

## HELPFUL LINKS

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# Newsletter



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## March 7, 2024

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## REMINDERS

### DAYLIGHT SAVINGS TIME

Daylight Savings Time starts this Sunday, March 9. Remember to turn your clocks forward an hour before you go to bed on Saturday!

### 2025-26 BOARD OF DIRECTORS ELECTION

This year's Nominating Committee (Mark Nadel, Chair; JoAnne Friedenthal; Larry Gondelman; Lesley Rubinger; and Lynn Lewis) have developed a list of four candidates to fill the four positions on the Board of Directors becoming vacant in June 2025. The Committee believes these candidates have amply demonstrated the skills, experience, background, and energy needed for OLLI at AU leadership. The list, which the Board has approved, will appear on the ballot for the election that is scheduled for April.

Additionally, OLLI has a process by which any member may be nominated if a petition with at least ten signatures from active OLLI members is presented to the Nominating and Elections Committee. Once the Nominating and Elections Committee receives the completed petition, along with a brief bio of no more than 100 words, and a photo, it will consider and review such nominations for Board approval through March 7, 2025. Interested candidates should contact the OLLI office for the petition form and other details.

Please note that an asterisk by a candidate's name indicates they're a current Board member. The Board-approved candidates are:



### **Joe Belden**

Joe Belden has taught OLLI study groups since 2017 and chaired the Lecture Committee since 2023. He has served on a number of nonprofit boards and writes regularly for *The Daily Yonder* and other publications. From 1989 to 2015 he was Deputy Executive Director of the Housing Assistance Council ([www.ruralhome.org](http://www.ruralhome.org)). He also worked at USDA, on Capitol Hill, and for other nonprofits. Belden is the lead author of books on affordable housing and food issues. He is a graduate of the University of Texas Austin and the Baylor University Law School.



### **Edward Feinberg**

Ed Feinberg joined OLLI in 2017. He has been a member of the OLLI Nominating Committee and is currently serving on the Curriculum Committee and the strategic planning committee. Ed has taught the course, *Survivors and Descendants of the Holocaust: A Search for Meaning*, for the past four fall semesters. He was the founding director of what

evolved into a large, multidisciplinary early intervention program that serves young children with disabilities and their families. A psychologist by training, Ed has served on many nonprofit boards and has been an adjunct instructor at George Washington University and Johns Hopkins University. He is a docent at the United States Holocaust Memorial Museum.



**Penny Hansen\***

Penny Hansen has been a member of OLLI since 2011 and an ongoing study group leader since 2014. Her ever-evolving course, Today's Supreme Court: A Class for Citizens, has been presented 21 times. In 2021, she added a new class, Populism and the Presidency to her OLLI efforts, and now serves as co-chair of the Strategic Planning Committee. Prior to retirement, she had a 30-year career at the Environmental Protection Agency, implementing the country's first recycling, hazardous waste, Superfund, acid rain, and environmental technology verification programs. She was educated at Skidmore College, Johns Hopkins University, and the John F. Kennedy School of Government at Harvard. Her post-EPA life focused on consulting on environmental issues domestically and around the world, along with other volunteer work. She is a proud fourth generation Washingtonian and a passionate believer in an educated citizenry.



**Diana Jamieson\***

Diana has been an enthusiastic member of OLLI for 12 years and spreads the message that OLLI classes have enriched her life. She has often been a study group representative and has served on the Nominating Committee for two years, once as chair of the committee. She previously was a mental health professional in the field of clinical social work. Since retirement she has worked as a Hospice

volunteer and continues to be a docent at a historic house in DC.

## ACADEMIC PROGRAMMING

### SPRING SEMESTER INFORMATION

#### Registration

There is still **time to register for the spring semester** (March 3–May 9) or add another class! You can see the status of each (open or closed) on the OLLI website. The membership fee (\$330 for the semester) allows you to sign up for four study groups by logging into your account.

**The deadline to add/drop classes and request a refund is March 14.**

[MORE INFO/REGISTER](#)

#### New Member 10% Discount

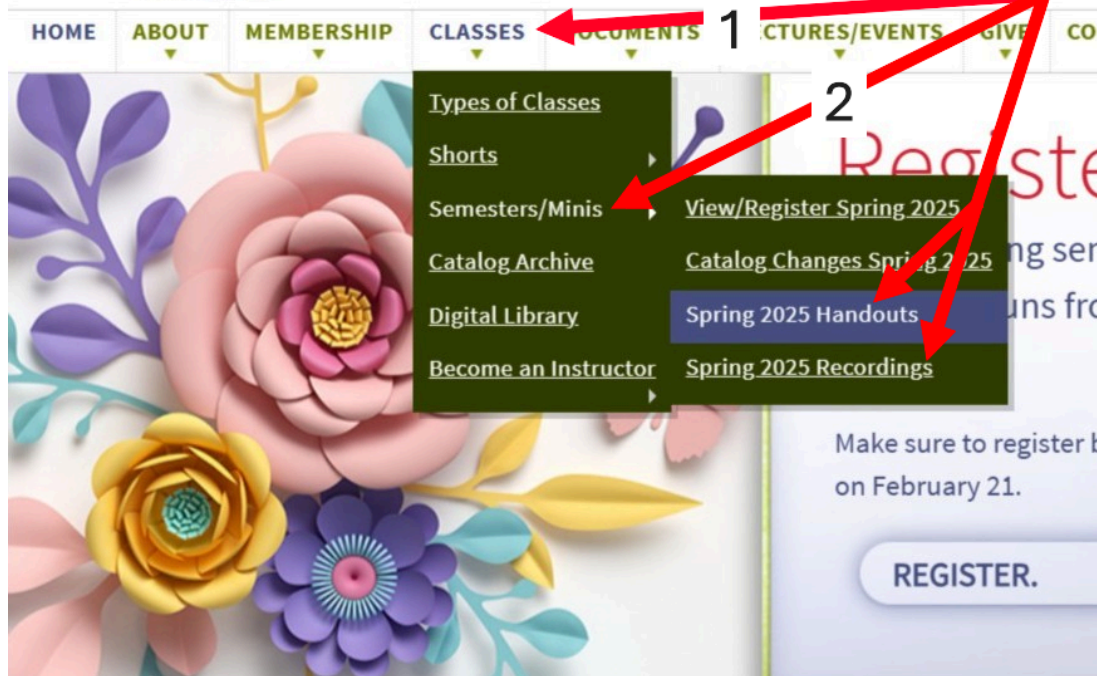
Are you new to OLLI or thinking about coming back after taking a break? Use the button below to register for the spring semester. A 10% discount will be applied for those who are new or who have not taken classes in five or more years. Click "**Register for Study Groups**" and then log in or create an account. You will see the discount when paying for the semester.

[NEW MEMBER DISCOUNT](#)

#### Class Handouts and Recordings

Most classes during the spring semester are being recorded. One of the benefits of taking classes during a particular session is access to all class recordings for that session. [Spring recordings](#), as well as [spring handouts](#), are listed under "Classes," (1) then "Semesters/Minis" (2) (see image below). Each day's recordings during the semester are posted the following business day. You must first [log in to your member account](#) in order to view recordings and handouts. Both are available for viewing until two weeks past the end of each session.





### Hearing Loops

All of the classrooms at OLLI have hearing loops installed. "Hearing loops" are state-of-the-art "Listening Assistive" technology. There are three main parts to a hearing loop: the wire that is installed around and across the room, a microphone, and a transceiver (which picks up and amplifies the sound from the microphone). The system both amplifies the speaker's voice and suppresses background noise. We urge everyone who has hearing loss to take advantage of the hearing loops. The sound is remarkable. It's as if the person speaking is sitting right next to you.

### Classroom Assignments

Click on the image below to view classroom information. The room assignments are also on signs in each elevator lobby of the parking garage, in the main lobby on the first floor, and as you walk out of the elevator on the 2nd, 4th, and 5th floors. **Each class shows the floor and the room number.**

# OLLI SPRING 2025 CLASS LOCATIONS

OLLI office: 5th Floor

## MONDAY 9:45 AM

5th fl/Rm 3 From Boom To Crash  
5th fl/Rm 4 Memoir Writing Workshop  
5th fl/Rm 5 World Became Modern (Mar 18)  
5th fl/Rm 6 Meditation Class

## MONDAY 11:45 AM

1st fl/Rm A Art Deco Architecture  
5th fl/Rm 1 Climate Change  
5th fl/Rm 2 The Manhattan Project  
5th fl/Rm 3 Understanding Families  
5th fl/Rm 4 Shakespeare on Film  
5th fl/Rm 5 Les Flics, Les Truands  
5th fl/Rm 6 Thurgood Marshall

## MONDAY 1:45 PM

1st fl/Rm A Bach: Part II  
5th fl/Rm 1 War and Memory: War Film  
5th fl/Rm 4 Lecture et Conversation  
5th fl/Rm 5 Primary Care Med (Mar 10)  
5th fl/Rm 6 Water, Water (Isn't) Everywhere

## TUESDAY 9:45 AM

5th fl/Rm 1 Poetry Craftshop (Section A)  
5th fl/Rm 2 The Neuroscience of Conflict  
5th fl/Rm 3 Elementary Logic  
5th fl/Rm 5 World of Charles Baudelaire  
5th fl/Rm 6 Introductory Oceanography

## TUESDAY 11:45 AM

1st fl/Rm A Artists Always Paint Themselves  
2nd fl/Rm 201 Latin (Mar 11)  
5th fl/Rm 2 20th-Century Furniture  
5th fl/Rm 3 1955-1975 Years of Change  
5th fl/Rm 4 Pictures with Your Smart Phone  
5th fl/Rm 5 How to Live Healthier, Happier  
5th fl/Rm 6 Transforming the National Mall

## TUESDAY 1:45 PM

1st fl/Rm A Math and Music  
5th fl/Rm 1 "Remember the Ladies"  
5th fl/Rm 3 Current Events & Public Policy II  
5th fl/Rm 5 Today's Supreme Court  
5th fl/Rm 6 Art and Words of Picture Books

## WEDNESDAY 9:45 AM

5th fl/Rm 1 Animals English Literature (Mar 12)  
5th fl/Rm 2 Tricksters Loki to Banksy (Mar 12)  
5th fl/Rm 3 Current Events & Public Policy I  
5th fl/Rm 4 Writing Your Family History  
5th fl/Rm 5 The War Years  
5th fl/Rm 6 Financial Literacy

## WEDNESDAY 11:45 AM

1st fl/Rm A Genealogy of Songs  
5th fl/Rm 1 Public Education  
5th fl/Rm 4 Poetry Craftshop (Section B)  
5th fl/Rm 5 Holocaust: Part 2  
5th fl/Rm 6 Le Français par la Littérature

## WEDNESDAY 1:45 PM

1st fl/Rm A Expressionism: German Destiny  
5th fl/Rm 1 Intermediate Italian  
5th fl/Rm 3 Red Sea (Mar 12)  
5th fl/Rm 5 Crime & Punishment 2025 (Mar 12)  
5th fl/Rm 6 Love, Death, and Shakespeare

## THURSDAY 9:45 AM

5th fl/Rm 3 Theodore Roosevelt  
5th fl/Rm 5 Ibsen, Strindberg, Chekhov

## THURSDAY 11:45 AM

1st fl/Rm A China's 20th-Century Revolutions  
5th fl/Rm 1 *The Double* and *Mrs. Dalloway*  
5th fl/Rm 3 Memorable Love Stories  
5th fl/Rm 4 Pictures with Your Smart Phone  
5th fl/Rm 6 Intermediate German

## THURSDAY 1:45 PM

1st fl/Rm A Japan's "Modern" Century  
5th fl/Rm 3 The Impact of the Great War  
5th fl/Rm 1 Fiction Writers' Bootcamp  
5th fl/Rm 5 Manifest Destiny  
5th fl/Rm 6 How to Think Like a Programmer

## FRIDAY 9:45 AM

1st fl/Rm A The Ancient Mediterranean  
4th fl/Rm 401 Jewish Short Stories  
5th fl/Rm 1 Color Theory (Mar 21)  
5th fl/Rm 3 Essential Tech Literacy  
5th fl/Rm 5 Medical Qigong  
5th fl/Rm 5 Plato's Tragedy, Comedy, and Epic  
5th fl/Rm 6 Civil War and Reconstruction

## FRIDAY 11:45 AM

1st fl/Rm A Film Analysis  
5th fl/Rm 3 The Human Body  
5th fl/Rm 5 Plato's Rhetoric, Dialectic  
5th fl/Rm 6 Fall of Napoleon Bonaparte

## LECTURES

Lectures are on Fridays from 1:30–2:30 PM in-person, in Room A. Registration is required for in-person lectures.

In accordance with AU's "Good Neighbor Policy," all members are required to park in the building's garage while attending OLLI.

## PROPOSALS WANTED AND SPECIFIC TOPICS IN NEED

OLLI at AU is always looking for new class topics and Study Group Leaders to teach them. Below is a list of some of the top priorities. Do you or someone you know have an interest in leading a study group about one of these topics?

1. Geography
2. Art History
3. Africa (different regions and their history)
4. Ancient Civilizations of the Americas (Mayan, Aztec, Inca, etc.)
5. Spanish (beginner level)

The shorter February Shorts and summer sessions (June Minis and July Shorts) are a great way to get started in teaching at OLLI. During the February and July Shorts, study groups meet 2-5 times during one week. During the June Minis, study groups meet once a week for four weeks. Alternatively, the regular semester is a good option for anyone wanting to delve into a topic in greater depth. OLLI offers an orientation for new SGLs before every session.

OLLI is currently accepting study group proposals for the [June Minis](#), [July Shorts](#), and the [fall semester](#). The submission deadline is **Sunday, April 6** for the summer and **Sunday, May 4** for the fall. Please contact the office at [olli@american.edu](mailto:olli@american.edu) if you or someone you know might be interested in teaching one of these topics, or another one.

## LECTURES

**Registration is required for in-person lectures.** Registration is open via the direct link below or the event page on the [OLLI website events calendar](#). Each registrant may reserve up to two seats. Your name(s) must be on the list of registrants to enter the lecture and you must be in your seat five minutes before the lecture starts to guarantee your seat. **All spring lectures will be held in-person at OLLI:** 4801 Massachusetts Ave NW, in room A on the first floor.



### **TODAY'S LECTURE**

**Debra Bruno, *New York's Enslaving Past—Memory and Historical Reckoning***

**March 7 | 1:30 PM**

**In-Person at OLLI: Room A**

Debra Bruno is a longtime Washington journalist and teacher. She has worked at *Moment Magazine*, *Legal Times*, and *Roll Call*. From 2011-2014, she was a freelance writer in Beijing, covering subjects as diverse as rowing in a dragon boat for the *Washington Post*, and about Chinese hutongs for *Atlantic's CityLab*. After returning from China, she learned from a historian friend that if she had ancestors in New York's Hudson Valley, especially if they were Dutch, they were likely enslavers. She hadn't known about New York's 200 years of enslavement and was stunned to realize that her small hometown of Athens held so many hidden stories. That story is now a book—*A Hudson Valley Reckoning: Discovering the Forgotten History of Slaveholding in my Dutch American Family*.

**Bruno's book, *A Hudson Valley Reckoning: Discovering the Forgotten History of Slaveholding in my Dutch American Family*, will be available for purchase immediately following the lecture.**

**REGISTER**



## **NEXT WEEK'S LECTURE**

### **Sunil Félix, *Nuclear Energy and Sustainable Development***

**March 14 | 1:30 PM**

#### **In-Person at OLLI: Room A**

Since the first nuclear plant in the 1950s, the world has been divided on the use of nuclear power for energy. Using the case of France, Dr. Sunil Félix will discuss the advantages and disadvantages of nuclear energy and its contribution to sustainable growth of a country. Dr. Félix has been the Nuclear Counsellor at the French Embassy in Washington, DC since 2020, having previously served in the same position at the French Embassies in South Korea, India, and Japan. Following a PhD and post-doctoral studies in Mathematics, he joined the French Alternative Energies and Atomic Energy Commission (CEA – France) in 1990. Since then, he has been working as a research engineer in the Structural Analysis field. He was also the Personal Assistant to the Chairman of the Generation IV International Forum (GIF), from 2006 to 2010 during the French Presidency of the Forum.

**REGISTER**

## **OLLI EVENTS**

### **WAMU TOUR**

OLLI members had the rare opportunity to tour the WAMU facility on Connecticut Avenue last week and watched the filming of Jenn White's program, [1A](#). Below, OLLI member Martha Cutts practices her radio voice and everyone had the opportunity to meet Jenn White and Diane Rehm. All agreed that it was an excellent tour and there are plans to have another in the coming months. Thanks to OLLI Trip Coordinator, Elena Vejarano, for organizing the tour. Check our event calendar for upcoming OLLI trips!



## **The Lillian and Albert Small Capital Jewish Museum Tour**

**Saturday, March 22 | 1:30-3:00 PM**

**575 3rd Street NW**

**Registration Required**

**Tickets \$25/person | No Refunds**

Join us on a docent led tour of the [Lillian and Albert Small Capital Jewish Museum](#), which explores the Jewish experience in the national capital region and inspires visitors to connect, reflect, and act—connect personally and collectively, reflect on the relevance of the past to today, and act on behalf of their communities and values. With its experimental spirit, the Museum connects the past to the present through thought-provoking exhibitions, dynamic programming, and creative public experiences.

**MORE INFO/REGISTER**

## **SERENDIPITY TALK**

**Denise Rose, *Eating for Optimal Brain Health: How to Get Started***

**Monday, March 24 | 3:30-5:00 PM**

**Online via Zoom**

In this talk you will discover the optimal plant-based foods that evidence-based research suggests you eat every day to strive for optimal brain health. Sociologist Denise Rose will present this talk explaining what these foods are, what serving sizes you should consume daily, and how to make meals out of these brain nourishing foods. This talk is valuable for anyone wanting to prevent and halt brain diseases via lifestyle choices and those new to whole food, plant-based eating (WFPB).

*Denise Rose (PhD) is an enthusiastic educator who has been teaching WFPB nutrition classes for several years. She also has a YouTube channel with her husband called Happy Vegan Couple. On their YouTube channel they post WFPB cooking videos to help people learn how to cook delicious, plant-based healthy foods in their own kitchens; Denise also shares long form interviews with people who have transitioned to a plant-based lifestyle and received major health benefits due to their dietary change. Denise led the Fall 2023 OLLI at AU class titled "Eat Plants: Prevent and Reverse Chronic Disease With a Whole Food Plant-Based Lifestyle!"*

**No registration is required.** The Zoom link will be e-mailed to all those subscribed to the OLLI newsletter the morning of the talk. If you do not receive the newsletter and would like to attend, please join the email list at [https://www.oli-dc.org/join\\_email\\_list](https://www.oli-dc.org/join_email_list).

## OLLI HAPPENINGS

### HAPPY HOURS

A happy hour will take place each Friday after the lecture, at about 2:45 PM, at Pizzeria Paradiso across the street from OLLI. The first happy hour will take place **today, March 7**. There is space for up to 25 people. Each person pays their own way.

### OLLI LUNCH CLUB

OLLI Lunch Club will hold its first luncheon of 2025 on **Tuesday, March 11** at 12:30 PM at Millie's Restaurant across the street from OLLI. There is space for up to 12 people. Each person pays their own way.

If you are interested in either the happy hours or the OLLI Lunch Club, please contact OLLI's Social Committee Chair, Jeff Porter, at [djporter2@mac.com](mailto:djporter2@mac.com) to reserve your spot.

## AU EVENTS



# AMBASSADORS UP-CLOSE:

SPOTLIGHT ON NATO AND  
EUROPEAN SECURITY



Ambassador Julianne Smith  
Former U.S. Permanent Representative to NATO (2021-2024)  
National Security Expert on U.S.-European Defense Policy &  
Transatlantic Relations



James Goldgeier  
SIS professor



Garret Martin  
SIS professor

Tuesday, March 18  
4:30-5:30 p.m.  
SIS Founders Room

**REGISTER**

SINE INSTITUTE  
of POLICY & POLITICS  
AMERICAN UNIVERSITY • WASHINGTON, DC

#2025SineFellow and Nobel Prize Laureate Nadia Murad (CAS/BA '24) presents:

## Who Can Influence the End of Conflict-Related Sexual Violence (CRSV) in the World?



Featuring Special Guest  
**Alyse Nelson**

President and CEO  
*Vital Voices Global Partnership*

March 19th, 2025 | 4:00 PM ET  
Mary Graydon Center  
Room 306



**REGISTER**

### Osher Lifelong Learning Institute at American University

The Osher Lifelong Learning Institute at American University is an association of, by, and for the people in the Washington, DC area who wish to continue to study and learn. OLLI at AU is dedicated to the proposition that learning is a lifelong process and that *curiosity never retires*.

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Tony Long, *Executive Director*  
Lesley Diaz, *Director of Academic Programming*  
Lisa Olson, *Director of Operations and Projects*  
Jesse Williams, *Operations Manager*

Amya Bertrand, *Programs and Projects Coordinator*  
Annabel McClure, *Administrative Coordinator*

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