From the Director

We are about to kick off several lecture series for the semester. I hope that you will all make a concerted effort to attend these events to show our guests from Coastal Carolina University and the community how vibrant and curious our OLLI members are. These experts take time out of their busy schedules to share with us their research and knowledge; they deserve a large and enthusiastic audience. Also, when they share their positive experiences of lecturing at OLLI with others, we are better able to recruit speakers for the future. Hope to see you soon!

Carol

Feb. 1, 10:00 a.m., Conway Education Center

*Making the Best of the Rest of Your Life*
Christine Rockey, Department of Kinesiology, CCU
“Fitness Throughout our Years”

Feb. 1, 1:00 p.m., Litchfield Education Center

*Welcome to the Grand Strand*
Paige Sawyer, Georgetown native, OLLI instructor, and former member of the board
“Interesting Tidbits about Georgetown’s 300 Years of History”

Feb. 2, 10:00 a.m., Johnson Auditorium, Wall Building, CCU campus

*Great Decisions in Foreign Policy*
Michael Murphree, University of South Carolina
“Decoding U.S.-China Trade”

Feb. 4, 11:00 a.m., Litchfield Education Center

*Litchfield Lunch and Learn* ($10)
Dan Abel, Professor of Marine Science, CCU
“Sharks of South Carolina”
It’s time to plan your next vacation!

Don’t miss the deadline for these exciting OLLI opportunities.

California Rail Discovery (May 15-21, 2019)
Deadline February 20
Napa Valley Wine Train, Sierra Nevada Rail Journey, San Francisco, Sausalito, Lake Tahoe, Sacramento, Virginia City...7 days of adventure. $2995

Canadian Rockies (August 18-25, 2019)
Deadline February 11
Calgary, Banff, Lake Louise, Athabasca Glacier, Jasper, Vancouver, and spectacular views on the VIA Rail train ride that you will never forget. $5949
There is still time to enroll in these OLLI classes beginning soon. Enroll today to guarantee your spot before class begins. Please visit our “Current Courses” page on the OLLI website for more information.

Conway:
- Mesh Wreath Workshop (XART 222 C01) Tues., 2/5
- Improving Your Memory (XHEAL 768 C01) Tues., 2/5
- Gardening Academy (XCLB 914 C01) Thurs., 2/7
- Dancin’ & Prancin’ (XMUSC 715 C01) Thurs., 2/7
- Big Weather (XNAT 955 C01) Thurs., 2/7
- What You Should Ask Your Doctor (XPERS 201 C03) Fri., 2/8
- Getting a Healthy Aging Brain (XHEAL 718 C01) Tues., 2/12
- Reduce Risk for Heart Disease (XHEAL 738 C01) Thurs., 2/14
- Dancin’ & Prancin’ (XMUSC 715 C02) Thurs., 2/14
- Fall Prevention/Sepsis (XPERS 201 C04) Fri., 2/15
- American Sign Language 2 (XASL 300 C01) Mon., 2/18
- Secret Life of Seashells (XNAT 919 C01) Mon., 2/18
- Estate Planning & Elder Living (XFINC 731 C01) Wed., 2/20
- Middle East Current Events (XGOVT 415 C01) Wed., 2/20
- Iran in Syria, Lebanon and Iraq (XGOVT 480 C01) Wed., 2/20
- Lay This Body Down (XHIST 608 C01) Wed., 2/20
- Metal Detecting in S.C. Overview (XSKIL 752 C01) Wed., 2/20
- Keeping a Sharp Mind (XPER 201 C05) Fri., 2/22
- Digitize Your Past (XCTEC 304 C01) Sat. 2/23
- Knitting: Beginners to Advanced (XART 182 C02) Mon., 2/25
- Fabric Painting and Wax Work (XART 195 C01) Mon., 2/25
- Insights into Ourselves (XLITR 531 C01) Mon., 2/25
- Grammatical Errors (XLITR 532 C01) Mon., 2/25
- Nia Dance (XMUSC 707 C02) Tues., 2/26
- World Affairs Club (XCLB 403 C01) Wed., 2/27
- Metal Detecting in S.C. (XSKIL 752 C02) Wed., 2/27
- The Science of “The Martian” (XSCI 932 C01) Thurs., 2/28

Litchfield:
- Secret Life of Seashells (XNAT 919 L01) Mon., 2/4
- Lunch and Learn: Sharks of S.C. (XOLLI 700 L01) Mon., 2/4
- Protect Your Info in an Insecure World (XCTEC 283 L01) Tues., 2/5
- Improving Your Memory (XHEAL 768 L01) Fri., 2/8
- Create a Fire Safe Home (XPERS 202 L02) Fri., 2/8
- Estate Planning & Elder Living (XFINC 731 L01) Mon., 2/11
- Latin for the Curious (XLAT 100 L02) Mon., 2/11
- Fabric Painting and Wax Work (XART 195 L01) Tues., 2/12
- Windows Basics: Level 2 (XCTEC 202 L01) Tues./Thurs., 2/12
- Getting a Healthy Aging Brain (XHEAL 718 L01) Fri., 2/15
- Grand Strand: CCU (XPERS 202 L03) Fri., 2/15
- Golf Swing Simplified (XSKIL 692 L02) Mon., 2/18
- Iran in Syria, Lebanon and Iraq (XGOVT 480 L01) Tues., 2/19
- Advanced Golf Swing (XSKIL 694 L02) Tues., 2/19
• General Golf Improvement (XSKIL 693 L02) Wed., 2/20
• Beg. Alcohol Ink Painting (XART 240 L01) Thurs., 2/21
• Advanced Golf Swing (XSKIL 694 L06) Thurs., 2/21
• Arts Scene: Great Britain (XHIST 614 L01) Fri., 2/22
• Golf Swing Simplified (XSKIL 292 L06) Fri., 2/22
• Weather All Year ‘Round (XPERS 202 L04)

We still have vacancies on the following excursions:
• Charleston History Museum (XEXC 100 C05) Tues., 2/12

• Christopher Artisan Chocolatier-Pâtissier, Charleston (XEXC 100 C08) Thurs., 2/28

• Weaving a Seaside Angel (XART 124 L02) Mon., 2/25
• Basics of Sweetgrass (XART 123 L02) Tues., 2/26
• CPR/AED & First Aid Training (XSKIL 691 L01) Tues., 2/26
• Driftwood/Shell Nativity (XART 263 L01) Wed., 2/27
• Fractions and Word Problems (XSKIL 756 L01) Wed., 2/27
• Insights into Ourselves (XLITR 531 L01) Thurs., 2/28

• Indigofera Suffruticosa (XEXC 100 C28) Tues., 3/5

• Florence, S.C. (XEXC 100 C12) Tues., 3/19

• Middleton Place (XEXC 100 C13) Thurs., 3/21
Great Decisions in Foreign Policy Lecture Series

Saturday mornings, Feb. 2 - 23, 10 a.m. to noon with refreshments at 9:30 a.m.

Johnson Auditorium, Wall College of Business, 119 Chanticleer Drive W., Conway

The Great Decisions Program is the oldest and largest grassroots world affairs educational program of its kind in the country whose goal is to discuss, debate, and learn about international affairs, national security, and U.S. foreign policy. The Great Decisions Program is for anyone who desires to gain a deeper understanding of the current challenges the United States faces in the world today. This year’s topics include Cyber Conflict and Geopolitics, The United States and Mexico: Partnership Tested, Decoding U.S.-China Trade, and State of the State Department and Diplomacy.

Feb. 2: Decoding U.S.-China Trade, Michael Murphree, University of South Carolina

Through arguably the most advanced economy in the world, the U.S. still uses centuries-old numbers to measure trade. These antique numbers mangle understanding of the U.S.-China trade relationship, shrinking America’s true economic size and competitiveness, while swelling China’s. Bad numbers give rise to bad policies that ultimately kill U.S. jobs and cede market share to China. What other tools can the U.S. employ to counter China’s unfair trade practices? There are several available, yet they remain mostly unused. (overview courtesy of Jeremy Haft)

Feb. 9: Cyber Conflicts and Geopolitics, LaMesha Craft, Coastal Carolina University

Cyber conflict is a new and continually developing threat, which can include foreign interference in elections, industrial sabotage and attacks on infrastructure. Russia has been accused of interfering in the 2016 presidential elections in the U.S., and China is highly committed to using cyberspace as a tool of national policy. Dealing with cyber conflict will require new ways of looking at 21st century warfare. Is the U.S. prepared to respond to such threats? (Overview courtesy of Richard Andres)

Feb. 16: The United States and Mexico: Partnership Tested, Abelardo Rodriguez, Universidad Iberoamericana

The U.S. and Mexico have a long, intertwined history, with both countries prominently featured in each other’s politics and agendas. The war on drugs, immigration and trade issues have taxed the relationship over the years. What impact will new leadership in both countries have on this crucial partnership? (Overview courtesy of Michael Shifter and Bruno Binetti)

Feb. 23: State of the State Department and Diplomacy, Will Stevens, U.S. Department of State

During the Trump administration, the usual ways of conducting diplomacy have been upended. Many positions in the State Department have never been filled, and meetings with foreign leaders such as Kim Jong-un and Vladimir Putin have been undertaken with little advance planning. What effect are these changes having now, and how will they affect ongoing relationships between the United States and its allies and adversaries? (Overview courtesy of Nicholas Burns)
Lunch and Learn
Monday afternoons, 11 a.m. to 12:50 p.m.
Litchfield Education Center 14427 Ocean Highway, Pawleys Island

Feb. 4: Sharks of South Carolina, Dan Abel (XOLLI 700 L01), $10
Mar. 4: South Carolina’s First 100 Years, (XOLLI 700 L02), $10
Apr. 1: National Parks, Sarah Diaz (XOLLI 700 L03), $10

Welcome to the Grand Strand: Introductions to the Area
Friday afternoons, Feb. 8-22 1 to 2:50 p.m.
Litchfield Education Center 14427 Ocean Highway, Pawleys Island

Feb. 1: Interesting Tidbits about Georgetown’s 300 Years of History, Paige Sawyer
By George! I didn’t know that! This session will be interesting tidbits about Georgetown’s fascinating first 300 years.

Feb. 8: Practical Lessons to Create a Fire Safe Home, Mark Nugent
This interactive session will provide the participants with the knowledge, skills and abilities to safeguard their families against the leading causes of fires across our community. Strategies to safeguard your home will be discussed.

Feb. 15: Coastal Carolina University, TBA
This session is everything you need to know about sporting events, cultural arts and auditing classes at CCU.

Feb. 22: Weather All Year ‘Round, Sam Hodges
Everything you need to know about how handle hurricanes, flooding and ice storms.

Make the Best of the Rest of Your Life
Friday mornings, Feb. 1-May 3, 10:00 a.m. to noon
Conway Education Center, 290 Allied Drive, Conway

Feb. 1: Fitness Throughout our Years, Christine Rockey, Lecturer of Exercise and Sport Science, Department of Kinesiology, CCU
A healthy diet, regular exercise program, and positive attitude can help delay the onset and slow the progression of many age-related changes.

Feb. 8: What should you be asking your doctor every year? Discussing the importance of vaccinations, annual lab work, and routine medication for adults over 50, Dr. Elijah Engwall and Dr. Payal Parikh, Grand Strand Health

Feb. 15: Falls Prevention and Understanding Sepsis, Laura Lunsford, BSN, RN, Trauma Injury Prevention Educator and Nicole Kassen, DNP HSL, MSN/Ed, RN, Sepsis Coordinator

Feb. 22: Keeping a Sharp Mind, Bert Hayslip, Teaching Associate, Psychology, CCU

Mar. 1: Health Tourism, Sherer Royce, Associate Professor, Health Services, CCU
Mar. 29:  **Medicare and Alternatives**, Terri Stephens, AHI Agency

Apr. 5:  **Managing Health Care**, Reagan Callaghan, Director of Elder Associates of S.C., Inc. and Hannah Ross, founder and owner of Elderlinx Senior Services
Learn about geriatric disorders; how to deal effectively with medical personnel and institutions; and how to seek and receive medical and non-medical assistance.

Apr. 12:  **Independent, Assisted, Long-term, Hospice Care**, Harry Willoughby, Right at Home: In Home Care and Assistance, and Shane Hubbard, Community Outreach Officer with the Horry County Council on Aging
Learn all the aspects of impaired living long-term care: home health care, independent and assisted-living facilities, skilled nursing homes, CCRCs, and hospices. Learn how to determine the most suitable resource in the field of elder care, how to prepare and pay for these services, and how to negotiate effectively with providers.

Apr. 19:  **Grief and Mourning**, Jim and Carol Bowdre, funeral directors and grief counselors
Learn about thanatology: the laws, customs, and practices surrounding the dying and the dead and the mourning that accompanies loss.

Apr. 26:  **Retirement and Old-Sage Financial Strategies**, Taber Brown, CFP® AEP®

May 3:  **How We Blunder Our Estates and Don’t Even Know It**, Gary Newman, retired principal from GMNewman Associates; Taber Brown, CFP® AEP®; and Dundee Carter, attorney concentrating in elder law, estate planning and administration
Discovering and fixing the legal, financial and judgmental errors that hemorrhage our late-life assets and the estates we leave to our heirs.

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**CCU Department of History’s War & Society Film Series**
Wednesday afternoons, 2-4 p.m.
Conway Education Center, 290 Allied Drive, Conway

Feb. 20: “A Thousand Months,” Salma Oubkkou “A Thousand Months” is a stark but lovely evocation of the many melodramas that simultaneously haunt and enliven a Moroccan village in the Atlas Mountains during the month of Ramadan in 1981.

Mar. 20: “The Great Journey,” Philip Whalen Reda, a young Westernized teenager, and his middle-aged father drive from southern France to Mecca for the father to complete his pilgrimage. They gradually get to know each other and their relationship thaws.

Apr. 3: “The Band’s Visit,” Suheir Daoud A band made of members of the Egyptian police force head to Israel to play at the inaugural ceremony of an Arab arts center, only to find themselves lost in the wrong town.

May 1: “The Insult,” Chris Gunn After an emotional exchange between a Lebanese Christian and a Palestinian refugee escalates, the men end up in a court case that gets national attention.
**Perspectives from a Variety of Religions**

Saturday mornings, March 2-23 10 a.m. to 12:15 p.m. with refreshments at 9:30 a.m.

Conway Education Center, 290 Allied Drive, Conway

**Mar. 2:** Esoteric Buddhism and the Environment (Internal and External), Ron Green Learn about the ideas and practices that make esoteric Buddhism unique. Discover how the tradition views the body, the mind, the world and the universe as mirror images of one another, each containing all of the elements of the other.

**Mar. 9:** Moroccan Women and the Legitimacy of Hope after the Arab Spring, Salma Oubkkou This presentation examines and evaluates the position of Moroccan women after the Arab spring, and the different battles they fought to gain their rights after years of colonialism and patriarchy.

**Mar. 16:** Origins and Evolution of the Christian Sacraments of Baptism and Eucharist, Tom McCollough Trace the origins of these central rituals of Christianity from Judaic practices to similar rituals in Greco-Roman paganism. Follow the growing importance of these rituals in Christian theology focusing on the contributions of Paul, the Church Fathers and Thomas Aquinas.

**Mar. 23:** Judaism and the Ethics of Food, Alan Todd Please join Todd as he discusses not only the history of many aspects of Jewish dietary laws and their role in shaping Jewish identities, but also the deep and profound ethical standards that have long been understood to be at the foundation of Jewish foodways.

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**Toastmasters Club (Litchfield), Dr. Daniel Falk**

Toastmasters is an outstanding program designed to help people develop communication and leadership skills in a club setting. The club is well organized as a supportive and motivating speaking club where members help each other improve their speaking skills as well as self-confidence and person growth. It currently has 350,000 members in 16,000 clubs worldwide; in 143 countries. Pawleys Island Toastmasters Club is in a collaboration with OLLI and meets in classroom 103 every 2nd and 4th Thursdays of each month. Members can join at any time. Attend your first meeting free. For more information email PawleysIslandToastmasters@gmail.com or visit their facebook page: Pawleys Island Toastmasters.

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**Would you like to have an OLLI student photo ID?**

Current OLLI students will have an opportunity on Wednesday, February 20th (10 a.m. to 5 p.m.) to come by the Litchfield Education Center where we will be issuing OLLI photo ID cards. These cards are useful when taking advantage of the benefits listed with our OLLI Community Partners as well as receiving student discounts at various locations. Students who are visiting our Conway campus may continue to stop by the CINO Card Office to have an OLLI ID made during regular business hours year-round.
News from our Partners

Legends in Concert

The tribute show at Broadway at the Beach between February 8 and May 18 features the following acts: Aretha Franklin, the Blues Brothers, Elton John, Elvis Presley and Michael Jackson.

LECTURE ON HISTORY OF THE AMERICAN WEST

CCU Department of History

The Clark Chair History Series showcases Derek Everett on Thursday, Feb. 7 at 6:00 p.m. on campus in the Alford Ballroom of Atheneum Hall. Everett, author of *Creating the American West* and instructor of history at Colorado State University, will deliver a lecture, “Walk the Line: How State Boundaries Unite and Divide,” that focuses on the trans-Mississippi West and regional identities. The event is free and open to the public.

Follow Ellen Jampole’s example:

Go out with friends, wear a silly hat, and give to OLLI@CCU on your birthday!!! One $ for every year you have been on this good earth!
5th Annual **Craft Fair**

to benefit

The Low Country Food Bank
Myrtle Beach

Sunday, February 10, 2019

Base Recreation Center
Next to HGTC Culinary Building

Off Pampas Drive

Market Commons, Myrtle Beach

10:00 A.M. To 4:00 P.M.

Entrance Fee: Non perishable Food for Families and/or Pets

over 100 vendors

Questions: 843 286 2580