



LIFELONG LEARNING WITH The Shepherd's Center of Richmond

OPEN UNIVERSITY

Fall Session
Sep 23 - Nov 14, 2019

Mondays at St. Luke Lutheran Church 7757 Chippenham Parkway

Spanish - Light Conversation

This class will help bring back the Spanish you learned in school (with additional knowledge).

M • Sep 23 - Nov 11

9:45 - 10:45

Classroom 2

Teacher: Ingrid Pantaenius, BA, Pontificia Universidad Javeriana, Columbia; former adjunct professor, UR; Spanish tutor

Ooh-la-la! Intermediate French

The class will read *Les Misérables* by Victor Hugo. Order CIDEB edition: book and CD (ISBN 978-88-530-0911-1) from Book Depository, AbeBooks, Amazon - wherever you find the best price. Gentle grammar review. Newcomers who have had French in the distant past are welcome.

M • Sep 23 - Nov 11

9:45 - 10:45

Children's Chapel

Teacher: Suzanne Wiltshire, retired French teacher and administrator

Genealogy

Research your family history through different sources including Ancestry.com.

M • Sep 23 - Nov 11

9:45 - 10:45

Classroom 1

Teacher: Terry Redding, frequent lecturer for TSCOR on research techniques

The Quest of the Axis Powers for the Atomic Bomb

An investigation of Nazi Germany and Imperial Japan's attempts to develop atomic weapons during WWII. A two-week course.

M • Sep 23 & Sep 30

9:45 - 10:45

Fellowship Hall

Teacher: Dr. John Treadway, Professor of History and International Studies, Emeritus, UR

The Gadget: Building the Atomic Bomb

Learn about the WWII effort of the Manhattan Project to build the bomb, including the nuclear physics that led up to the Project and the Project's political, managerial and military aspects. A six-week course.

M • Oct 7 - Nov 11

9:45 - 10:45

Fellowship Hall

Teacher: George Pangburn, retired senior executive, U.S. Nuclear Regulatory Commission



Lecture Series

M • Sep 23 - Nov 11

9:45 - 10:45

Music Room

Connecting Community: Local Organizations and Their Work

- **Richmond Peace Education Center**

M • Sep 23

Adria Scharf, executive director

- **ReEstablish Richmond: Establishing Roots and Building Community**

M • Sep 30

Kate Ayers, executive director

- **Jobs for Life**

M • Oct 7

Ginger James, vocational ministry

- **Celebrate RVA**

M • Oct 14

Julia Warren, founder and executive director

- **Art for the Journey**

M • Oct 21

Cindy Paullin, deputy executive officer

- **Richmond Pledge to End Racism**

M • Oct 28

Deborah Coleman & Sheryl Johnson, co-chairs, steering committee

(Continued on page 2)

- **Richmond Tree Stewards**
M • Nov 4
Louise Seals, president and projects committee chair; retired managing editor, Richmond Times-Dispatch
- **Richmond Area Bicycling Association, RABA**
M • Nov 11
Kim Moore, president and avid bicyclist for 27 years



Was ist los?

Intermediate German

Free conversation über Gott und die Welt. Reading skill with Andre Klein's collection of short stories, "Schlamassel in Stuttgart." Some grammar. German Scrabble and/or a movie.

M • Sep 23 - Nov 11

11:00 - 12:00

Classroom 2

Teacher: Sabine Horn, German native, MA in Japanese and Russian, University of Marburg, Germany



Controversies of the Early Church

As the church grew after Jesus's death, diverse groups, including those with perspectives not commonly assumed today, vied to advance their interpretations of Jesus and His message. This course reviews the controversies and battles that occurred to solidify orthodoxy.

M • Sep 23 - Nov 11

11:00 - 12:00

Music Room

Teacher: Hal Costley, retired engineer; board president of TSCOR; longtime student of church history

Giants of Early Jazz II

This follow up course to the winter 2019 Giants of Early Jazz course expands on the lives and music of Bix Biederbecke and Louis Armstrong, highlighting Bix's enduring musical legacy and Louis' contributions of the modern jazz solo and concept of swing.

M • Sep 23 - Nov 11

11:00 - 12:00

Fellowship Hall

Teacher: Gene Anderson, professor emeritus of music, UR

Memoir Writing

Join us to write about your life or your family history and learn some techniques to help you tell those stories better.

M • Sep 23 - Nov 11

11:00 - 12:00

Classroom 1

Teacher: Meriah Crawford, writer, editor, private investigator, and associate professor of research and writing at VCU

Psychology for Writers and Readers

Good writing paints strong, believable characters who act and stress over choices, and who like, love, or hurt others for reasons. This class explores what psychology has to say about human behavior, and how characters draw readers in to make a story compelling. A four-week course.

M • Sep 23 - Oct 14

11:00 - 12:00

Children's Chapel

Teacher: Vivian Lawry, novelist, short story writer, and social psychologist; James River Writers 2015 Best Unpublished Novel Award finalist; 2004 Sandra Brown Short Fiction Award winner

A Fresh Look at the Inevitable

From alternative funeral options, funeral customs and rituals from varied faiths, end-of-life doulas, Death Cafes, and more, we face new opportunities and challenges getting comfortable with the unavoidable end. A four-week course.

M • Oct 21 - Nov 11

11:00 - 12:00

Children's Chapel

Teacher: Susan Campbell, Community Outreach Coordinator, Richmond/Central Virginia Dignity Memorial Network; in addition, course will include various guest speakers

(Thursday classes on page 4)

LUNCH SPEAKERS

- free with Shepherd's Center membership
- included with Open University tuition
- general public admission by donation

Lunch: 12:00 - 12:30 | Lunch Speakers: 12:30 - 1:15 | Fellowship Hall

Bring a sandwich | Coffee and dessert are available

MONDAYS

at St. Luke Lutheran Church

7757 Chippenham Parkway

Why They Never Talked About It

*E. Bruce Heilman, chancellor,
president emeritus, UR*
M • Sep 23

Reimagining Richmond: Parks as Bridges

*Ted Elmore, president, Bridge
Park Foundation*
M • Sep 30

The U.S. Supreme Court: A Preview of the Upcoming Term

*Lauren Bell, professor, political
science, RMC*
M • Oct 7

Fair Redistricting in VA: Big Win But Not Done

*Dr. Jeff Clark, retired psychology
professor, VUU*
M • Oct 14

After Virginia Tech: Guns, Safety and Healing in the Era of Mass Shootings

*Tom Kapsidelis, journalist,
adjunct professor, UR; author*
M • Oct 21

On the Road with the Virginia Women's Monument

*Susan Clarke Schaar, clerk of
the Senate of Virginia*
M • Oct 28

Richmond Police Department Mounted Unit: Then and Now

*Sue Mullens Ramsey, founding
board member, Friends of the
Richmond Mounted Police*
M • Nov 4

Baseball and Doughboys: Baseball in the Military in WW I

*Alexander F. "Al" Barnes,
author; Virginia National Guard
Command Historian; Marine
Corps veteran*
M • Nov 11

THURSDAYS

at First Presbyterian Church

4602 Cary Street Road

Keeping Memories Alive at the Virginia War Memorial

*Dr. John "Clay" Mountcastle,
director, Virginia War Memorial*
Th • Sep 26

While You Weren't Looking, Richmond Got Cool

*Jack Berry, president, CEO,
Richmond Region Tourism*
Th • Oct 3

The African-American Church; Bridging the Gap

*Dr. Ellis O. Henderson, founding
pastor, The Way of the Lord
Church Fellowship*
Th • Oct 10

Secretariat: His 50th Anniversary

*Kate Chenery Tweedy, daughter
of Secretariat's owner-manager;
granddaughter of his breeder*
Th • Oct 17

Bringing My Media Dream to Richmond

*Roben Farzad, host of National
Public Radio's Full Disclosure*
Th • Oct 17

Victorian Spiritualism

*Chris Semtner, curator, Edgar
Allan Poe Museum*
Th • Oct 31

Behind the Scenes as Clerk of the Senate

*Susan Clarke Schaar, clerk,
Senate of Virginia*
Th • Nov 7

Meet the Verlanders

*Kathy and Richard Verlander,
authors; animal welfare
advocates; parents of MLB
pitcher Justin Verlander*
Th • Nov 14

Thursdays at First Presbyterian Church 4602 Cary Street Road

Transforming Warfare

An easily understood analysis of factors that caused the Mexican and Civil Wars to be conducted in a manner that, in the end, transformed modern warfare.

Th • Sep 26 - Nov 14

9:45 - 10:45

Fellowship Hall

Teacher: Alan Briceland, emeritus professor of history, VCU

Was ist los?

Intermediate German

Free conversation über Gott und die Welt. Reading skill with Andre Klein's collection of short stories, "*Schlamassel in Stuttgart*." Some grammar. German Scrabble and/or a movie.

Th • Sep 26 - Nov 14

9:45 - 10:45

Room 205

Teacher: Sabine Horn, German native, MA in Japanese and Russian, University of Marburg, Germany

Intermediate Latin

An intermediate course for students who have knowledge of basic Latin grammar and vocabulary.

Th • Sep 26 - Nov 14

9:45 - 10:45

Room 207

Teacher: Lee Perkins, PhD, Harvard University; classical languages teacher, St. Catherine's School

Advanced Spanish

A continuing class for students who took the intermediate course last year or have some knowledge of intermediate Spanish grammar and vocabulary.

Th • Sep 26 - Nov 14

9:45 - 10:45

Room 206

Teacher: Tim Martin, BA in Spanish, teaching certification; MS in secondary school counseling

Academic Art vs. Impressionism

Introduction to the key tenets of Academic Art followed by examination of the Impressionists' deliberate choices that render Impressionism the antithesis of Academic Art. A two-week course.

Th • Sep 26 & Oct 3

9:45 - 10:45

Room 218

Teacher: Colleen Yarger, Department for European Art, VMFA

Contemporary Art of the African American South

A two-week course.

Th • Oct 10 & 17

9:45 - 10:45

Room 218

Teacher: Taylor Jasper, Exhibitions Research Assistant, Virginia Museum of Fine Arts

Making Music for Life

Discover the benefits of playing music as we age, why playing with others is essential and how to overcome setbacks and bring music into our communities. A four-week course.

Th • Sep 24 - Nov 14

9:45 - 10:45

Room 218

Teacher: Gayla Mills, bass player, performer, former RMC instructor

Lecture Series

Th • Sep 26 - Nov 14

11:00 - 12:00

Room 205

MEDARVA Physician Network

- **What's that Smell? What Smell?!?**

Th • Sep 26

Richard Costanzo, professor emeritus, VCU

- **Independent Living, With or Without Perfect Vision!**

Th • Oct 3

Suzanne Kim, OD, Executive Director, MEDARVA Low Vision Center

- **Medical CBD and Me: The Facts About Medical Cannabis and If It's Right for You**

Th • Oct 10

Farzana Kennedy, Dalitso LLC

- **Seeing Cataract Surgery From Both Sides**

Th • Oct 17

Barry Roper, MD, former chief of staff, Richmond Eye and Ear Hospital

- **Feeling the Squeeze: Breast Cancer Screening After Menopause**
Th • Oct 24
Kandace McGuire, MD, chief of breast surgery and surgical leader, Breast Health Program, VCU
- **The Future of Sheltering Arms: A Richmond Institution**
Th • Oct 31
Alan Lombardo, CEO, Sheltering Arms Institute
- **Dr. Marcus Welby Won't Be Seeing You Now: The Changing Landscape of Primary Care**
Th • Nov 7
Linda Costanzo, PhD, professor emerita, VCU
- **Mindfulness**
Th • Nov 14
Claire Thomas, MD, Commonwealth Primary Care



The Joys of Reading Latin

Note: Enrollment for this course is limited to students who have completed units 1, 2, and 3 of the first eleven stages of *The Cambridge Latin Course* and are ready to continue unit 4.

Th • Sep 26 - Nov 14

11:00 - 12:00

Room 207

Teacher: Lee Perkins, PhD, Harvard University; classical languages teacher, St. Catherine's School

Chair Yoga

This gentle yoga program targets strength, balance, flexibility, and stress release. Postures are performed while seated in a chair or standing using the chair for support. Breathwork and final relaxation promote stress release. Includes Laughter Yoga class on Oct 31 with Slash Coleman from the RVA Laugh Club.

Th • Sep 26 - Nov 14

11:00 - 12:00

Basement

Teacher: Christine Thomas, Yoga Alliance experienced registered yoga teacher; editor of two healthy-eating cookbooks

Musical Potpourri

Popular composers and performers of the 20th century are featured and discussed.

Th • Sep 26 - Nov 14

11:00 - 12:00

Room 209

Teachers: Vaughan Gary, retired RSVP director at United Way; HS drama, English, and speech teacher; and Rick Smith, retired music and DVD manager at Barnes & Noble; music and culture aficionado

Luftwaffe

This illustrated slide lecture examines the rise and fall of the Luftwaffe by analyzing the role of its principal leaders, its technology, its strategic and tactical orientation within the German armed forces of World War II. A four-week course.

Th • Sep 26 - Oct 17

11:00 - 12:00

Fellowship Hall

Teacher: Fred Beck, former Department of Defense historian and chief editor of the U.S. Air Force History Program

The EU Today

An introduction to the administrative and political leadership institutions of the multinational European Union, and discussions of the EU's issues and challenges, including territorial disputes, political and economic conflicts, and Brexit.

Th • Oct 24 - Nov 14

11:00 - 12:00

Fellowship Hall

Teacher: Art Gunlicks, emeritus professor of political science, UR

Confessions in Literature

Murders motivated by love, lust, jealousy or revenge. Confessions extracted by trickery, impelled by guilt or religious conversion. Why do people confess to crimes they've gotten away with, or even didn't commit? We'll leapfrog through 30 centuries, beginning with the Hebrew scriptures, as we wrestle with these questions.

Th • Sep 26 - Nov 14

11:00 - 12:00

Room 218

Teacher: Bruce Birdsey, retired Episcopal priest and author

Beginning French

For those who have had little or no French. Useful expressions and vocabulary will be introduced, and we will explore the French language and culture. We will progress at a gentle pace.

Th • Sep 26 - Nov 14

11:00 - 12:00

Room 206

Teacher: Janet Sheridan, MA French literature, UR; former teacher, St. Catherine's; former adjunct faculty member, VCU

(Continued on page 6)

LUNCH SPEAKERS

Lunch: 12:00 - 12:30

Bring a sandwich.

Coffee and dessert are available.

Lunch Speakers: 12:30 - 1:15

Fellowship Hall

SEE PAGE 3 FOR LIST OF SPEAKERS

Konnichiwa:

Low Intermediate Japanese

Listening, reading, speaking, and writing skills with 2006 JLPT Level 3 (paper copies available) and textbook *Japanese for Busy People* 1, romanized version.

Th • Sep 26 - Nov 14

12:15 - 1:15

Room 205

Teacher: Sabine Horn, MA in

Japanese and Russian,

University of Marburg, Germany



Kak dyela?

Beginning Russian III

Speaking and listening skills for everyday situations and culture. Reading and writing Cyrillic. Systematic grammar. Fun with Pimsleur. Russian Scrabble. Textbook: *Russian Face to Face, Level One*.

Th • Sep 26 - Nov 14

1:30 - 2:30

Room 205

Teacher: Sabine Horn, MA in

Japanese and Russian,

University of Marburg, Germany

Feldenkrais

The Feldenkrais method can improve a person's movement repertoire by expanding and refining body awareness to reduce pain or limitations in movement and promote general well-being.

Th • Sep 26 - Nov 14

1:30 - 2:30

Room 218

Teachers: Nancy Dawe, Jane McAllister, Mary Frances Hobbs, Cas Overton, and Vicki White, guild-certified Feldenkrais practitioners



Free!

Lunch and Life

Wednesdays

St. Mary Catholic Church • 9505 Gayton Road

Lunch 12:00 - 12:30

Lunch Speakers 12:30 - 1:15

Bring a sandwich.

Beverages and desserts provided.

Whistle While You Work: The Spiritual Message of Famous Disney Songs

W • Sep 25

Father Michael Renninger, pastor, St. Mary Catholic Church; singer

Hollywood Cemetery: A Park and Garden

W • Oct 2

Kathryn Whittington, master guide, Valentine Museum; former docent, Maymont mansion

Change the World RVA: Supporting Richmond's Homeless High School Students

W • Oct 9

Natalie May, founder and director, Change the World RVA

Best Seat in the House: Life in the Game, Not on the Sidelines

W • Oct 16

The Hon. John Hager, former Lieutenant Governor of Virginia

OPEN UNIVERSITY REGISTRATION FALL SESSION 2019

Dr. ☐ Mr. ☐ Mrs. ☐ Ms. ☐ _____
first name middle initial last name

street address:

city, state, zip: _____

home phone: _____ cell phone: _____

Email: _____

- ☐ \$150 Tuition Deal (includes \$25 membership and 1 year tuition; current members need to pay only \$125)
- ☐ \$45 Member Tuition (for current members attending one session)
- ☐ \$75 Non-Member Tuition (for one session)
- ☐ \$25 Shepherd's Center membership (valid from 7/1/2019 - 6/30/2020)*
- ☐ donation to The Shepherd's Center (optional)* \$ _____
- ☐ I need a nametag

TOTAL: _____

* tax-deductible

3 WAYS TO REGISTER

1 MAIL

Administrative Office:
The Shepherd's Center of
Richmond
3111 Northside Ave., #400
Richmond, VA 23228

Mail completed registration
with check payable to: *The
Shepherd's Center*

2 WALK-IN

Register on site the day of classes at either location.

3 ONLINE

www.TSCOR.org

TUITION DEAL
Save \$10!

- Sign up to be a Shepherd's Center member and register for one year of Open University at the same time
- Make one payment of \$150
- Already a member? Make one payment of \$125 when you register

Frequently Asked Questions

What is Open University?

Open University (OU) is the lifelong learning program of The Shepherd's Center of Richmond (TSCOR). All instructors are volunteers recruited from Richmond's university and professional communities.

What is The Shepherd's Center of Richmond? The Shepherd's

The Center of Richmond (TSCOR) is a nonprofit, nondenominational, organization for service and education. Its mission is to encourage older adults to remain active and independent through enrichment programs and volunteer service to their peers.

Where does OU meet? When in session, OU meets Mondays at St. Luke Lutheran Church on the South Side, and Thursdays at First Presbyterian Church in the West End.

What does OU cost? There are three sessions in one academic year. The cost is \$45 per session (not per class) for TSCOR members and \$75 per session for non-members.

Can I attend just one course?

You may attend just one class or as many classes as you like at either of our locations for the full tuition cost. We do not charge per individual course, but for the entire 8-week session.

What if I'm unsure I'll like OU?

Anyone may attend one day for free. If you decide you would like to return, you can register on site.

Do I have to become a TSCOR member to attend OU?

Membership is not required.

What are the costs and benefits of annual membership with

TSCOR? Membership is \$25 and runs from July through the following June.

Membership benefits:

- free attendance to all lunch speakers
- reduced Open University tuition
- reduced group travel rates
- invitation to Annual Celebration
- subscription to the TSCOR biannual newsletter

In the event of cancellations, are there make-ups or refunds?

Unfortunately, we are unable to offer make-up classes or refunds.

Questions? Call 804-355-7282
or visit: TSCOR.org



The Shepherd's Center of Richmond
3111 Northside Ave., Suite 400
Richmond, Virginia 23228-5441



OPEN UNIVERSITY

LIFELONG LEARNING WITH The Shepherd's Center of Richmond

Fall Session
Sep 23 - Nov 14, 2019

The Shepherd's Center of Richmond is a nonprofit, nondenominational organization for service and education. Its mission is to encourage older adults to remain active and independent through enrichment programs and volunteer service to their peers.



Active • Independent • Engaged