



Summer 2023

at **Carnegie Mellon University** | cmu.edu/osher



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SLSG = Study Leader Support Group

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ON THE COVER

In May 2020, CMU sent a request for proposals to several sculptors and selected college of fine Arts alumnus Ray Kaskey's submission. A Scottish Highland Terrier named Bean was used as a model for the sculpture. Scotty can be found standing atop a granite base in the Merson Courtyard outside of the University Center. If you visit him, make sure to rub his nose for good luck!

Cover photo: Carnegie Mellon University

Additional catalog images courtesy of wikimedia commons, pexels, unsplash, Bill Greenspan, David Bachman Photography, Duane Rieder; Pittsburgh Ballet Theatre: Artists: Lucius Kirst, JoAnna Schmidt; Photo: Rieder Photography, Betsy and David Bangley, Matthew Schluab, Carol Couvrette, and Carnegie Mellon University.

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One-and Two-Day Classes: *Jun. 12 - Jun. 23*

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The course descriptions and biographies have been edited with an eye to preserving the voice and spirit of our study leaders.

CMU CAMPUS

5000 FORBES AVE., PITTSBURGH, PA 15213

Classes in this section will be held on the Carnegie Mellon University campus.

A photograph of the exterior of Cyert Hall at Carnegie Mellon University. The building is a modern structure with a grey facade and large glass windows. The name "CYERT HALL" is prominently displayed in white, serif capital letters on a dark grey horizontal band above the entrance. The foreground shows a grassy area with scattered autumn leaves in shades of yellow, orange, and brown. The background is filled with more trees with vibrant fall foliage. The entire image is overlaid with a semi-transparent red banner at the top containing text.

CYERT HALL

ARTS & HUMANITIES

Cinema/Film | Literature | Music

CINEMA/FILM

The Pittsburgh Pirates, Lou Gehrig, And The Movies

Study Leader: Ron Backer

- 2 Classes: Jun. 15 and Jun. 22
 - Thursday, 1:00 PM - 2:30 PM
 - Cyert Hall, Osher Room A
- Class ID: 4657



Utilizing PowerPoint presentations filled with movie clips, lobby cards, and photos, participants will be introduced to several films related to baseball (many not that well-known), along with numerous aspects of baseball history. The first class, “The Pittsburgh Pirates Go to the Movies” in addition to exploring the many movies in which the Pittsburgh Pirates have been featured, will emphasize baseball historical events such as Babe Ruth’s last three career home runs (hit at Forbes Field), Roberto Clemente’s 3000th hit, and Jackie Robinson in Pittsburgh. The second class, “Lou Gehrig, Movie Star” will highlight Gehrig’s reasons for starring in Rawhide, a Hollywood western, the making of the movie, its world premiere, and its aftermath, while also addressing the life of Lou Gehrig and the career of Christy Walsh, baseball’s first sports agent.

Ron Backer, an attorney in Pittsburgh for over 40 years, has written five books on film, his most recent being *Baseball Goes to the Movies*, published by Applause Theatre and Cinema Books in 2017. Mr. Backer has also contributed articles about baseball and the movies to publications of SABR (the Society for American Baseball Research) and given PowerPoint presentations on the subject to local groups.

LITERATURE

Books Your Grandchildren Read

Study Leader: Amy Kellman

- 4 Classes: May 3 – May 24
 - Wednesday, 1:00 PM - 2:30 PM
 - Cyert Hall, Hawkins Conference Room
- Class ID: 4583

Banning books for children and teens has become a national sport. This course introduces you to the field as a whole and looks more closely at picture books, non-fiction, and books for teens. We will also explore the diversity in books for children and teens. Students will be asked to read four books that will be available in libraries and in paperback format.

Amy Kellman is the former coordinator of Children’s and Youth Services at the Carnegie Library of Pittsburgh. She has served on the Newbery and Caldecott Committees and is an active member of the Association for Library Services to Children, a division of the American Library Association. She is past president of the Association for Library Services to Children (ALSC) and the United States Board on Books for Young People (USBBY), a section of the International Board on Books for Young People (IBBY). She has taught children’s literature to graduate students at the University of Pittsburgh and Chatham University.

"Such Friends": The Literary Summer Of 1923

Study Leader: Kathleen Dixon Donnelly

- 2 Classes: Jun. 13 and Jun. 20 *Class ID:* 4670
- Tuesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room B

**TWO
DAY**

100 years ago, in the summer of 1923, successful novelist F. Scott Fitzgerald, 26, was living in Great Neck, Long Island, and attending lots of big parties with his wife, Zelda. Aspiring novelist Ernest Hemingway, turning 24, was living in Paris and traveling to Spain to see his first bullfights with his wife, Hadley. It's not hard to predict how these experiences will shape their future novels, particularly *The Great Gatsby* and *The Sun Also Rises*. These two writers had not yet met, but their relationships with their "Such Friends" would affect their future careers and personal lives. In two separate sessions, we'll take a look at what was happening in the "Literary 1920s" a century ago, and how the many writers and artists who were "Such Friends" at that time in America and Europe influenced each other.

Kathleen Dixon Donnelly, Ph.D., has retired as Senior Lecturer at Birmingham [UK] City University to relocate to her hometown of Pittsburgh. The topic of her thesis for her MBA degree from Duquesne University was Scribner's editor Maxwell Perkins' work with F. Scott Fitzgerald, Ernest Hemingway and Thomas Wolfe, available on Amazon as *Manager as Muse*. For her degree from Dublin City University, she researched early 20th century writers' salons in Dublin, London, Paris and New York City. She has given presentations about the writers to life-long learning programs in both the UK and the US. Kathleen regularly posts a blog, "Such Friends": 100 Years Ago at www.suchfriends.wordpress.com, which has been collected into the series, "Such Friends": The Literary 1920s. Volumes I through III covering 1920 through 1922 are available on Amazon in both print and e-book versions. She lives in Highland Park with her husband, Tony Dixon, and their two cats, Gertrude Stein and Robert Benchley.

MUSIC

What If? Composers Who Died Much Too Young

Study Leader: Owen Cantor

- 4 Classes: May 3 – May 24 *Class ID:* 4572
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

What if. Why and how did many of our greatest composers compose so much in so little time? We will look at the fascinating lives of geniuses who were gone by age 40. A strange coincidence or just the unfathomable universe at work? Franz Schubert, for example, lived 31 years. His last year produced a series of unquestioned masterpieces, enriching civilization for generations. What if he had another year? 32! Let's take a look at Schubert, Mozart and Mendelsohn and a few surprising others. This course is a revised and enlarged version of "What If" #1 with upgraded media and many new ideas.

Owen Cantor, DMD, University of Pittsburgh School of Dental Medicine. In addition to his career in dentistry, he was a freelance French horn player and a student of Forrest Standley of Carnegie Mellon University. Formerly an Artist-Lecturer, CMU College of Fine Arts, Dr Cantor currently teaches adult education, researching the diverse geography of classical music in European and American culture at several universities and music festivals.

How Many Words Can One Man Have? Tangled Up In Bob

Study Leader: Mike Schneider

- 6 Classes: May 2 – Jun. 6 *Class ID:* 4674
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Once upon a time you dressed so fine and never imagined the Nobel Prize in Literature would be awarded to Robert Zimmerman of Hibbing, Minnesota, aka Bob Dylan. Is he the Shakespeare of our time? Or just a song-and-dance man? - as he's enjoyed saying about himself. If he's a poet for the ages, what are the distinctive qualities of his work? How has it driven one of contemporary culture's most influential art forms, recorded popular music? We'll track high points in a 50-years-running career that includes more than 60 albums, several documentaries and a lauded memoir. We'll advance, in general, from the early 1960s toward more recent, less well-known recordings. We'll touch on studies by Christopher Ricks, Sean Wilentz, Greil Marcus and others, and pay attention, importantly, to our personal connections with Dylan's work. The invitation of this course: Let's talk about Bob.

Mike Schneider began writing during the Vietnam War when, while serving at an air force base in Ohio, he published an anti-war "underground" newspaper. He has practiced law, worked as a science writer, won awards for magazine writing, and written book reviews and essays on culture for several publications. For a series of essays on art & politics in the Thomas Merton Center's New People, he received a 2003-04 Creative Artists Stipend in Arts Commentary from the Pennsylvania Council on the Arts. Three times nominated for the Pushcart Prize, his poems appear in many literary journals, several anthologies and three chapbooks. He received the 2012 Editors Award from *The Florida Review* and the 2016 Robert Phillips Prize from *Texas Review Press*. In 2017, for the Lifelong Learning program at Carnegie Mellon University, he taught the first course on Bob Dylan in Pittsburgh. Recently, the Hungry Hill Writing Group in West Cork, Ireland awarded Schneider's work second prize in its Poets Meet Politics 2022 International Open. He lives in Pittsburgh's historic South Side neighborhood.

Weekly Essentials

The weekly email for all things Osher at CMU!

Every Friday afternoon, we send out our weekly newsletter: Weekly Essentials, or "The WE!" This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

- Catalog and registration announcements
- Upcoming events and lectures
- Course changes
- Volunteer opportunities
- Member benefits and discounts
- Technology tips and tricks
- Osher class photos
- Articles by Osher members

Members are automatically signed up for these emails, and we ask you do not "unsubscribe" as they will be your gateway to the most important updates from the Osher office. In addition to the email, all of the information is posted on the homepage of our website under the "Weekly Essentials" section.

If you have not received these emails, contact the Osher office and we will make sure you are on the mailing list.

BUSINESS & COMMERCE

Economics



ECONOMICS

The Fascinating Hidden World Of Global Shipping

Study Leader: Douglas Webster

- 2 Classes: Jun. 13 and Jun. 20
 - Tuesday, 1:00 PM - 2:30 PM
 - Cyert Hall, Osher Room B
- Class ID:* 4592

**TWO
DAY**

Most of us know that many of the goods that make our life richer and more convenient come from overseas, but few understand the complex web of planning and logistics that governs their shipment and distribution. The plodding cargo transports and propeller aircraft of the 20th century have evolved to today's container, bulk, project cargo, and heavy-lift ships and air cargo jets. Whether it is your new sneakers, part of your McDonald's hamburger, or a massive transformer to improve your electrical distribution, you'll be fascinated and intrigued to learn how they get from foreign factory, to regional warehouse, to the store near you. Instructor Doug Webster will illustrate his talk with numerous photos and videos he has produced as a communications consultant to the industry.

The second part of this two-class course class examines Project Cargo: how very big, very heavy and very expensive objects get moved from manufacturers to job sites by land, air and water. Whether it is a component for a natural gas processing plant too large to fit in the hold of a ship, giant transformers or drum assemblies so big they can only be moved on roads at night, or offloading a 5,000 ton desalination unit from a barge and moving it overland, you will see how it is done in photos and videos, many of them taken by lecturer Doug Webster.

Doug Webster holds a degree in journalism and political science from Syracuse University. He has worked as a radio and television broadcaster/producer, a US Senate aide, in university development, and in public relations for McGraw-Hill and private advertising/PR agencies. As head of his own firm, he handled North American PR for multinational companies engaged in trade and transportation logistics. Webster is an accomplished photographer and videographer. His work has taken him to Latin America, Europe, and Asia to photo and video projects for clients in the field of international trade and transportation. He retired in 2010 as communications director for the California Maritime Academy.

LEARN BY DOING

Art | Dance/Exercise | Finance/Insurance | Games | Self Improvement | Writing

ART

Drawing For All

Study Leader: Jane Pawlowski

- 6 Classes: May 2 – Jun. 6 *Class ID:* 4647
- Tuesday, 10:30 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

We are all artists and drawing is the foundation of so many different forms of art. This class will delve into some of the fundamentals of drawing through observation. It is geared to the beginning artist as well as those who want to take a more independent approach to their work. We will be building up our arsenal of techniques, looking at the use of line, value, and space. Work will primarily be done in pencil, with some options for other media. Students should bring a sketchbook and pencils to the first class. A suggested materials list will be sent prior to the first class.

Jane Pawlowski began her interest in art at an early age, realizing that this was one area where everyone's solutions could (and should) be different. Formal training began at The High School of Art and Design as an Advertising and Illustration Major followed by a BFA in Graphic Design from the School of Visual Arts in NYC. Jane began her career working in advertising and publishing (Vogue Magazine). Volunteering in schools led to a second, 24-year career, teaching studio and computer art to high school students as well as graphic design to college students. Jane created a program, Fusing Culture in Curriculum in her public schools, incorporating the arts into all areas of the school curriculum. Today, Jane is enjoying time to create her own art in watercolors, oils and acrylics, often bringing to life the places she has traveled in her paintings.



Collaged Painting With Found Objects

Study Leader: Megan Dooley

Materials Fee: \$10*

- 2 Classes: Jun. 27 and Jul. 11* *Class ID:* 4682
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

*Note: Class will not meet on Jul. 4

NEW

TWO DAY

This is a hands-on art workshop in collaged painting and responsive / reactive artistic process. Over the course of two 90-minute sessions, participants will learn what these product / process concepts are. They will create a personally meaningful and responsively evolved collaged painting.

Meg Dooley is a multidisciplinary artist with 50 years of varied accomplishments in visual, performing and broadcast arts and media, including video art; theater & dance performance; film & radio / television production; online multimedia design; digital & natural media painting & collage; and mixed / multimedia installation art. Following her retirement from gainful employment – most recently at Pitt's Learning Research & Development Center – she started Finders Keepers Design, a sole proprietorship specializing in digital arts / media and craftwork commissions. Her awards include Emmys for “Where in the World is Carmen Sandiego” and “WonderWorks” (WQED, WGBH, PBS); Addies for musical radio spots for The Gap; and several “best of” awards for academic writing & publications. Her installations and collaged paintings, shown at the McCandless Heritage Center 2019 - 2021, can be seen on her website, megdooleyart.com.

DANCE/EXERCISE

Brain Health & Better Balance Through Dalcroze

Study Leader: Leslie Upchurch

- 3 Classes: Jul. 27 – Aug. 10 *Class ID:* 4659
- Thursday, 3:15 PM - 4:15 PM
- College of Fine Arts, Alum

Brain Health And Better Balance Through Dalcroze Eurhythmics is a class for active seniors and other adults interested in improving their mental clarity and balance. Swiss musician, composer, conductor, and pedagogue Émile Jaques-Dalcroze devised the process of Eurhythmics in the early 20th century. Eurhythmics means good rhythm. The discipline teaches movement in time to music from Mozart minuets to jazz improvisations. Participants walk and turn around, stay in step with changing tempos, learn to shift weight and balance, handle objects while walking, and make elegant gestures. For seniors, Dalcroze Eurhythmics can improve balance and reduce the risk of falling. In a study, senior citizens cut their risk of falling by 50% after taking classes for six months.

Please note: *For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity.*

Leslie Purcell Upchurch, daughter of the late CMU alum and Pittsburgh band leader Jack Purcell, is the instructor. She also teaches the class in New York City at the Marlene Meyerson JCC Manhattan. She is on the faculty of the Marta Sanchez Dalcroze Training Program at Carnegie Mellon and is excited to be able to share her Dalcroze NYC initiative with seniors in the Pittsburgh area. She has a BFA in piano from CMU, an MM in music from the University of Wisconsin, Madison, and a license in Dalcroze Eurhythmics from CMU.

FINANCE/INSURANCE

It's Good To Be Queen! A Woman's Financial Reign

Study Leader: Roselyn Wilkinson

- 5 Classes: May 10 – Jun. 7 *Class ID:* 4600
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Olmsted Activity Room

- 5 Classes: Jun. 27 – Aug. 1* *Class ID:* 4601
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A

**Note: Class will not meet on Jul. 4*

When it comes to your money and finances, are you a damsel in distress? If the whole idea of financial planning scares you, everything you need to know and do to reach your goals and reign supreme will be laid out in simple steps: from budgeting, determining your net worth, saving and staying debt-free to vetting qualified professionals, and protecting yourself and your assets with proper insurances. You'll master investment basics, industry terminology and learn how to build wealth over time. Financial planning is no more complicated than eighth-grade math. It's time to own your financial life just as you do your career and health. Regardless of whether you're single, married, divorced or widowed, making informed decisions about your short- and long-term financial security is critical to preserving your independence and expanding your options in life. Because today, happily ever after is not a fairy tale; it's a choice.

Roselyn Wilkinson helps people manage their money through comprehensive financial planning. With over 25 years of experience, she serves as President of MD&A Financial Management Company. She is licensed to sell life, disability and long-term care insurance and, as a Registered Representative with Berthel Fisher & Company Financial Services, Inc., stocks, bonds and mutual funds and a host of other investment vehicles. Passionate about helping women become more engaged in their finances, Roselyn is on the board of the Women & Girls Foundation of Pittsburgh and a member of the Executive Women's Council. As a graduate of Leadership Pittsburgh, Roselyn remains actively involved in its alumni program. She has been a guest writer for the *Pittsburgh Post-Gazette* and the *Pittsburgh Business Times*. Roselyn is a CERTIFIED FINANCIAL PLANNER™, author of *It's Good to be Queen: Every Woman's Pocket Guide to Financial Sovereignty* and a multi-year recipient of the Five Star Wealth Manager Award.

Saving Taxes In Retirement

Study Leader: Bud Kahn

- 5 Classes: May 4 – Jun. 1 *Class ID:* 4571
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

Diligent savers enter the second half of retirement with little insight into the complex tax and distribution planning dangers that can wipe away the sacrifice made during their working years. This course is designed to educate participants about how to keep more of their retirement savings by effective use of planning opportunities available under current tax laws. This course is updated annually to reflect new legislative developments and tax planning opportunities.

Bud Kahn, a Pittsburgh-based wealth manager, is the founder and Managing Principal of WMS Wealth Planners, with offices in Aspinwall and Greensburg. Bud is a graduate of the University of Pittsburgh, with a bachelor's degree in economics and an MBA in accounting and finance. He also earned a master's degree in taxation at Robert Morris College and has completed executive education programs at Carnegie Mellon University, the Wharton School of the University of Pennsylvania, and the Booth School of Business at the University of Chicago. Bud is a Certified Public Accountant, Certified Financial Planner, Certified Investment Management Analyst, Certified Private Wealth Advisor, and Accredited Estate Planner. Bud is also a member of Ed Slott's Elite Advisor Study Group, in which he studies the complexities of IRAs to help his clients with the tax-and distribution-planning strategies necessary to achieve financial security.

GAMES

Let's Play Some Bridge

Study Leader: John Olmsted

- 6 Classes: May 2 – Jun. 6 *Class ID:* 4616
- Tuesday, 1:00 PM - 3:00 PM
- Cyert Hall, Olmsted Activity Room

- 6 Classes: Jun. 27 – Aug. 8* *Class ID:* 4617
- Tuesday, 1:00 PM - 3:00 PM
- Cyert Hall, Olmsted Activity Room

**Note: Class will not meet on Jul. 4*

The most effective way to improve your bridge game is by playing. This course is a “learn by doing” experience in which participants will play and then discuss 4-5 deals every week. The deals will be set up in advance by the Study Leader, and each deal will be designed to demonstrate one or more finer points of the game. Participants will be encouraged to submit challenging deals that they would like the class to play and discuss.

John Olmsted has enjoyed playing bridge since he learned the game from his parents at age 10. He was a member of the Carnegie Tech Intercollegiate champion bridge team as an undergraduate, and he and his favorite partner finished fifth in the ACBL national open pairs competition in Pittsburgh in 1958. Although he has played duplicate bridge on and off over the years, he prefers the relaxed social atmosphere of a friendly “party” bridge game. He has taught several levels of bridge courses for Osher at CMU.

Important

To attend a course, you must have received a course confirmation for that course through the office. Please don't confuse the course confirmation with a wait list notice.

We appreciate your cooperation.

To maintain the integrity of our organization, please do not share Zoom codes.

Bridge Basics I

Study Leader: Jack Patzer

-
- 6 Classes: May 3 – Jun. 7 *Class ID:* 4589
 - Wednesday, 2:45 PM - 4:45 PM
 - Cyert Hall, Olmsted Activity Room
-

Bridge is a card game enjoyed by tens of millions of people who like social interaction as well as mental challenges. Bridge involves both bidding (competing for the right to select a master suit) and playing (one card at a time played by each of the four players). The Bridge Basics series (BB1, BB2, BB3) explores a progression in playing skills that is designed to take neophytes (never played bridge before) to confident social bridge aficionados. Participants receive some instruction and play two or more sample hands (followed by a detailed analysis of the hand) at every meeting. Bridge Basics I (BBI) introduces the participant to the Standard American bidding convention framework and provides instruction in the structure of the game, basic hand evaluation, opening suit bids, overcalls, competitive bidding, and play of the hand. BB1 is appropriate for neophytes or beginners who want to relearn the basics.

Jack Patzer has been playing bridge for more than 50 years. He is an experienced beginning bridge guide (Bridge Basics 1, 2, 3, 4) who enjoys introducing “newbies” to the game. Although he and his favorite partner have played duplicate on and off over many years (even once winning a sanctioned tournament on a cruise ship), Jack prefers the relaxed social atmosphere of a friendly “party” bridge game.

Bridge Basics II

Study Leader: Jack Patzer

-
- 6 Classes: Jun. 28 – Aug. 2 *Class ID:* 4590
 - Wednesday, 2:45 PM - 4:45 PM
 - Cyert Hall, Olmsted Activity Room
-

Bridge is a card game enjoyed by tens of millions of people who like social interaction as well as mental challenges. Bridge involves both bidding (competing for the right to select a master suit) and playing (one card at a time played by each of the four players). The Bridge Basics series (BB1, BB2, BB3) explores a progression in playing skills that is designed to take neophytes (never played bridge before) to confident social bridge aficionados. Participants receive some instruction and play two or more sample hands (followed by detailed analysis of the hand) at every meeting. Bridge Basics II (BBII) explores slightly more advanced bidding techniques and preliminary strategies for both defender and declarer play of the hand. Topics covered include no trump bids and responses, weak 2-bids, and Jacoby 2NT. BB2 is appropriate for those who have completed BB1 or beginners familiar with Standard American bidding conventions.

Jack Patzer has been playing bridge for more than 50 years. He is an experienced beginning bridge guide (Bridge Basics 1, 2, 3, 4) who enjoys introducing “newbies” to the game. Although he and his favorite partner have played duplicate on and off over many years (even once winning a sanctioned tournament on a cruise ship), Jack prefers the relaxed social atmosphere of a friendly “party” bridge game.

SELF IMPROVEMENT

End Of Life Matters

Study Leader: Fredric Price

- 4 Classes: Jun. 28 – Jul. 19 Class ID: 4623
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A



Death may be the last thing we want to think about - our own, or that of a loved one - but no one gets out of here alive. Taking the time to learn about the practical, medical and legal aspects of dying helps us develop a rational approach to mortality. If we can integrate beliefs and traditions, determine personal preferences, and convey those feelings to our loved ones - or perhaps help an aging parent figure out their own wishes - we can take some control of this unavoidable event. Readings, films, guest speakers and class discussions will help students develop a personal approach to their own mortality. With the guidance of the course director, students will learn how to communicate with family and health care providers and have an opportunity to prepare a legally valid Pennsylvania Living Will and Durable Power of Attorney for Health Care.

Dr. Fredric Price is a retired OB/GYN, cancer surgeon and board-certified palliative care specialist. After more than 25 years working in women’s cancer at UPMC and leading the gynecologic oncology division at Allegheny Health Network, He spent the last years of his medical career in end-of-life supportive care at Allegheny General Hospital. At AGH he founded the out-patient palliative medicine clinic and started an emotional support group for nurses in the cancer center. He volunteered at the Hôpital Albert Schweitzer in Haiti, and in public hospitals in Guyana, Honduras and Ethiopia. During his tenure on the faculty of the University of Pittsburgh and Temple medical schools, he received five national and international teaching awards. He teaches a palliative care workshop in the Physician Assistant Program at Chatham University. He holds degrees from Yale, the University of Louisville and Carnegie Mellon University.

What’s Next???

Study Leader: Chrys Gabrich, Dorothy Gracey

- 2 Classes: Jun. 15 and Jun. 22 Class ID: 4679
- Thursday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A



This will be a course on volunteer opportunities in our area. Students will be encouraged to think of ways they can utilize their prior skills, knowledge, and wisdom to put their talents to good use. This course will explore volunteerism by focusing on its benefits and drawbacks, analyzing the social and economic needs of the Pittsburgh region, and discovering a wide range of opportunities to support not-for-profit organizations in our area. Guest speakers from several organizations will be invited to our class, and students will be given an opportunity to share their experiences. Now is the time to think about giving back to our community and supporting others in need. It will ask the students in the class to discover “what’s next for you personally?”

Chrys Gabrich’s personal and professional life have both focused on lifelong learning and education. She earned a Ph.D. in Communication and Rhetoric from the University of Pittsburgh where she also taught as an adjunct faculty member. After leaving Pitt, Chrys spent 35 years at Carlow University where she was awarded Professor Emerita in Communication. In addition to teaching, she held numerous administrative positions including Chair of the Communication Department, Dean of the College of Arts and Sciences, and Interim Director of the Social Justice Institute. While at Carlow, Chrys initiated Mercy Service Day where first year students participate in a day of volunteer service at local community non-profits. This event started in 2005 and continues to this day. Chrys also has been engaged in a variety of volunteer experiences and currently serves on the Osher Curriculum Committee.

Dorothy "Dot" Gracey began her career as an accountant and small business owner. She returned to school as a lifelong learner for her masters and doctoral degrees later in life. She earned a D.Ed. in Curriculum and Instruction from Indiana University of Pennsylvania (IUP) and taught as a full-time adjunct faculty member in IUP’s Eberly College of Business and Information Technology for several years before being named Assistant Dean for Student and Alumni Services and subsequently the Associate Dean in the College of Humanities and Social Sciences. She recently retired and works as a volunteer for several organizations, including Osher.

Verbal Self Defense For Women

Study Leader: Jackie Umans

- 1 Class: Jun. 20 Class ID: 4580
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

ONE
DAY

Your voice is your first line of defense against being mugged. Muggers will often “interview” their victims beforehand by saying or doing something intimidating. Knowing what to say is not as important as knowing how to say it. If you are soft spoken and polite, the mugger is more likely to believe that you would make an easy target. We all have within us an inner fierceness that can knock a mugger off his stride. The purpose of this course is to provide a safe place for practicing how to say “No!” in a way that maximizes our chances for driving away the mugger.

Jackie Umans has an MBA and a Ph.D from the University of Pittsburgh and has completed multiple self-defense classes from the internationally renowned Model Mugging School of Self-Defense. Over the past 28 years Jackie has repelled potential muggers on two separate occasions solely by using verbal techniques.

WRITING

Flash Nonfiction: A Writing Workshop

Study Leader: Nancy Quick Langer

- 5 Classes: May 3 – May 31 Class ID: 4646
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

The very brief essay provides an opportunity, as Mary Helen Stefaniak observes in the introduction to *The Six-Minute Memoir*, “to capture a place, a person, a moment, or even an object . . . plucked from your personal past and save it from oblivion by putting it vividly on the page.” In this course, participants will draw from the small details of their lived experiences to create snapshots of memory. We will focus on the elements of writing brief creative nonfiction and read sample essays for instruction and inspiration. Starting at the end of the first-class meeting, participants will receive weekly essay prompts. Each class meeting that follows will include time to workshop what classmates have written.

Please Note: *This course has no prerequisites. However, if you took Nancy’s Flash Memoir course (Fall 2022), consider this new course Part 2, with all new prompts.*

Nancy Quick Langer is a writer, a teacher, an avid gardener, and an embroidery artist. She has taught English literature and writing for over 25 years at Boston College, Carlow University, CCAC, and Duquesne University’s School of Leadership and Professional Advancement. Her creative nonfiction has appeared in *Watershed Review*, *Santa Ana River Review*, and most recently, *Meditating on What Matters*. In addition to writing essays, Nancy records the progress of her botanically inspired hand embroidery projects on her Instagram (@nancy_ql). Her embroidery pieces have been part of several local juried art exhibitions, including the Three Rivers Arts Festival.

Writing In Your Voice

Study Leader: Helen Fallon

- 2 Classes: Jun. 14 and Jun. 21 Class ID: 4663
- Wednesday, 1:00 PM - 3:00 PM
- Cyert Hall, Olmsted Activity Room

**TWO
DAY**

Love to write and express yourself? A market exists for your work, and if you don't want to be published for all to see, writing down your memories and viewpoints is a wonderful legacy for your family and friends. Many media outlets – print and online – look for op-ed articles, columns, blogs, reviews and more to include in their content. Learn what those formats include, how to create them, and where and when to pitch them. You can draw upon your expertise, knowledge and personal experiences to create them, adding in research to ensure accuracy. Finally, you'll learn about the importance of rewriting and editing your work to achieve readability. Examples will be offered, and students will be urged to create their own work to share with the class. No required text, but students will be urged to read outside of class to understand the various writing formats.

Helen Fallon, professor emeritus and former director of Point Park University's Honors Program, has taught and served as an administrator at Point Park since 1986. She chaired the Department of Journalism and Mass Communication from 1999 to 2008 and served as acting dean of the School of Communication from 2008 to 2009. She directed the Honors Program until 2020. Fallon remains an active journalist, working as a part-time copy editor for the *Pittsburgh Post-Gazette*, where she's been gathering materials for her classes since 1987. When time permits, she writes op-ed pieces and columns for it. Earlier in her career, Fallon worked as a reporter, copy editor and editor for several papers in the Pittsburgh area and did public relations for a university and a community hospital. She is active in journalism professional organizations, serving currently as Press Club of Western Pennsylvania president. She recently joined the Pennsylvania NewsMedia Association Foundation board, a statewide organization. Outside of journalism, Fallon currently serves on the Jefferson Regional Foundation's board, which is dedicated to investing in the health and vitality of the communities served by Jefferson Hospital in the South Hills and lower Mon Valley of Pittsburgh.

Writers' Workshop

Study Leader: Thalia Snyder, Helen Wilson

- 6 Classes: May 2 – Jun. 6 Class ID: 4579
- Tuesday, 10:45 AM - 12:45 PM
- Cyert Hall, Hawkins Conference Room

Would you like to connect to fellow classmates through your writing? This workshop will get your creative juices flowing. We will begin each session with an in-class writing exercise. In addition, you will be asked to submit a writing assignment in the form of essay, poetry, memoir, fiction, or creative nonfiction each week, which will be discussed the following week. You will discover what your classmates appreciated about your piece, what they didn't understand, and how you might improve your writing. We support and encourage each other in the process of putting words on paper.

Thalia Snyder is a writer, actor, retired dentist and language enthusiast. She studied theater at Northwestern University where she graduated with a B.A. in Russian language and literature. From the University of Pittsburgh, she earned an MA in Slavic Languages and literature as well as a DMD and MS in prosthodontics. She taught at the University of Texas School of Dentistry in Houston and worked in private practice. She narrates books as a voiceover artist at Library of Accessible Media for Pennsylvanians (LAMP). She writes poetry and memoir. Her work was published in *Signatures* (Osher Lifelong Learning Institute at Carnegie Mellon University, 2016). Thalia has been a joyful member of Writers' Workshop for many years.

Helen Wilson, vice president of the Squirrel Hill Historical Society, has been researching and writing about Squirrel Hill history for the past twelve years. Her articles have appeared in *Squirrel Hill Magazine*, the *Pittsburgh Post-Gazette*, *Historic Gardens Review* (published in England) and other publications. In 2015, she and her son Todd co-authored *Pittsburgh's Bridges*, a pictorial history of the bridges within Pittsburgh's borders, part of Arcadia Publishing's Images of America series. In 2017, she was editor and co-author of *Squirrel Hill: A Neighborhood History* with other members of the SHHS, which was published by The History Press.

SCIENCE

Architecture | Environment | Life Science | Medical

ARCHITECTURE

The End Of Architecture

Study Leader: Matthew Schlueb

- 6 Classes: Jun. 28 – Aug. 2 *Class ID:* 4685
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B



This course will pick up from Philip Johnson's Glass House built from 1948-1949, put into the context of Rem Koolhaas' Junkspace published in 2001. Continuing through the end of the twentieth century and into the twenty-first, each lecture will focus on one architect (Zaha Hadid, Frank Gehry, Philippe Block, Neri Oxman, and Jun'ya Ishigami, examining their schematic strategies, theoretic postulates, and material executions in their work defining the future of architecture. This course will chart the decline of human centered architecture, into the amorphous, entropic, plasticity of contemporary space, disconnected, isolated, and foreign to any natural or meaningful experience.

Matthew Schlueb is a licensed architect practicing architecture for over two decades. He owns and operates a sole-proprietary private practice, where he specializes in residential architecture and is dedicated to mastering the art of exceptionally tailored homes crafted by hand. He has authored ten books on architecture and lectures from the kindergarten to post-graduate level. His designs have been awarded locally and nationally by juried competitions, receiving praise internationally in both print publications and television media. His own home, Villa Vuoto, is a manifesto on creativity, questioning the conventions of the building industry, while expanding the minds and sensitivities of his two sons raised within circular space, where rooms are rounded and walls sloped. The house is an ongoing experiment exploring human sensibilities to subtleties revealed only by a careful handling of soft, curvilinear, textural form. Matthew was awarded Master of Architecture from Pratt Institute, where his thesis studied the visual perception of architectural space, exploring proxemic relationships between inhabitant and inhabitable form, isolating perceptual thresholds and their influences on human behavior. He continues this experimentation through his collaborations with local artists, folding their knowledge of materials and technique into his search for a meaningful architecture.

ENVIRONMENT

Let's Reduce Our Carbon Emissions

Study Leader: Ivonne Pena

- 2 Classes: Jun. 28 and Jul. 5 *Class ID:* 4675
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A



TWO DAY

In this course we will learn the basics of accounting a building's carbon emissions by type of energy use, and we will craft some immediate steps to reduce its carbon footprint. We will later do an in-class exercise to account for our own home carbon emissions in 2023, by reading our gas and electric meters, and estimating our transportation mileage. We will set up some specific goals to aim to reduce our footprint in the second half of 2023.

Ivonne Pena Cabra is an electronics engineer, passionate about energy transformation, the electric grid, and decarbonization. She loves teaching, and making new connections and holds degrees from her home country, Colombia, and from U Pitt and CMU, in engineering, sustainable development, and public policy. She currently works as a Principal Engineer at Keylogic and the National Energy Technology Laboratory (NETL) in Pittsburgh, PA. She believes this is the generation that will reverse carbon emissions and is committed to making an impact in this space.

LIFE SCIENCE

Louis Pasteur: A Great For All Humanity

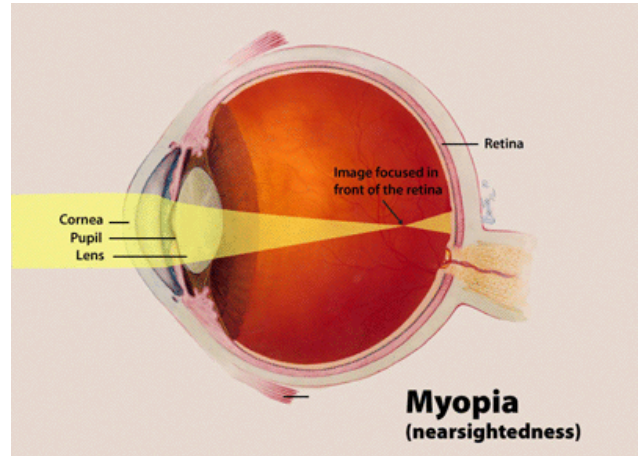
Study Leader: Toby Chapman

- 3 Classes: May 4 – May 18 Class ID: 4680
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B



This course will cover the life and work of Louis Pasteur. When one thinks of the giants of science in the past the names Galileo, Newton and Einstein immediately come to mind. Pasteur belongs in that group, and it can be argued that no scientist did more to benefit humanity. Most scientists would be satisfied to have done the seminal work in one area; Pasteur can lay claim to nine. His studies go far beyond pasteurization! Perhaps his greatest contribution is to demonstrate how good science is done, not only proving a point but disproving alternatives. On top of that he was a master painter and could have had a successful career in that realm.

Toby Chapman is an emeritus associate professor of chemistry at Pitt. He received his B. S. From the University of Illinois and Ph. D. From the Polytechnic University of Brooklyn. He came to Pitt after postdoctoral studies at Harvard Medical School. His research focused on applications of polymer science in biomedical areas, special surface and detergent properties, solar energy, and biopolymer synthesis.



MEDICAL

Myopia Control

Study Leader: Zarky Rudavsky

- 1 Class: Jun. 15 Class ID: 4582
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A



Myopia Control - it's too late for you, but not for your grandchildren! Myopia has become an epidemic with the increased use of screens and decreased physical activity in children. Myopia control has become a hot topic in the eye care field, but it is something I have done for 40 years. We will look at what can be done to curb myopia, and at new developments in the field.

Zarky Rudavsky, OD is a happily retired optometrist, having practiced for 40 years in the Squirrel Hill area. He has a special interest in perception and in children's vision. He currently enjoys cycling, visiting grandchildren, and doing volunteer work, not necessarily in that order.

What Is A “Heart Attack” And How Can I Get One?

Study Leader: Jerome Granato

- 2 Classes: Jun. 13 and Jun. 20
 - Tuesday, 1:00 PM - 2:30 PM
 - Cyert Hall, Osher Room A
- Class ID: 4587

**TWO
DAY**

This two-day series of adult education lectures is designed to provide the general public with a better understanding of the causes and treatment options for a myocardial infarction, commonly known as a “heart attack”. There are no prerequisites for the course. In lay terms, the course would address the following topics: Day 1: An introduction to cardiac structure and function the presentation and consequences of a heart attack Day 2: How blocked coronary arteries are diagnosed and Medical and surgical treatment options. At the conclusion of the course, patients and families should be better informed about maintaining better health and, when necessary, become better consumers of healthcare. Each class consists of two 45 minute lectures with an appropriate amount of time for questions. At no time will this course or the instructor attempt to provide medical advice.

Dr. Jerome E. Granato has actively practiced clinical and interventional cardiology for over 25 years. Dr. Granato graduated with high honors from the Stevens Institute of Technology with a degree in chemical engineering. After pursuing his MD degree and residency in internal medicine at Johns Hopkins, he attended the University of Virginia as a post-doctoral fellow in cardiology. He also holds an MBA degree from the J.L. Kellogg School of Management at Northwestern University and has served as a marketing and strategy consultant to medical device and pharma companies. The recipient of numerous awards in the areas of patient safety and medical education, he has been regularly cited as one of the “Best Doctors in America” for cardiovascular disease and one of “America’s Top Cardiologists”. He has served on the board of trustees for the Texas Heart Institute, the Association of Professionals in Infection Control and Epidemiology and the Alliance for Quality Improvement and Patient Safety. Dr. Granato recently retired as senior vice president and medical director of the national cardiovascular service line for CommonSpirit Health, the nation’s largest non-profit health care provider. In that capacity he oversaw cardiovascular services at over 130 hospitals in 21 states.

SPECIAL INTEREST GROUP

Special Interest Groups (SIGS) are a benefit of membership. These groups are independent of regular Osher classes and are organized and run by the group’s members. They offer a chance to socialize and share common interests.

4566: Bridge for Fun: Saturday Edition

Saturdays, 9:30am – 12:30pm

Material Fee: \$15

Bridge for Fun: Saturday Edition is a Special Interest Group that meets Saturday mornings. Its members are contract bridge enthusiasts who participate in “coached”, friendly sessions where they can play without feeling pressured. Participants improve their skills at the game of bridge, enjoy playing the game recreationally, and become friends with other bridge enthusiasts. Regular attendance is not required; you can enjoy and learn whether you attend every week or only as your busy schedule permits. Participants are added from the waiting list.

Requirements: *basic knowledge of the game of bridge and tolerance of fellow players of all skill levels.*

Must be registered to attend.

If you would like to run a SIG, please contact the office.

SOCIAL SCIENCES

Contemporary Topics/Sociology | Cultural | History | Pittsburgh | Politics/Government | Psychology | Religion/Philosophy | Travel

CONTEMPORARY TOPICS/ SOCIOLOGY

A Statistician Reads The Newspaper

Study Leader: Howard Seltman

- 3 Classes: May 2 – May 16 *Class ID:* 4634
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B



In this course we will discuss the principles that guide good study design, the reasoning behind these principles, and how to interpret the results of studies of various types. We will also address how to recognize departures from good design and how to think about the consequences of these departures. Examples of studies of various quality will be drawn from newspapers and other media. At the end of the three weeks you should have a greater appreciation for the details of the studies you read. Technical language will be kept to a minimum and mathematical principles will be presented at a level that all can understand.

Howard Seltman, MD, PhD spent 15 years working as a clinical pathologist. He then earned his PhD in Statistics at CMU where he practiced statistics and taught for 25 years. He has over 60 peer reviewed publications. He retired as Director of the Masters in Statistical Practice program in the Department of Statistics and Data Science in 2019.

Civil Rights Since Brown: Progress And Backlash

Study Leader: Marvin Fein, Beatrice S. Fennimore

- 4 Classes: May 3 – May 24 *Class ID:* 4678
- Wednesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A



This course explores societal effects of the historic *Brown v. Board of Education* Supreme Court decision creating equal educational opportunity (1954) with a dictate for school desegregation “with all deliberate speed” (1955). While *Brown* was a unanimous Supreme Court decision, the implementation of school integration met with resistance not only in the South but around the United States. This course will be structured on lively discourse about legal and educational issues continuing to affect children, families, and communities in the United States. The topic of equal educational opportunity continues to be controversial. Thus, the presenters will emphasize civil and respectful discourse by creating comfortable space for a variety of perspectives. The goal of the course is the expansion of understanding rather than the promotion of argumentative debate. There are no required readings; all are welcome to share books or articles/websites of interest throughout the course.

Marvin Fein has practiced and taught law in Pittsburgh for almost 60 years. He is an accomplished trial lawyer as well as a community activist. Marvin taught a number of courses, including Education Law, at the University of Pittsburgh Law School. He has been honored by the Pennsylvania Bar Association for his work on the Pennsylvania Environmental Strike Force, and honored by the Pittsburgh Bar Association for his leadership of a minority mentoring program. Marvin was a Pro Bono litigant representing Occupy Pittsburgh when Mellon Bank sought to evict it from public land.

Beatrice S. Fennimore (“BZ”) is a teacher educator and author who has focused her work on child advocacy, children’s rights, and issues of diversity and equality/inequality in public education. She was a professor of education at IUP for 32 years as well as an adjunct professor at Teachers College, Columbia University for 25 years. A scholar as well as an activist for public school equity, Bz has written numerous books, chapters, and articles. Relevant to this course are her articles “Brown and the Failure of Civic Responsibility” and “Permission not Required: The Power of Parents to Disrupt Educational Hypocrisy”.



Almost Heaven: An Appalachian Overview

Study Leader: Rebecca Carpenter

- 5 Classes: Jun. 27 – Jul. 25* *Class ID:* 4651
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

**Note: Class will not meet on Jul. 4*



The design of this class is a journey into the cultures, beliefs, arts, voices, challenges, successes, and beauty of Appalachia. And yes, we live in Appalachia; so we will look more closely at places near us that reflect our rich Appalachian history and culture, and at differences between “northern” and “southern” Appalachia.

Rebecca Carpenter has been an educator for almost 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University’s School of Leadership and Professional Advancement’s Saturday program for 25 years. After 19 years, she recently retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy.

The Journalism Democracies Need

Study Leader: Maggie Patterson

- 2 Classes: Jun. 28 and Jul. 5
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

Class ID: 4683



Journalists face tough ethical dilemmas every news day. What does the public need to see and hear? What criteria should reporters and editors apply when faced with tough choices? Where is the line between sensationalizing the news and giving the public a full and interesting story? Are other democracies getting different or better journalism than our American news media deliver? To address these questions, we will look at ethics of journalistic story telling here and abroad. Comparison can let us see more clearly what motivates journalists' choices and how those choices reflect the culture in which each nation's journalism is embedded.

Maggie Jones Patterson, professor of journalism at Duquesne University, is a former reporter for the *Pittsburgh Press*. She has co-authored four books, including *Murder in our Midst: Comparing the Ethics of Crime Coverage in an Age of Globalized News* (with Romayne Smith Fullerton, 2021, Oxford University Press), *Rooney: A Sporting Life* (with Rob Ruck and Michael Weber, 2010, University of Nebraska Press), *Birth or Abortion? Private Struggles in a Political World* (with Kate Maloy, Plenum Press, 1992, and Perseus Press, 2001), and *Behind the Lines: Case Studies in Political Reporting* (with Robert Russell, 1986, Columbia University Press). She has published articles about journalism ethics in the United States and abroad. Her teaching includes courses in Investigative Reporting, Media Ethics, Storytelling, and Sex, Myth, and Media. She chairs the Duquesne University Student Publications Board, is a board member of PublicSource, an online nonprofit news service for the Pittsburgh area, the Pittsburgh Society of Professional Journalists chapter, and the Women's and Gender Studies program at Duquesne.

CULTURAL

India: An Enigma, Understanding The Rich And Diverse Culture

Study Leader: Ravi Koka

- 3 Classes: May 4 – May 18
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

Class ID: 4662

India is an ancient land with a diverse and rich civilization. Understanding India requires a study of history, conquests and colonization, freedom movement, diversity, and economic complexity. Indian civilization has survived in spite of major disruptions during Muslim invasions and British occupation. India is often viewed as an over-populated, chaotic region inhabited by many races, religions, and cultures with a history of disunity, internal warfare, and continuous invasion by external forces. The nation is made up of many races: Aryans, Dravidians, Huns, Mongols, and Turks; many ethnic groups: Punjabis, Tamils, Marathas, Bengalis, Andhras; and many religious groups: Hindus, Muslims, Sikhs, Christians, and Buddhists. Indian mythology, like the Ramayana and Mahabharata, and Indian philosophy set the tone of people's outlook and are the common thread that holds them together. Freedom, democracy, and innovation define the Indian spirit, and we see the nation making progress in spite of its major problems and economic poverty.

Ravi Koka is an entrepreneur and builds enterprise software products. He is currently the CEO of Stocksnips Inc focused on emerging cloud, mobile and machine learning technologies. Prior to this, he was a Partner at Polaris Financial Technology Limited, a leading provider of enterprise software for the banking and insurance industry. He founded SEEC Inc. in 1988 and successfully completed SEEC's IPO on Nasdaq in 1997. He started his career with System Development Corporation (originally a division of RAND). Though his training and background is in computer science, he has been interested in social sciences, particularly Indian history. His study of Indian history ranges from 3000 BC through the 20th Century. He has collected books and material over the years on the subject from renowned historians, and has had dialogue with Professors of Indian history and economics in India over the years. He moved to the United States in 1988, and has an appreciation of American History and culture. He is able to draw parallels between the two civilizations that happen to be the largest multi-racial democracies in the world.

HISTORY

The Flag, The People, The Law

Study Leader: Peter Keim

- 1 Class: Jun. 14 Class ID: 4669
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room A



The course will consist of two one-hour discussions of the relationship between the people and the American flag. The first hour will focus on confusion about the flag, the second hour on confrontations, desecration, and the Courts of Law.

Peter J. Keim, M.D., a graduate of St. Vincent College and the University of Pittsburgh School of Medicine, served in the U. S. Army, then practiced family medicine in the Allegheny Valley, followed by a career in healthcare management with Health America, Coventry Corp., and as Chief Medical Officer for Gateway Health Plan, a Medicaid and Medicare plan in PA. For 45 years, he has been an avid collector of historic American flags, which he has exhibited in museums and other venues across the country, while speaking publicly on the history of our flag. He is recognized as an expert on the American flag. He co-authored *A Grand Old Flag*, with his son, Kevin, telling the history of the US through its flag. It was published by Dorling Kindersley (DK) in 2007. He serves on the board of directors of the National Flag Foundation and was previously on the board of the National Civil War Museum. He lives with his wife, Patricia, celebrating their 60th anniversary this year, here in Pittsburgh.

The Last Speeches Of President Kennedy

Study Leader: Steve Russell

- 5 Classes: Jun. 27 – Aug. 1* Class ID: 4660
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B



*Note: Class will not meet on Jul. 4

President Kennedy ranks as one of the eloquent speakers of the twentieth century. The impressions left by Kennedy have given him high marks in presidential rankings. That rhetoric was so infused with classical style and uplifting action-packed verbs – go, do, share, dedicate, commit, strive, struggle, win, and delivered with a chin held high and a right-hand thrusting into the air – that JFK has achieved an eternity. This course will present and analyze speeches in the last few months of his presidency. These remarks show Kennedy at his peak for presidential leadership. His was the seventh briefest presidency and in that short span, Kennedy continued to perfect his style of oratory. Kennedy wove his substantive speeches into memorable lines at brilliant levels exemplified at Amherst College and the Mormon Tabernacle shortly before his assassination.

Stephen V. Russell's interests are varied as an educator from teacher to principal to superintendent of schools and historian of political, Hollywood and sports culture. He has been a consultant at ESPN Sports, Turner Classic Movies, Peter Jones Productions for A&E network, Hofstra University's nationally known presidential conferences and contributions to numerous published books. He has received degrees and certifications at California University of Pennsylvania, Duquesne and West Virginia Universities. He has written numerous articles on John F. Kennedy and has one of the largest memorabilia collections on JFK.

Discovering A Family History

Study Leader: Carleton Young

- 2 Classes: Jun. 14 and Jun. 21
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Class ID: 4611



While clearing out his parents' attic, Carleton Young discovered an enormous collection of letters written by two soldiers during the Civil War. He then spent more than a decade visiting battlefields and researching the two brothers who fought in many of the most famous battles of the Civil War. To connect to the soldiers, he began an extensive research of his own family history. Through that process, he was amazed to discover that he was related to many famous people in American history, the same people he had been teaching about in his own history classes for so many years. He also found that along with the famous, there were family connections to a few infamous rogues and murderers as well. Day 1 will tell the story of the letters and the experiences of the two Civil War soldiers, and Day 2 will deal with the other family history discoveries.

Carleton Young has undergraduate degrees in economics from Westminster College and in English from Point Park University, an MA in history from Ohio University, and his PhD in the history of education from the University of Pittsburgh. For 37 years he taught AP American history at Thomas Jefferson High School. He has also taught classes as an adjunct professor at the Community College of Allegheny County, the University of Pittsburgh, and Eastern Gateway Community College. His book about finding the letters, *Voices From the Attic: The Williamstown Boys in the Civil War*, received many favorable reviews and as a result, he has been invited to share his story with more than 250 different organizations around the country.

Going . . . Going . . . Gone! Lost Ballparks

Study Leader: David Fortun

- 4 Classes: May 3 – May 24
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

Class ID: 4629

Go to an MLB game today, and you can sit in a cushioned seat, in a luxury box. You'll encounter fan entertainment areas around the expansive concourse, use no cash for your food and beverage, and listen to walk-up music for each batter. Go back in time, and you are in a ballpark with wooden stands, no lights, manual scoreboards, patchy grass, and quirky fence configurations. Yet Baseball became America's Game in those austere, simpler ballparks. We'll explore the histories of 28 of those lost ballparks from the Baker Bowl in Philadelphia to Crosley Field in Cincinnati, from the Polo Grounds in New York to Park Jarry in Montreal. Lost ballparks. Gone, but not forgotten.

Dave Fortun has been a docent at PNC Park for 15 seasons and has led The History of Professional Baseball in Pittsburgh class in the Osher at CMU program multiple times. In addition, Dave has taught nine Etymologies classes for Osher, as well as discussion classes on *Our Town* and *The Five People You Meet in Heaven*. He is a retired English teacher.

Check us out on Facebook!

www.facebook.com/osheratcmu

George Westinghouse: You Can Be Sure

Study Leader: David Bear

- 3 Classes: Jun. 28 – Jul. 12
- Wednesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A

Class ID: 4635



Although arguably the most impactful person to ever call Pittsburgh home, inventor and industrialist George Westinghouse (1842 - 1914) is much less appreciated than other figures of his day, such as Andrew Carnegie and Henry Frick. Granted 361 patents in his lifetime, the innovative Ideas that flowed from Westinghouse's mind revolutionized rail travel everywhere, pioneered the use of natural gas as a fuel source, and perfected AC electricity and institutionalized it around the world. Of the 60 businesses he personally founded, half a dozen still remain, three as Fortune 500 corporations. Unlike others of his time, Westinghouse was also a progressive employer, humane, humble, and deeply committed to making the world a better place. So revered was he by his employees that a decade after he died, 50,000 of them chipped in to create a memorial in his honor. The first class session will include a visit to that memorial.

David Bear has spent his professional career as a writer. As the *Pittsburgh Post-Gazette* travel editor for a decade, he was also the creative force behind *The Traveler's Journal* (travelersjournal.com), the series of "audio postcards" heard daily on public radio stations across the country. He also produced and hosted other public radio series, including "A Century of Heroes" for the Carnegie Hero Fund, and "Dinosaurs and More" for the Carnegie Museum of Natural History. During a fellowship at CMU's Studio for Creative Inquiry, Bear conceptualized and organized the High Point Pittsburgh Investigation. His eclectic resume also includes stints as a travel agent, tour guide, sales executive for a European travel company, and a researcher for the Loch Ness Investigation Bureau.

Shot Heard Around The World: American Revolution

Study Leader: Robert Netzer

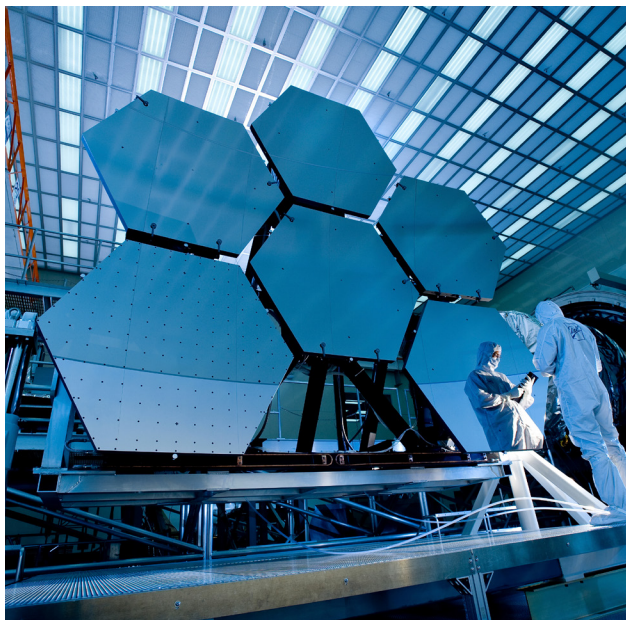
- 6 Classes: Jun. 28 – Aug. 2
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

Class ID: 4620



The end of the French and Indian War in 1763 gave Great Britain undisputed control of most of the French possession in North America. With it came problems. Parliament decided that the American colonists should help pay for their defense. They began to institute a series of economic and political measures that would lead to acts of defiance and violence by colonists in all thirteen. Of more importance, it would unite many of them in the common cause which came to a climax at Concord and Lexington.

Robert Netzer was a teacher in the Pittsburgh Public Schools for over 36 years, the last 12 years of which he was the Instructional Chairperson of the Social Studies Department at Peabody High School. Mr. Netzer holds a B.A. and M.Ed, with further graduate work at the University of Pittsburgh and Carnegie Mellon. He also served as a docent and as an outside lecturer at the Heinz History Center. He has taught many courses at Osher in the field of social sciences.



The James Webb Space Telescope

Study Leader: Peter Oleinick

- 1 Class: Jun. 13 *Class ID:* 4632
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B



The James Webb Space Telescope (JWST) was launched into space on Christmas Day 2021 from the European space port in French Guiana on top of an Ariane 5 rocket. We'll examine the JWST and of course we will be looking at some of the amazing pictures that it is sending back. But this class is going to go beyond just looking at the spectacular pictures. We will take a deeper dive into what we are seeing to uncover and examine the forces that are actually making these images look the way they do. With a better understanding of what these images contain, we'll have a better appreciation of why the scientific community is so excited about the JWST.

Peter Oleinick earned a Ph.D. in electrical and computer engineering from CMU in 1978. He spent the next 13 years working at high-tech companies in Silicon Valley. Peter moved back to Pittsburgh in 1991 to work at Transarc, a startup formed by a number of CMU computer scientists. After a 40-year career at various high-tech companies, Peter retired in 2017. Peter now volunteers his time at a number of non-profits: The Pittsburgh Zoo, the Hebrew Free Loan Association, and the MS Society. Peter has taught several WW II classes at Osher, but this is his first astronomy class.

The Great War: World War I, 1914-1918

Study Leader: Sheila Werner

- 6 Classes: May 2 – Jun. 6 *Class ID:* 4569
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

The “Great War,” World War I, was the first man-made catastrophe of the 20th century, which did so much to shape the course of that century. Specifically, in a lecture-discussion formation, this course will cover the underlying causes and immediate events leading up to the outbreak of the war, the military events of the war, and perhaps most important, the impact of the war on the world that fought it.

Sheila Werner graduated as a European history major from the Universities of Michigan and Pittsburgh. She earned her master’s degree and completed her doctoral studies in French and German histories, 1789-1945, at Pitt. She has lectured on European history at Pitt and at the Pittsburgh Holocaust Center on the “German Background to the Holocaust.”

PITTSBURGH

Who Knew? Odd And Interesting Pittsburgh

Study Leader: Rebecca Carpenter

- 1 Class: Jun. 14 Class ID: 4607
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room B

**ONE
DAY**

Interested in roaming around Pittsburgh, in search of something new? How about an atom smasher in Forest Hills, a replica of Central Park in Soho, the meditation pools in South Park, the ghost towns of Lincoln Way and Seldom Seen, or the trolls under the Bloomfield Bridge? All of these and many more are part of "Who Knew?" an exploration of some of the most interesting and curious things and places in and around Pittsburgh. While we will not actually be visiting the sites, there will be abundant slides, as well as a list of places and their locations.

Rebecca Carpenter has been an educator for almost 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University's School of Leadership and Professional Advancement's Saturday program for 25 years. After 19 years, she recently retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy.



Who Knew 2? More Odd And Interesting Pittsburgh

Study Leader: Rebecca Carpenter

- 1 Class: Jun. 21 Class ID: 4608
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room B

NEW

**ONE
DAY**

"Who Knew? 2" is the second presentation on the odd, the interesting, and curious places, people, and things in and around Pittsburgh. This class can be taken without taking the first version. We will take a look at curious histories, places, and things that people might be interested in visiting on their own. Some places we will look at: the golden Coker murals in Perry South, 200 beehive coke ovens in Shauf, the meditation pools in South Park, expressive penguins in Allentown, numerous graves of the infamous in Union Dale cemetery, the Merrick and Maridon Museums, the truly haunting Tuberculosis Hospital of Pittsburgh, the Halloween Museum in Altoona, Laurel Village in Ben Avon, and Mill 19 in Hazelwood.

Please note: *we do not visit these sites in person.*

Rebecca Carpenter has been an educator for almost 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University's School of Leadership and Professional Advancement's Saturday program for 25 years. After 19 years, she recently retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy.



City Beautiful: The Architecture Of Oakland

Study Leader: Robert Jucha

- 5 Classes: Jul. 11 – Aug. 8 *Class ID:* 4631
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A



The World's Columbian Exposition, held in Chicago in 1893, inspired civic leaders across America to embark upon beautification and planning schemes known as the City Beautiful Movement. In Pittsburgh, this inspiration resulted in the development of the Oakland Civic Center, which between the early 1890s and 1920s was filled with an impressive number of public buildings such as the Carnegie Institute, a grand hotel, private clubs, institutions of higher learning, public landscaping with fountains, and even a world-class baseball stadium. The course will focus on this development through its movements and some of the city's finest architects who were responsible for Civic Center architecture: Alden and Harlow, Henry Hornbostel, and Benno Janssen among them. The course also focuses on the individuals who were primarily responsible for creating the Civic Center: Edward Bigelow, the father of Pittsburgh's parks; philanthropist Andrew Carnegie; the real estate developer Franklin Nicola; and University of Pittsburgh Chancellor John Bowman.

Robert Jucha has been a docent with the Pittsburgh History and Landmarks Foundation for a dozen years and has led and created numerous virtual and live walking tours throughout Pittsburgh. He has a Ph.D. in American Studies from George Washington University.

Oakland: Pittsburgh's Incomparable Civic Center

Study Leader: Howard Voigt

- 5 Classes: Jul. 5 – Aug. 2 *Class ID:* 4615
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

This course uses an extensive array of illuminating slides and apt descriptions to illuminate the essential players, landmark structures, and public art integral to Oakland's development into a renowned civic center. We will cover the full panoply of Oakland's treats: its horticultural masterpiece; its world class museum; its historic ball park; its cathedral devoted to education; its enormous war memorial; its chapel replete with inspiring stained glass; it's fashionable and elegant hotel; its industrial research center built extravagantly despite the Depression; its social clubs, each an architectural gem; its residential district labeled "the best inner city neighborhood in the nation"; Carnegie Tech's first four buildings; its historic public park loaded with both active and passive recreational options; the stunning statues and many other public art tributes along the Oakland landscape, and the fascinating figures instrumental to Oakland's status as a civic center.

Howard Voigt has conducted numerous walking tours of downtown Pittsburgh and Oakland under the auspices of Pittsburgh History and Landmarks Foundation. He also has served as a study leader for six Osher courses involving Pittsburgh's history and its architecture. Before retirement Howard practiced corporate law in the Pittsburgh area for nearly forty years. Howard majored in history at the University of Notre Dame, earning a Bachelor of Arts degree in 1965.

POLITICS/GOVERNMENT

Remedies To Help Save Democracy In America

Study Leader: Bill Presutti Jr

- 3 Classes: May 2 – May 16 Class ID: 4642
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B



This course is a follow up to the course “Will Our Democracy Survive Political Upheaval” offered by the Osher Institute in the Spring and Fall 2022 sessions. After a brief summary of the threats and upheaval facing US democracy, the course will introduce and discuss specific actions that have been recommended by Political Science experts to protect and sustain US democracy. We will evaluate the practicality of the recommended actions presented in the course in service to sustaining US democracy. Finally, we will discuss and evaluate ideas put forward by class members that may help promote and sustain our democracy. The focal point of this course will be active class participation. Class members, as responsible citizens of the US, will have the opportunity to contribute their best thinking in service to the country.

Bill Presutti, Jr. spent 29 years on the faculty of Duquesne University after a tour of duty as a Logistics officer in the Strategic Air Command of the U. S. Air Force and several years of experience in business and local government. He is the author of 20 articles in professional journals and co-author of a book on value chain management. He earned his undergraduate degree in Business from Duquesne University, a Master’s degree in Economics from Northeastern University, and a PhD in Applied History from Carnegie-Mellon University. He has taught several courses for the Osher Institute including “Exercise for Older Adults,” “Leadership Lessons from the Battle of Gettysburg,” and “Will Our Democracy Survive Political Upheaval?” that reflect his eclectic interests from personal fitness to history, the latter built on his doctoral work at CMU.

The Legacy Of Redlining

Study Leader: Randy Weinberg

- 1 Class: Jun. 15 Class ID: 4656
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B



In the 1930s, the Federal Home Owners’ Loan Corporation (HOLC) mapped nearly 250 American cities according to perceived credit risk. Neighborhoods were rated on a four-grade scale, A to D, from “Best” to “Hazardous”. Neighborhoods deemed high risk appeared red on the map (thus, Redlining). Not coincidentally, the grades fell remarkably along racial and economic lines. Further, racial covenants were also written into millions of property deeds across thousands of neighborhoods restricting who had rights to own or occupy properties there. While Redlining and neighborhood covenants have long been illegal, the legacy of these practices persists today in homeownership rates, property values, neighborhood investment, access to loans, urban heat, public health and availability of community amenities. This course will overview the history and legacy of these practices and use Pittsburgh as a case study.

Randy S. Weinberg is an emeritus teaching professor in Information Systems at Carnegie Mellon University and continues to teach for CMU on an occasional basis. He won the University’s Gelfand Award for Educational Outreach in 2019. He has been an active member of Osher at CMU, serving on various committees and teaching a variety of courses - most recently ‘Where Do You Think You Are?’ (story telling with maps) and ‘Gerrymandering 101’.

PSYCHOLOGY

The Psychology Of Professionalism: From The Inside Out

Study Leader: David Tipton

- 2 Classes: Jun. 13 and Jun. 20 Class ID: 4689
- Tuesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A



This course presents what it means to be a professional as an explicit topic and considers the forces and influences that either constrain or facilitate professional behavior. The first session discusses the content aspects of professionalism and the influences that promote or inhibit professional behavior. Section one lays down a mental blueprint, a schema, of the professional virtues of altruism, accountability, duty, honor, excellence, and respect. The second section presents a process model of professionalism, the script, of behaviors and choices required to be professional. This script includes sensitivity to professional issues, professional motivation, professional judgment, and implementing those professional judgments. The final section looks at professionalism in an organizational context and professional development in others. This course is designed for a student, a young professional, or a practicing supervisor.

David Tipton, Ph.D. taught at Duquesne University School of Pharmacy for 27 years. He holds a B.S. in Pharmacy, and M.B.A. from the U. of Missouri, and a Ph.D. from Saint Louis University. Prior to returning to graduate school he was a partner/owner in a four store pharmacy group in Missouri. He has taught courses in management, strategic management, pharmacy management, emotional intelligence, and professionalism. In the summers he taught a course on business failure at the European Summer School for Advanced Management. He has taught courses on professionalism in Australia, Europe, and the U. S. Dr. Tipton has published books on self-awareness for professionals, supervision for professionals, and personal and professional growth for health care practitioners. Currently, his latest book *Professionalism: From the Inside Out* is under review.

Your Amazing Mind

Study Leader: Bruce Goldstein

- 6 Classes: Jun. 27 – Aug. 8* Class ID: 4619
- Tuesday, 10:45 AM - 12:45 PM
- Cyert Hall, Osher Room B
- *Note: Class will not meet on Jul. 4

The mind is truly amazing. It is responsible for everything you do and are, and often accomplishes its feats in mysterious ways. We will grapple with questions such as: What is the mind? Can you know what someone else is experiencing? How do unconscious processes create and control your behavior and experience? What happens if you don't pay attention? What does it mean to say that the brain is a prediction machine? What are the different types of memory? How do we remember? Why do we sometimes fail to remember or remember inaccurately? How is sleep involved in forming memories? How can what we know about the mind help us understand problems like post-traumatic stress disorder and inaccurate eyewitness testimony? How can we minimize the decline of mental functioning as we age? The goal of this course is to relate scientific findings to everyday experience.

Bruce Goldstein was a member of the psychology department at the University of Pittsburgh from 1969 - 2008. He received the Chancellor's Distinguished Teaching Award for his classroom teaching and textbook writing. He has written two widely used college textbooks, *Sensation & Perception 11th edition* (Cengage, 2021), and *Cognitive Psychology: Connecting Mind, Research, And Everyday Experience*, 5th edition (Cengage, 2019). A recent book, *The Mind: Consciousness, Prediction And The Brain* (MIT Press, 2020), is based on this course. His most recent book, *The Mystery, Science And Art Of Shadows*, which is based on his Osher Shadows course, will be published by the University of Cambridge Press later in 2024. He also teaches two other Osher courses, Cognition and Aging and Writing for Self-Discovery.

RELIGION/PHILOSOPHY

Introduction To Islam

Study Leader: Aliya Khan

- 6 Classes: Jun. 27 – Aug. 8* *Class ID:* 4576
- Tuesday, 2:45 PM - 4:45 PM
- Cyert Hall, Osher Room B

**Note: Class will not meet on Jul. 4*



This course will present an overview of Islam, a faith followed by over 1.8 billion people in the world today, and often labeled the ‘fastest growing religion.’ We will look at it from an historical lens and also cover central beliefs, rites and rituals, and its growth in the US We will also look at some topics of the day and dispel myths about the faith.

Aliya Khan holds a Master of Science in Public Policy and Management from the Heinz School at Carnegie Mellon University as well as a Bachelor of Arts degree in English Literature from Barnard College. For the past 20 years, she has been a Business Manager at Elliance, Inc., an internet marketing firm that her husband founded. In her current position as Business Manager, Aliya oversees all aspects of account management and human resources. She is actively involved at her mosque, the Monroeville Community Center of Greater Pittsburgh. She leads an Aesthetic Committee and Book Club at the Center. She is also actively involved in numerous interfaith activities including the Daughters of Abraham Interfaith Book Club, and an Interfaith Dialogue Group in Squirrel Hill. For the past 6 years she has been teaching classes on Islam at the Osher Lifelong Learning Institute at the University of Pittsburgh and CMU.

TRAVEL

Above The Arctic Circle: Wilderness Travel In The US And Canada

Study Leader: Douglas Webster

- 2 Classes: Jun. 15 and Jun. 22 *Class ID:* 4591
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

TWO DAY

A lifelong interest in the Arctic has drawn study leader Doug Webster northward over his life from summer canoe trips in central Ontario to journeys above the Arctic Circle in the US and Canada. For this course, he presents photos from a trip with his daughter, hiking and canoeing on their own over 150 miles from the headwaters of Alaska’s Koyokuk River in Gates of the Arctic National Park and a second adventure with friends, hiking a steep glacial valley in Auyuittuq National Park on the tip of Baffin Island. Class two of this program’s two class series examines modern day travel to the continent of Antarctica. The class includes a half hour video of a 2014 trip to Antarctica by Mr. Webster and allows time for class questions and answers about this unique travel destination and the logistics of getting there.

Doug Webster holds a degree in journalism and political science from Syracuse University. He has worked as a radio and television broadcaster/producer, a US Senate aide, in university development, and in public relations for McGraw-Hill and private advertising/PR agencies. As head of his own firm, he handled North American PR for multinational companies engaged in trade and transportation logistics. Webster is an accomplished photographer and videographer. His work has taken him to Latin America, Europe, and Asia to photo and video projects for clients in the field of international trade and transportation. He retired in 2010 as communications director for the California Maritime Academy.



Travelogue

Study Leader: Bill Greenspan

- 5 Classes: May 3 – May 31
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

Class ID: 4598



We will spend two days at the Venice Biennale 2022, the largest and the oldest Art Exhibit in the world. After that we will transfer to the French Polynesian islands of Tahiti and Bora Bora in search of Paul Gauguin's footprints and primitive idyll. Other islands like Fiji and Samoa will round up our trip which will conclude in New Zealand. Hop aboard our ship *Silver Whisper* for a dream journey that you always wanted to undertake.

Bill Greenspan migrated to the USA in 1979 from the former USSR. With an electrical engineering degree from Kiev Polytechnic Institute, he spent over 30 years working in the nuclear industry, the first 25 years at the Palo Verde Nuclear Power Plant in Arizona and the following eight years building nuclear power plants in China. He has taught several courses for the Osher Institute including "Jewish Communities Far Away and Close to Home," "100 years of Jewish Life in Shanghai," "Antarctica: the Last Frontier," "Russian Avant-Garde Art of The 20th Century."

CMU CAMPUS MAP

BUILDINGS

- 1 **Cyert Hall** (*Osher Office & Classrooms*)

- 2 **Wernar Hall**

- 3 **University Center** (*Food Options*)

- 4 **Purnell Center for the Arts** (*Chosky Theater*)

- 5 **College of Fine Arts**

- 6 **Tepper Quad** (*Food Options*)

- 7 **Mellon Institute** (*See map below*)



PORT AUTHORITY BUS STOPS

- 8 **Morewood & Forbes Ave Inbound**
(*heading towards downtown*)

- 9 **Morewood & Forbes Ave Outbound**
(*heading towards Squirrel Hill*)

PARKING GARAGES & LOTS

10 East Campus Parking Garage

EAST CAMPUS GARAGE

GPS Address:

5040 Forbes Ave., Pittsburgh, PA 15213

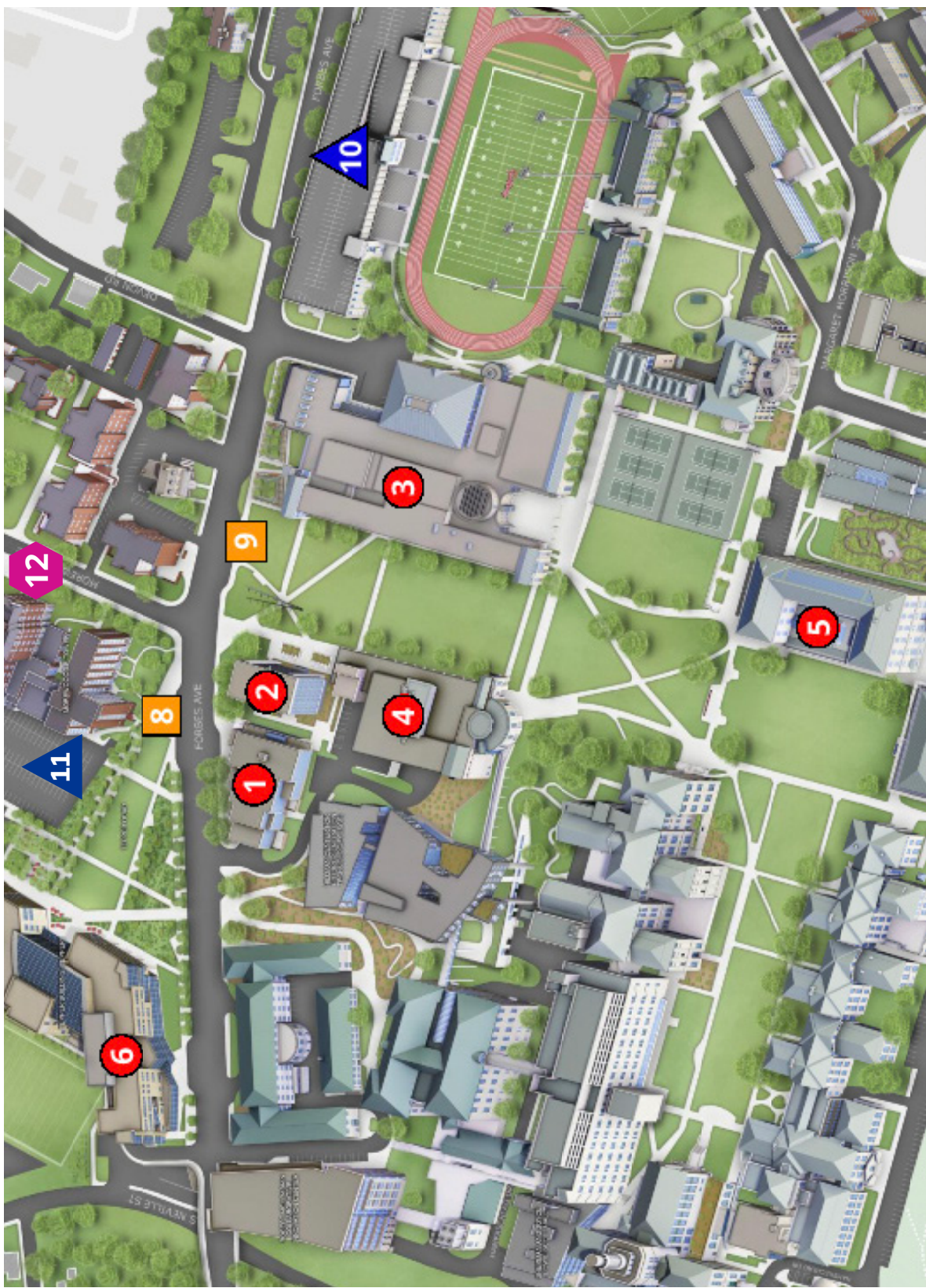
TIME	COST
Up to 30 minutes	FREE
Up to 1 hour	\$13.00
1-3 hours	\$15.00
3-5 hours	\$17.00
5+ hours	\$20.00
6 pm - 10 pm	\$9.00
Weekend	\$9.00
Lost Ticket	\$31.00

11 Morewood Parking Lot

Morewood Parking after 5:00pm until 8:00am is free Monday – Friday. Weekend parking after 5:00pm Friday until Monday at 8:00am is also free.

CMU SHUTTLE STOP

- 12 **Morewood Gardens**
Rate information available at:
cmu.edu/parking/shuttle/



Carnegie Mellon University



CAMPUS MAP

ZOOM

Classes in this section will be held online via Zoom.

Zoom access codes will be emailed the day before the first class.



ARTS & HUMANITIES

Art | Cinema/Film | Literature | Music

ART

Disturbances: Artists Respond To Conflict

Study Leader: Vicky A. Clark

- 3 Classes: May 2 – May 16 Class ID: 4687
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom



Atrocities occur in all places in all times; the question is how to react. Cultural producers, especially visual artists, have long searched for ways to address difficult issues, to engage audiences, to make meaningful comments or suggestions for change. From one extreme to the other, from compassion to confrontation, artists sincerely want to make a difference. What methods are effective? We'll look at examples of war, genocide, poverty, the environment, etc., to see how artists' reactions range from empathy to anger, from insight to friction. We'll ask the question: Has art ever changed the world?

Vicky A. Clark has been involved in contemporary art in Pittsburgh for more than 30 years at the Carnegie Museum of Art and the Pittsburgh Center for the Arts. A child of the sixties, committed to changing the world, Clark envisions contemporary art as a new way to look at contemporary issues with artists as problem-solvers whose ideas merit attention. Excitement, passion, distress, experimentation: contemporary art envisions all of the above and requires curiosity. Clark has provided this through exhibitions, writings, and lectures in Pittsburgh for many years.

Dandy Andy: Warhol's Queer History

Study Leader: Warhol Museum

- 4 Classes: Jun. 28 – Jul. 19 Class ID: 4672
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

This course examines Andy Warhol's romantic relationships and gay identity against the backdrop of the historical LGBTQ+ rights movement in the United States. While his sexual orientation is frequently suppressed or debated, Warhol's homosexuality impacted his art in a variety of ways. Warhol's boyfriends, including Edward Wallowitch, John Giorno, and Jed Johnson, were also his colleagues and collaborators, helping to shape and define his career as an artist. Through his paintings, drawings, films, and other media projects, Warhol often addressed queer themes and showcased other icons of the LGBTQ+ community. The presentations will feature artworks and artifacts from the permanent collection of the Andy Warhol Museum, including pieces rarely on public display.

Grace Marston is an Arts Educator at the Andy Warhol Museum. She has worked at the museum for eleven years and aspires to become the preeminent Warhol scholar of her generation. She has conducted gallery talks, tours, and workshops for audiences of all ages and backgrounds. She specializes in LGBTQ+ Education, Senior Education, and research projects.

CINEMA/FILM

A Night At The Movies: Italian Style 2

Study Leader: Stanley Winikoff, Jeffrey Swoger

- 6 Classes: May 1 – Jun. 12* Class ID: 4584
- Monday, 3:15 PM - 4:45 PM
- Online Course, Zoom

*Note: Class will not meet on May 29

This iteration of A Night at the Movies returns to the rich treasure trove of Italian films. The subjects of the six films selected range from marriage and divorce to fantasy, to ennui, to war and murder, and finally, to nostalgia. Like all Italian films, the direction is superb, the cinematography is stunning, and the acting is inspired. Students will view the films on their own prior to class, and participate in a discussion of what they have seen in class. The films are available to stream on various sites, as well as on DVD from the library. If a film is difficult to find, it will be shown by one of the study leaders prior to class.

Stanley Winikoff is a retired trial lawyer who chairs the Osher Curriculum Committee and teaches courses on movies.

Jeffrey Swoger has taught a wide range of arts and humanities courses in music, architecture, film, and design.

A Night At The Movies: Broadway Musicals On Film

Study Leader: Stanley Winikoff, Jeffrey Swoger

- 6 Classes: Jun. 28 – Aug. 2 Class ID: 4585
- Wednesday, 3:15 PM - 4:45 PM
- Online Course, Zoom



Musicals has been a hallmark of the Broadway stage as well as in the movies. Their appeal lies in the marriage of music, dancing, costumes, and story line. And, while not considered by some as being as high-brow as opera, they nevertheless demand extraordinary artistry from all involved. Adapting these stage works to film as a particular challenge. The film has to substitute the immediacy of a live performance with a production that still moves the audience. No mean feat. The six films selected accomplish this in a variety of ways. Students will view the films on their own prior to class, and participate in a discussion of what they have seen in class. The films are available to stream on various sites, as well as on DVD from the library. If a film is difficult to find, it will be shown by one of the study leaders prior to class.

Stanley Winikoff is a retired trial lawyer who chairs the Osher Curriculum Committee and teaches courses on movies.

Jeffrey Swoger has taught a wide range of arts and humanities courses in music, architecture, film, and design.

A Night At The Movies: Jeanne Dielman

Study Leader: Stanley Winikoff, Jeffrey Swoger

- 1 Class: Jun. 14
- Wednesday, 3:15 PM - 5:15 PM
- Online Course, Zoom

Class ID: 4649

NEW

ONE
DAY

For the first time, Sight and Sound, the British film journal's 10-year poll of over 1500 film critics named a film by a female director to head the top ten films of all time. This is a consciously a woman's film described as confrontational, idiosyncratic and extraordinary. Jean Dielman charts three days in the life of bourgeois Belgian housewife. It is a long movie, over 3 hours, to be presented by Jeff and Stan over Zoom on two separate nights. The New York Times notes that this is "not a movie to see if you're in a hurry to go somewhere else. It demands total attention. If one gives it anything less, it's revenge will be a boredom so complete it might be fatal."

Stanley Winikoff is a retired trial lawyer who chairs the Osher Curriculum Committee and teaches courses on movies.

Jeffrey Swoger has taught a wide range of arts and humanities courses in music, architecture, film, and design.

LITERATURE

T.S. Eliot's "*The Waste Land*"

Study Leader: William Guy

- 3 Classes: May 1 – May 15
- Monday, 1:00 PM - 3:00 PM
- Online Course, Zoom

Class ID: 4613

NEW

An examination (insofar as time permits) of the fundamental poem of modern literature.

William Guy is a poet, novelist and writer of travel books. His published works include *The Lyndoniad*, a long poem; *Gravity's Revolt*, a novel; and a translation of *The Iliad*. He has a Ph.D. in English Renaissance literature from Princeton University. His particular area of expertise is Sixteenth and Seventeenth Century poetry and drama.

Important

To attend a course, you must have received a course confirmation for that course through the office. Please don't confuse the course confirmation with a wait list notice.

We appreciate your cooperation.

To maintain the integrity of our organization, please do not share Zoom codes.

Great And Notable Novels Read And Revisited

Study Leader: Mary Schinhofen, Ken Joseph,
Helen-Faye Rosenblum, Gloriana St. Clair

- 6 Classes: May 11 – Jul. 20 Class ID: 4581
- Thursday, 1:00 PM - 3:00 PM
- Online Course, Zoom

With an emphasis upon earlier works and canonical selections, the Great Novels study group will read and discuss significant novels of the 18th, 19th, 20th, and occasionally the 21st centuries. From the vantage point of age and experience, what insights can we share now that were not available during a previous reading? This course provides opportunities to read novels that we may have “saved for later” or ones that we never knew existed. Class members are encouraged to lead a book discussion session. The class meets on alternate weeks.

Please note: *Course dates: May 11 & 25, June 8 & 22, and July 6 & 20*

Mary Schinhofen earned a B.A. degree in literature and philosophy and went on to raise a family and teach English literature at the University School in Shadyside. She has since retired in order to devote more time to reading, writing, and watercolor painting. An Osher member, she is deeply and passionately committed to the continuing education of everyone, especially those who have purportedly reached the age of wisdom. Teaching this class fulfills a lifelong dream of hers.

Ken Joseph is a graduate of St. John’s College (Annapolis) and the Duquesne University School of Law. He spent most of his working life as an attorney and has always enjoyed reading and discussing good literature.

Helen-Faye Rosenblum, a Phi Beta Kappa graduate of Chatham College, also received undergraduate and graduate education at Barnard College and the University of Pittsburgh. She is the author of two novels published by Putnam with further work in progress. Her first novel, *Minerva’s Turn*, won the Ohioana State Library Award for fiction. She has reviewed books and the arts for the *Cleveland Plain Dealer*, the *Pittsburgh Press* and numerous smaller publications and radio stations. She has taught and lectured in many venues, from universities and public schools to the US Correctional System in Ohio. She is a past president of A.L.L. (Osher at CMU).

Gloriana St. Clair served as the Dean of University Libraries at Carnegie Mellon University from 1998 to 2014. She also served as the University liaison with Academy for Lifelong Learning and subsequently Osher Lifelong Learning at Carnegie Mellon University. She holds a B.A. and Ph.D. in literature from the University of Oklahoma; a master’s degree in library science from the University of California, Berkeley; and an M.B.A. from the University of Texas.

Short Stories: The Manageable Masterpiece

Study Leader: Helen-Faye Rosenblum

- 5 Classes: May 1 – Jun. 5* Class ID: 4621
- Monday, 1:00 PM - 3:00 PM
- Online Course, Zoom

**Note: Class will not meet on May 29*

- 5 Classes: May 1 – Jun. 5* Class ID: 4622
- Monday, 3:30 PM - 5:30 PM
- Online Course, Zoom

**Note: Class will not meet on May 29*

Practitioners and students of the art and craft of short fiction often ask themselves (and each other) where stories begin and end. How do we draw the line between truth and fact, fiction and memoir, fantasy and memory? In this course, participants will use a variety of contemporary short stories to address the questions. The answers may be elusive, but the quest will be gripping. We will use fresh stories every term, so that the course description is the same, but the content is always fresh.

Helen-Faye Rosenblum, a Phi Beta Kappa graduate of Chatham College, also received undergraduate and graduate education at Barnard College and the University of Pittsburgh. She is the author of two novels published by Putnam with further work in progress. Her first novel, *Minerva’s Turn*, won the Ohioana State Library Award for fiction. She has reviewed books and the arts for the *Cleveland Plain Dealer*, the *Pittsburgh Press* and numerous smaller publications and radio stations. She has taught and lectured in many venues, from universities and public schools to the US Correctional System in Ohio. She is a past president of A.L.L. (Osher at CMU).



MUSIC

Opera In Depth: *The Barber Of Seville*

Study Leader: Pittsburgh Opera

- 4 Classes: Jun. 28 – Jul. 19
- Wednesday, 1:30 PM - 3:00 PM
- Online Course, Zoom

Class ID: 4686

NEW

Take a deep dive into *The Barber of Seville*, a comic opera of unbelievable energy, especially during the first act, in which nine of the most popular moments in all opera are packed into less than forty minutes of music. Why was Gioachino Rossini called “Signor Crescendo” and how could he write an opera in a few weeks? Why were some of the solo pieces in *The Barber of Seville* termed cavatinas and some arias? Explore the bel canto music in depth to appreciate the overture, the coloratura, the stretta, and the patter. Learn about the astonishing amount of history surrounding *The Barber of Seville* and the near-fiasco opening night. Meet Rosina, the Count, Dr. Bartolo, and the barber Figaro. Explore Figaro’s famous music and what a barber pole symbolizes. This course will even include some Rossini-inspired recipes.

Marilyn Michalka Egan, Ph.D., Pittsburgh Opera Director of Education, enjoys opening new doors to opera for students of all ages. She will be joined by staff members and opera artists who will share their specific areas of expertise about opera.

BUSINESS & COMMERCE

Computers | Economics | Finance | Law

COMPUTERS

Protect Your Identity: Identity Theft Protection

Study Leader: Terri Anthony

- 1 Class: Jun. 27 Class ID: 4652
- Tuesday, 9:30 AM - 10:30 AM
- Online Course, Zoom

ONE
DAY

Identity theft is quickly becoming one of the most common crimes, and seniors along with children, teen and college students are at a higher risk of identity theft scams. This class includes tips on the best types of passwords to use, how account holders can guard their mail and trash for identity thieves, how to prevent online identity theft and the do's and don'ts of e-commerce and much more!

Terri Rae Anthony has been in the safety field for more than 35 years and has spent the past 20 years as a Safety Advisor at AAA East Central.

ECONOMICS

North America Yesterday And Tomorrow

Study Leader: Stephen Blank

- 2 Classes: Jun. 14 and Jun. 21 Class ID: 4594
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

TWO
DAY

We call ourselves “Americans”, but so are Canadians and Mexicans. We are all Americans – North Americans. We know little about North America and how close we came being the battleground for Europe's wars and the unlikely emergence of the US as a continental power. From colonial times to the opening of the 20th century, our country's shape changed many times. Our economy is North American and many of the issues we face now are North American. Many business schools in Canada, Mexico and the US have programs dealing with China – but few offer any courses dealing with business in North America, notwithstanding that this is the densest trade-business relationship in the world.

Stephen Blank's career has spanned the academic, business and not-for-profit communities. His work on corporate-business relations and on North American integration is well recognized. In nine visiting professorships in Japan, Germany, Mexico, Canada and the US, Blank taught masters and doctoral level courses on the international business environment that looked in depth at forces reshaping international political, economic and social relations. Blank served as Bissell Professor at the University of Toronto, Fulbright Distinguished Professor at the University of Montreal, Ross Distinguished Professor of US-Canada Relations at Western Washington University and Fulbright Chair of Governance and Public Administration at the University of Ottawa. He was Managing Director of an alliance of four North American business schools. A member of the Council on Foreign Relations, he was awarded L'Ordre National du Quebec by the Government of Quebec. He serves as Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa. Blank was educated at Dartmouth, Cambridge University and Harvard.

FINANCE

Fundamentals Of Personal Wealth*Study Leader:* Peter Strope

- 6 Classes: Jun. 26 – Jul. 31 *Class ID:* 4586
- Monday, 9:00 AM - 10:30 AM
- Online Course, Zoom

A deep look into the nuances and intricacies of fostering and growing personal wealth. We focus on everything from investment strategies to financial and estate planning. The goal of this class is to provide students with a deeper understanding of how to manage their financial life in a way that creates a comfortable retirement and an opportunity for generational wealth.

Peter Strope, with over 20 years of experience in the financial services industry, has developed a comprehensive approach for offering his clients customized wealth management advice delivered with personalized service. Given his background in nursing, Peter prefers to adopt a scientific approach to providing financial advice and implementing solutions. He first explores each client's needs and goals in order to diagnose the situation and, ultimately, recommend the best strategy to address it effectively. Whether he is assisting his clients with finding an accountant, funding a college education or obtaining a mortgage, Peter takes a comprehensive approach to helping clients coordinate all elements of their financial lives. To promote his field within the community, Peter teaches a financial planning course at the University of Pittsburgh as an adjunct professor and serves as a member of Pittsburgh's Estate Planning Council. Additionally, he is a member of the International Association of Advisors in Philanthropy, allowing him to participate in a network of diverse professional advisors devoted to mastering and promoting the principles and practices of client-centered planning.

LAW

Those Who Trespass Against Us: Introduction To Torts*Study Leader:* Errol Miller

- 5 Classes: May 2 – May 30 *Class ID:* 4614
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

By use of practical information, useful anecdotes, and *The Restatement of Torts II*, this course will explain some of the legal principles of Torts (civil wrongs) which serve as the focus for most civil law suits filed by individuals against their neighbors, other drivers, their doctors, and their merchants. The focus will be on basic principles, and steps you should take and expect your lawyer to take to protect your rights, to strengthen your case, and put the law on a human scale. The course will cover intentional interference with people, unintentional interference with people or property, including negligence, contributive and comparative negligence, proximate cause, assumption of risk, the impact of insurance on tort law, and damage to reputation. The application of tort principles to other less common torts may also be addressed. This is an open-discussion class based on the readings and lectures.

Errol Miller graduated from Dartmouth College and Harvard Law School, and has practiced law for 55+ years. He has been an Osher study leader since 2004, offering 6 different courses. Trust and Estates draws on his 40+ years in planning and administering estates and as a frequent lecturer in Continuing Legal Education on Elder Law. His two part, "Questioning The Criminal Justice System" reflects a life-long interest in Criminal Justice Reform and his experiences as a law clerk to a Pennsylvania Supreme Court Justice; his post-conviction appeals, his activity on Boards of Community Mental Health Agencies, and his participation in local reform groups who share his interest in reforming the system so it is better coordinated with mental health services and principles. "Those Who Trespass Against Us" addresses tort cases with practical advice for non-lawyers on the principles behind most civil cases. "The Current Supreme Court" reviews major decisions since Chief Justice Roberts assumed his position and what changes we might expect as court membership changes. Introduction to Real Estate Law explains the legal principles surrounding real estate transactions.

Med-Mal 101: Observations Of An Expert Witness

Study Leader: Richard Daffner

- 4 Classes: May 1 – May 22 *Class ID:* 4570
- Monday, 9:30 AM - 11:00 AM
- Online Course, Zoom

Medical malpractice (med-mal) is an unfortunate occurrence in our society. However, not all unsatisfactory medical results are due to negligence. This course will define the Standard of Care obligation that all physicians have and will explore all the elements encountered in the world of med-mal, illustrated with actual cases from the study leader's experience over 30 years as an expert witness in radiology. The course will be divided into three parts: Part 1 will define malpractice and applicable legal terms; Part 2 will review the four key elements that define med-mal: the physician-patient relationship; actual injury or harm; breach of the Standard of Care (negligence) by the provider; and direct causal relationship between the negligence and the outcome; Part 3 will have the class participants act as the jury as illustrative cases are presented. Each case will undergo a "root cause analysis." In addition, the points of law that affected the outcome will be demonstrated.

Richard H. Daffner, M.D., F.A.C.R. is a retired radiologist who worked at Allegheny General Hospital for 30 years. During that time he participated as an expert witness in cases of medical malpractice as well as in criminal cases. His entire professional career has been spent in academic settings, including medical schools at Duke University and Temple University, where he is Emeritus Clinical Professor of Radiology. He is the author of nine medical text books.

Come for classes, stay for lunch!



The Lawrence Lounge in the Osher Center in Cyert Hall is a great place to hang out before, between, or after classes.

Whether you want to work on the puzzle or eat lunch, the lounge is a great place to socialize with fellow Osher at CMU members.

Don't want to bring your lunch from home? There are several great places to grab food on campus. For a complete list of on-campus dining locations, visit cmu.edu/dining.

LEARN BY DOING

Finance/Insurance | Self Improvement | Wellness | Writing

FINANCE/INSURANCE

Seasoned Investors

Study Leader: Brett Pechersky

- 5 Classes: Jun. 28 – Jul. 26 *Class ID:* 4618
- Wednesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

Have you lost money with your investment accounts or 401(k) over the years? This course can help both novice and advanced investors discover ways to sidestep major losses through modern investment techniques. Looking to protect your retirement? Learn why stocks and mutual funds fluctuate in value and study various procedures to help you track your performance. Additional items to be discussed include mutual fund analysis, loss control strategies, professional charting techniques, free online research websites, portfolio management tools, and stock selection methodologies. This course is designed for both conservative and aggressive investors. Investment experience is required. Computer/Internet experience is preferred, but not required. Supplemental materials include *Investor's Business Daily* newspaper (free trial available in class).

Brett Pechersky, a graduate of Penn State University, is an energetic speaker who has given numerous lectures across the country. His educational courses, including "Seasoned Investors", have been offered through the Franklin Regional Adult School and the Osher Lifelong Learning Institute at Carnegie Mellon University. He offers his educational programming to the American Association of Individual Investors and leads their Investor's Business Daily SIG in Pittsburgh. He is an active business community member.

SELF IMPROVEMENT

Telling Our Stories: The Family DMZ

Study Leader: Pamela Monk

- 4 Classes: Jun. 27 – Jul. 25* *Class ID:* 4606
- Tuesday, 1:00 PM - 3:00 PM
- Online Course, Zoom

**Note: Class will not meet on Jul. 4*



We are living through a time of fracture and division, even in our families. Topics of vital importance are avoided because of the potential for hard feelings and hurt. In this class, students will learn how to set up a demilitarized zone, a space where people can share their lived experiences with the people closest to them, without judgment or argument. Students will learn how to tell their own story, coach others to create personal narratives, and create rules of engagement to facilitate communication with willing family and friends.

Pamela Monk is a storyteller, teacher and writer. She spent 17 years in the Ithaca (NY) City School District where she taught middle school science and language arts, and oversaw her middle school performing arts program. During her Ithaca years, she was a founding member of Odyssey Storytellers. In 2021 she retired from the faculty of Penn State's Donald P. Bellasario College of Communication's Journalism Department after 20 years of teaching courses in feature writing for online publication. Her interests have led her to create a variety of theatre events that involve song parody, storytelling and audience participation. Her plays have been produced in PA and NYC, and her writings have been published in a wide variety of outlets. She is the founder of State of the Story, a personal narrative storytelling initiative that began in 2012 in State College, PA. Currently, she is a team member of Storyburgh, responsible for producing Storyburgh Live. A sampling of her work can be found at pamelamonk.contently.com/.

LEARN BY DOING | Zoom

Writing Your Own Obituary

Study Leader: Susan Morris

- 4 Classes: May 2 – May 23 Class ID: 4625
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

How do you want to be remembered by your friends and family? Thoughtful? Generous? Accomplished? Amusing? Rather than leaving it to others to decide, why not use your own words to reflect your personality and life? YOU get to choose the story (and the adjectives)! You can make it as serious or as entertaining as you'd like. It's up to you. We will look at examples of obituaries and then you get to write your own. Class will be lively and informative.

Susan Morris, a 30-year broadcasting veteran, produced news reports and documentaries for National Public Radio and other news outlets. Her radio work earned Susan numerous honors including two Matrix Women in Communications Awards. The PA Council on the Arts funded her original radio drama. Susan produced radio talk shows with Stanford and Carnegie Mellon students, hosted a TV program on women's health issues and created a radio series on investing. A graduate of Ellis School and Mills College, Susan credits both for her eclectic interests.

Declutter

Study Leader: Rosa Barnett Averbach

- 4 Classes: May 3 – May 24 Class ID: 4573
- Wednesday, 2:45 PM - 4:15 PM
- Online Course, Zoom

How much stuff is enough?! Unless you are a minimalist, you likely have a lot of stuff. However, managing more than enough stuff is a burden that most people don't realize they have. The "care and feeding" that your junk and clutter exact on your space and nerves is unnecessary and a waste of time, effort, and money. Through this course, you will realize that what you thought was enough is likely too much. Now is the time to declutter and downsize your stuff! This class is interactive and stresses a permanent lifestyle change and behavior modification. This course can be taken more than once.

Please Note: *It is important that all participants participate in the class discussions each week to receive the full benefit of the course. You must have both a camera and a working speaker on your device to take this course.*

Rosa Barnett Averbach earned a Bachelor of Science degree from Penn State University and master's degrees in both education and social work from the University of Pittsburgh, as well as certification in interior design from the Art Institute of Pittsburgh. She taught art education in the Swissvale Area Joint Schools. She has also taught adult education classes on topics including Getting Organized, Time Management, Decision Making, and Procrastination. She was director of Create-A-Space, a space- and design-management business. She also worked at St. Francis Hospital as a behaviorist with obese and morbidly obese patients. Her specialty is behavior modification and permanent lifestyle changes. She has been teaching courses at Osher at CMU since 2008.

Check us out on Facebook!

www.facebook.com/osheratcmu



Grandparenting 101

Study Leader: Mark Diamond

- 2 Classes: Jun. 16 and Jun. 23
- Friday, 10:45 AM - 12:45 PM
- Online Course, Zoom

Class ID: 4655

**TWO
DAY**

A pediatrician practicing in the South Hills for 35 years, discusses strategies for being a successful grandparent. We cover also changes in childcare since we raised kids in areas such as changes in vaccinations, safety, etc.

Mark Diamond was a pediatrician in the South Hills for 35 years. He is married to the lovely Ellie for 51 years. He has 3 children and 9 grandchildren ranging in age from 3 to 13.

How To Deal With Bullies

Study Leader: Susan Morris

- 1 Class: May 1
- Monday, 10:00 AM - 12:00 PM
- Online Course, Zoom

Class ID: 4684

NEW **ONE
DAY**

No matter your age, there will always be people who challenge you - whether it's an on-again, off-again friend, a nasty neighbor or an unfriendly acquaintance. The good news is there are ways to stop the bullying, and this class will illustrate exactly what they are. We will also look at why people bully and the different ways bullying manifests itself. The goal is to give you the confidence and know-how to stand up for yourself.

Susan Morris, a broadcast journalist by profession, likes to tackle problems. She created a radio program on personal finance to help neophyte investors. Another one of her radio programs she hosted, "Talk Back," featured college students struggling to deal with the challenges they faced on campus. Since joining Osher's roster of teachers, Susan has taught communication skills as well as how to write your obituary.



WELLNESS

Sleeping For Success

Study Leader: Leah Bolen

- 1 Class: Jun. 13
- Tuesday, 10:30 AM - 12:30 PM
- Online Course, Zoom

Class ID: 4681



Healthy sleep sets the foundation for physical, mental, and emotional wellbeing. In this course, Sleep and Dream Specialist Leah Bolen will share research around the importance of sleep and provide techniques for enhancing one's ability to fall and stay asleep through the night. You will learn the connection between sleep & success; essential sleep hygiene habits; techniques for falling asleep; four rules to combat insomnia; and the underappreciated value of dreams.

Leah Ann Bolen, CDP, CSSC helps people to improve their sleep and connect with the power of dreams to enhance their waking lives. In her 30 years of training and work with sleep and dreams, she has come to see sleep as the foundation for physical, emotional, and mental wellbeing. Leah is the Sleep & Dream Specialist for Miraval Resort, where she provides workshops, lectures, and private consultations. She also co-founded Dream, Inc Services, in partnership with Rubin Naiman PhD, FAASM, to provide corporate sleep and dream wellness training.

WRITING

Wannabe Authors

Study Leader: Christine Michael

- 6 Classes: May 1 – Jun. 12* *Class ID:* 4604
- Monday, 10:45 AM - 12:45 PM
- Online Course, Zoom

**Note: Class will not meet on May 29*

Everyone has a story to tell. Here is your opportunity to write and share your story with fellow wannabe authors. Each week we start class with a short in-class writing exercise to incite creativity. Then we discuss your previously submitted writings: essay, poetry, fiction, or non-fiction to a max of 1200 words. Through honest, constructive feedback you will discover what your classmates appreciated about your piece, what they didn't understand, and how you might improve your writing. Get your pens ready.

Christine Michael is a writer, gardener, crafter and avid traveler. She studied Business Communications at Laurier University, Waterloo, Canada, French at Sorbonne University, Paris, France, and Master of Education at Carlow University, Pittsburgh, PA. She has travelled to over 100 countries, so you can guess what her stories are about. She taught in elementary school and college. She currently works testing digital software for a photo preservation and scrapbooking company. She passionately volunteers for Hospice and a grief center and Make-a-Wish. She has written one book and is currently working on a second. She is a like-minded litterateur eager to learn and share.

SCIENCE

Environment | Medical

ENVIRONMENT

Embracing A Green Lifestyle

Study Leader: PA Resources Council

- 3 Classes: May 3 – May 17 *Class ID:* 4653
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

We will look at common practices in and around the home and how we can perform them in an Earth-friendly manner. We'll examine proper recycling, composting our food scraps and yard debris, and how to help to alleviate storm-water and water pollution issues that plague this region by embracing green living techniques in the home and yard.

Emily Stein is Environmental Education Coordinator for the PA Resources Council. PRC promotes solid waste reduction and living lightly on the earth. Emily is a St. Louis native who spent nearly a decade delivering outdoor educational programming across Great Smoky Mountains National Park, Western North Carolina, and the bluff country of Southeast Minnesota before moving to Pittsburgh in 2021. Emily holds a Master's in Natural Science and Environmental Education from Hamline University.

MEDICAL

Accessibility 101

Study Leader: Beverly Barkon

- 4 Classes: May 1 – May 22 *Class ID:* 4673
- Monday, 11:00 AM - 12:30 PM
- Online Course, Zoom



This course will explore the construct of accessibility from a variety of perspectives. Accessible design was originally created to meet the needs of people with physical, sensory, and cognitive disabilities and is built into several laws. Finding that it was more equitable to design with access in mind from the outset, Universal design (UD) has become a ubiquitous part of the contemporary built environment in the United States. As people live longer maximizing UD becomes an ever-more central concern. When and how did the focus on accessibility begin? How has the concept of access evolved? This course will explore the role that ageism and ableism play in providing accessible options to older adults; what those options are in the physical world of homes and the larger world and what accessibility in the virtual can look like if accessibility for older people is a part of web development.

Dr. Beverly Barkon is Professor Emerita at Carlow University. For more than 30 years she taught in programs that prepared special educators and learning disabilities teacher consultants in Pittsburgh and New Jersey. She has been teaching about Universal Design for Learning and the needs of adults with disabilities and transitions to adulthood for several decades. She has a PhD from Northwestern University in Communication Disorders. She also holds an MSL degree from the University of Pittsburgh School of Law where she focused on disability and education law. She is currently the director of Future Engaged, which supports survivors of childhood, adolescent and young adult cancers transitioning to adult endeavors.

SOCIAL SCIENCES

Contemporary Topics/Sociology | History | Pittsburgh

CONTEMPORARY TOPICS/ SOCIOLOGY

The Art Of Wine Tasting

Study Leader: Ricardo Llovet

- 1 Class: Jun. 16
- Friday, 3:15 PM - 5:15 PM
- Online Course, Zoom

Class ID: 4641

ONE
DAY

The objective of the course will be to provide the participants with the knowledge necessary to obtain an enhanced experience from their usual wine drinking. We will cover the visual, olfactive, tasting, and aftertaste phases. We will cover the art and some elemental science for each of the phases. We will practice what we learned with an actual tasting of a red and a white wine. We will be tasting and discussing the wines together. Students will be asked to purchase two wines to be identified by the study leader.

Ricardo Llovet has been a wine aficionado since his youth. He was taught by his father and then expanded his knowledge through extensive reading, tasting, traveling, and conversations with winemakers. He has harvested grapes, made red and white wines at home, and visited many winemakers and vineyards in Spain, France, Italy, Bulgaria, Portugal, and the US. He has been conducting wine tastings during the last 37 years, well before it became a popular activity. Four years ago Ricardo started the website wineandfriends.net where he posts wine reviews and his most recent experiences in the world of wine. He founded and chairs the American Wine Society City of Pittsburgh chapter. Ricardo just has a passion for wine and has been frequently told that he is able to transmit it.



Enjoying *The New Yorker*

Study Leader: Mary Duquin

- 6 Classes: May 2 – Jun. 6
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 4595

- 6 Classes: Jun. 27 – Aug. 8*
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 4596

*Note: Class will not meet on Jul. 4

This will be an interactive discussion course with a limited enrollment. *All members will be expected to present at least one article over the six weeks.* Each week the class will focus on a current issue and discuss one or more features of particular interest. It might be part of the “Talk of The Town,” a short story, a cartoon, the cover art, or one or more critiques - whatever inspires members’ interests.

Mary Duquin received her Ph.D. at Stanford University in education with a minor in women’s studies. She taught at the University of Pittsburgh from 1974 to 2013. Over the past 40 years, she has taught courses in personal health and wellness. She enjoys reading *The New Yorker* and is excited about the dynamic discussions this course will produce.

What's The Big Deal About Infrastructure

Study Leader: Stephen Blank

- 2 Classes: Jun. 13 and Jun. 20 *Class ID:* 4593
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

**TWO
DAY**

Promises, promises, promises. Everyone promises more, better, fixed infrastructure. What has happened? Report Cards? Every couple of years, the American Association of Civil Engineers issues a report card on US infrastructure. In case, you haven't heard, we've moved up from a D- to a C+. Join this class to learn why infrastructure is so important (What is infrastructure?), how the United States has dealt with infrastructure in the past, our successes and failures. Why the current crisis? What forces are shaping infrastructure needs and possibilities in the near future - from potholes and bridges to the grid, pipelines and ports? What decisions have to be made in the next few years to prepare for a more successful future?

Stephen Blank has enjoyed a long career in academics, business and not-for-profits. Blank taught at Harvard, Pitt, and Pace Universities, and was a visiting and Fulbright professor at universities in Canada, Japan, Germany and the US. His work on Britain, Multinational Corporations and North America is well known. His consulting clients included major US, Canadian and European firms and he worked for government agencies in the US and Canada. Blank was a founder and Managing Director of The North American Transportation Competitiveness Research Council which examined issues central to the existence of an efficient and secure continental freight transportation system that would enhance North American competitiveness in the 21st century. He participated in major studies of North American rail, highways, energy and ports and on greening freight trucks. Infrastructure fact: Blank lives on Roosevelt Island in New York and commutes to Manhattan on the Roosevelt Island Aerial Tramway.

HISTORY

How Wrens And Raspberries Helped Win The Battle Of The Atlantic

Study Leader: Peter Oleinick

- 4 Classes: Jun. 26 – Jul. 17 *Class ID:* 4626
- Monday, 1:00 PM - 2:30 PM
- Online Course, Zoom

The Battle of the Atlantic was all about naval blockades — In particular, German U-boats trying to stop convoys of Allied merchant ships from bringing essential supplies to England. At first, the U-boats were doing just that. But eventually the Royal Navy figured out how to defeat the U-boats. This class is going to explore the struggle between the U-boats and the convoys and will shed light on the little-known Royal Navy group that turned the tide of the battle of the Atlantic — The Western Approaches Tactical Unit (WATU). The unit studied convoy escort operations, how U-boats operated, and formulated convoy escort warship tactics to counter this evolving threat. They then trained over 5,000 Allied naval officers to use these tactics to turn the tide in the Battle of the Atlantic.

Peter Oleinick earned a Ph.D. in electrical and computer engineering from CMU in 1978. He spent the next 13 years working at high-tech companies in Silicon Valley. Peter moved back to Pittsburgh in 1991 to work at Transarc, a startup formed by a number of CMU computer scientists. After a 40-year career at various high-tech companies, Peter retired in 2017. Peter now volunteers his time at a number of non-profits: The Pittsburgh Zoo, the Hebrew Free Loan Association, and the MS Society. Peter has taught five World War II classes at Osher and this is the first-time repeat of the first course he taught in spring of 2021.

FDR: Who Was He And How Did He Change America?



Study Leader: Arthur Goldberg

- 5 Classes: May 3 – May 31 *Class ID: 4627*
- Wednesday, 11:00 AM - 12:00 PM
- Online Course, Zoom

- 5 Classes: Jun. 28 – Jul. 26 *Class ID: 4628*
- Wednesday, 11:00 AM - 12:00 PM
- Online Course, Zoom

America was both saved and significantly changed by FDR's New Deal in the 1930s and FDR himself was significantly changed from his early political days until he reached the Presidency. His changes were not perfect but were very substantial but some still long for the good old days. Are we going back?

Arthur Goldberg is a very dedicated amateur historian focusing on American history. Since retiring as a lawyer/CPA, he has taught several American history classes for Osher at CMU and continued his research into America's past.

PITTSBURGH

Missed Connections With Pittsburgh's City Steps

Study Leader: Laura Zurowski

- 1 Class: Jun. 14 *Class ID: 4597*
- Wednesday, 1:00 PM - 2:00 PM
- Online Course, Zoom

ONE DAY

Pittsburgh has the largest number of public stairways in the country, nearly 800 - more than Los Angeles, San Francisco, and Seattle. Built during the city's population heyday as a cost-effective measure to move 700,000 people from their homes on the hills to the mills lining the three rivers, city steps offered a free and efficient way to get around. This course will provide a historical overview of the city's outdoor stairways and the residents who used them, illustrate the various construction styles, and provide an update on the current condition of the city's steps.

Laura Zurowski is a writer/photographer living in Pittsburgh. She is currently working on a 5-year public space documentation project that involves Pittsburgh's public stairways, commonly referred to as "city steps."

Powerpoint Tour Of The Pittsburgh Zoo And Aquarium

Study Leader: Cathy Gialloreto

- 1 Class: Jun. 16 *Class ID: 4609*
- Friday, 9:00 AM - 10:30 AM
- Online Course, Zoom

ONE DAY

Join me for a visual trip through the Pittsburgh Zoo and Aquarium. We will also take a look at the veterinary hospital and the International Conservation Center in Somerset.

Cathy Gialloreto has been a docent at the Pittsburgh Zoo since 1983. Her free time is spent with animals at the Zoo and Animal Friends. Other interests involve community theater and ushering at City Theater.

ZOOM INSTRUCTIONS

Zoom has recently made some changes to their program, and things may look different than you are used to. Please be patient as we adjust to these changes together! Here are updated steps to join your courses on Zoom:

When accessing a course from a computer or laptop, we recommend the following steps:


1. Open your internet browser (Chrome, Firefox, Safari, or Edge).

Example Icons: 

2. Type the following into the address bar: join.zoom.us.
3. Enter the meeting ID provided by Osher. Click Join.
4. You will be prompted to put in your name and email address. Click "Register."
5. Enter the meeting password provided by Osher. Click Join.

When accessing a course from a phone or tablet, we recommend the following steps:

1. If you have yet to do so, download the Zoom app from the App store or Google Play store.
2. Click on Join/Join a Meeting.

Example Icon: 

3. Enter the Meeting ID provided by Osher and make sure you display your first and last name.
4. Enter the meeting password and then click "Continue."

If you have downloaded Zoom to your device, and we recommend seeing if there are any updates by going to www.zoom.us/download and click on:

- Download, if you are on a computer or laptop.
- Update (if necessary), if you are on a phone or tablet.

Having problems with Zoom? Shut down your computer, phone, or tablet, and start from the beginning. If it still isn't working, email or call the Osher office.

COMMUNITY SITE

Classes in this section will be held at various locations in the Pittsburgh area.



ARTS & HUMANITIES

Drama/Theater



DRAMA/THEATRE

Revisiting *The Sleeping Beauty* Ballet

Study Leader: Pittsburgh Ballet

- 1 Class: May 10
- Wednesday, 10:00 AM - 12:00 PM
- Pittsburgh Ballet Theatre,
2900 Liberty Ave

Class ID: 4677



Drama and romance are palpable in Pittsburgh Ballet Theatre's production of the most classical of all full-length ballets. *The Sleeping Beauty* tells the story of a beautiful princess cursed into an eternal slumber until she is awoken by true love's kiss. Filled with magnificent sets and costumes, an iconic Tchaikovsky score and incredible ballet technique, this is a fairytale turned exquisite theater experience. This one-day class looks at the cultural context of the ballet, its place in the classical ballet canon, and its meaning for audiences today.

Lisa Auel is Manager of Audience Programs and Archives at Pittsburgh Ballet Theatre. She holds an MA in American Studies from George Washington University.

COMING SOON!!!

Osher at CMU Presents **A Night at the Movies** **Brown Bag SIG**

- Five great films shown in the classroom
- Cartoon and trailer
- Enjoy your lunch with fellow film fans
- Drinks and desserts will be for sale

Social time 11:30 Movie 12:15

Osher membership required
Sign up for Course #4490



Third Thursday of May, June, July,
August and September

LEARN BY DOING

Art | Culinary | Dance/Exercise | Games | Language | Music/Drama | Tours

ART

Beginning Painting In Acrylics

Study Leader: Francine VandenBerg

Materials Fee: \$30*

- 6 Classes: May 4 – Jun. 8 Class ID: 4639
- Thursday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

Beginning Painting in Acrylics is an introduction to the glorious color and forgiving nature of the acrylic medium. Beginning students will explore color, value, composition, and amazingly easy-to-learn techniques while developing a personal style. Each class will begin with a quick warm-up exercise before focusing on the current project. With individualized instructor guidance in a fun, supportive environment, students will awaken hidden talents, develop painting confidence, and learn to look at the world around them in new and exciting ways. Paints, canvases, brushes, easels, and other incidental materials will be provided.

Francine VandenBerg is an experienced, self taught artist who has enjoyed making and appreciating art her whole life. Teaching others, especially those who say, “But I can’t even draw a straight line!”, to creatively express themselves brings her equal joy. Making art is an adventure in exploring self as well as the paints, the mediums, manipulating materials, tools and techniques. Francine is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, the Pittsburgh Pastel League and the Pittsburgh 10.

*Materials fee information located on page 83.

Continuing Painting In Acrylics

Study Leader: Francine VandenBerg

Materials Fee: \$15*

- 6 Classes: Jun. 29 – Aug. 3 Class ID: 4644
- Thursday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

Continuing Painting in Acrylics is for intermediate level students who have completed Beginning Painting in Acrylics or who have some painting experience. It continues the exploration of the rich color possibilities and forgiving nature of the acrylic medium. Intermediate students will continue to work with color, value, composition and a variety of techniques while developing a personal style. Students will work from their own or instructor-suggested source material to further develop their individual artistic visions and enhance painting confidence and skills. Students are expected to provide their own paints, canvases, and brushes. A list of suggested supplies will be e-mailed. Easels, extra supplies, and other incidental materials such as palettes, paper towels, etc. will be provided.

Please note: *There is a potential need for about \$25.00 in supplies purchased by the student.*

Francine VandenBerg is an experienced, self taught artist who has enjoyed making and appreciating art her whole life. Teaching others, especially those who say, “But I can’t even draw a straight line!”, to creatively express themselves brings her equal joy. Making art is an adventure in exploring self as well as the paints, the mediums, manipulating materials, tools and techniques. Francine is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, the Pittsburgh Pastel League and the Pittsburgh 10.

*Materials fee information located on page 83.



Plein Air Painting On The Farm

Study Leader: Betsy Bangley

- 1 Class: Jun. 16 *Class ID:* 4666
- Friday, 10:00 AM - 2:00 PM
- Bangley Farm

ONE
DAY

Join Betsy and David Bangley at their Beaver County farm for a morning of painting outdoors followed by a potluck picnic lunch.

Betsy Bangley has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently holds open studio figure drawing sessions with her husband, David, at a variety of venues in the Pittsburgh area, including at their country home in Beaver County. David is a former television producer, and used his experience to adapt Figure Drawing classes to the online format. Betsy teaches Figure Drawing and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

Experimenting With Acrylic Mediums: Part 1

Study Leader: Francine Vandenberg

Materials Fee: \$25*

- 6 Classes: May 2 – Jun. 6 *Class ID:* 4645
- Tuesday, 10:30 AM - 12:30 PM
- Wilkins Community Center, Regent Square,
7604 Charleston Ave, Swissvale



Are you ready to incorporate textures and special effects into your acrylic works? You've heard about acrylic mediums but the array of different bottles and jars on your art supply store's shelves is confusing. In this course you'll learn about the most commonly used mediums, their characteristics and uses in creating interesting textures and layered surfaces. Acrylic mediums require advance preparation to allow time to dry and cure therefore student attendance is crucial to the ability to complete all 4 projects.

Francine Vandenberg is an experienced, self taught artist who has enjoyed making and appreciating art her whole life. Teaching others, especially those who say, "But I can't even draw a straight line!", to creatively express themselves brings her equal joy. Making art is an adventure in exploring self as well as the paints, the mediums, manipulating materials, tools and techniques. Francine is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, the Pittsburgh Pastel League and the Pittsburgh 10.

**Materials fee information located on page 83.*

Watercolor Explorations

Study Leader: Betsy Bangley

Materials Fee: \$5*

-
- 5 Classes: May 5 – Jun. 2 Class ID: 4664
 - Friday, 10:15 AM - 12:45 PM
 - Wilkins Community Center, Regent Square,
7604 Charleston Ave, Swissvale
-

Explore your own creativity through the vibrant medium of watercolor painting! We will start from scratch, and practice activities will help you learn how to apply watercolor paints to paper, mix colors, produce textures, layer washes, and create a painting from start to finish. Each week, we'll loosen up with easy activities, and have demonstrations of techniques to build your skills. We will begin in the art studio at the Wilkins School Community Center, where we will become familiar with our materials. In later class sessions, we will move outdoors to the grounds of The Frick to paint simple landscapes and subjects. Returning to the studio for our final session, we will paint the figure. Beginners are welcome!

Betsy Bangley has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently holds open studio figure drawing sessions with her husband, David, at a variety of venues in the Pittsburgh area, including at their country home in Beaver County. David is a former television producer, and used his experience to adapt Figure Drawing classes to the online format. Betsy teaches Figure Drawing and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

**Materials fee information located on page 83.*

Figure Drawing

Study Leader: Betsy Bangley

Materials Fee: \$45*

-
- 5 Classes: Jun. 30 – Jul. 28 Class ID: 4665
 - Friday, 9:30 AM - 12:00 PM
 - Wilkins Community Center, Regent Square,
7604 Charleston Ave, Swissvale
-

Discover a new world of artistic exploration and connect with humanity by learning to draw another human being. Beginning artists will learn the basics of observational drawing in a supportive environment, while experienced artists will enjoy honing their skills through the open studio format of the class. Our nude models will hold a variety of poses for us to observe and sketch. Each week we will start with quick gesture sketches and move on to longer drawings. You'll be surprised at the progress you make as you develop your new creative skills! Bring a pad of newsprint, drawing paper, a soft pencil, and charcoal.

Betsy Bangley has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently holds open studio figure drawing sessions with her husband, David, at a variety of venues in the Pittsburgh area, including at their country home in Beaver County. David is a former television producer, and used his experience to adapt Figure Drawing classes to the online format. Betsy teaches Figure Drawing and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

**Materials fee information located on page 83.*



CULINARY

Foods Of Eastern Europe

Study Leader: David Green

Materials Fee: \$45*

- 5 Classes: May 3 – May 31 Class ID: 4658
- Wednesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Regent Square,
7604 Charleston Ave, Swissvale

NEW

Depending on your field of study, Eastern Europe can comprise up to 18 different countries. In this class we will explore the culinary similarities and differences of 7 of these countries: Bulgaria, Czech Republic, Hungary, Poland, Romania, Slovakia, and Ukraine. We will look at how the cuisines of these countries have been influenced over the centuries by terrain, weather, economics, foreign occupations, and more. In addition, you will get to observe demos and sample the wonderful foods of this region.

David Green is the former owner of Café dez Artz in Swissvale and Sweetie Sweetie Bakery in Edgewood. Over the years he has split his time between culinary arts and musical arts. He began undergraduate studies in music at Carnegie Mellon University, continuing with private studies in New York, Austria, and Italy. While in New York, he was a regular with the Light Opera of Manhattan, doing lead roles in many Gilbert and Sullivan and Victor Herbert operettas. He was also a regular performer in several New York cabarets. Before leaving New York, he also served as pastry chef for Amber Waves in Manhattan and the Living Room Café in Brooklyn. David is a graduate of the Culinary Institute of Pennsylvania.

*Materials fee information located on page 83.

DANCE/EXERCISE

Hatha Yoga

Study Leader: Loretta Barone

Materials Fee: \$10*

- 7 Classes: May 4 – Jun. 15 Class ID: 4588
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio, 5530 Penn Ave, East Liberty

This class will involve gentle, sensible, challenging exercises. Each week participants will be performing classical postures of stretching and strengthening in accordance with the course objectives, which are to increase flexibility, to gain strength, to learn correct breathing techniques, to promote better body alignment, to learn deep relaxation techniques, and to manage stress and tension better. Exercises can be adapted for those with a variety of abilities. Participants will need a mat or pad to sit/lie on (a carpet strip, foam pad, or blanket is fine) and will need to wear loose, non-binding clothing.

Please note: *Short summer session is for returning students only. You must have taken a previous course to enroll in this course. New students will be welcome in the fall and winter. Initially everyone will be wait listed.*

For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity.

Loretta Barone took her first yoga class in 1966. She's been practicing and teaching yoga ever since. Her class is a melding of all the best things she has learned from a variety of yoga teachers, disciplines, and practices. She began teaching in her son's kindergarten class when she realized that five-year-olds could not bend down and touch their toes. In 1978, she began teaching in the adult program of the Dade County Public Schools, Florida. After 10 years, she moved on to teaching privately. All in all, she taught for 20 years in Miami and has taught here since 1998.

*Materials fee information located on page 83.

Get Fit: A Fun Latin Cardio Workout

Study Leader: Connie Pollack

Materials Fee: \$10*

- 8 Classes: May 3 – Jun. 21 Class ID: 4667
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom, 2nd Fl,
5915 Beacon St, Sq. Hill

Are you looking for a new way to jazz up your exercise routine? Come groove to an energetic mix of hip-hop, international, and Latin-inspired music, and dance movements like the cha-cha, salsa, samba, and more. This class embraces all levels of ability by providing step-by-step instruction, demonstration, and modified moves. No prior experience is necessary! This class is like no other because it gives you a full-body workout that incorporates aerobic dance movements, muscle toning, stretching, and relaxation exercises. It's a great way to build your cardio fitness while having fun, and is perfect for both men and women who enjoy being active. Each session consists of warm-up exercises, Latin cardio dance segments, weights, stretching, and cool down. Please wear comfortable shoes and bring a water bottle and light hand weights. Try it - you'll like it!

Please note: *Class dates: May 3, 10, 17, 24, 31 and June 7, 14, 21*

For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity.

Connie Pollack has been teaching aerobic dance to adults for the past 19 years at Congregation Beth Shalom. She loves singing and dancing to music and enjoys choreographing energetic and fun routines. With a degree in health and physical education, she taught physical education to students of all ages for 15 years before obtaining her master's degree in school counseling and transitioning to the field of college consulting. Currently, she works as a private college counselor in Squirrel Hill and helps students with their college or graduate school selection and application process, and tutors students in English, writing, reading, and test prep. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.

**Materials fee information located on page 83.*

GAMES

Frick Park Lawn Bowling

Study Leader: Frick Park Bowling

Materials Fee: \$15*

- 4 Classes: May 1 – May 22 Class ID: 4612
- Monday, 10:45 AM - 12:45 PM
- Frick Park, Lawn Bowling Greens,
7300 Reynolds St, Pittsburgh

Lawn bowling has been a tradition on Pittsburgh's East-side since 1938. Frick Park's lawn bowling greens, managed by the nonprofit Frick Park Lawn Bowling Club, are one of the many attractions of this part of the city. Come learn the sport's basic skills, guided by experienced players who will lead hands-on coaching sessions and games on the greens. Lawn bowling is fun and easy to learn. Mastering its finer points also provides a steady and very interesting challenge. The course will provide many opportunities to practice the different strategies employed in singles, doubles, and triples play. All necessary equipment will be provided. This activity requires walking/standing for two hours. Please wear flat and soft-soled shoes, and bring a hat, sunscreen, and water bottle.

Please note: *The course is three weeks. A fourth week will be used for a rain-date should it be needed.*

The Frick Park Lawn Bowling Club (FPLBC) warmly welcomes adults of all ages (and children age 13 and older). It offers a steady stream of activities during the mid-May through October bowling season. In addition to four weekly leagues, the Club offers a community bowling night on Thursday evenings, annual tournaments, special holiday games and picnics, as well as casual pick-up games. Many members also participate in regional and national tournaments here and around the country. Lawn bowling is a great way to have fun, get some good exercise, meet up with neighbors, and make new friends. Robert Heilbronner is the FPLBC membership chairperson and sits on the board of directors. He also heads the coaching team (comprised of Club members) for Osher classes.

**Materials fee information located on page 83.*

LANGUAGE

Intermediate French Conversation

Study Leader: Veronique Schreurs

- 4 Classes: May 5 – May 26 *Class ID:* 4568
- Friday, 1:00 PM - 3:00 PM
- Veronique Schreurs' Home, Squirrel Hill

It is a cooperative class, to keep up and improve your conversational skills in French. Every student has the opportunity to tell a little 5-minute piece in French, a personal story or a piece about a subject of interest to them. Students may also ask each other questions after each presentation. We have had some lively, interesting, and fun discussions!

Veronique Schreurs has a B.S. degree from the University of Leuven, Belgium. She has experience teaching French both one-on-one and in-group settings. She is a retired software developer. She is active in the blind community as a sighted guide/participant.

MUSIC & DRAMA

It's Never Too Late To Play Violin

Study Leader: Laura Roelofs

- 6 Classes: May 3 – Jun. 7 *Class ID:* 4605
- Wednesday, 11:00 AM - 12:00 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale



Many people believe that string instrument study is out of reach for adult learners, especially if they had no exposure as children, but that is simply not the case. This class will introduce the fundamentals of violin playing in a supportive group setting especially tailored to adult beginners. Recent research has found that learning a musical instrument at any age may help maintain cognitive skills, and learning in a group also fosters a sense of camaraderie. “Rusty” players with prior experience are welcome to join, but if you have studied for more than six months you will probably be too advanced for this class.

Please Note: After registering, class participants will receive information about securing an instrument. Short-term violin rentals are inexpensive — about \$25-\$30 a month — and available from both local and online sources.

Laura Roelofs serves as Assistant Concertmaster of the Detroit Opera Orchestra. She holds the title of Associate Professor Emeritus at Wayne State University, where she taught for seventeen years. Before coming to Detroit, she was Assistant Concertmaster of the Richmond Symphony Orchestra and performed as a member of the Oberon String Quartet, artists-in-residence at St. Catherine's and St. Christopher's Schools. Ms. Roelofs has served on the faculty of Virginia Commonwealth University and as Artist-Teacher of Violin at Georgia State University in Atlanta, where she was a member of the Atlanta Chamber Players. She was a founding member of the Eakins String Quartet, winner of the 1987 Baltimore Chamber Music Awards Competition, and performed for several years with Currents, a Richmond-based contemporary music ensemble. She holds performance degrees from Boston University's School of Fine Arts and the Catholic University of America.



TOURS

Visit To Inventionland

Study Leader: Judy Rubinstein

- 1 Class: Jun. 26
- Monday, 10:45 AM - 12:15 PM
- Inventionland,
595 Alpha Dr, RIDC Park, 15238

Class ID: 4671



ONE
DAY

We are going to visit Inventionland, a Pittsburgh-based immersive-work environment and idea incubator where creative projects are brought to life. We will learn of the steps taken to get an idea to the market. Docent will lead tour.

Please note: Cost is \$15, payable at the door. A group lunch, self-pay, will be held at Atria's after, if one chooses.

Judy Rubinstein will coordinate the tour. As a member of the Curriculum Committee for over 15 years, her intellectual curiosity and wide range of contacts, led to many new courses for Osher at CMU. She is a graduate of Chatham University, former Board Member of Naples Council on World Affairs, and the Rauh Jewish Archives at the Heinz History Center.

Backyard Pollinator Habitats

Study Leader: Pgh Botanic Garden

- 1 Class: Jun. 21 Class ID: 4637
- Wednesday, 10:45 AM - 12:45 PM
- Pittsburgh Botanic Garden,
799 Pinkerton Run Rd, Oakdale, 15071

ONE
DAY

If you're concerned about pollinators – and who shouldn't be?! – one of the best and easiest actions you can take to assist them is to provide essential elements that they need in your own garden. Join us as Pittsburgh Botanic Garden's Education & Exhibits Director, Dr. Mark Miller, examines the items that pollinators need to not only survive but thrive. Class attendees will explore various gardens and natural areas at the Garden to identify essential elements, how they can be incorporated into a small residential landscape and possibly spot late season pollinators. Plants that grow well in western PA and provide food, shelter and/or egg-laying for pollinators will be featured. The walk-about will happen rain or shine. Pittsburgh Botanic Garden has topography so wear appropriate attire and comfortable walking shoes.

Mark A. Miller is the Education & Exhibits Director for Pittsburgh Botanic Garden. He completed a B.S. in Horticulture, an M.S. in Agricultural Education, and a Ph.D. in Environment & Natural Resources at The Ohio State University. Mark has enjoyed a long and varied work history: 40 years as a landscape designer; tree crop specialist and educator in the US Peace Corps; vocational horticulture instructor at the Ohio Reformatory for Women; program associate for the Ohio Cooperative Extension Service; Director of Horticulture/Co-Director of Education for the American Horticultural Society (AHS) and later Deputy Director of National Programs for AHS; seven years as Content Director for the gardening websites: www.learn2grow.com and www.growums.com and seven years as Outreach Education Manager at Franklin Park Conservatory & Botanical Gardens in Columbus, Ohio. His current position allows him to create and manage education programs and garden-wide interpretation, oversee volunteer coordination, present horticultural and environmental classes, assist with development and installation of new gardens and buildings, and manage artist exhibitions in the new Welcome Center. Mark has served as a consultant and evaluator on a variety of projects and has authored, co-authored, edited or contributed to a number of published works.

Walking Downtown Pittsburgh

Study Leader: Jay Steele

- 5 Classes: May 2 – May 30 Class ID: 4577
- Tuesday, 9:00 AM - 11:00 AM
- Various Locations, TBA

NEW

This walking tour is led by experienced tour guide of 25 years. It will give you the unique perspective of the past, present, and future of Downtown Pittsburgh. This will be highlighted by a brief history, architectural design, and hidden gems of Downtown Pittsburgh. It is a fun way to also get some exercise!

Jay Steele is a retired adjunct professor of Health and Physical Education at CCAC for 35 years. He is a Pittsburgh native born and raised in the Observatory Hill section of the North Side. He currently lives in Ross Township with his wife Carol and pug Charlie. He has also taught since 1988 community education walking courses for CCAC, CMU and Pitt Osher and more recently Doors Open Pittsburgh. He has developed these walking tours/classes throughout the city of Pittsburgh/Allegheny County which combines his love of exercise, and Pittsburgh/Allegheny County history and architecture.

Walking Historical North Side

Study Leader: Jay Steele

- 5 Classes: Jun. 30 – Jul. 28 Class ID: 4578
- Friday, 9:00 AM - 11:00 AM
- Various Locations, TBA

NEW

This walking tour is led by an experienced tour guide of 25 years. It will give you the unique perspective of the past, present, and future of the North Side. This will be highlighted by a brief history, architectural design, and hidden gems of the North Side. It is a fun way to get some exercise!

Jay Steele is a retired adjunct professor of Health and Physical Education at CCAC for 35 years. He is a Pittsburgh native born and raised in the Observatory Hill section of the North Side. He currently lives in Ross Township with his wife Carol and pug Charlie. He has also taught since 1988 community education walking courses for CCAC, CMU and Pitt Osher and more recently Doors Open Pittsburgh. He has developed these walking tours/classes throughout the city of Pittsburgh/Allegheny County which combines his love of exercise, and Pittsburgh/Allegheny County history and architecture.

Tour Of The Ruins Project

Study Leader: Rebecca Carpenter

- 1 Class: Jun. 17
 - Saturday, 1:00 PM - 2:30 PM
 - Sager Mosaics
549 River Road, Perryopolis 15473
- Class ID: 4636



Join other Osher students for a tour of The Ruins Project in Fayette County. Located within the ruins of a former coal mine, The Ruins Project is dedicated to preserving local mining history by creating an art installation of mosaics representing various aspects of mining, the history of the area, and of the lives of the people who worked in the mines. Tickets are \$20 per person. We will meet at the Ruins Project. The tour is outside and involves 75 minutes of “museum-speed” walking.

Rebecca Carpenter has been an educator for almost 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University’s School of Leadership and Professional Advancement’s Saturday program for 25 years. After 19 years, she recently retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy.

Rodef Shalom Biblical Garden

Study Leader: Rodef Shalom Garden

- 1 Class: Jun. 14
 - Wednesday, 10:00 AM - 11:00 AM
 - Rodef Shalom, 4905 5th Ave, Oakland
- Class ID: 4610



Enter Pennsylvania’s only biblical botanical garden shaped like the Holy Land. It explores the natural world of ancient Israel with more than 100 temperate and tropical plants. It is the land of the Bible in the setting of a cascading waterfall, small desert, and a miniature Jordan River that meanders through the garden from Lake Kinneret to the Dead Sea. Represented are grains, herbs, fruits, trees, water plants, and flowers—also plants with biblical names.

Please note: *Class meets rain or shine; there is no rain date.*

Marian Finegold has been a docent in The Biblical Garden for over 20 years. The Rodef Shalom Biblical Botanical Garden, established in 1987, is the largest such garden in North America. Sitting on a third of an acre, the garden is the only one of its kind to feature an ongoing program of research and publication.



Our Three Rivers: Key To Quality Of Life & Our Economy

Study Leader: Scott Harshman, Richard Lockwood

- 6 Classes: May 3 – Jun. 7
 - Wednesday, 9:00 AM - 12:00 PM
 - Various Locations, TBA
- Class ID: 4661

The course is intended to increase awareness of the participants to the value of the major watersheds in Western Pennsylvania and their impact on the economic health of the region and the quality of life of the citizens. The course will consist of six unique weekly field site visits on Wednesdays from 9am - noon that highlight important aspects related to the watersheds including a lock & dam, an operating river terminal, an environmental site, and a recreational facility. For certain visits, charter bus transportation will be provided from the PortPitt office.

Scott Harshman, with over 20 years of public and private sector experience focusing on economic development, serves as the Marketing & Program Manager for the Port of Pittsburgh Commission. In this position, Scott works to promote the commercial and recreational use of our rivers and increase the visibility of the Commission’s offerings in the Greater Pittsburgh region including the Revolving Loan Fund, financing packages for capital projects, access to various grant programs, and advocacy for increased lock and dam funding. Scott is a graduate of Indiana University of PA with a B.A. in political science and economics.

Richard “Rich” Lockwood recently retired as Chief of Operations and Readiness of the US Army Corps of Engineers, Pittsburgh District with 42 years of service. Rich is a licensed Mariner, confirmed “River Rat” and a subject matter expert on the Inland Marine Transportation System and Rivers Information Services.

SCIENCE

Subcategory | Subcategory | Subcategory | Subcategory | Subcategory | Subcategory | Subcategory

MEDICAL

Regenerative Medicine

Study Leader: Bryan Brown

- 1 Class: Jun. 20 Class ID: 4643
- Tuesday, 1:00 PM - 2:30 PM
- UPMC Bridgeside Point Building, ONE DAY
Room 503, 450 Technology Drive, 15219

Regenerative medicine provides the potential to repair or replace diseased or damaged tissues and organs in contrast with the current approach of treating the symptoms when the body is adversely affected by trauma, disease, or congenital deformities. Scientists and clinicians are evaluating various therapies such as using a patient's own cells to help repair a disease or defect in the body. Advances are being made in the laboratory and in the translation of these novel therapies into clinical assessments.

Bryan Brown is a highly respected scientist, a committed educator, and a mentor extraordinaire. Dr. Brown currently serves as associate professor in the Department of Bioengineering and the Department of Obstetrics, Gynecology, and Reproductive Science at the University of Pittsburgh. Additionally, he holds an appointment as an adjunct professor of clinical sciences at the Cornell College of Veterinary Medicine.

Weekly Essentials

The weekly email for all things Osher at CMU!

Every Friday afternoon, we send out our weekly newsletter: Weekly Essentials, or “The WE!” This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

- Catalog and registration announcements
- Upcoming events and lectures
- Course changes
- Volunteer opportunities
- Member benefits and discounts
- Technology tips and tricks
- Osher class photos
- Articles by Osher members

Members are automatically signed up for these emails, and we ask you do not “unsubscribe” as they will be your gateway to the most important updates from the Osher office. In addition to the email, all of the information is posted on the homepage of our website under the “Weekly Essentials” section.

If you have not received these emails, contact the Osher office and we will make sure you are on the mailing list.

SOCIAL SCIENCES

Contemporary Topics/Sociology | History

CONTEMPORARY TOPICS/ SOCIOLOGY

Enrich Life With Improv Comedy!

Study Leader: Chris Leone, Brian Gray

Materials Fee: \$10*

- 4 Classes: May 9 – May 30 *Class ID:* 4676
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

Improvisational comedy has been gaining popularity all over the world. This class will introduce students to some of the core principles of improv—agreement, listening, play, emotion, collaboration, and support—through warm-up activities, group exercises, and performance games. These same principles can also improve our everyday life experience, and this class will help students build those connections to strengthen interpersonal communication, emotional and body awareness, supportive group function, and self confidence.

Chris Leone has been performing for over 30 years—first as a musician and more recently including improv comedy. He has performed all over the US, and in Canada and Europe. In addition to performing improv regularly, he currently produces and acts in “the smallest show in town”—Pittsburgh’s only monthly, family-friendly variety show. He has also taught improv classes at the Arcade Comedy Theater and for Open Up Pittsburgh. Chris loves the way that improv skills training has improved other aspects of his life experience. He also loves helping others improve their lives while having fun!

Brian Gray began improvising in 2002, while earning his bachelor’s degree at C. He created an elective at CMU’s Dietrich College in which he uses applied improv and other techniques to teach soft skills to engineering students. He created Improv Pop-Up Night, a monthly beginner drop-in workshop at the Arcade Comedy Theater in Pittsburgh’s cultural district. He has taught and performed improv throughout the US, including Austin, Baltimore, Detroit, New Orleans, Phoenix, Philadelphia, and Pittsburgh. He performs monthly at Arcade with his teams Irony City and Kill Screen, and is a co-founder and Education Director of the Pittsburgh Comedy Festival.

**Materials fee information located on page 83.*

HISTORY

Liberty And No Excise!

Study Leader: Denise Cummins

Materials Fee: \$25*

- 1 Class: Jun. 13 *Class ID:* 4648
- Tuesday, 10:00 AM - 1:00 PM
- Bradford House Museum, 182 S. Main St, Washington, PA

ONE
DAY

This was the rallying cry for the Whiskey Rebellion of 1794, the first test of the power of the federal government under the new US Constitution, when the unpopular excise tax levied against frontier farmers incited them to violent protest. The morning will provide an overview of this insurrection. Historical context will be established through lecture and exploration of primary sources. After lunch (included in the fee), participants will tour the Bradford House Museum, the beautifully restored and appointed National Historic Landmark home of Whiskey Rebellion leader David Bradford, and the Whiskey Rebellion Education & Visitor Center, 184 South Main Street, Washington, PA, where visitors will walk through an illustrated timeline of events and period displays. Knowledgeable docents, in period attire, will provide additional insight as well as answer questions.

Denise Cummins was born and raised in Washington, Pennsylvania, a few blocks from the Old Stone House that is now the Bradford House Museum. She began volunteering at the Bradford House following her retirement from teaching. A lifelong learner, she enjoys finding the story behind the history and sharing that story with others. Tracie Liberatore, the Executive Director of the Bradford House Historical Association since 2011, has a strong business and non-profit background. She works closely with the board of directors, docents, and volunteers to raise awareness for the Whiskey Rebellion.

**Materials fee information located on page 83.*

SPECIAL INTEREST GROUPS

Special Interest Groups (SIGs) are informal groups focused on a particular interest. These groups are independent of regular Osher classes and are organized and run by the group's members. They offer a chance to socialize and share common interests. Some SIGs meet regularly, others occasionally. SIGs are a benefit of membership.

Members may form such groups if they have a particular interest, they think other members may want to share.

Information for existing SIGs can be found on pages 20 & 55.



Potential SIGs:

Biking	Gardening	Painting
Board Games	Hiking	Photography
Bowling	Knitting club	Quilting
Breakfast Club	Line Dancing	Scrapbooking
Coffee/Writing Club	Local Attraction Club	Sports Events Club
Dining Club	Movie Club	Technology Club
Drawing	Murder Mystery Book Club	Walking Club
Fishing	New York Times Best Sellers	Travel
Fitness	Non-Fiction Book Club	

*To propose a SIG, please fill out the application on our website, cmu.edu/osher/.
The application can be found in the blue “quick links” bar.*

MONDAY | Session ONE / May 1 - June 9

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:30 AM - 11:00 AM	Med-Mal 101: Observations Of An Expert Witness	4570	Zoom	<i>Daffner</i>	44
10:00 AM - 12:00 PM	How To Deal With Bullies	4684	Zoom	<i>Morris</i>	47
10:45 AM - 12:45 PM	Frick Park Lawn Bowling	4612	Community	<i>Heilbronner</i>	60
	Wannabe Authors	4604	Zoom	<i>Michael</i>	48
11:00 AM - 12:30 PM	Accessibility 101	4673	Zoom	<i>Barkon</i>	49
1:00 PM - 3:00 PM	T.S. Eliot's "The Waste Land"	4613	Zoom	<i>Guy</i>	39
	Short Stories: The Manageable Masterpiece	4621	Zoom	<i>Rosenblum</i>	40
3:15 PM - 4:45 PM	A Night At The Movies: Italian Style 2	4584	Zoom	<i>Winikoff</i>	38
3:30 PM - 5:30 PM	Short Stories: The Manageable Masterpiece	4622	Zoom	<i>Rosenblum</i>	40

TUESDAY | Session ONE / May 1 - June 9

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 11:00 AM	Walking Downtown Pittsburgh	4577	Community	Steele	63
9:15 AM - 10:45 AM	A Statistician Reads The Newspaper	4634	CMU	Seltman	21
10:00 AM - 1:00 PM	Liberty And No Excise!	4648	Community	Cummins	66
10:30 AM - 12:30 PM	Drawing For All	4647	CMU	Pawlowski	11
	Experimenting With Acrylic Mediums: Part 1	4645	Community	VandenBerg	57
	Sleeping For Success	4681	Zoom	Bolen	48
10:45 AM - 12:15 PM	Those Who Trespass Against Us	4614	Zoom	Miller	43
10:45 AM - 12:45 PM	Writers' Workshop	4579	CMU	Snyder	17
11:00 AM - 12:30 PM	Remedies To Help Save Democracy In America	4642	CMU	Presutti Jr	30
	Writing Your Own Obituary	4625	Zoom	Morris	46
	What's The Big Deal About Infrastructure	4593	Zoom	Blank	51
	The James Webb Space Telescope	4632	CMU	Oleinick	27
	Verbal Self Defense For Women	4580	CMU	Umans	16
1:00 PM - 2:30 PM	The Great War, World War I, 1914-1918	4569	CMU	Werner	27
	How Many Words Can One Man Have?	4674	CMU	Schneider	9
	Disturbances: Artists Respond To Conflict	4687	Zoom	Clark	37
	Enjoying The New Yorker	4595	Zoom	Duquin	50
	The Fascinating Hidden World Of Global Shipping	4592	CMU	Webster	10
	What Is A "Heart Attack" And How Can I Get One?	4587	CMU	Granato	20
	Regenerative Medicine	4643	Community	Brown	65
1:00 PM - 3:00 PM	Let's Play Some Bridge	4616	CMU	Olmsted	13
	Enrich Life With Improv Comedy!	4676	Community	Leone	66
2:45 PM - 4:15 PM	"Such Friends": The Literary Summer Of 1923	4670	CMU	Donnelly	8
	The Psychology Of Professionalism	4689	CMU	Tipton	31

WEDNESDAY | Session ONE / May 1 - June 9

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 12:00 PM	Our Three Rivers	4661	Community	Harshman	64
9:15 AM - 10:45 AM	Going...Going...Gone! Lost Ballparks	4629	CMU	Fortun	25
	It's Good To Be Queen! A Woman's Financial Reign	4600	CMU	Wilkinson	12
10:00 AM - 11:00 AM	Rodef Shalom Biblical Garden	4630	Community	Finegold	64
10:00 AM - 12:00 PM	Revisiting The Sleeping Beauty Ballet	4677	Community	Auel	55
10:30 AM - 12:30 PM	The Flag, The People, The Law	4669	CMU	Keim	24
	Who Knew? Odd And Interesting Pittsburgh	4607	CMU	Carpenter	28
	Who Knew 2? More Odd And Interesting . . .	4608	CMU	Carpenter	28
10:45 AM - 12:45 PM	Backyard Pollinator Habitats	4637	Community	Miller	63
11:00 AM - 12:00 PM	It'S Never Too Late To Play Violin	4605	Community	Roelofs	61
	FDR: Who Was He And How Did He Change . . .	4627	Zoom	Goldberg	52
11:00 AM - 12:30 PM	What If? Composers Who Died Much Too Young	4572	CMU	Cantor	8
	Flash Nonfiction: A Writing Workshop	4646	CMU	Langer	16
1:00 PM - 2:00 PM	Missed Connections With Pittsburgh's City Steps	4597	Zoom	Zurowski	52
1:00 PM - 2:30 PM	Books Your Grandchildren Read	4583	CMU	Kellman	7
	Travelogue	4598	CMU	Greenspan	33
	Embracing A Green Lifestyle	4653	Zoom	Stein	49
	North America Yesterday And Tomorrow	4594	Zoom	Blank	42
	Discovering A Family History	4611	CMU	Young	25
1:00 PM - 3:00 PM	Foods Of Eastern Europe	4658	Community	Green	59
	Writing In Your Voice	4663	CMU	Fallon	17
1:15 PM - 2:30 PM	Get Fit: A Fun Latin Cardio Workout	4667	Community	Pollack	60
2:45 PM - 4:15 PM	Civil Rights Since Brown: Progress And Backlash	4678	CMU	Fein	21
	Declutter	4573	Zoom	Averbach	46
2:45 PM - 4:45 PM	Bridge Basics I	4589	CMU	Patzer	14
3:15 PM - 5:15 PM	A Night At The Movies: Jeanne Dielman	4649	Zoom	Winikoff	39

THURSDAY | Session ONE / May 1 - June 9

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	What's Next???	4679	CMU	Gracey	15
10:00 AM - 12:00 PM	Hatha Yoga	4588	Community	Barone	59
11:00 AM - 12:30 PM	Saving Taxes In Retirement	4571	CMU	Kahn	13
	Myopia Control	4582	CMU	Rudavsky	19
	The Legacy Of Redlining	4656	CMU	Weinberg	30
1:00 PM - 2:30 PM	Louis Pasteur: A Great For All Humanity	4680	CMU	Chapman	19
	India: An Enigma, Understanding The Rich . . .	4662	CMU	Koka	23
	The Pittsburgh Pirates, Lou Gehrig, And The Movies	4657	CMU	Backer	7
	Above The Arctic Circle: Wilderness Travel . . .	4591	CMU	Webster	32
1:00 PM - 3:00 PM	Great And Notable Novels Read And Revisited	4581	Zoom	Schinhofen	40
	Beginning Painting In Acrylics	4639	Community	VandenBerg	56

FRIDAY | Session ONE / May 1 - June 9

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Powerpoint Tour Of The Pittsburgh Zoo . . .	4609	Zoom	Gialloreto	52
10:15 AM - 12:45 PM	Watercolor Explorations	4664	Community	Bangley	58
10:00 AM - 2:00 PM	Plein Air Painting On The Farm	4666	Community	Bangley	57
10:45 AM - 12:45 PM	Grandparenting 101	4655	Zoom	Diamond	47
1:00 PM - 3:00 PM	Intermediate French Conversation	4568	Community	Schreurs	61
3:15 PM - 5:15 PM	The Art Of Wine Tasting	4641	Zoom	Llovet	50

SATURDAY | Session ONE / May 1 - June 9

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
1:00 PM - 2:30 PM	Tour Of The Ruins Project	4636	Community	Carpenter	64

MONDAY | Session TWO / June 26 - August 18

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Fundamentals Of Personal Wealth	4586	Zoom	<i>Strope</i>	43
10:45 AM - 12:15 PM	Visit To Inventionland	4671	Community	<i>Rubinstein</i>	62
1:00 PM - 2:30 PM	How Wrens And Raspberries Helped Win . . .	4626	Zoom	<i>Oleinick</i>	51

TUESDAY | Session TWO / June 26 - August 18

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	It'S Good To Be Queen! A Woman's Financial Reign	4601	CMU	<i>Wilkinson</i>	12
9:30 AM - 10:30 AM	Protect Your Identity: Identity Theft Protection	4652	Zoom	<i>Anthony</i>	42
10:45 AM - 12:45 PM	Your Amazing Mind	4619	CMU	<i>Goldstein</i>	31
11:00 AM - 12:30 PM	Collaged Painting With Found Objects	4682	CMU	<i>Dooley</i>	11
	Almost Heaven: An Appalachian Overview	4651	CMU	<i>Carpenter</i>	22
1:00 PM - 2:30 PM	The Last Speeches Of President Kennedy	4660	CMU	<i>Russell</i>	24
	Enjoying The New Yorker	4596	Zoom	<i>Duquin</i>	50
	City Beautiful: The Architecture Of Oakland	4631	CMU	<i>Jucha</i>	29
1:00 PM - 3:00 PM	Let's Play Some Bridge	4617	CMU	<i>Olmsted</i>	13
	Telling Our Stories: The Family Dmz	4606	Zoom	<i>Monk</i>	45
2:45 PM - 4:45 PM	Introduction To Islam	4576	CMU	<i>Khan</i>	32

WEDNESDAY | Session TWO / June 26 - August 18

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	End Of Life Matters	4623	CMU	<i>Price</i>	15
	Shot Heard Around The World: American . . .	4620	CMU	<i>Netzer</i>	26
	A Night At The Movies: Broadway Musicals On . . .	4585	Zoom	<i>Winikoff</i>	38
11:00 AM - 12:00 PM	FDR: Who Was He And How Did He Change . . .	4628	Zoom	<i>Goldberg</i>	52
11:00 AM - 12:30 PM	Let's Reduce Our Carbon Emissions	4675	CMU	<i>Pena</i>	18
	Seasoned Investors	4618	Zoom	<i>Pechersky</i>	45
	Oakland: Pittsburgh's Incomparable Civic Center	4615	CMU	<i>Voigt</i>	29
1:00 PM - 2:30 PM	The End Of Architecture	4685	CMU	<i>Schlueb</i>	18
	The Journalism Democracies Need	4683	CMU	<i>Patterson</i>	23
	Dandy Andy: Warhol's Queer History	4672	Zoom	<i>Marston</i>	37
1:30 PM - 3:00 PM	Opera In Depth: The Barber Of Seville	4686	Zoom	<i>Egan</i>	41
2:45 PM - 4:15 PM	George Westinghouse: You Can Be Sure	4635	CMU	<i>Bear</i>	26
2:45 PM - 4:45 PM	Bridge Basics II	4590	CMU	<i>Patzner</i>	14

THURSDAY | Session TWO / June 26 - August 18

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
1:00 PM - 3:00 PM	Continuing Painting In Acrylics	4644	Community	VandenBerg	56
3:15 PM - 4:15 PM	Brain Health & Better Balance Through Dalcroze	4659	Community	Upchurch	12

FRIDAY | Session TWO / June 26 - August 18

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 11:00 AM	Walking Historical North Side	4578	Community	<i>Steele</i>	63
10:00 AM - 12:00 PM	Figure Drawing	4665	Community	<i>Bangley</i>	58

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Averbach	Rosa Barnett	4573	Declutter	Zoom	46
Backer	Ron	4657	The Pittsburgh Pirates, Lou Gehrig, And The Movies	CMU	7
Ballet	Pgh	4677	Revisiting The Sleeping Beauty Ballet	Community	55
Bangley	Betsy	4664	Watercolor Explorations	Community	58
Bangley	Betsy	4665	Figure Drawing	Community	58
Bangley	Betsy	4666	Plein Air Painting On The Farm	Community	57
Barkon	Beverly	4673	Accessibility 101	Zoom	49
Barone	Loretta	4588	Hatha Yoga	Community	59
Bear	David	4635	George Westinghouse - You Can Be Sure	CMU	26
Blank	Stephen	4594	North America Yesterday and Tomorrow	Zoom	42
Blank	Stephen	4593	What's The Big Deal About Infrastructure	Zoom	51
Bolen	Leah	4681	Sleeping for Success	Zoom	48
Botanic	Pgh Botanic	4637	Backyard Pollinator Habitats	Community	63
Brown	Bryan	4643	Regenerative Medicine	Community	65
Cantor	Owen	4572	What If? Composers Who Died Much Too Young	CMU	8
Carpenter	Rebecca	4636	Tour of The Ruins Project	Community	64
Carpenter	Rebecca	4651	Almost Heaven: An Appalachian Overview	CMU	22
Carpenter	Rebecca	4607	Who Knew? Odd And Interesting Pittsburgh	CMU	28
Carpenter	Rebecca	4608	Who Knew? More Odd And Interesting Pittsburgh	CMU	28
Chapman	Toby	4680	Louis Pasteur: A Great for All Humanity	CMU	19
Clark	Vicky	4687	Disturbances: Artists Respond To Conflict	Zoom	37
Cummins	Denise	4648	Liberty And No Excise!	Community	66
Daffner	Richard	4570	Med-Mal 101: Observations Of An Expert Witness	Zoom	44
Diamond	Mark	4655	Grandparenting 101	Zoom	47
Donnelly	Kathleen Dixon	4670	"Such Friends" The Literary Summer Of 1923	CMU	8
Dooley	Megan	4682	Collaged Painting With Found Objects	CMU	11
Duquin	Mary	4595/4596	Enjoying The New Yorker	Zoom	50
Fallon	Helen	4663	Writing in Your Voice	CMU	17
Fein	Marvin	4678	Civil Rights Since Brown: Progress And Backlash	CMU	21
Fortun	David	4629	Going...Going...Gone! Lost Ballparks	CMU	25
Garden	Rodef Shalom	4630	Rodef Shalom Biblical Garden	Community	64
Gialloreto	Cathy	4609	PowerPoint Tour Of The Pittsburgh Zoo And Aquarium	Zoom	52
Goldberg	Arthur	4627/4628	FDR - Who Was He And How Did He Change America?	Zoom	52
Goldstein	Bruce	4619	Your Amazing Mind	CMU	31
Gracey	Dorothy	4679	What's Next???	CMU	15
Granato	Jerome	4587	What Is A "Heart Attack" And How Can I Get One?	CMU	20
Green	David	4658	Foods Of Eastern Europe	Community	59
Greenspan	Bill	4598	Travelogue	CMU	33
Guy	William	4613	T.S. Eliot's "The Waste Land"	Zoom	39
Harshman	Scott	4661	Our Three Rivers: Key To Quality Of Life & Our ...	Community	64

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Keim	Peter	4669	The Flag - The People - The Law	CMU	24
Kellman	Amy	4583	Books Your Grandchildren Read	CMU	7
Khan	Aliya	4576	Introduction To Islam	CMU	32
Koka	Ravi	4662	India: An Enigma - Understanding The Rich And . . .	CMU	23
Langer	Nancy Quick	4646	Flash Nonfiction: A Writing Workshop	CMU	16
Lawn Bowling	Frick Park	4612	Frick Park Lawn Bowling	Community	60
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Michael	Christine	4604	Wannabe Authors	Zoom	48
Miller	Errol	4614	Those Who Trespass Against Us - Introduction To Torts	Zoom	43
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Morris	Susan	4684	How To Deal With Bullies	Zoom	47
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Opera	Pgh	4686	Opera in Depth: The Barber of Seville	Zoom	41
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Patzer	Jack	4589	Bridge Basics I	CMU	14
Patzer	Jack	4590	Bridge Basics II	CMU	14
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Pechersky	Brett	4618	Seasoned Investors	Zoom	45
Pena	Ivonne	4675	Let's Reduce Our Carbon Emissions	CMU	18
Pollack	Connie	4667	Get Fit - A Fun Latin Cardio Workout	Community	60
Presutti Jr	Bill	4642	Remedies To Help Save Democracy In America	CMU	30
Price	Fredric	4623	End of Life Matters	CMU	15
Roelofs	Laura	4605	It's Never Too Late To Play Violin	Community	61
Rosenblum	Helen-Faye	4621/4622	Short Stories: The Manageable Masterpiece	Zoom	40
Rubinstein	Judy	4671	Visit to Inventionland	Community	62
Rudavsky	Zarky	4582	Myopia Control	CMU	19
Russell	Steve	4660	The Last Speeches of President Kennedy	CMU	24
Schinhofen	Mary	4581	Great And Notable Novels Read And Revisited	Zoom	40
Schlueb	Matthew	4685	The End of Architecture	CMU	18
Schneider	Mike	4674	How Many Words Can One Man Have?: Tangled Up . . .	CMU	9
Schreurs	Veronique	4568	Intermediate French Conversation	Community	61
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VandenBerg	Francine	4645	Experimenting With Acrylic Mediums: Part 1	Community	57
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Webster	Douglas	4592	The Fascinating Hidden World of Global Shipping	CMU	10
Webster	Douglas	4591	Above the Arctic Circle: Wilderness Travel in the US ...	CMU	32
Weinberg	Randy	4656	The Legacy of Redlining	CMU	30
Werner	Sheila	4569	The Great War, World War I, 1914-1918	CMU	27
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Winikoff	Stanley	4585	A Night At The Movies - Broadway Musicals On Film	Zoom	38
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Zurowski	Laura	4597	Missed Connections With Pittsburgh's City Steps	Zoom	52



OSHER AT CMU VALUES AND EXPECTATIONS

Mission: The mission of Osher at CMU is to provide its members with learning and social enrichment opportunities that increase their knowledge, enhance skills and interactions with peers, and increase cultural and social awareness, complementing CMU's leading role in educational, intellectual, and cultural life in the Pittsburgh region.

Vision: Osher at CMU's vision is to be a premier quality source of lifelong learning for its members through cost effective, short-term, non-credit courses, lectures, field trips, special interest groups, and other events supporting its mission.

Values: Osher at CMU provides a dynamic, intellectually stimulating, and participative environment of continuous learning. To ensure the effectiveness of that environment, we highly value:

- mutual respect,
- personal and academic integrity, and
- civil discourse.

Expectations and Actions: Osher at CMU expects its participants (members, study leaders, staff, volunteers and prospects) to observe our values. Participants agree:

1. To embrace diverse perspectives on subjects, thereby ensuring vitality, relevance, and further learning.
2. To ensure that discourse and interactions are about the course and not the individual.
3. To respect all participants through regular attendance, only at courses for which registered.
4. To participate in appropriate ways that help the group to grow.

Osher at CMU holds a high behavioral standard, expecting no personal attacks or other behavior that fails to meet these expectations, including denigrating other's views or opinions, threatening behaviors, use of offensive or abusive language, disruptive classroom conduct, sexual harassment or discrimination, and monopolizing discussions.

Anyone who disregards the values and expectations of Osher at CMU may be denied the privilege of participating in courses and/or other Osher activities even to the extent of discontinued membership.

We encourage participants in the Osher at CMU community to notify the Executive Director or the Board President if they observe behavior that is inconsistent with our Values and Expectations.

We are committed to fostering a community environment of lifelong learning.

GENERAL INFORMATION & POLICIES

CLASSROOM LOCATIONS

If you are not familiar with the Carnegie Mellon campus, we strongly advise you to visit the course location to locate parking and the classroom before the first day of classes. You'll find the campus map for CMU at the end of its section. For specific page numbers, please see the front of the catalog.

PHOTOS AND VIDEOS

For privacy and copyright laws, we are not allowing our courses to be recorded by anyone. Please do not record any courses.

CLASSROOM ETIQUETTE

All of Osher's instructors are volunteering their time and talents. We are respectful of our course instructors and fellow participants by:

- attending only course(s) we are registered for. Please DO NOT share Zoom codes and passwords with anyone.
- arriving to class just before class starts. Remember: 7 in, 7 out.
- wearing a name tag when attending in-person classes
- raising your hand to be recognized before speaking. On Zoom, be sure to have your full name entered so you can be appropriately called on.
- staying on topic during discussions and taking turns when speaking.
- On Zoom, staying muted when not speaking so background sound from your space won't be shared with the rest of your classmates.
- muting or turning off your phone.

BAD WEATHER DAYS

All in-person and Zoom courses will be canceled if Pittsburgh Public Schools are closed for inclement weather. This is because we cannot guarantee staff support. *No notice will be sent out.*

If the Pittsburgh City Schools have a 2-hour delay, operate as normal unless the study leader does not want to hold the class. Please use common sense when venturing out.

If classes are canceled due to weather mid-day, you will receive both an email and a robocall alerting you to the cancellation from the Osher office.

CHECK YOUR SCHEDULE

The most up-to-date information about all classes is always available at cmu.edu/osher. Click on the Google calendar or go to Member Sign In and enter the course ID. It is important to note course locations on your calendar.

NON-DISCRIMINATION

The Osher Lifelong Learning Institute at Carnegie Mellon does not discriminate on the basis of age, race, color, national origin, religion, gender, sexual orientation, disability, or veteran status.

SCHOLARSHIPS

Don't let finances stop you from participating in Osher classes. Full and partial scholarships are available through a simple, friendly, and confidential process. Contact the Osher office for details.

CONTROVERSIAL SPEAKERS

On occasion, the sentiments and beliefs of a speaker or study leader may be controversial or divisive. To ensure the inherent rights of free speech and freedom of expression, the Osher Lifelong Learning Institute at Carnegie Mellon does not censor or limit any materials or opinions expressed by persons involved in our courses or lectures. However, it should be noted that those opinions may not reflect the philosophical perspective of our organization.

EMAIL NOTIFICATIONS

Study Leaders will frequently email handouts, assignments, and class notices to their students. It is important that we have your current email address:

- The Osher office will send emails to remind you of upcoming Osher or Carnegie Mellon activities. The *Weekly Essentials* can be found on cmu.edu/osher.
- The Osher office will send email notices for important course changes, and if necessary, also a robo call/text notice.
- While the internet has a lot of fun and thoughtful "stuff" to share, it is important for you to know that who you are sending "stuff" to is a personal friend and that they want to receive what you want to share. Using Osher members' emails for non-Osher "stuff" is not appropriate. Please ask permission first; to not do so goes against the Osher Privacy Policy.

OSHER EMAIL ADDRESSES

The following email addresses are used to disseminate information to our students. Please add the following addresses to your email address book so you won't miss important information:

- osher@cmu.edu
- osher-email-to-students@andrew.cmu.edu
- osher-general@andrew.cmu.edu

Ready to register?

IF YOU ARE COVID VACCINATED:

If you are Covid-19 vaccinated AND have submitted your Vaccine Attestation Form (VAF), you are ready to go. Go to cmu.edu/Osher and click "Member Sign In". At the Augusoft "welcome" page, sign in using your username and password. Please email the office if you do not know your username. If you are not able to get into your account and have submitted your VAF, please email the office at osher@cmu.edu.

IF YOU ARE NOT COVID VACCINATED:

If you are NOT Covid-19 vaccinated AND have submitted your VAF, you will need to call the Osher office to register. *Non-vaccinated members will only be enrolled in online Zoom courses.*

To register by paper, print a registration form from our website, cmu.edu/osher and mail with a check payable to Osher at CMU / 5000 Forbes Ave. / Pittsburgh, PA 15213. Be sure your check includes the registration fee of \$60.00 and any material fees required. Please provide a phone number so the staff can reach you if there is a question. *If you have NOT submitted your VAF yet you will not be able to register until you do.*

REFUND POLICY

If a student drops a course at least three full business days before the first day of the course, and building and/or material fees were paid, Osher will refund these fees minus a \$10.00 administrative fee.

If a student drops all of their courses at least three full business days before the first day of the first course, Osher will refund that term's registration fee and the building and/or material fees paid, minus a \$10.00 administrative fee.

If Osher cancels a course, before it has begun, and it is the only course the member is registered for, Osher will refund that term's registration fee and any building and/or material fees paid.

If Osher cancels a course and the member is registered for other courses, Osher will only refund the course's building and material fees paid for that specific course.

All refunds will be given as an electronic voucher for future use, unless a check is requested.

CHECK YOUR CALENDAR

As you are picking your courses, please be sure none of your classes conflict with your family events, holidays, trips, or other important events. Please only register for courses you will be able to attend. A list of official non-class dates is located below. Osher at CMU follows the CMU calendar. Once course dates are established, they will not be changed unless there is an emergency.

MATERIALS FEES

Materials fees are due at the time of registration unless otherwise stated.

ZOOM CODES

The day before each of your Zoom courses are scheduled to start, you will be sent via email your Zoom codes to gain entrance to the course. Please write these down as they will be the same for each subsequent class.

CONFIRMATION LETTERS

As you are registered, a "confirmation of class registration" will be automatically emailed to you for each course you are enrolled in. Should a course not be listed, it means that you are on the waiting list and you will receive a separate waitlist email. You will be notified via email, or phone, if and when you are enrolled in a wait listed class. Please do not attend any classes for which you do not have a confirmation.

OBSERVED 2023 OFFICIAL OSHER SKIP DAYS

Osher Lifelong Learning Institute at CMU is a nonsectarian organization. The organization follows the CMU holiday calendar. Once a course schedule is set by the study leader and the Registrar, no changes are permitted unless there is an emergency.

Osher at CMU is closed and staff are unavailable on the following days:

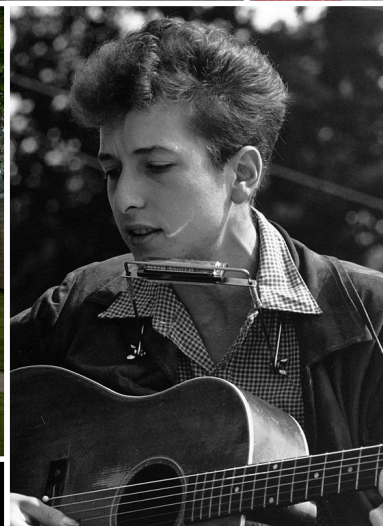
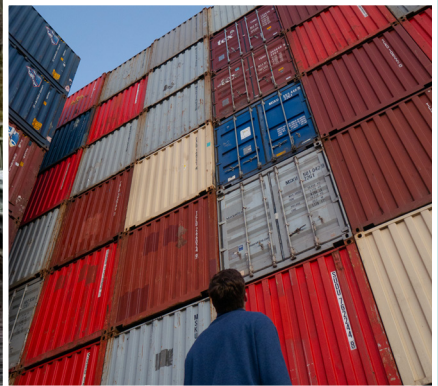
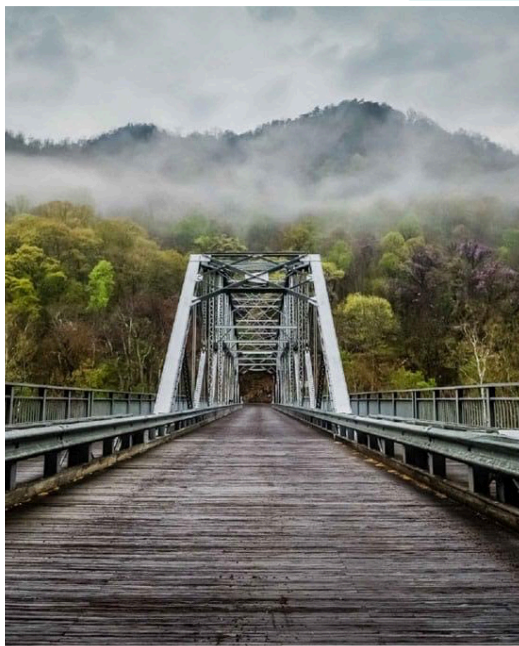
Martin Luther King Jr. Day	Jan. 16
Memorial Day	May 29
Juneteenth	Jun. 19
Independence Day	Jul. 4
Labor Day	Sep. 4
Thanksgiving Wednesday	Nov. 22
Thanksgiving Day	Nov. 23
Thanksgiving Friday	Nov. 24
Winter Break	Dec. 22 - Jan. 2, 2024

CMU Carnival will be held on April 13th & 14th and no on-campus classes will be held.



Carnegie Mellon University
Osher at Carnegie Mellon University
5000 Forbes Avenue
Pittsburgh, PA 15213-3815

Join us!



Each image represents
a course offered inside.
Can you figure out which?



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