



Osher Lifelong Learning Institute  
at Vanderbilt University



VANDERBILT  
UNIVERSITY

Register online at [vanderbilt.edu/olli](http://vanderbilt.edu/olli)

**SPRING 2015**



Osher Lifelong Learning Institute (OLLI) at Vanderbilt University provides community members with stimulating intellectual and cultural pursuits through noncredit courses for adult students 50 and over. OLLI's educational programs, invigorating lectures and discussions, tours and trips, and cultural activities and events provide an informal, supportive, and relaxed environment for lifelong learning. OLLI is a cohesive group that projects a true sense of community, and always welcomes new members.

*The Division of Public Affairs sponsors the Osher Lifelong Learning Institute at Vanderbilt.*

Membership in the Osher Lifelong Learning Institute at Vanderbilt is open to all adults 50 and over interested in continuing to learn.

**Benefits include:**

- Opportunity to attend classes
- Opportunity to participate in all special events including day trips
- Hearing monthly speakers at "Lunch and Learn" sessions
- Staying informed about other Vanderbilt activities and educational opportunities
- Access to Vanderbilt University libraries
- 10% discount at Vanderbilt Barnes and Noble Bookstore (limited to trade books and apparel)

Please direct inquiries to:

**Norma Clippard, Director**

Osher Lifelong Learning Institute at Vanderbilt  
Phone: 322-5569; Cell: 364-1331; Fax: 343-1145  
Email: [norma.clippard@vanderbilt.edu](mailto:norma.clippard@vanderbilt.edu)

or

**Robert Covington, President**

907 Estes Road  
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**For further information,**

visit our website at [vanderbilt.edu/olli](http://vanderbilt.edu/olli)

Osher Lifelong Learning Institute at Vanderbilt is updating its mailing list. Please check your name and address and call 343-0700 with any corrections or email us at [oshervu@vanderbilt.edu](mailto:oshervu@vanderbilt.edu). Also, if you are no longer interested in receiving our catalog, please contact us and we will remove you from our mailing list.

“The OLLI at VU has very good courses and excellent teachers.”



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# Friends of **olli** at Vanderbilt

It is our hope at the Osher Lifelong Learning Institute at Vanderbilt that this program continues to grow and enrich the lives of adults for many years to come. Monetary contributions are part of what ensures that the program will last and that it will continue to be affordable and accessible to all. Your gift to OLLI at Vanderbilt will enhance the lifelong learning experience not only for those currently involved in the program but for future generations as well. You can support lifelong learning by completing the form below or you may visit *vanderbilt.edu/giveonline*, fill in the amount you would like to give, and click the Continue button.



Donor name(s) \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Please accept my gift of:

\$75\_\_\_ \$100\_\_\_ \$200\_\_\_ Other \_\_\_\_\_

Please mail check made payable to  
Osher Lifelong Learning Institute at Vanderbilt  
PMB 407727  
2301 Vanderbilt Place  
Nashville, TN 37240-7727

For additional information about other methods of payment, please visit *giving.vanderbilt.edu* and click "Ways to Give."

**Your contribution is truly appreciated.**

Gifts are tax deductible to the extent allowed by law. A receipt will be mailed to you.

**Thank you!**

## SPRING 2015 SCHEDULE AT A GLANCE

<b>Sundays</b>	Osher Steel Drum Band	March 8–April 19	1:00–2:30 p.m.
<b>Mondays</b>	The Life and Adventures of a Portrait Painter	March 9–April 13	9:30–11:30 a.m.
	Great Decisions (Brentwood)	March 9–April 27	2:00–3:30 p.m.
<b>Tuesdays</b>	Pre–World War II Blues Recordings	March 10–April 14	9:30–10:45 a.m.
	Understanding America through Food	March 10–April 14	11:00 a.m.–12:15 p.m.
	Financial Strategies	March 31–April 21	6:00–8:30 p.m.
<b>Wednesdays</b>	From Romantic Poetry to the Writings of the Beat Generation	March 11–April 15	9:30–10:45 a.m.
	Religions, Exoplanets, and Extraterrestrial Life	March 11–April 15	11:00 a.m.–12:15 p.m.
	Great Decisions (Nashville)	March 11–April 29	2:00–3:30 p.m.
	OLLI at the Ballet	March 25–April 8	3:00–4:30 p.m.
<b>Thursdays</b>	Henry Kissinger: America's First Celebrity Diplomat	March 12–April 16	9:30–10:45 a.m.
	The Meaning of Modern Art	March 12–April 16	11:00 a.m.–12:15 p.m.
	Financial Strategies	April 2–23	1:30–4:00 p.m.
<b>Fridays</b>	Intellectual Sampler	March 13–April 17	9:30–10:45 a.m.
	Enhancing Your Conflict Competence	March 13–April 17	11:00 a.m.–12:15 p.m.

# Spring 2015 Schedule of Classes

March 9–April 29, 2015

\$80 class fee entitles you to take three classes,  
with a \$10 fee for each additional class.

## MONDAYS

March 9, 16, 23, 30  
April 6, 13

Location: St. George's Episcopal  
Church, 4715 Harding Road

9:30–11:30 a.m.

### Palettes, Portraits and Personalities: The Life and Adventures of a Portrait Painter

Michael Shane Neal, *Portrait Artist*

Painting portraits is a tradition dating back hundreds of years. Artists for centuries have enjoyed creating images of the people of their time and enduring the challenges of catching the sometimes shifting “likeness” of their subjects. Michael Shane Neal will share personal experiences of painting some of his most memorable and prominent subjects. His clients have included Supreme Court Justice Sandra Day O'Connor, Tennessee Governor Phil Bredesen, U.S. Senators Bill Frist, Robert C. Byrd, and Arlen Specter, the American Ambassador to France Charles Rivkin, and Scottish Laird Sir Malcolm Colquhoun to name a few.

## TUESDAYS

March 10, 17, 24, 31  
April 7, 14

Location: The Temple, 5015  
Harding Pike

9:30–10:45 a.m.

### Pre-World War II Blues Recordings: An Aural and Visual Survey

Dave MacKenzie, *Instructor, Blair School  
of Music, Vanderbilt University*

Students will hear examples from 200 to 300 recordings made between 1920 and 1942, encompassing every major African American style of blues, urban, and country. All of the best-known artists and the most influential songs will be represented, along with record company catalogs, newspaper ads, and publicity photos used to promote the records. Musical analysis of the most important regional instrumental styles will be augmented with in-class demonstrations. The class will discuss the rise of modern record companies and how emerging technological innovations and rapidly changing economic and social conditions affected these companies, their artists and audiences, and the music.

*This course is offered in partnership with the  
Blair School of Music.*

11:00 a.m.–12:15 p.m.

### Food for Thought: Understanding America through Food

Susan Kevra, *Senior Lecturer,  
Department of French and Italian,  
Vanderbilt University*

If Brillat-Savarin was right when he said, “you are what you eat,” then what kind of a country are we? A super-sized nation who care more about portion size and speed than the quality of food and the pleasures of the table? How did we get this way, and is it possible to change, to become a country that cares about food, its taste, its production, and how we enjoy it? In this course, we'll look at the history of eating in America, starting with the arrival of Europeans in the sixteenth century and finishing with current food trends and problems in order to understand what food can tell us about race, gender, and class.

## WEDNESDAYS

March 11, 18, 25  
April 1, 8, 15

Location: The Commons Center,  
Vanderbilt Campus

9:30–10:45 a.m.

### From Romantic Poetry to the Writings of the Beat Generation: Youthful Passion for the Sublime and the Intoxicating

Robert Barsky, *Professor, Department of  
French and Italian, Department of English,  
Vanderbilt University*

This course will explore the influence that Romantic poets, notably William Blake, William Wordsworth, Lord Byron, John Keats,

and both Percy and Mary Shelley, had upon Beat Generation poets and writers. We will begin by discussing some of the seminal works in Romantic poetry, including Keats's and Wordsworth's descriptions of their poetic ambitions and projects, and we'll then turn to some of the characteristics of the literature and politics of William Burroughs, Allen Ginsberg, Lawrence Ferlinghetti, and a range of women writers of the Beat Generation including Diane di Prima and Anne Waldman. We will undertake our reading under the assumption that there was something profoundly liberating in such works as the *Lyrical Ballads* and, moreover, in the comical and irreverent masterpiece by Lord Byron, *Don Juan*, which served as impetuses for the kinds of work we found in post-war American Beats. We will also discuss ways in which we can all stimulate our own creative process, inspired through the genius and the generosity of these writers.

11:00 a.m.–12:15 p.m.

### Religions, Exoplanets, and Extraterrestrial Life

David Weintraub, *Professor of Astronomy,  
Vanderbilt University*

In the twenty-first century, the debate about life on other worlds is quickly changing from the realm of speculation to the domain of hard science. Within a few years, as a consequence of the rapid discovery by astronomers of planets around other stars, astronomers very likely will have discovered evidence of life beyond the Earth. Such a discovery will change everything. Knowing the answer as to whether humanity has company in the universe will trigger one of the greatest intellectual revolutions in history, not the least of which will be a challenge for at least some terrestrial religions. During the first half of the course, we will review the long history of astronomers' claims about

“I think the Osher staff  
does an excellent job!”

life on other worlds, examine the incredible astronomical discoveries of exoplanets over the last two decades, learn about the planets astronomers have discovered, and seek to understand where this path of discovery is taking us. In the second half of this course, we will use the sacred writings of most of the major terrestrial religions to try to answer these simple questions: Is “my” God the God of the entire universe? Is “my” religion just for humans on Earth or is it valid throughout the entire universe? Could ET practice “my” religion on a planet orbiting a star 500 million light years from Earth?

## THURSDAYS

March 12, 19, 26

April 2, 9, 16

Location: The Commons Center,  
Vanderbilt campus

9:30–10:45 a.m.

### Henry Kissinger: America’s First Celebrity Diplomat

Thomas Schwartz, *Professor of History,  
Vanderbilt University*

This course will examine the career of Henry Kissinger, arguably the most influential American diplomat of the twentieth century. It will explore his background as an immigrant and refugee from Nazi Germany, his subsequent rise to prominence as a professor at Harvard University, and then his government service under Presidents Richard Nixon and Gerald Ford. Kissinger became the first celebrity diplomat, admired widely for his diplomatic achievements but also becoming an iconic figure in popular culture. Kissinger’s ideas about foreign policy and his controversial role in shaping America’s position in the world will be assessed.

11:00 a.m.–12:15 p.m.

### The Meaning of Modern Art

Leonard Folgarait, *Professor of History of  
Art, Vanderbilt University*

This course will consider important episodes in the history of modern art, from the nineteenth century to the present, to ask the question: why is modern art so mysterious, confusing, and meaningless to so many people? We will address this question with specific case studies of important movements and artists to uncover the motives and ambitions of art that, in the end, holds very rich and special meanings.

## FRIDAYS

March 13, 20, 27

April 3, 10, 17

Location: West End United Methodist  
Church, 2200 West End Avenue

9:30–10:45 a.m.

### Intellectual Sampler

*Vanderbilt Professors of Literature, Music,  
History, and Science*

This course will offer a sampling of concepts from various disciplines to excite our minds. Each class session will be delivered by a different faculty member noted in their fields from literature, music, history, and science. There are so many extraordinary Vanderbilt faculty members and this session will give us a chance to showcase six of them!

“**OLLI Book Club is great;  
hope it continues!**”

11:00 a.m.–12:15 p.m.

### Enhancing Your Conflict Competence

J. Thomas Laney, *Associate Director,  
The Turner Center for Church Leadership,  
Vanderbilt Divinity School*

This six-part course is designed to offer insights and practices to help the participants gain more confidence in their capacity to work through conflict

productively. We all experience the frustrations of conflict in our work, homes, and other social settings and far too often find ourselves caught in seemingly unmanageable disputes. These sessions will cover the dynamics of conflict and offer cognitive and behavioral skills that have been proven to increase the chances of productive solutions to conflict while reducing the likelihood of its escalation.

“**Very pleased with the classes we have experienced!**”

## Lunch and Learn

Members meet once a month for lunch with a speaker. A box lunch may be purchased, or members may bring their own lunches. Reservations are required to attend.

**Please check our website [vanderbilt.edu/olli](http://vanderbilt.edu/olli) for updates on Lunch and Learn and special class offerings.**

Reservations may be made online at [vanderbilt.edu/olli](http://vanderbilt.edu/olli) or by calling 343-0700. If ordering an optional \$10 box lunch, you may do so online or send checks made payable to Vanderbilt to:

**Osher Lifelong Learning Institute at Vanderbilt**  
PMB 407760  
2301 Vanderbilt Place  
Nashville, TN 37240-7760

# Special Offerings

## MONDAYS

March 9, 16, 23, 30

April 6, 13, 20, 27

Location: The Heritage at Brentwood, 900 Heritage Way

2:00–3:30 p.m.

### Great Decisions, Foreign Policy Discussion Group

Ben Adams and Stuart Miller, *OLLI members*

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the *Great Decisions Briefing Book* and meeting in a Discussion Group to discuss the most critical global issues facing America today.

The eight topics chosen by a panel of experts are: Russia and the Near Abroad;

Privacy in the Digital Age; Sectarianism in the Middle East; India Changes Course; U.S. Policy Toward Africa; Syria's Refugee Crisis; Human Trafficking in the 21st Century; and Brazil's Metamorphosis. *This class will be limited to 30.*

**\$30 per person**  
**\$20 (optional book)**

## WEDNESDAYS

March 11, 18, 25

April 1, 8, 15, 22, 29

Location: The Cathedral of the Incarnation

2:00–3:30 p.m.

### Great Decisions, Foreign Policy Discussion Group

Ken Penegar, *OLLI member*

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the *Great Decisions Briefing Book* and meeting in a Discussion Group to discuss the most critical global issues facing America today.

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**\$30 per person**  
**\$20 (optional book)**

## TUESDAYS

March 31

April 7, 14, 21

Location: West End United Methodist Church,  
2200 West End Avenue

6:00–8:30 p.m.

### Financial Strategies for Successful Retirement®

Carolyn Conover, *Financial Advisor, UBS Financial Services*

Financial Strategies for Successful Retirement® introduces concepts and strategies that may help you spend your retirement comfortably and in control of your finances. This course may be for you if you are nearing retirement, already retired, or beginning to develop a retirement plan and are interested in hearing concepts and strategies that may help you make appropriate choices when confronted by investment alternatives, insurance coverage, increasing health care costs, tax reduction methods, and proper disposition of your estate at death. Retirement planning is for everyone and it is never too late to begin. This course will focus on money management strategies and lifestyle issues facing retirees. You will hear strategies that could help you manage your investments and retirement plan. The course will also discuss the effects of inflation and the possible costs of long-term care. The information is designed to help you prepare for a comfortable retirement. Your instructor provides information that is

## THURSDAYS

April 2, 9, 16, 23

Location: West End United Methodist Church,  
2200 West End Avenue

1:30–4:00 p.m.

current and comprehensive. The course has been carefully designed to provide the information you may need, without overloading you with unnecessary financial jargon. You will be provided with a Personal Financial Data Form and step-by-step instructions for developing a written summary of your finances. This form may help you develop a written summary of your assets, income, and Social Security and pension benefits. At your discretion, you may submit this to the instructor, who will review it. You are entitled to an optional, one-on-one consultation after the conclusion of the seminar. This is your opportunity to ask specific questions regarding your financial future and goals and to go over the financial data form. *This class is limited to 20.*

**\$50 per person (includes book)**

**Financial Strategies for Successful Retirement is the same class offered at two different times. Please sign up for Tuesday evening or Thursday afternoon.**

“Loved the after-class discussion about Antarctica.”

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## SUNDAYS

March 8, 15, 22, 29

April 5, 12, 19

Location: Blair School of Music

1:00–2:30 p.m.

### Osher Steel Drum Band

Mat Britain, *Director of the Vanderbilt Steel Drum Band Program*

Take a weekly musical “Cruise to the Islands” by joining the Osher Steel Drum Band. No musical experience is needed to join this very hands-on class. If you like island music—Harry Belafonte, Jimmy Buffett, Bob Marley, calypso, and reggae—this class is for you! The amazing history and construction of the steel drums will be presented through mini-lectures sprinkled throughout the classes. Listening and video examples of calypso music as well as discussions

of Trinidad culture past and present will give you a taste of the Caribbean and an understanding of how the steel band art form developed. The instruments are made up of melody, upper harmony, lower harmony, and bass steel drums (much like a choir). Students will be placed according to their desire to learn a particular instrument and their individual strengths. *This class will be limited to 13.*

**\$100 per person**

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## WEDNESDAYS

March 25

April 1, 8

Location: Nashville Ballet, 3630 Redmon Street

3:00–4:30 p.m.

### OLLI at the Ballet

Paul Vasterling, *Artistic Director and CEO, Nashville Ballet*

Join Nashville Ballet Artistic Director and CEO Paul Vasterling, along with company dancers and artistic staff, for a three-part insight series on *A Midsummer Night's Dream*, which Nashville Ballet is presenting April 24–26, 2015. The classes will focus on translating Shakespeare's words into dance and will include opportunities to

watch company dancers in rehearsal for the upcoming performances. OLLI at the Ballet participants will receive a discount code to purchase tickets for *A Midsummer Night's Dream*.

**\$30 per person**

# Health Lecture Series

Reservations are required to attend. There is no charge for these sessions but space is limited so sign up early by visiting [vanderbilt.edu/olli](http://vanderbilt.edu/olli) or call (615) 343-0700.

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## WEDNESDAY

March 11

Location: Osher Center for Integrative Medicine, 3401 West End Avenue

1:30–2:45 p.m.

### Integrative Medicine

Kathleen Wolff, *Nurse Practitioner, Osher Center for Integrative Medicine*

Integrative medicine is a burgeoning field of both research and treatment. The National Institutes of Health has invested millions of dollars into research on many of these new, and in some cases very old, modalities.

This lecture will explore various aspects of integrative medicine as it is used currently and will also describe some of the research that has demonstrated its effectiveness.

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## WEDNESDAY

March 18

Location: Osher Center for Integrative Medicine, 3401 West End Avenue

1:30–2:45 p.m.

### Harmonizing Rhythm

Tobi Fishel, *Associate Professor of Clinical Psychology, Director of Psychological Services, Osher Center for Integrative Medicine*

This presentation will explore how sound and music healing can promote attention, relaxation, and overall well-being.

# OLLI Connect Explore Expand

We are very pleased with the success and the continuation of the OLLI Connect, Explore, and Expand (CEE) groups as part of the OLLI at Vanderbilt program. The purpose of the OLLI CEE groups is to offer special interest educational opportunities in small group settings led by fellow OLLI members. The CEE groups are offered in addition to the core curriculum, group events, and activities scheduled throughout the year. Currently, the CEE groups created

are an OLLI restaurant review group, a book club, a scrapbooking group, and a walking and hiking group, as well as core class discussion groups each term after select classes. Thank you to all our CEE group leaders. Please look for announcements at *vanderbilt.edu/olli* and email *oshervu@vanderbilt.edu* to join any of these groups that you might be interested in. Please let us know if you have any suggestions or ideas for OLLI CEE groups.

“Really enjoyed the OLLI Restaurant Review Group.”

To register for OLLI classes, please complete the form on the following page and mail it with check made payable to *Vanderbilt University* to:

**Osher Lifelong Learning Institute  
at Vanderbilt**  
PMB 407760  
2301 Vanderbilt Place  
Nashville, TN 37240-7760

OR REGISTER ONLINE AT [VANDERBILT.EDU/OLLI](http://VANDERBILT.EDU/OLLI)

REGISTER ONLINE AT [VANDERBILT.EDU/OLLI](http://VANDERBILT.EDU/OLLI)

# OLLI Spring 2015 Registration Form

DEADLINE FOR REGISTRATION: FEBRUARY 20, 2015

Name \_\_\_\_\_

Name for name tag \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

New member       Returning member

If new member, referred by \_\_\_\_\_

## SPRING 2015 COURSE REGISTRATION

**VERY IMPORTANT: Mark the courses you wish to attend in PRIORITY ORDER by numbering them in order of preference (1=first choice). If we are unable to honor your class choices, you will be contacted by a member of the OLLI staff.**

- \_\_\_\_\_ A. The Life and Adventures of a Portrait Painter
- \_\_\_\_\_ B. Pre-World War II Blues Recordings
- \_\_\_\_\_ C. Understanding America through Food
- \_\_\_\_\_ D. From Romantic Poetry to the Writings of the Beat Generation
- \_\_\_\_\_ E. Religions, Exoplanets, and Extraterrestrial Life
- \_\_\_\_\_ F. Henry Kissinger: America's First Celebrity Diplomat
- \_\_\_\_\_ G. The Meaning of Modern Art
- \_\_\_\_\_ H. Intellectual Sampler
- \_\_\_\_\_ I. Enhancing Your Conflict Competence

**Spring Term classes \$80 per person**  
*(Includes Up To 3 Classes, Selections A.-I.)* \_\_\_\_\_

**Additional Spring Term classes**  
\$10 per class for each class beyond 3 \_\_\_\_\_

**GREAT DECISIONS (Brentwood)**  
\$30 per person \_\_\_\_\_

**GREAT DECISIONS (Nashville)**  
\$30 per person \_\_\_\_\_

**GREAT DECISIONS Book**  
\$20 per book \_\_\_\_\_

**STEEL DRUM BAND**  
\$100 per person \_\_\_\_\_

**FINANCIAL STRATEGIES**  
\$50 per person includes book  
TUESDAY EVENING \_\_\_\_\_

**FINANCIAL STRATEGIES**  
\$50 per person includes book  
THURSDAY AFTERNOON \_\_\_\_\_

**OLLI AT THE BALLET**  
\$30 per person \_\_\_\_\_

**TOTAL** \_\_\_\_\_

**VANDERBILT**  **UNIVERSITY**

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