Backstrom relates how he and his colleague found and identified these 200-year-old artifacts associated with historic rice cultivation and enslaved West African descendants, known as the Gullah Geechee. The features have since been registered with the state, thus preventing the loss of these historic underwater findings.

'Osku' Backstrom is a coastal geologist and environmental marine scientist with close to 20 years of professional industry and academic expertise across Europe and the U.S. Prior to joining the Department of Environmental Sciences at UNCW in 2015, he spent more than five years in Europe as a principal marine geologist.

The Amazon Rainforest: Conservation and Sustainability

with Michael Gilmore, Ph.D., Brian Griffiths, Ph.D., Elizabeth Benson and Andrew Wingfield

Wednesdays, Jan. 29 – Feb. 19
Four sessions • 11 a.m. – 12:30 p.m.
Online \$60

The Amazon basin is the largest remaining tropical forest and one of the planet's most biologically and culturally rich regions. This course focuses on the importance of the Amazon as well as community-based conservation efforts in Indigenous Maijuna communities. Topics include Maijuna culture and ancestral lands, mammal conservation research, stingless beekeeping and efforts to stop an ill-conceived megadevelopment project that would have devastating consequences for the Maijuna.

Michael P. Gilmore, ethnobiologist and associate professor at George Mason University's School of Integrative Studies, has worked with the Maijuna Indigenous group of the Peruvian Amazon since 1999. **Brian M. Griffiths** is a human ecologist and faculty member at The Earth Commons Institute at Georgetown University. **Elizabeth Benson** is the director of the Stingless Beekeeping Project for the non-profit organization OnePlanet. Before joining OnePlanet, she studied ecology and evolution at Harvard University. **Andrew Wingfield** is a writer of fiction and literary nonfiction and an associate professor at George Mason University's School of Integrative Studies.

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ACADEMIC COURSES



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HEALTH AND WELLNESS

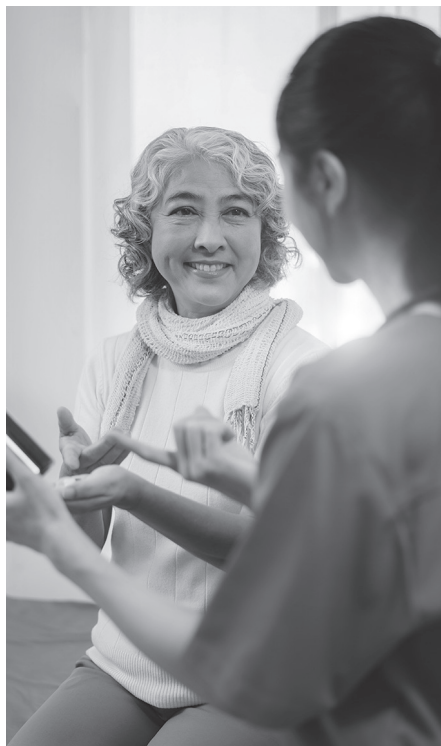
Aging Well Naturally

with Casey Nelson, NBC-HWC

Tuesdays, March 4 – April 8
Six sessions • 10 – 11:30 a.m.
In person \$65

This course covers six topics fundamental to overall health: brain and memory; sleep and energy; liver and the lymphatic system; pain and inflammation; bones and balance; and the happy, healthy heart.

Casey Nelson is a national board-certified health and wellness coach, certified personal trainer and yoga teacher. She studied herbal medicine with Dr. Aviva Romm and served as the wellness manager at Tidal Creek Cooperative.



Pelvic Health for a Better Life, I and II

with Caroline Keeler, PT

Part I

Mondays, Feb. 24 – March 10
Three sessions • 3 – 4:30 p.m.
In person \$45

Part II (completion of Part I required)

Tuesdays, April 22 – May 6
Three sessions • 3 – 4:30 p.m.
In person \$45

Pelvic health involves bladder, bowel, reproductive, hormonal, sexual and musculoskeletal health, very often in combination and relation to each other.

Part I: We cover basic anatomy and physiology of the pelvic floor, urinary and bowel system, the problems you may encounter within them, and how to build wellness in these areas.

Part II: We discuss the anatomy and physiology of sexual and hormonal health, problems you may encounter in these areas and how to build wellness and understanding around what has been culturally kept quiet or stigmatized. In addition, you learn how your surgeries or joint and muscle problems may be part of the picture and where physical therapy might help.

Caroline Keeler has been a physical therapist for 30+ years, specializing solely in pelvic health for the last 10. She owns and provides care in her Wilmington clinic, Inside Out Physical Therapy.

ACADEMIC COURSES

HISTORY

Jamestown, Virginia: The Colony That Almost Failed

with Beverly Dowdy, M.A.

Wednesdays, Jan. 15 – Feb. 12
Five sessions • 9 – 10:30 a.m.
Online \$60

This course focuses on the forces that drove England to attempt colonization in the New World and the pressures that both the English and native Americans were under as Jamestown was settled. We examine how various English and Native American narratives about the events differ, including the tale of Pocahontas and Captain John Smith. We look at how tobacco and the labor required to grow and export it on a commercial scale set the stage for the indentured servitude of approximately 70,000 of the English poor and the eventual shift to enslaved labor from Africa.

Beverly Dowdy holds an M.A. in liberal studies from Duke University. Her master's thesis, "Robinson Crusoe as Promotion Literature: The Reality of English Settlement in the Chesapeake, 1624-1680," was awarded an exemplary designation.

In cooperation with OLLI at NCSU



Slavery and Freedom in the Lower Cape Fear

with Kim Sherman, Ph.D.

Mondays, Jan. 27 – Feb. 17
Four sessions • 1 – 2:30 p.m.
In person \$60

This course addresses the development of plantation agriculture in the Lower Cape Fear; the introduction of African slavery in the region; the Civil War period; and Reconstruction. We discuss the variations in experiences across rural and urban landscapes, the meaning of freedom and how the history of slavery has continued to impact the region.

Kim Sherman completed her Ph.D. in modern history at the University of St. Andrews, where she researched the impact of Scottish immigration on early NC. She is a consultant for the NC Rice Festival and is regularly involved in local public history events.

A Brief History of Ukraine

with Sue McCaffray, Ph.D.

Mondays, March 3 – 24
Four sessions • 10 – 11:30 a.m.
In person \$60

This short course touches on the religious diversity of the Polish-Lithuanian kingdom of the 15th century, the rise of the Cossacks and the rebellion of 1648. We take up the growth of a Ukrainian national idea and the birth of the Donbas coal and steel industry in the 19th century.

We take a closer look at the 20th and 21st centuries: the revolution of 1917, Ukraine's first experience of independence, the great famine of the 1930s and WWII. We end by looking at independent Ukraine since 1991 and the war with Putin's Russia that Ukraine finds itself in today.

Sue McCaffray is a retired professor of Russian and European History at UNCW, where she taught for 31 years. She has written extensively on the development of the Donbas coal and steel industry. Her most recent book is *The Winter Palace and the People*.

Academic Course registration opens Jan. 8

ACADEMIC COURSES

LITERATURE

James Baldwin: Being There, Bearing Witness

with Marc Dudley, Ph.D.

Fridays, Jan. 31 – Feb. 7

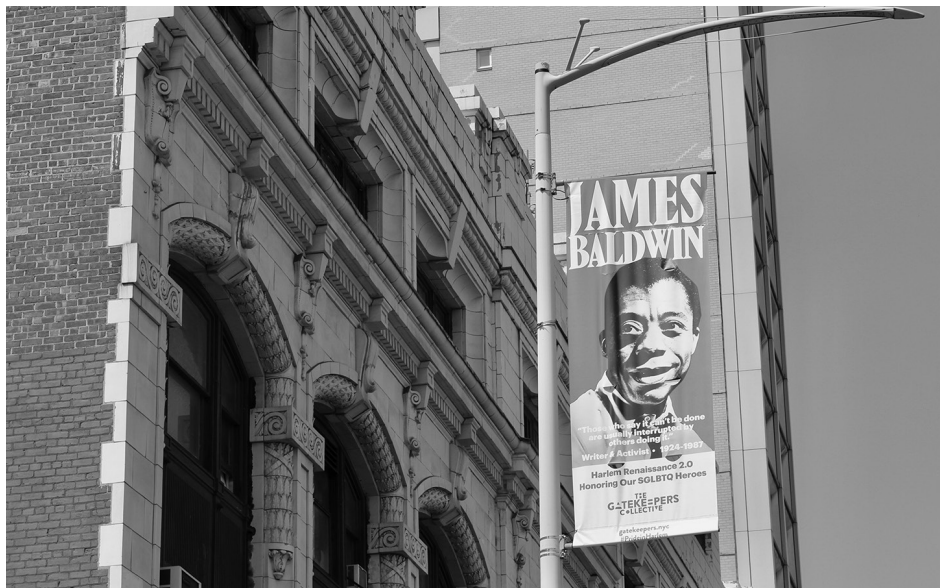
Two sessions • 1 – 2:30 p.m.

Online \$30

Almost 40 years after his death, the work of novelist, essayist and playwright James Baldwin has enjoyed a resurgence. In recent years, his unfinished manuscript, *Remember This House*, was adapted into the documentary film, *I Am Not Your Negro*, nominated for Best Documentary Feature in 2016, and his novel *If Beale Street Could Talk*, was adapted into the Academy Award-winning film of the same name in 2018. For decades now, James Baldwin's voice has spoken for our nation's marginalized communities, and his name has been synonymous with social justice advocacy. In these sessions, we explore James Baldwin, the writer and the man, and discuss a few of the themes that marked his literary life.

Marc Dudley is a professor of English and Africana studies at North Carolina State University, with specializations in 20th Century American and African American literature(s). James Baldwin is the subject of his most recent published book, *Understanding James Baldwin* (University of South Carolina Press, 2019).

In cooperation with OLLI at NCSU



The Enduring Relevance of Kurt Vonnegut, Jr.

with Alan Sturrock, Ed.D.

Tuesdays, Feb. 11 – 25

Three sessions • 1 – 2:30 p.m.

In person \$45

Remember the 1960s? It was an era in turmoil, which spawned great writers, including Kurt Vonnegut, Jr. novels such as *Player Piano*, *Cat's Cradle*, *God Bless You, Mr. Rosewater*, and *Slaughterhouse Five*, the short story collection *Welcome to the Monkey House* and the television compilation, *Between Time & Timbuktu*, are as relevant now as they were then. Please come ready to discuss the assigned readings which will be provided.

Alan Sturrock holds a doctoral degree in education from Harvard University, a Master of Arts in Teaching from Duke University, and has taught in Scotland, Argentina and the U.S. Since arriving in Wilmington two years ago, he has found both a teaching and learning home at OLLI.

OLLI Literary Club: France

with Paula Kamenish, Ph.D.

Tuesdays, Feb. 18, March 18
and April 15

Three sessions • 3 – 4:30 p.m.

In person \$45

Travel virtually to France with OLLI through three geographically-selected works. First, we visit the Périgord region near Bordeaux with Martin Walker's famous Inspector Bruno for a bit of mystery and fine cuisine. Then, we immerse ourselves in the small towns of Normandy with Gustave Flaubert's ill-fated couple, the Bovarys. Finally, we make our way to Paris to uncover the secrets of the unicorn tapestries in the historical fiction of Tracy Chevalier. Come ready to discuss each work and the area of France it depicts.

Feb. 18: Walker, *Bruno Chief of Police*

March 18: Flaubert, *Madame Bovary*

April 15: Chevalier, *The Lady and the Unicorn*

Paula Kamenish is a retired UNCW award-winning professor who has taught for many years at OLLI. Besides literature, she also enjoys teaching tango and foreign languages.

ACADEMIC COURSES

MODERN LANGUAGES

French for Travelers

with Pascale Barthe, Ph.D.

Thursdays, March 13 – April 3

Four sessions • 1 – 2:30 p.m.

In person \$60

In this class, participants learn vocabulary and phrases useful for traveling in France. We spend time polishing our pronunciation, expanding our lexicon and improving our cultural knowledge.

Pascale Barthe was born in southwestern France. A professor at UNCW, she teaches all levels of French and specializes in cross-cultural encounters in early modern France.

Mandarin for Fun

with Barry Lu, M.Ed.

Fridays, April 25 – May 16

Four sessions • 1 – 2:30 p.m.

In person \$60

This class is designed for those interested in learning some basic Mandarin associated with culture and travel. It is not a typical language class, but an opportunity to combine learning, discussion and fun activities.

Barry Lu was born and grew up in China. He had a 30-year military career in the U.S. Navy, spent 20 years in business engineering and has 10 years teaching experience. He has taught Mandarin and related topics to students of all ages.

Reading the World: Contested Spaces

with Charles Grimes, Ph.D.

Alternate Fridays,

March 14 – April 11

Three sessions • 10 – 11:30 a.m.

In person \$45

This course examines three international novels about political and military conflict in the 21st century, focusing on places and voices not always represented in American literature or media. We study *War Diary* by Yevgenia Belorusets (March 14), portraying the effects of the Russian invasion on the ordinary residents of Ukraine; *Minor Detail* by Adania Shibli (March 28), illustrating Palestinian suffering both in 1949 and the present; and *Beasts of No Nation* by Uzodinma Iweala (April 11), recounting the growth of a West African boy soldier trapped in civil war. Please come prepared to take part in class discussion.

Charles Grimes teaches and works as a dramaturg in the UNCW Department of Theatre. He has been teaching courses in literature, theatre and the liberal arts since 1988 and has directed more than 40 plays at various universities. He is the author of the book *Harold Pinter's Politics: A Silence Beyond Echo*.

Judith Viorst and Nora Ephron: Aging with Humor

with Barbara Waxman, Ph.D.

Tuesdays, April 22 – May 6

Three sessions • 1 – 2:30 p.m.

In person \$45

Viorst's poems and Ephron's autobiographical essays humorously guide our class into the vagaries of aging: physical changes in how (if?) we work, new ways of spending time and reflections on the evolutions of marriage and friendships. We explore how the authors develop with wit and sometimes solemnity themes of regret, loss and gratitude. The texts we focus on are Viorst's *Nearing 90 [and other comedies of late life]* and Ephron's *I Feel Bad about My Neck and Other Thoughts on Being a Woman*.

Barbara Waxman was a professor of English at UNCW for 32 years. She taught classes on Victorian literature, writing about literature, British literature, women in literature, U.S. Latino/a literature, multicultural American memoirs and culinary memoirs. She has been active in OLLI since her retirement.



ACADEMIC COURSES

MUSIC

Irving Berlin, Cole Porter and George Gershwin

with Naomi Amos, M.M.

Thursdays, Jan. 30 – Feb. 20
Four sessions • 1 – 2:30 p.m.
In person \$60

These three outstanding composers dominated the Great American Songbook, a term given to the most popular music classics or standards from the 1920-60s. Their songs monopolized the radio and were transported from publishers to homes while their musical scores raised the quality of Broadway musicals and Hollywood films. This course follows the paths of their lives, the context of their works and compares their personal and musical characteristics. We experience how they reached their audiences through the full spectrum of emotions, from love and loss to patriotism and humor.

Naomi Amos, pianist and professor, has taught at colleges and universities in Connecticut and Virginia and given guest lectures and concerts nationally. From 2022-23, Amos served as artistic director of a year-long lecture/concert series on American composer Louis Moreau Gottschalk, partially funded by Virginia Commission for the Arts.

Music Reflects Social Issues

with Rick Leighton, M.S.

Wednesdays, Feb. 26 – April 2
Six sessions • 10 – 11:30 a.m.
In person \$65

This course uses recorded music, videos and live performance to examine the powerful way music mirrors and influences what is happening in society. We explore how music enlightens people about complex social issues and can sometimes help to change societal attitudes. Class members have regular opportunities to reflect on and share their own experiences, as well as participate in discussions.

Rick Leighton is an experienced musicologist and has worked with all levels of learners, from kindergarten through adult, including graduate students. He has been an active educator and professional musician since the 1970s.

Deciphering the Music: Andante or Al Dente?

with David Lee Heinzman, M.M.

Tuesday, March 18
One session • 1 – 2:30 p.m.
In person \$15

This course is designed to increase appreciation for music listening, singing or general music knowledge by learning the basics of reading music, including sometimes mysterious musical terminology.

Concert organist, composer, harpsichordist and church musician, David Heinzman has years of experience teaching volunteer singers how to read music and blend in a volunteer choir. He has also taught music theory and ear training at the college level.

Russian Composers

with Barry Salwen, DMA

Thursdays, March 20 – April 3
Three sessions • 10 – 11:30 a.m.
In person \$45

This course begins with the colorful and influential Russian composer Rimsky-Korsakov, the composer of *Scheherazade*. That leads to the remarkable innovations of Stravinsky, with *Firebird* and *The Rite of Spring*, the centerpiece of the course. We end our survey by looking more briefly at Prokofieff and the remarkable Scriabin, not forgetting a glance at Rachmaninoff.

Barry Salwen is a long-time UNCW piano professor who trained at Julliard and in Vienna with a Fulbright fellowship, he has 9 CD recordings. He has given concerts throughout the U.S. and abroad.



ACADEMIC COURSES



The Music of the Beatles and the British Invasion

with Reed Wallace, M.M., MBA

Fridays, March 21 – April 11
Four sessions • 1 – 2:30 p.m.
In person \$60

The arrival of The Beatles in the U.S. in 1964 precipitated a cultural phenomenon known as the “British Invasion” that would have a profound effect on music, fashion, film and TV. In our sessions we explore this phenomenon and how it would internationalize rock and roll and influence the growing counterculture in both the U.S. and the UK. Along the way, we trace the creativity of The Beatles, analyzing the evolution of their music and why those extraordinary songs have had such an enduring legacy.

Prior to retirement, Reed Wallace served as executive director of the Wilmington Symphony Orchestra for nearly two decades, directing its operational, development, marketing and fiscal affairs. His professional career included 11 years as a professional trombonist with the Alabama Symphony Orchestra and a faculty member at the Alabama School of Fine Arts.

Opera Talks

with Helena Kopchick Spencer, Ph.D.

Wednesdays, Jan. 22, March 12,
April 23, May 14 and 28
Five sessions • 3 – 4 p.m.
In person \$40
Open to the public

Join us for *Opera Talks*, a collaboration with UNCW’s Department of Music and Opera Wilmington. These engaging presentations enrich your understanding and appreciation of opera, whether you’re discovering it for the first time or revisiting a beloved favorite. Each talk is designed to complement an upcoming Metropolitan Opera *Live in HD* performance screened at local cinemas. Enjoy fascinating insights before you see the production on the big screen or simply to enhance your knowledge of this timeless art form.

Aida (Verdi)

Wednesday, Jan. 22

Fidelio (Beethoven)

Wednesday, March 12

Le Nozze di Figaro (Mozart)

Wednesday, April 23

Salome (R. Strauss)

Wednesday, May 14

Il Barbiere di Siviglia (Rossini)

Wednesday, May 28

Helena Kopchick Spencer is an associate professor of musicology and bassoon at UNCW specializing in opera. She is also the principal bassoonist for Opera Wilmington.

OLLI NEW HORIZONS BAND

with Dominic Talanca, DMA



Mondays, Jan. 27 – Apr. 21
(no rehearsal March 3)
12 sessions
7:30 – 9:30 p.m.
Spring concert on April 21
\$79 for OLLI members

In cooperation with the UNCW Music Department, the OLLI New Horizons Band provides an ensemble experience for adult brass, woodwind and percussion players interested in making music. New Horizons International Music Association provides opportunities for music-making for adults, including those who were active in school music programs but have been inactive for a long period. Each weekly session includes full band rehearsals. The band performs one concert each semester, which is free and open to the public. This semester, the concert is on April 21 in Kenan Auditorium.

Dominic Talanca, DMA, UNCW assistant professor and director of bands, conducted bands for 10 years in the Texas public school system at Marcus High School and Durham Middle School. He holds a bachelor’s in music education, a master’s of music in wind conducting from the University of North Texas and a Doctor of Musical Arts in wind conducting from Northwestern University.

ACADEMIC COURSES

PHILOSOPHY AND RELIGION

Yoga: East and West

with Beverley McGuire, Ph.D.

Wednesdays, Feb. 5 – 26

Four sessions • 10 – 11:30 a.m.

Online \$60

This course examines the philosophy and practice of yoga from its inception in India to its global variations in the present day. How do contemporary forms of yoga connect to premodern forms developed in India? What are the similarities and differences between yoga traditions? We explore early yoga traditions as well as the development of modern postural yoga in India and the West and trace the history of yoga from ancient texts like the Yoga Sutra to modern practices developed by innovators such as Bikram and Iyengar. This course does not include physical yoga practice.

Beverley McGuire has a bachelor's degree in comparative literature and minor in religious studies from Stanford University, a Master of Divinity from Harvard Divinity School, and a doctorate in East Asian languages and cultures from Harvard University. She has been teaching at UNCW since 2010. She is also a certified mindfulness teacher and certified yoga instructor.

In cooperation with OLLI at NCSU

Cultural and Religious Views of Death and Dying

with Stephanie Smith, M.S.

Wednesdays, Feb. 26 – March 12

Three sessions • 3 – 4:30 p.m.

Online \$45

This class focuses on cultural and religious views of death and dying. Emphasis is placed on not only understanding how members of different religions view dying, death, the afterlife and grieving but also on how religions and cultures can intersect to form distinct individual beliefs. We also consider how one can become more sensitive to religious and cultural differences.

Stephanie Smith is an ADEC certified thanatologist with an M.S. in thanatology. She is also a certified end-of-life specialist and doula, AIHCP grief counselor, hospice volunteer and director of the Center for Death Education.

In cooperation with OLLI at NCSU

Judaism 101

with Ben Shull, MSW

Mondays, April 28 – May 19

Four sessions • 6 – 7:30 p.m.

In person \$60

This course serves as an introduction to Judaism. Students learn about fundamental Jewish beliefs, values and practices. We study source texts in traditional Jewish bet midrash/study hall style, which depends on the active engagement of participants.

Ben Shull is an ordained conservative rabbi. He has served as a congregation rabbi and now serves as a hospice chaplain.



PHYSICS

Cosmic Curiosity: A Beginner's Guide to the Heavens

with Brand Fortner, Ph.D.

Thursdays, Jan. 23 – March 20

Nine sessions • 1 – 2:30 p.m.

Online \$65

Do you want to know the latest cosmic discoveries? This course is for you. We'll cover at a basic level what every person should know about the night sky, our planet earth, our solar system, the stars, evolution of stars, the milky way galaxy and the universe, from a historical perspective. If you have a doctorate in astrophysics, feel free to skip this one. For the rest of you, welcome.

Brand Fortner holds a doctorate in high energy astrophysics from the University of Illinois at Urbana-Champaign and is a teaching professor in physics at NC State and adjunct professor of physics at UNC-Chapel Hill.

In cooperation with OLLI at NCSU

ACADEMIC COURSES

SCIENCE AND TECHNOLOGY

Programming Wordle

with Lance Chang, B.S., MBA

Mondays, Jan. 27 – Feb. 17
Four sessions • 10 – 11:30 a.m.
In person \$60

Using the simple rules for Wordle, this class introduces basic programming skills. We learn how to translate the rules and strategies of playing Wordle into pseudo code and then write actual machine code. This class teaches anyone to think logically and may help you solve Wordle in fewer tries. A phone, tablet or laptop is required in class.

Lance Chang holds degrees in electrical engineering, computer science and business and spent 25 years in the IT world in technical and management roles. He has also taught professional and academic classes.

Drones: What's That Buzzing Overhead?

with Christopher Pilloton, D.M.

Tuesdays, Jan. 28 – Feb. 4
Two sessions • 10 – 11:30 a.m.
In person \$30

This class provides an overview of current commercial drone technology and applications. We consider legal issues, privacy questions and other concerns related to commercial drones, reviewing current legislation and exploring possible future developments.

Christopher Pilloton spent more than 25 years as a licensed FAA fixed-wing airplane pilot and more than five years as a certified/licensed FAA commercial UAS pilot with more than 10 years of UAS experience. He is certified in drone mapping and thermal inspections and is a commercial photographer.

Your Digital Footprint

with Jeff Ertzberger, Ed.D.

Mondays, March 17 – 24
Two sessions • 3:30 – 5 p.m.
In person \$30

Have you ever wondered how Facebook and Google became two of the most profitable companies in the world by giving many of their services away for free? This workshop takes an in-depth look at the many ways companies use targeted ads, web beacons, design for addiction and more to run highly profitable businesses. Sessions cover privacy-oriented tools and strategies to empower individuals to have more control of their digital data.

Jeff Ertzberger is a professor in UNCW's Watson College of Education who has been a featured speaker at regional, national and international conferences. He presents sometimes complex technologies in ways that are understandable and fun. Ertzberger has created simple games and resources that have been downloaded more than one million times to date and are used by people around the world.

THEATRE

Readers Theater: *Crimes of the Heart*

with Rick Leighton, M.S.

Wednesdays, April 9 – 30
Four sessions • 10 – 11:30 a.m.
In person \$60

This class focuses on developing characters and telling a story through verbal and nonverbal communication. We use Beth Henley's Pulitzer Prize winning play, *Crimes of the Heart*, to produce a staged reading experience in the classroom. No memorization is necessary, only the desire to play a character other than oneself, as well as possessing a fairly loud speaking voice.

Rick Leighton has been an educator since the 1970s. Throughout those years, he directed dramatic readings and other theatrical productions with children, adolescents and adults. An avid theatre goer throughout his life, he estimates he has seen close to 1,000 plays.



ACTIVE AND OUTDOORS

WALKING TOURS

with Amanda Leese

Downtown Wilmington History and Architecture

Options:

Monday, Feb. 24

10 – 11:30 a.m.

Friday, March 7

10 – 11:30 a.m.

One session • \$18

Discover downtown Wilmington, NC's fascinating past with local historian Amanda Leese. We explore colonial and antebellum times up to the present day. Leese points out various architectural styles, including Colonial, Greek Revival, Queen Anne, Italianate, Gothic and Moorish, offering a glimpse into the city's diverse heritage.

History of the Brooklyn Arts District

Options:

Monday, March 10

10 – 11:30 a.m.

Friday, March 14

10 – 11:30 a.m.

One session • \$18

Meet at Edward Teach Brewery for a tour through the neighborhoods that were home to Wilmington's emerging Black middle class and migrant merchants in the decades following the Civil War. This tour features two town landmarks, important structures in Black history and one-of-a-kind architecture.

North Front Street and the Railroad

Options:

Monday, March 17

10 – 11:30 a.m.

Friday, March 21

10 – 11:30 a.m.

One session • \$18

Tour the commercial side of historic downtown Wilmington. We will discuss old Wilmington's most famous architects, the impact of the ACL railroad, the grand hotels and how Front Street became the commercial center of town from the 1880s-WWII. Featured along the route is The Cotton Exchange, city landmarks and our newest city park, formerly a movie theater.

Mansions, Bungalows and Cottages

Options:

Monday, March 24

10 – 11:30 a.m.

Friday, March 28

10 – 11:30 a.m.

One session • \$18

This tour walks through Wilmington's Mansion District and the streetcar suburbs of Carolina Place and Brookwood. It features turn-of-the-20th-century neighborhoods that popped up with the middle class, homes from 1900-1950s (including kit houses), perfect examples of brick Tudor, craftsman and other cottage-style homes. We also pass by the four mansions that populate the corners of Market and 17th Streets. This is an 1.2-mile loop.



Southport

Friday, April 4

10 – 11:30 a.m.

One session • \$18

Meet at Southport's Waterfront Park for a 1.25-mile loop and learn the history and facts about Southport from its founding to today. See the town's most notable homes, learn stories of pirates and river pilots, and learn how "Smithville" became Southport.

Carolina Heights

Options:

Monday, April 7

10 – 11:30 a.m.

Friday, April 11

10 – 11:30 a.m.

One session • \$18

Explore the 20th-century architectural styles of the Carolina Heights and Winoca neighborhoods, which preserve many original homes reflecting early 1900s design, including Classical and Colonial Revival, Prairie, Tudor Revival and Craftsman. Walk along the beautiful streets of this historic neighborhood—established in 1908 as Wilmington's first planned suburb—and discover the architectural styles that defined the era.

ACTIVE AND OUTDOORS

Sea Love Sea Salt Company

with Jason Zombron

Options:

Friday, Feb. 28

10:30 a.m. – noon

Thursday, March 27

10:30 a.m. – noon

One session • \$18

Did you know that salt production from seawater has been a part of the Cape Fear region's history since the Civil War? This tour provides an overview of salt production and delves into the specifics of Sea Love Sea Salt Co.'s method of solar evaporation. We explore where the magic happens at Jeanette Philips and Jason Zombron's family salt farm in Burgaw, NC. Enjoy this learning experience and indulge in a tasting session.

UNCW Library

Options:

Monday, March 3

10 – 11 a.m. or 1 – 2 p.m.

Tuesday, March 4

10 – 11 a.m. or 1 – 2 p.m.

One session • \$5

On this tour, learn about library resources and services available to community members and tour the new addition, Discovery Hall.

Canterbury Stables

with Emily Warren

Options:

Friday, April 4

1 – 2:30 p.m.

Monday, April 28

1 – 2:30 p.m.

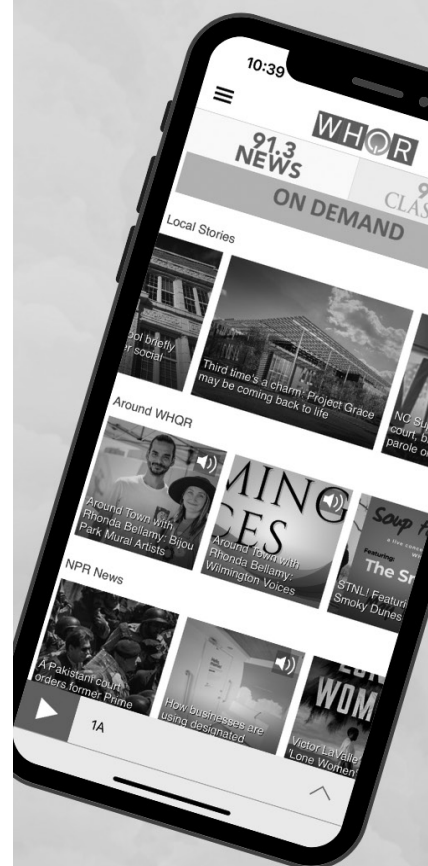
One session • \$15

Join us for a walking tour of historic Canterbury Stables and experience its rich equestrian heritage. The lush, picturesque surroundings offer a tranquil escape in one of the last working barns in New Hanover County. Enjoy the chance to walk the property, meet the friendly horses and their feathered friends at the chicken coop. The tour includes the well-preserved stables, arena and tack room, blending history, nature and culture.



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ACTIVE AND OUTDOORS

Bald Head Island Nature Excursion

with The Bald Head Island Conservancy

Options:

Wednesday, April 16
8 a.m. – 3 p.m.

Thursday, April 24
8 a.m. – 3 p.m.

One session • \$105

Two miles off the coast of Southport lies a beautiful and unique island, bordered by the Atlantic Ocean and the Cape Fear River, with the northernmost semitropical climate on the East Coast. Beautiful maritime forests and expansive wetlands provide habitat for a diverse array of flora and fauna. Spend the day with naturalist guides from the Bald Head Island Conservancy who take us around the island on golf carts highlighting these distinctive features. Price includes lunch, round-trip ferry ticket from Southport, guides and transportation on the island. Participants must be on the 8 a.m. ferry from the Deep Point Marina in Southport to arrive on Bald Head in time for the program.



Wilmington's National Weather Service

with National Weather Service

Options:

Thursday, Feb. 20
1 – 2 p.m.

Friday, Feb. 21
1 – 2 p.m.

Monday, Feb. 24
1 – 2 p.m.

Tuesday, Feb. 25
1 – 2 p.m.

One session • \$10

Join us for a tour and presentation of the latest advancements in weather forecasting specific to our region. This experience will include a behind-the-scenes tour of the facility, along with a discussion on the evolution of forecasting, historical climate trends and the tools used to support decision-making for core partners and the public.

NC Port of Wilmington

Options:

Wednesday, April 2
1 – 2:30 p.m.

Tuesday, April 8
10 – 11:30 a.m.

One session • \$15

The mission of North Carolina Ports is to be the gateway to global markets and to enhance the state's economy by supporting and improving its logistics network. The NC Ports tour provides attendees with a detailed overview of the business and a close look at the operations that connect the state's consumers and businesses to world markets.

ACTIVE

Water Aerobics for Women and Men

with Christine Parker

Program I

Mondays and Wednesdays
Jan. 27 – April 2
10:15 – 11:15 a.m.

Program II

Mondays and Wednesdays
Jan. 27 – April 2
11:30 a.m. – 12:30 p.m.

Program III

Tuesdays and Thursdays
Jan. 28 – April 3
11:30 a.m. – 12:30 p.m.

20 sessions • \$185

Enjoy the benefits of water fitness and a great workout without stressing your joints. Classes are held in the warm, salt-water therapy pool at Brightmore Independent Living Fitness and Aquatic Center. All fitness levels are welcome. Each class includes a warm-up followed by cardiovascular and resistance training, ending with cool down stretches for posture and balance.

NEW Program: Aqua Zumba

with Christine Parker

Tuesdays and Thursdays
Jan. 28 – April 3
10:15 – 11:15 a.m.

20 sessions • \$185

Dive into Aqua Zumba, a fun, high-energy water aerobics class that combines Latin dance rhythms with easy-to-follow moves. This low-impact workout is perfect for all ages and skill levels and a fantastic way to burn calories while enjoying a pool party atmosphere.

ACTIVE AND OUTDOORS



Gentle Yoga – Zoom Series

with Heather Till, E-RYT 500

Mondays, Feb. 3 – March 24
9 – 10 a.m.

Eight sessions • \$69

Gentle Yoga is appropriate for people of all levels (especially stiff bodies) seeking a slower-paced and relaxed approach to yoga. Classes focus on slow mindful movements, gentle stretching, somatic and restorative yoga, breathwork and meditation to unwind stress and tension, promote self-awareness and return to a sense of peace and wellbeing.

Yoga for Balance – Zoom Series

with Heather Till, E-RYT 500

Thursdays, Feb. 6 – March 27
9 – 10 a.m.

Eight sessions • \$69

Discover a balance of effort and ease. These classes are designed to improve coordination and physical strength using a combination of floor yoga and standing poses. Experience the fun challenge of finding balance in our bodies, minds and lives.

Heather Till (E-RYT 500) is a certified professional yoga therapist and integrative nutrition health coach (Institute for Integrative Nutrition). She teaches simple practices for mindful living that help individuals reclaim their natural energy and live healthier, happier lives.

Pickleball for Beginners

with the House of Pickleball in Leland

Tuesdays, Feb. 4 – March 25
8 – 10 a.m.

Eight sessions • \$125

Get active and enjoy pickleball, the fastest growing sport in America. Played with a smooth paddle on a small court, this game derives from other racquet sports, most notably tennis, badminton and ping-pong. Pickleball owes its popularity to its social aspect, easy learning curve and surprising competition.

All sessions are held on the indoor pickleball courts at the House of Pickleball (the HOP) in Leland. Paddles, balls and beginning instruction are provided. Participants should be in good physical shape and not have significant movement or balance issues. Wear athletic shoes and comfortable clothing.



Build Your Strength – Zoom Series

with Vivo

Wednesdays and Fridays,
Feb. 5 – March 28

11 a.m. – noon

16 sessions • \$185

Muscle strength and balance are critical to maintaining health and independence as we age. Vivo, a live, online, interactive small group fitness program customized to your fitness level, helps you build strength and community.

Vivo exercise sessions consist of cognitive, balance and strength exercises informed by the latest science and research on exercise for older adults. Classes are small, and instruction is individualized. Certified personal trainers, skilled in working with older adults, provide modified exercises to meet each student's fitness needs. Participants receive personal one-on-one assessments before exercise classes begin to establish a baseline for their abilities.

At the conclusion of the exercise classes, a final assessment is provided to measure your results. Whether you are new to exercise or exercise regularly, Vivo helps build your strength and improve fitness and mobility.

ACTIVE AND OUTDOORS



Tai Chi at Terra Sol Sanctuary

with David Ward

Program I – Intermediate

Fridays, Feb. 7 – April 11
2 – 3 p.m.

Ten sessions • \$110

This class builds on movements learned in past semesters. Students continue to refine the movements of the Yang Short Form/37 Postures of Cheng Manch'ing. These students may assist Ward with beginning students as well.

Program II – Beginner

Fridays, Feb. 7 – April 11
3 – 4 p.m.

Ten sessions • \$110

This class covers the foundation of Tai Chi, focusing on how to move using Tai Chi principles and Qi Gong exercises. Later in the semester, we begin the Yang Short Form/37 Postures of Cheng Manch'ing.

David Ward began studying Tai Chi in 1995 under Marty Gregory in Wilmington. He has met Robert Smith, the first westerner to become a senior student of Cheng Man-Ch'ing, the creator of this style. Ward continues to receive deeper instruction from Paul Cote and enjoys learning and sharing the many benefits and mysteries of Tai Chi.

Wabi Sabi: Finding Beauty in Flaws

with Emma Dixon

Wednesday, March 19

3 – 4:30 p.m.

One session • \$15

Online

This presentation explores the rich history of Japanese art and the cultural phenomenon of wabi sabi, which finds beauty in imperfection and simplicity. We examine how wabi sabi has influenced various art forms such as the tea ceremony, ikebana and architecture, and its significant impact on Japanese culture.

Emma Dixon has a deep passion for Japanese history and culture. As a member of the Wilmington Ikebana chapter, she has immersed herself in the traditional Japanese art of flower arranging and is versed in various Japanese arts and history.

In cooperation with OLLI at NCSU

Try Argentine Tango!

with Paula Kamenish, Ph.D.

Wednesdays, April 2 – 23

4 – 5:30 p.m.

Four sessions • \$60

Come try the national dance of Argentina. If you can walk, you can do this “Latin dance with no wiggle.” Tango is for all ages, men and women. It helps build leg muscles and balance. No partner necessary.

Paula Kamenish is an award-winning retired professor of literature from UNCW. She has been dancing Argentine tango since 2000 and will be joined by several dancers from the Tango Wilmington group to provide individual attention.



ACTIVE AND OUTDOORS



Kayaking and History Tour: Moore's Creek National Battlefield

*with Don Harty and
Mahanaim Adventures*

Options:

Wednesday, April 16
9 a.m. – 1 p.m.

Thursday, April 17
9 a.m. – 1 p.m.

One session • \$79

Explore historic Moore's Creek and Moore's Creek National Battlefield. This is a leisurely three- to four-mile paddle on a slow-moving blackwater creek, surrounded by swamp trees, spring colors and the birds that call this creek home. After a morning of kayaking, enjoy your picnic lunch at the pavilion before the park ranger leads a historical tour of the battlefield.

This event includes kayak instruction, a brief history of the area and fauna, a kayak guide, all kayaks, PFDs, paddles and group safety gear. This excursion was designed for beginner kayakers, but those with experience will enjoy the trip as well. Participants should be in good physical shape and comfortable on the water. Please wear comfortable clothing and water-type shoes/sandals and bring a bag lunch.

Kayaking: Historic Eagles Island

*with Don Harty and
Mahanaim Adventures*

Options:

Monday, May 12
9:30 a.m. – 12:30 p.m.

Tuesday, May 13
9:30 a.m. – 12:30 p.m.

One session • \$79

Join us on a journey to historic Eagles Island, just minutes from downtown Wilmington. This five-mile kayaking adventure offers paddlers a chance to witness wildlife in its natural habitat while exploring the island's rich history. Discover the remnants of the original rice canals and soak in the breathtaking beauty of the island. The trip is timed to take advantage of the tides and lasts approximately three hours, starting from the Brunswick River Walk landing in Belville.

The price includes kayaks, kayak instruction, PFDs, paddles and group safety gear.

A Matter of Balance

*with Britney Melvin, B.S.
and Toni Scollins, R.N.*

Mondays and Thursdays,
April 21 – May 15
10 a.m. – noon
Eight sessions • \$48

This program equips you with practical strategies and tips to enhance balance, lower fall risks and actively participate in guided exercises. Get ready to move and follow along, because regardless of your current concerns, you can maintain stability and stay active.

Britney Melvin, serving with New Hanover County Fire Rescue since 2016, holds the vital position of community risk reduction coordinator in her department.

Toni Scollins is an injury and violence prevention coordinator for trauma services at Novant Health New Hanover Regional Medical Center. She has more than 24 years of experience as a registered nurse and six years of teaching experience with associate degree nursing students.

ACTIVE AND OUTDOORS

ART

Basic Drawing

with Donna Moore, BFA

Wednesdays, Jan. 22 – Mar. 12

10 a.m. – noon

Eight sessions • \$99

Through focused observational drawing, students build essential skills to simplify subjects into easily rendered compositions. Using traditional materials and techniques, this class emphasizes expressive mark-making, helping students gain confidence in drawing what they see.

Develop Your Drawing

with Donna Moore, BFA

Options:

Wednesdays, March 26 – May 14

10 a.m. – noon or 1 – 3 p.m.

Eight sessions • \$99

Build on your foundational drawing skills by incorporating key principles like proportion, balance, contrast, emphasis and unity to create stronger compositions with confidence. Designed for those with prior drawing experience, this class broadens subject matter to include costumed models, on-location field trips and unconventional studio still lifes. Explore how classic elements and principles of art work together to elevate your compositions and enhance your enjoyment of drawing.

Donna Moore has been an active teaching artist and arts administrator since graduating from the UNCW Creative Arts Department in 1981. Most recognized for expressive figurative drawings, she also explores a variety of disciplines, including cyanotype, printmaking, collage and responsive drawing with paint.



Introduction to Street Photography

*with Pam Sample, MSSW
LCSW/PADI Divemaster*

Thursdays, March 6 – 27

1:30 – 3 p.m.

Four sessions • \$60

Learn the art of street photography, capturing people and places in your daily life and as you travel. Discover how to use light, shadows, reflections, characters, gestures and looks to create striking images. We address issues such as equipment, choosing a place to photograph and how to approach people. Assignments in real street situations around the city are completed between classes and photo reviews are done in class. The only equipment required for this course is a cell phone.

Street Photography: Beyond the Basics

*with Pam Sample, MSSW
LCSW/PADI Divemaster*

Thursdays, April 3 – 24

1:30 – 3 p.m.

Four sessions • \$60

Learn how to further develop your photographic voice as a street photographer. This course dives deeper into composition and storytelling as well as the art of seeing as a photographer. We consider how to predict and work photographic opportunities on the street, discuss camera settings and how to edit images to enhance the mood and story of a photograph. Assignments include taking photos in real situations around the city between classes and reviewing photos together in class. The only equipment required for this course is a cell phone, but all cameras are welcome.

Pam Sample is an award-winning photographer and scuba diver. She is the owner of Pam Murph Photography where she specializes in both underwater and street photography. She loves using her camera to capture stories in these two worlds.

ACTIVE AND OUTDOORS

Introduction to Oil Painting

with Amy Gibson, BFA

Fridays, April 4 – May 9

no class on Apr. 18

10 a.m. – noon

Five sessions • \$99

This class is designed for aspiring artists eager to delve into the world of oil painting. From the basics to advanced techniques, Gibson guides you through every step, covering materials, color theory, visual concepts and brushwork. By the end of this class, emerge with newfound confidence in expressing your ideas and emotions through the medium of oil painting.

Amy Gibson earned a bachelor's in fine arts in painting from the University of Akron. Represented by 33 Contemporary Gallery, her works are part of the Lunar Codex Project. Featured in *American Art Collector Magazine*, she exhibits locally, nationally and internationally.

Introduction to Watercolor Painting

with Tina Maloch, MFA

Options:

Fridays, Jan. 24 – Feb. 14

10 a.m. – noon or 1 – 3 p.m.

Four sessions • \$60

Students learn beginning techniques to build a strong foundation in watercolor as well as introductory color theory methods. Instruction on techniques, info on materials, paints, paper, brushes and micron pens is provided. We use flowers, fruit/vegetables and other natural materials for reference.

The \$20 supply fee, payable to the instructor, includes a watercolor kit to keep and a quick reference info document.

Introduction to Weaving

with Tina Maloch, MFA

Options:

Fridays, March 7 – 28

10 a.m. – noon or 1 – 3 p.m.

Four sessions • \$60

This course is introductory but could also benefit those already familiar with weaving. Students use a lap loom to create a weaving that incorporates meaning through color, texture and alternate material selection. A discussion of theme is the starting point. We cover various weaving techniques, preparation of the loom and display techniques for completed pieces.

The \$20 supply fee, payable to the instructor, includes a lap loom that the student keeps. All other supplies provided.

Tina Maloch is a dedicated art educator with a passion for fiber arts. With 29+ years of experience, she is a certified K-12 visual arts teacher and holds a master's in arts education. Maloch's extensive career includes founding and operating the Arts Academy of Apex, teaching at various educational levels and contributing to curriculum development for online art programs.



ACTIVE AND OUTDOORS

Contour Line Drawing

with Judith Chandler, M.A.Ed.

Tuesdays, March 11 – April 1

1 – 3 p.m.

Four sessions • \$60

Perfect for beginners and for building concentration and focus, contour line drawing introduces you to dry media and ink to explore a wide variety of subjects. This class encourages you to discover your unique style and find joy in the drawing process.

Judith Chandler is a North Carolina who taught visual art internationally for decades and is currently creating and presenting her work in venues around Wilmington.

Origami Workshop

with Miku Kubota, Japan Outreach Initiative coordinator

Friday, March 15

3:15 – 4:15 p.m.

One session • \$20

In person

This workshop is a special event conducted by a visiting outreach coordinator from the Japan Outreach Initiative (JOI). Participants learn origami folding techniques and create a decorative card to take home.

Miku Kubota is an outreach coordinator with JOI, which promotes learning about Japan at non-profits and educational institutions in the U.S. She is currently in residence at Eastern Tennessee State University and is including this program at OLLI in her schedule of events at UNCW.

LEISURE

Introduction to Hand Drumming

with Perry Smith, B.A.

Mondays, Feb. 3 – March 10

11:30 a.m. – 12:30 p.m.

Six sessions • \$69

Discover the universal appeal of hand drumming in this accessible series suitable for all skill levels. Explore why cultures from West Africa to the Middle East consider hand drumming their classical music. Engage in rhythmic patterns that synchronize the left and right brain, promoting symmetry and energizing connections. Classes are held at The Art Works in Wilmington. Drums provided.



The Joy of Ukulele

with Perry Smith, B.A.

Mondays, Feb. 3 – March 10

1 – 2 p.m.

Six sessions • \$69

Join us for a beginner-friendly and enjoyable course where you'll discover the joy of playing the ukulele. Learn a handful of chords that unlock the potential to play numerous songs. We'll delve into reading chord charts and explore fingerpicking techniques to add melodies to your playing. Please bring your own ukulele to this course and get ready to begin a musical journey.

Perry Smith is a musician living and playing in Wilmington and has been leading drum circles since 2000. Smith received his B.A. in music/classical guitar at UNCW. He has worked with Chuck Davis and the African American Dance Ensemble.

ACTIVE AND OUTDOORS

Bird Watching: The Birds of Southeastern North Carolina

with Jill Peleuses, owner, Wild Bird & Garden and co-founder of the Cape Fear Bird Observatory

Fridays, April 25 – May 9

8:30 – 10:30 a.m.

Three sessions • \$45

Discover the diverse birdlife of southeastern North Carolina as we explore various habitats and listen to the songs of spring migrants as they arrive in the region. Over three guided bird walks, you'll develop skills in identifying songbirds, shorebirds and hawks.

Brunch with the Birds Boat Tour

with Wilmington Water Tours and Jill Peleuses

Wednesday, May 21

10 – 11:30 a.m.

One session • \$59

Join OLLI for a unique bird-watching tour along the Cape Fear River. *The Wilmington* is an excellent platform for birdwatching with 360-degree views from the deck. Be on the lookout for nesting ospreys, woodpeckers, red-winged blackbirds, bald eagles, herons, egrets and more. The guide identifies species along the way, so bring your binoculars and a bird book if you have one. Coffee and snacks provided.



Interpreting Dreams: A Workshop

with Jenny Yates, Ph.D.

Tuesdays, Feb. 18 – March 4

1 – 2:30 p.m.

Three sessions • \$45

In person

This workshop is an opportunity for participants to learn to interpret their own dreams. First, we analyze the way in which the structure of a dream is like the structure of a dramatic play. Next, we explore the meaning of symbols. Finally, we look at the way dreams link to our conscious life.

Jenny Yates is a professor emeritus after more than 50 years of teaching at universities, including UNCW. She is also a Jungian analyst.



LECTURE AND DISCUSSION SERIES

Art in Our World

Mondays, March 3 – 17

1 – 2:30 p.m.

Three sessions • \$24

In person

Committee members: Betsy DeMatteo, Ellen McNair and Sherrod Sturrock

Art is all around us, coloring and shaping our understanding of the world. In this series, we explore the role art plays in moving us to more fulfilling and creative lives.

March 3 Making Art Your Own: A Panel of Collectors

Creation is one side of art, collecting is the other. What moves people to become art collectors, what guides them and motivates them to invest in art? A panel of collectors share three very different collections and discuss their perspectives on art and why they collect. **Chris Allen, Glen and Florence Hardyman, and Trish and Ric Rioux**, all robust collectors, will share their passion for art and what drives them to make it their own.



March 10 Women Artists Through the Ages

Ben Billingsley comes from an artistic family and has exhibited work in the U.S., Latvia, Estonia, Russia and Japan. He has taught studio art and art history at Cape Fear Community College since 2001. In this session, he introduces talented women artists you've never heard of, the contributions they've made and the obstacles they faced through the ages.

March 17 The Intersection of Art and Architecture

"My profession, as an architect, requires accuracy and realism... my approach to painting is refreshingly opposite while still exploring architecture in this region." A licensed architect since the early 1990s, **Bruce Bowman** combines his interest in art and his love of architecture. He is represented by New Elements Gallery in downtown Wilmington where he has been the featured artist in two shows.

LECTURE AND DISCUSSION SERIES

American Women of Valor

Tuesdays, Feb. 11, March 11, April 8 and May 13
2 – 4 p.m.

Four sessions • \$32

In person

Committee members: Nancy Nail and Barbara Waxman

Each session features a knowledgeable volunteer discussion leader who has researched the chosen valiant woman's life and work using various biographical, autobiographical and historical sources. Participation in the forum is encouraged.

Feb. 11 Women Scientists and the Nobel Prize

Only 28 women were awarded Nobel Prizes in the sciences between 1901, the year of its inception, and 2023. In this talk, **Joanna Clancy** highlights the inspiring stories of some of these women and their contributions, including two who perfected CRISPR as a tool of modern biology, and one whose discoveries made the mRNA COVID-19 vaccines possible. The talk also includes the life stories of some women who should have received the prize but, for one reason or another, did not.

March 11 Miriam Follin: Trophy Wife, Media Mogul and Suffrage Activist

Miriam Follin, better known, perhaps, as Mrs. Frank Leslie, managed to take her third husband, publisher Frank Leslie's bankrupt business, to solvency. **Rebecca Taylor** introduces us to this important figure, often called "The Queen of Publisher's Row" by her competitors. Miriam Follin ultimately amassed a fortune, which she left to Carrie Chapman Catt to fund the suffrage movement.

April 8 Frances Perkins: Her Great Works Live on Today

After her career as a social worker, labor legislator and New York state industrial commissioner, Frances Perkins became the first female cabinet member, serving as U.S. Secretary of Labor. **Jamie Scott** explains how Perkins promoted the New Deal and pushed Social Security into law. Perkins had the education, experience, courage and determination to bring the country out of The Great Depression. She did all this in the face of criticism and misogyny from union leaders, the political right and the media.

May 13 Pioneer Women of Valor

Nancy Nail leads this exploration of the stories of women who lived boldly and bravely, overcame obstacles, broke down barriers, endured hardships and changed America. The American frontier offered women the chance to pursue careers that redefined their roles in society. As historian Glenda Riley observes "the frontier provided women with opportunities to step outside of traditional roles and develop new skills and attitudes."



LECTURE AND DISCUSSION SERIES

PLATO

PEOPLE LEARNING ACTIVELY TOGETHER

Tuesdays, Feb. 11 – April 8

10 a.m. – noon

Eight sessions • \$64

In person/online

PLATO explores an eclectic curriculum. Sessions may be led by outside speakers or by fellow members.

Committee chair: Anne-Marie Goff

Committee members: Betty Carter, Maureen Tooher

Feb. 11 The Making of the King James Bible

OLLI member **Cleve Callison**, Ph.D., takes us back to Elizabethan England, an era of epic turmoil, followed by the ascension of James I and the language of Ben Jonson, Christopher Marlowe, Francis Bacon and William Shakespeare. King James oversaw the compilation of a new book by six teams of scholars that revolutionized its predecessors and profoundly influenced Christianity, other religions and the language we speak today.

Feb. 18 Maintaining Physical, Mental and Cognitive Health

UNCW Professor of Nursing **Tammy Arms**, Ph.D., DNP, discusses how to maintain the good cognitive, mental and physical health essential for healthy aging. She outlines how staying cognitively active and engaging in activities that challenge the brain can help maintain mental acuity. She also speaks to physical well-being, underscoring how incorporating exercises that improve flexibility, strength, balance and endurance can contribute to overall health.

Feb. 25 Developing Affordable Housing

Stephanie Norris, PE, of Norco Management Company, Inc., specializes in developing affordable housing. She helps provide homes for area residents who find it almost impossible to afford them. Her recent success was Estrella Landing, and she is currently building an affordable apartment community for people 55+. Norris discusses obtaining funding and working with contractors, architects and engineers.

March 11 Cape Fear Shipbuilding: 1941 – 1944

John Moseley, manager of the North Carolina Maritime Museum in Southport, recounts how more than 2,700 ships were built in our region between 1941-44. These ships went on to sail around the world, taking part in the most important campaigns of WWII. Thousands of people signed up for this unknown and uncelebrated part of the war effort.

March 18 Lights, Camera, Action!

In the film and television industry, Wilmington is known as Wilmywood or Hollywood East. Since 1983 when producer Dino De Laurentiis came to the region to produce the film "Fire Starter," Wilmington has produced more than 150 feature films and 175 television productions. **Holli Saperstein**, a professional actor, talks about the history of the local film business, behind-the-scenes experiences and the iconic productions made here.

March 25 GLOW Academy: Making a Positive Impact

Principal **Kate Tayloe** of the Girls Leadership Academy of Wilmington shares the positive and lasting impact her dedicated staff is making on young women in our community. Through the school's whole-girl education model, students are provided with a supportive, caring environment and a rigorous curriculum that fosters personal and academic growth, leadership development and a college-oriented culture.

April 1 Medications: Making Informed Decisions

As we grow older, navigating the various medications and the many facets of the health care system can be puzzling and complicated. Local pharmacist **Barbara Katell** offers helpful information about common prescriptions and over-the-counter medications, their safe use and how to ask the right questions.

April 8 Mysteries about Lighthouses

From the Frying Pans Shoals to the rocky Maine coast and beyond, mysterious events involving lighthouses have occurred over the years. OLLI member **Herb Strickler** shares stories, tales and unique facts about lighthouses, along with information on how they work and where you can find them.

LECTURE AND DISCUSSION SERIES

Women on Wednesdays

Alternate Wednesdays, Feb. 5 – April 16

10 a.m. – noon

Six sessions • \$60

In person

Committee members: Lynn Gattone and Stephanna Tewey

A forum for OLLI members to connect with interesting regional women to discuss meaningful subjects.

Feb. 5 Understanding Our Southern Border: Policies, Personal Experiences and What's Ahead

Amanda Boomershine, UNCW Spanish professor and co-leader of the Latino Alliance of southeastern NC, describes the state of our southern border. She explains current and past border policies, shares personal stories of those who have crossed the border and discusses changes Americans can anticipate under a new administration. **This program meets at the Terraces on Sir Tyler.**

Feb. 19 What's in a Name? How Much Does a Name Influence our Perceptions?

Jane K. Brody, Ph.D., RN, former professor of nursing and long-time WOW member, provides insights into how the assignment of names, labels or titles reflects the underlying power dynamics of society. No matter what the name, they tap into our subconscious and our prejudices. She gives examples of how the cyclical pattern of naming further alters societal perceptions. **This program meets at the Terraces on Sir Tyler.**

March 5 The Power of Prediction

Ella Tansey, WECT 6 meteorologist, shares an overview of the fundamentals of meteorology and explains how forecasts are developed in the modern age. She also emphasizes the vital role meteorologists play in protecting communities. **This program meets at the Cameron Art Museum.**



March 19 Women Shaping Israeli Politics

Carole Fink, Ph.D., former member of the UNCW history department and Humanities Distinguished Professor of History Emerita at The Ohio State University, looks at the achievements of several Israeli women who are following in the footsteps of the famed prime minister Golda Meir and the commanding activists Shulamit Aloni and Yael Dayan. The women she presents are making significant contributions to Israel's largely male-dominated political environment. **This program meets at the Cameron Art Museum.**

April 2 Native Treasures: Exploring the Resilience and Beauty of Southeastern North Carolina's Flora

Gabriella de Souza, educator and ecologist, takes us on an in-depth journey through the native plants of southeastern North Carolina. She helps us discover the ecological importance of these species, their historical uses by indigenous communities and their contribution to the biodiversity of local ecosystems. She highlights the integration of native plants into gardens and landscapes to support wildlife and promote sustainability of our region's flora. **This program meets at the Terraces on Sir Tyler.**

April 16 The Bellamy Mansion Museum: Where Preservation Meets Education

Jen Fenninger, director of education at the Bellamy Mansion Museum, offers a lens into Wilmington from the Civil War era to today. She tells stories about the lives of the many people who have lived and worked at the Bellamy site. She describes the preservation of the Bellamy Mansion and slave quarters and their continuing role in educating visitors to deepen their understanding of our shared history. **This program meets at the Cameron Art Museum.**

LECTURE AND DISCUSSION SERIES

Science and Environmental Academy

Thursdays, Feb. 6 – March 13

10 a.m. – noon

Five sessions • \$40

In person/online

Committee chair: Pamela Keegan

Committee members: Andrea Carson, Warren Darrell, Dick Hayes, Sue Hayes, Wayne Hoffman, Pamela Roberts, Valerie Robertson and David Smith

SEA meets weekly to present relevant topics from the fields of science and the environment. University professors and knowledgeable community presenters share their expertise and offer enjoyable interaction in a friendly, relaxed setting.

Feb. 13 Cosmic Color!

Brand Fortner, Ph.D., Teaching Professor of Physics, NCSU; Adjunct Professor of Physics, UNC Chapel Hill

Color contains wonders and surprises that amaze, astound and confound. Is color a human construct or a fundamental part of nature? Would an alien or a parakeet agree with us on colors? Do images from space telescopes or Mars landers show “true” colors? For that matter, do photographs? This talk reveals the confusion, myths and amazing facts about color.

Feb. 20 Advances in Weather Forecasting Along the Southeast Coast of North Carolina

Robert Bright, Lead Meteorologist, National Weather Service, Wilmington, NC

Although weather technology and prediction is improving, our vulnerability to weather hazards continues to increase. This presentation discusses the evolution of forecasting and warning operations, local historical climate information and tools used to support our core partners and the public.

Note: Tours of the Wilmington National Weather Service facility are scheduled this semester. Refer to the “Active and Outdoor” section of this catalog.

Feb. 27 Tree City: Wilmington

Tom Boland, Chair of the Wilmington Tree Commission; Margee Herring, President of the Alliance for Cape Fear Trees; Laura McCabe, Vice President of the Alliance for Cape Fear Trees; Sally Thigpen, Assistant Director of Parks and Recreation, City of Wilmington

Wilmington has proudly held the designation of “Tree City” since 2002. However, with increasing development, our tree canopy faces heightened challenges. This presentation describes the collaboration among the Wilmington Tree Commission, the Alliance for Cape Fear Trees and Wilmington’s Urban Forestry Department. We review current land development codes, Wilmington’s urban forest master plan and the Alliance for Cape Fear Trees’ initiatives.



March 6 NC Office of Recovery and Resiliency – Rebuilding Smarter and Stronger

Ashley Ward, Ph.D., Director of The Nicholas Institute for Energy, Environment & Sustainability Heat Policy Innovation Hub, Duke University

In the wake of Hurricane Florence, Governor Roy Cooper established the North Carolina Office of Recovery and Resiliency to lead the state’s efforts in rebuilding smarter and stronger. At that time, many eastern NC counties had been hit hard by two devastating storms in two years. Learn how NCORR assists homeowners and local governments with disaster recovery, mitigation, community development and resiliency.

March 13 Night Flight: How Light Pollution Is “Bird-ening” Our Feathered Friends

Curtis Smalling, Vice President and Executive Director, Audubon North Carolina; Sarah Branagan, President, Cape Fear Audubon

This presentation examines how artificial light affects bird behavior from disrupting migration, feeding and breeding patterns to flight collisions and disorientation. We explore the sources of urban lighting and the dangers it poses and discuss practical, multi-level solutions to reduce the impact of light pollution on bird populations and to protect their natural environment.

LECTURE AND DISCUSSION SERIES

Adventures in Travel

Alternate Fridays, Jan. 31 – Feb. 28

10 a.m. – noon

Three sessions • \$24

In person/online

Committee chair: Al Davis

“The world is a book, and those who do not travel, read just one page.” – St. Augustine

Sessions in this series are led by passionate voyagers who share their journeys to faraway (and not so faraway) lands—perfect for armchair travelers or seasoned globetrotters looking for their next adventure.



Jan. 31 Adventures in Central and South America

In 1969, OLLI member **Bob White** started out on his 25,000-mile trip from the Arctic Circle to the bottom of South America, in Ushuaia, Tierra del Fuego. Along the way, he crossed the Straits of Magellan, camped in Machu Picchu when it was still jungle and hiked up to Huayna Pichu. He faced bandits, was tossed in jail in Mendoza and shared the radio broadcast of the moon landing with indigenous tribes. Come and hear about the ride of a lifetime.

Feb. 14 Lions and Tigers and Mares, Oh My!

Al Davis, entrepreneur, retired professor and traveler to 99 countries, shares experiences from three adventures: a study of animal behavior while tracking lions on foot in Zambia; an ethical dilemma encountered while meeting Bengal tigers in Nepal; a cultural experience while drinking warm mare's milk while living with nomads in Mongolia. The presentation touches on the culture, environment and history of these places, describes problems encountered and features lots of photos.

Feb. 28 Sleeping in Strange Places

As **Al Davis** and his wife travel the world, they find themselves sleeping in some pretty weird places, including Antarctica's ice, in a reverse zoo in Botswana, and with indigenous tribes in central Guyana. Davis discusses cultural, environmental and historical aspects, problems encountered and solved and shares plenty of photos.

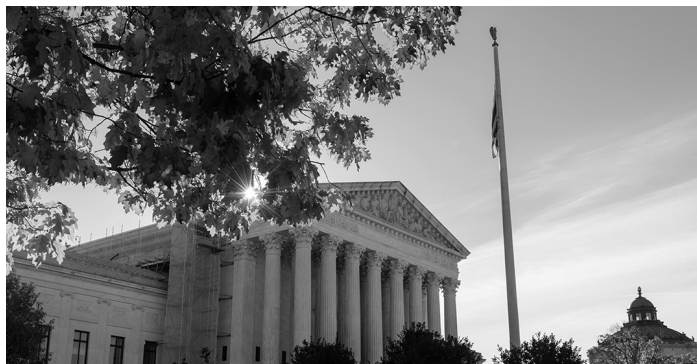
LECTURE AND DISCUSSION SERIES

Friday Forum

Alternate Fridays, Feb. 7 – April 4
10 a.m. – noon
Five sessions • \$40
In Person

Committee chair: Don Anderson
Committee members: Bruce Myers

The Friday Forum is a program for individuals who seek adventures in collaborative learning and informed discussion. Each group member becomes a vital contributor to the learning experience and is expected to lead a session after two semesters of attendance. The objective is to have group members increase their knowledge of significant issues facing us in the 21st century.



Feb. 7 Advances in Nuclear Safety

Gary Miller discusses the evolution of passive safety and human performance features as they apply to operating the next generation of nuclear power plants.

Feb. 21 Ethical Dilemmas

Many of our individual and societal decisions contain ethical dilemmas. What does modern ethical theory say about the foundations of ethics? What can guide us in a world burdened with both indecision and dogmatic certainty? **Michael Werner** leads the discussion.

March 7 “We the People:” Common Sense, The Common Good and The Constitution

With the help of several books, including retired Justice Stephen Breyer’s *Reading the Constitution*, **Clauston Jenkins** leads a discussion of the pros and cons of the originalism approach to interpreting The Constitution. We then consider whether it’s time to return to an approach more consistent with our founders’ purpose.

March 21 Supreme Court Decisions

Many Supreme Court decisions have impacted our society and our personal lives, including rulings on voting rights, money in politics, gun rights, same-sex marriage and abortion rights. **Rich Cooper** discusses select major cases, giving participants a chance to offer their personal opinions.

April 4 Firebombing during World War II

England and America conducted numerous bombing raids during WWII, but none of them were as destructive as firebombing. In this presentation, **Michael Thorn** examines three of the most significant firebombing raids during the war in terms of their execution and results.



LECTURE AND DISCUSSION SERIES

Great Decisions

Thursdays, Jan. 30 – March 20

3 – 4:30 p.m.

Eight sessions • \$75 (includes book)

In person

Facilitator: David Weber, Ph.D., assistant professor,
UNCW Department of Communication Studies

OLLI at UNCW brings back the Foreign Policy Association's signature program, Great Decisions, America's largest discussion program on world affairs. Participants commit to reading the Great Decisions briefings on each topic prior to class. Each session starts with a screening of the lecture videos followed by a facilitated conversation on the most critical global issues facing the world today.

Jan. 30

American Foreign Policy at a Crossroads

Feb. 6

U.S. Changing Leadership of the World Economy

Feb. 13

U.S. – China Relations

Feb. 20

India: Between China, the West, and the Global South

Feb. 27

International Cooperation on Climate Change

March 6

The Future of NATO and European Security

March 13

AI and American National Security

March 20

**American Foreign Policy in the Middle East:
Taking Stock and Looking Ahead**



Regional Travel

A Day at the North Carolina Zoo

Thursday, March 20

8 a.m. – 6 p.m.

One session • \$125

Join us for an exciting day trip to the North Carolina Zoo in Asheboro. We'll explore the wonders of this expansive, natural habitat zoo, home to species from critically endangered African vultures to native North Carolina plants and amphibians.

With approximately five miles of walking trails winding through diverse habitats, the NC Zoo offers a rich experience in wildlife conservation. Be sure to wear comfortable shoes and bring a refillable water bottle, as many animal viewing areas are accessible only on foot.

Bus transportation and zoo admission is included in the trip, lunch is on your own. There are various cafes located throughout the park.

A Day in Wilson: Art, History and Whirligigs

Friday, May 9

1 – 9 p.m.

One session • \$125

Join us for an enriching day in Wilson, NC, where art, history and culture converge. This OLLI day trip offers guided tours of Wilson's vibrant art scene, including the renowned Whirligig Park and a visit to historical landmarks such as the Freeman Round House. You'll also have time to explore galleries and museums independently. We'll end the evening with a sunset view of the whirligigs—a unique and lively experience.

Bus transportation is included in the trip. Dinner will be on your own, and you'll receive a list of recommended restaurants as part of the walking tour. Enjoy exploring and dining at your leisure!

Shared Interest Groups (SIG)

Participants will be contacted via email by the SIG facilitator with start date information. SIGs are free to members.

Emerging Topics in Ecology and Evolution

facilitated by Wayne Hoffman, Ph.D.

This group meets monthly to discuss new research results. This is an interactive forum, not a lecture course. The group will choose topics and distribute links to background reading materials at each meeting.

Social Bridge

facilitated by Nancy Cannon

This is an opportunity for bridge players to gather and play bridge. There is no formal instruction provided, and the group is limited to 20 players. Please add your name to the waitlist if the group is full.

Wine SIG

facilitated by Joanne White

A relaxed group of wine enthusiasts come together to share experiences. The aim is to make wine fun and accessible for all. Member-hosted tastings, discussions about wine finds and travels and other activities make for a fine time.



WINE SOCIETY AND MORE...

Discover more about your own palate and preferences!

High End Tasting

with St. Supéry Estate Vineyards & Winery

Wednesday, Jan. 29

6 – 7:30 p.m.

One session • \$75

Come taste St. Supéry Estate Vineyards & Winery's best wines from their unique estate vineyard sites in Napa Valley. All great wines have a story, and the storyteller for this special tasting is St. Supéry's winemaker Brooke Shenk. Shenk speaks remotely from beautiful Napa Valley and guides us in tasting and comparing five different premium wines. The selected wines highlight the differences and fine distinctions of St. Supéry's two estate vineyards.

To complement the tastings, a UNCW chef prepares unique food pairings, demonstrating different options for matching food with wines.

MONTHLY WINE TASTINGS

Price includes wine and gourmet food pairing-appetizers prepared by UNCW chefs

Chianti and Tuscany

with Eileen and John Tufano, OLLI members

Options:

Wednesday, March 19

6 – 7:30 p.m.

Wednesday, March 26

6 – 7:30 p.m.

One session • \$35

Chianti wine is as essential to Italian cuisine as extra virgin olive oil, offering a distinct pleasure with its tart, spicy, herbaceous notes—perfectly paired with sliced prosciutto or pasta al pomodoro. Discover more about this savory classic, from understanding its official classification levels to selecting quality Chianti and exploring why it's the ideal food wine. While Chianti may be Tuscany's most famous wine, we'll also sample exceptional white varietals from the region.

The Spectrum of Sweetness

with Amanda Leese

Options:

Wednesday, April 23

6 – 7:30 p.m.

Wednesday, April 30

6 – 7:30 p.m.

One session • \$35

Not all sweet wines are for dessert. Join us to explore the full range of sweetness in wines, from "off-dry" to "very sweet." Discover how spicy dishes, salty snacks and cheeses make perfect partners for wines with a sweet profile. We also learn about the natural processes that create sweetness in wine and when winemakers add sugar. And of course, we taste a selection of fortified and dessert wines to round out the experience.

FOOD AND WINE

What Grows Together, Goes Together

*with Kim Nelson and Tim Costello,
OLLI members*

Options:

Wednesday, May 14
6 – 7:30 p.m.

Wednesday, May 21
6 – 7:30 p.m.

One session • \$35

In the wine world, it's often said, "What grows together, goes together." In this class, we sample wines from around the globe and discover the art of pairing them with regional recipes that bring out their best qualities. Come ready to try something new—you might just uncover a new favorite recipe or wine to share at your next gathering.



End of Days Distillery Tour

Options:

Friday, Jan. 31
2:45 – 3:45 p.m.

Wednesday, Feb. 26
2:45 – 3:45 p.m.

One session • \$15

Enjoy a taste of craft spirits and explore the process of sourcing, fermentation, distillation and finishing. Learn the story behind End of Days Distillery and the vibrant community we are proud to call home.

OLLI Dinner: Cousins Italian Deli and Restaurant

Wednesday, March 13
6 – 8 p.m.
One session • \$60

Join us for an evening of friends, fun and food at Cousins Italian Deli and Restaurant in downtown Wilmington. Enjoy a warm, family-style atmosphere as Amanda Leese shares a few wine-pairing ideas. Wine is not included, but with no corkage fee, feel free to bring a favorite bottle to enhance the experience.

Family-owned and operated by Joe and Debby DeLiberto, Cousins brings the authentic flavors of Italy to Wilmington. By day, Cousins serves as a classic Italian deli, with sandwiches inspired by Sicily, while on weekends it transforms into a cozy Italian restaurant, welcoming guests as family with time-honored recipes passed down through generations.



FOOD AND WINE



Walking Foodie Tour of Downtown Wilmington

with Taste Carolina Gourmet Food Tours

Options:

Friday, Feb. 28
2 – 5 p.m.

Thursday, May 1
2 – 5 p.m.

One session • \$99

Taste Carolina tours get to the heart of Wilmington's delicious downtown. Sample an eclectic assortment of restaurants, enjoy food and drink and meet some of the city's best chefs. We also learn about the downtown area, including its history, architecture and culinary scene. Find out where to eat and learn why the Port City has become a food lover's paradise.

Paella Cooking Class

with La Mar Salada: Spanish Market

Lunch (no wine)

Options:
Monday, Feb. 10
Noon – 2 p.m.

Monday, Feb. 17
Noon - 2 p.m.

One session • \$70

Dinner (wine included)
Friday, Feb. 21
5 – 7 p.m.

One session • \$85

Join our cooking class and master the art of crafting sensational Spanish dishes, from mouthwatering paella to delightful *pintxos*. Impress dinner party guests with the skills acquired on this culinary journey. The price includes lessons in making seafood and chicken/chorizo paellas, a meal and lots of fun.



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OLLI

Catalog

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MISSION STATEMENT

The Mission of the Osher Lifelong Learning Institute at UNCW is to provide lifelong learning opportunities for members 50 years of age or older in southeast North Carolina who seek academic, social and experiential learning. We:

1. Foster a high-quality, intellectually stimulating curriculum centered on programs developed and led by university faculty, fellow OLLI members and others throughout the region.
2. Sustain a positive, open environment that offers respect for sharing ideas and perspectives where people feel valued.
3. Connect the university and lifelong learning community by serving as a gateway to university events and creating opportunities for involvement in teaching, research and service.
4. Partner with area organizations to support OLLI's mission.

VISION STATEMENT

Create a community that is welcoming, inclusive, member-driven and demonstrates an exceptional and enduring commitment to lifelong learning.

WHO WE ARE

OLLI at UNCW is a membership organization that seeks to foster lifelong learning opportunities, individual growth and social connection. Funded in part by the Bernard Osher Foundation, we are part of a national network of 125 lifelong learning institutes on college and university campuses in each of the 50 states and the District of Columbia. The common threads among members of the network are: an advisory council; lifelong learning programs specifically developed for adults age 50+; university connection and support; volunteer leadership; and a diverse selection of intellectually stimulating courses.

The Osher Lifelong Learning Institute at UNC Wilmington follows the closings of the university. If the university's opening time is delayed or if the university is closed, all OLLI classes, events, meetings and other activities will be canceled for that duration. Visit the university website at www.uncw.edu for the latest information on university closings.

**The OLLI building is located at
620 South College Road, Wilmington, NC 28403-5614.**

**Truist Hall is located at
680 South College Road, Wilmington, NC 28403-5614.**

UNC Wilmington is committed to and will provide equal educational and employment opportunity. Questions regarding program access may be directed to the ADA/504 Coordinator, ADA-504-Coordinator@uncw.edu or 910.962.3282. UNCW does not discriminate on the basis of sex. Questions regarding UNCW's Title IX compliance should be directed to titleix@uncw.edu.

UNCW complies with all provisions of the Americans with Disabilities Act (ADA). Accommodations will be made available upon request. If you have special needs and would like to participate in this program, please contact the Osher Lifelong Learning Institute at UNCW, 910.962.3195 ten (10) days prior to the event so proper consideration may be given to the request. This publication is available in alternative format on request. The Osher Lifelong Learning Institute at the University of North Carolina Wilmington follows an open admissions policy.

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UNIVERSITY of NORTH CAROLINA WILMINGTON

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REGIONAL TRAVEL

A Day in Wilson: Art, History and Whirligigs

Friday, May 9
1 – 9 p.m.
One session • \$125

A Day at the North Carolina Zoo

Thursday, March 20
8 a.m. – 6 p.m.
One session • \$125