



# Winter 2023

at **Carnegie Mellon University** | [cmu.edu/osher](https://cmu.edu/osher)

---

# OSHER LIFELONG LEARNING INSTITUTE

---

## CONSIDER A GIFT TO OSHER

To make a contribution to the Osher Annual Fund, please call the office at 412-268-7489, go through your Osher Augusoft account with a credit card, or mail a check to the office. Thank you in advance for your generosity.

---

### BOARD OF DIRECTORS

Jan Hawkins, *President*  
Marcia Taylor, *Vice President*  
Mark Winer, *Treasurer & Finance Chair*  
Sankar Seetharama, *Secretary*  
Jim Reitz, *Past President*  
Stephanie Fall, *Membership Chair*  
Robert Heilbronner  
Ann Isaac  
Sibby McCrady  
Susan Morris  
Randy Weinberg  
Stan Winikoff, *Curriculum Committee Chair*

Lyn Decker, *Executive Director/Registrar*  
Rebecca Culyba,  
*Associate Provost and University Liaison*

---

### CURRICULUM COMMITTEE

Dick Daffner  
Neelam Dwivedi, *SLSG & Team Leader*  
Anna Estop  
Chrys Gabrich  
Dot Gracey, *SLSG & Team Leader*  
Bob Heilbronner  
Marilyn Maiello  
Jane Pawlowski  
Judy Rubinstein  
John Spear  
Rochelle Steiner  
Jeffrey Swoger, *SLSG & Team Leader*  
Stan Winikoff  
Carol Wood, *Lecture Committee*  
Gary Bates, *Lecture Committee*

*SLSG = Study Leader Support Group*

---

### OFFICE STAFF

Lyn Decker, *Executive Director*  
Olivia McCann, *Administrator / Programs*  
Chelsea Prestia, *Administrator / Publications*

---

### CATALOG EDITORS

Chelsea Prestia, *Editor*  
Olivia McCann  
John Olmsted  
Dot Gracey

---

### CONTACT INFORMATION

Osher Lifelong Learning Institute  
Carnegie Mellon University  
5000 Forbes Avenue  
Cyert Hall - Level B  
Pittsburgh, PA 15213-3815

**Phone:** 412.268.7489

**Email:** osher@cmu.edu

**Website:** cmu.edu/osher

## ON THE COVERS

As a cornerstone to Carnegie Mellon's School of Computer Science (SCS) Complex, the Gates Center has become home to the school's undergraduate computer science programs. Made possible by a lead gift of \$20 million from the Bill & Melinda Gates Foundation, the building includes classrooms, graduate and faculty offices, conference rooms, labs, and open project space.

# AT A GLANCE

## GENERAL INFO

Directors & Staff	Inside Front Cover
CMU Campus Courses	6 - 33
CMU Campus Map	34 - 35
Zoom Courses	36 - 58
Zoom Instructions	59
Community Site Courses	60 - 65
Index by Study Leader Name	76 - 78
Values & Expectations	79
Bad Weather	80
General Information & Policies	80
Skip Dates	81
Refund Policy	81
Registration Info	81

## SESSION DATES

**Session One:** *Jan. 9 - Feb. 17*

**One-and Two-Day Classes:** *Feb. 20 - Mar. 3*

**Session Two:** *Mar. 6 - Apr. 14*

**Class Listed by Day of Week:** *pgs. 66 - 75*

For your convenience, this catalog has been broken up into four sections based on location:

- **CMU Campus:** *pgs. 6-33*
- **Zoom:** *pgs. 36-58*
- **Community Sites:** *pgs. 60-65*

# OSHER at Carnegie Mellon | Winter 2023

## CMU Campus Courses: pgs. 7 - 33

### **ARTS & HUMANITIES**

Cinema/Film	7
Drama/Theatre	7
Literature	8
Music	10

### **BUSINESS & COMMERCE**

Economics	12
Law	12

### **LEARN BY DOING**

Art	13
Crafts/Hobbies	15
Dance/Exercise	16
Finance/Insurance	17
Self Improvement	18
Wellness	19
Writing	20

### **SCIENCE**

Architecture	21
Environment	21
Medical	22
Technology	23

### **SOCIAL SCIENCE**

Contemporary Topics / Sociology	24
History	27
Pittsburgh	30
Politics / Government	30
Psychology	31
Religion/Philosophy	32

What interests you? Find your courses by topic and location.

## Zoom Courses: pgs. 37 - 58

### **ARTS & HUMANITIES**

Art	37
Cinema/Film	38
Literature	39
Music	41

### **BUSINESS & COMMERCE**

Finance	43
Law	43

### **LEARN BY DOING**

Finance/Insurance	44
Music & Drama	44
Self-Improvement	45
Wellness	46
Writing	47

### **SCIENCE**

Medical	49
---------	----

### **SOCIAL SCIENCE**

Contemporary Topics / Sociology	51
History	55
Pittsburgh	56
Politics / Government	57
Psychology	58
Religion / Philosophy	58

## Community Site Courses: pgs. 60 - 65

### **ARTS & HUMANITIES**

Drama/Theatre	61
Music	61

### **LEARN BY DOING**

Art	62
Dance / Exercise	63

### **SOCIAL SCIENCE**

Pittsburgh	65
------------	----

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 dark grey facade and large glass windows. The name "CYERT HALL" is prominently displayed in white, serif capital letters on a dark horizontal band above a set of stairs. The foreground shows a grassy area with fallen autumn leaves. The background is slightly blurred, showing more of the building and trees with yellowing leaves.

CYERT HALL

# ARTS & HUMANITIES

Cinema/Film | Drama/Theatre | Literature | Music

## CINEMA/FILM

### The Great Movie Comedians And Sports

Study Leader: Ron Backer

- 5 Classes: Jan. 11 – Feb. 8 Class ID: 4456
- Wednesday, 9:00 AM - 10:30 AM
- Cyert Hall, Osher Room B

The course objective is to familiarize the class with the films of the great movie comedians, from the silent era through recent times, with emphasis on the comedians' careers, comedy styles, and places in film history. Utilizing multiple film clips about a single sport each class (boxing, football, baseball, golf, and pool) and highlighting five to seven great movie comedians each week, within a PowerPoint presentation filled with lobby cards, frame grabs, and photos, the comedy styles of the comedians will be compared and contrasted. An added benefit is that for many in the class, this will be their introduction to several great movie comedians who are seldom seen today, such as Harry Langdon, Harold Lloyd, Wheeler and Woolsey, and Joe E. Brown.

**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.

## DRAMA/THEATRE

### A Look Behind The Curtain; Putting On A Production

Study Leader: CMU School of Drama

- 2 Classes: Mar. 17 and Apr. 7\* Class ID: 4556
- Friday, 5:30 PM - 6:30 PM
- Purnell Center, Chosky Theatre

**TWO DAY**

\*Note: Class will not meet on 03/24/2023, 03/31/2023

The process of creating a stage production for the CMU School of Drama lasts about 9 months and brings together a myriad of different designers, directors, and actors around telling a unified powerful and important story. This class will look backstage through a pre-show conversation with the Director and designers, revealing a sneak-peak at the process that can help unveil what it takes to bring everything seamlessly to life on the stage. On March 17th, 2023, join us for: *Godspell*, a musical composed by Stephen Schwartz with the book by John-Michael Tebelak and on April 7th 2023: *You On the Moors* by Jacklyn Backhaus. After the pre-show discussion, please stay to view the show!

Please note: Class will meet on 3/17 and 4/7 only. Performances will follow each class at 8pm. Participants will need to purchase their own performance tickets through the box office for the student rate of \$10. The box office can be contacted at 412-268-2407 or via [drama.cmu.edu](mailto:drama.cmu.edu). Please purchase tickets upon enrollment in the course as tickets might not be available the night of the performance.

**Andrew W. Smith** is an Associate Professor of Acting at the CMU School of Drama. He is also a professional Actor, Director, and Producer whose work has been seen throughout New York City, regionally, and internationally. He is a Co-Founding Artistic Director of award-winning Project Y Theatre Company in New York City. At Carnegie Mellon, Andrew has been teaching Acting for 9 years, and has directed 3 productions: *The Recluse*, *LoveSick*, and *The Three Musketeers*. As a professional actor, Andrew has worked at several local and national theaters. With Project Y, he has directed and produced over 35 productions, including the world premiere of *Three Musketeers*, 1941, by Megan Monaghan Rivas. His work has received grants funding for work from New York State Council on the Arts, New York Department Cultural Affairs, Alliance of Resident Theatres/New York, Brooklyn Arts Council, and The Puffin Foundation.

## LITERATURE

## Southern Gothic Short Story

*Study Leader:* Rebecca Carpenter

- 4 Classes: Mar. 9 – Mar. 30 *Class ID:* 4479
- Thursday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

Southern Gothic has enjoyed a revival in recent years in television, movies, and music. We may not be able to reproduce dripping live oaks, swamps, and sinister characters lurking in the bayous in Pittsburgh, but we'll try! As a group, we will look at the eerie, often unnerving, and provocative stories of the Southern Gothic genre, including works by Truman Capote, Flannery O'Connor, and Eudora Welty. Discussion topics will cover the sublime, the shadow, the effects of place, and the outsider as key elements in the production of this distinct literary genre.

**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.

Edna St. Vincent Millay:  
Her Life And Poems

*Study Leader:* Nancy Quick Langer

- 5 Classes: Jan. 11 – Feb. 8 *Class ID:* 4530
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Olmsted Activity Room



The press once called Edna St. Vincent Millay the “poet-girl” of American writing. Audiences crowded into lecture halls to hear her read her daring lyric poems. The experience prompted Millay to write to her husband, “I hope I shall never write a poem again that more than five people will like.” She wrote many more poems, in fact, and is regarded as one of the finest practitioners of the sonnet form in English. Still, even today, her sexuality and unconventional lifestyle are often the first things mentioned about her. In this course we'll take a closer look at Millay as an artist and modernist. Using Nancy Milford's biography of the poet as our guide, we'll read and discuss several of Millay's poems in the context of her remarkable writing life. Participants are encouraged, but not required, to read Milford's *Savage Beauty: The Life of Edna St Vincent Millay*.

**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.



## Meet The Wyeths

*Study Leader:* Rebecca Carpenter

- 4 Classes: Jan. 10 – Jan. 31 *Class ID:* 4478
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

So much talent in one family, tied so closely to one particular Pennsylvania community! This class is an introduction to the illustrious Wyeth family of Chadds Ford. The focus will be on the environments of the Brandywine Valley and Cushing, Maine, and their denizens who so heavily influenced the art of the children of the famous illustrator, N.C. Please note that this is not a class on artistic technique or art history, although we will touch on the effects of egg tempera and the magical realism in some of the works. Our focus will be on N.C., Andrew, Jamie, Ann, and Carolyn and their artworks relative to the Chadds Ford and Maine communities, with particular emphasis on Andrew. And for those of you who remember, yes, we will be talking about the Helga series and showing a recent interview with her!

**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.

## Nero Wolfe: America's Genius Albeit Fictional Detective

*Study Leader:* Mark Banister

- 4 Classes: Jan. 11 – Feb. 1 *Class ID:* 4455
- Wednesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room A



Nero Wolfe was certainly a genius detective and at 1/7th of a ton, quite likely America's largest. Nero Wolfe books were a staple of Golden Age mystery readers from his first case in 1934, to his last, in 1975. Through 33 novels and 41 novellas, he solved countless murders, thefts and other crimes, all while seldom ever leaving his brownstone in New York City. We will look at the impressive corpus of stories, and also the lives of Wolfe, his intrepid leg man, Archie Goodwin, as well as the many ancillary characters throughout the books. And of course, we will discuss the author, Rex Stout, creator of Wolfe's world. And we will also see/listen to many of the TV and radio adaptations of the stories shown over the years.

**Mark Banister** has taught many classes for Osher on Agatha Christie and the other golden age detectives. He has been a fan of Nero Wolfe for decades. He has read the entire series of stories and has collected many of the media adaptations of them as well, including TV and radio versions. He retired in 2017 from Carnegie Mellon's Office of Environmental Health and Safety, where the subject of golden age mysteries stories never entered his job description!

## MUSIC

**My Life In Music***Study Leader:* Harold Smoliar

- 2 Classes: Feb. 21 and Feb. 28      *Class ID:* 4504
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B


**TWO  
DAY**

This will be an overview of my journey to become a professional musician—early musical studies, junior high and high school music education, conservatory training, auditioning for and winning orchestra jobs. There will be many anecdotes along the way, almost all of them humorous and filled with famous people.

**Harold Smoliar** was born in Philadelphia in September of 1957. His music studies began with the piano from age six and the oboe from age twelve. After winning the Children’s Concert competition and playing with the Philadelphia Orchestra as a soloist at the age of 13, he began studying with Louis Rosenblatt, the English hornist of the Philadelphia Orchestra. His woodwind quartet won the Philadelphia Orchestra Junior Student Concert competition and they performed with the Philadelphia Orchestra in November of 1973. He attended the Curtis Institute of Music where he studied for four years with John de Lancie, the principal oboist of the Philadelphia Orchestra and graduated in 1978. From there, he won his first audition and became co-principal oboe of the Orquestra Sinfonica Brasileira in Rio de Janeiro at the age of twenty. After one season, he won his second audition and he left to join the Pittsburgh Symphony in 1979. He retired after forty seasons in 2019. In 1981 Smoliar was featured on performances of “Reflections” for English horn, cello and orchestra, composed by André Previn. In 1998 he premiered Michael Daugherty’s “Spaghetti Western,” a concerto for English horn commissioned for him by the Pittsburgh Symphony Orchestra.

**For The Birds***Study Leader:* James Gorton

- 4 Classes: Mar. 9 – Mar. 30      *Class ID:* 4537
- Thursday, 12:45 PM - 2:15 PM
- Cyert Hall, Osher Room B

Composers throughout the centuries have received inspiration to write music from birds. This course will delve into many examples from the Baroque, neo-Classical, Classical, and 20th centuries.

**James Gorton** was a member of the Pittsburgh Symphony Orchestra from 1971-2012, serving as Associate Principal, Acting Principal, and Co-Principal Oboist. He was formerly a member of the Rochester Philharmonic Orchestra and Eastman-Rochester Orchestra. Mr. Gorton is a current faculty member of Carnegie Mellon and Duquesne Universities and also does sound recording and editing for CD’s and video.

## On The Wings Of Song: The Evolution Of The Requiem

*Study Leader:* Jeffrey Swoger

- 5 Classes: Jan. 11 – Feb. 8 *Class ID:* 4471
- Wednesday, 12:30 PM - 2:30 PM
- Cyert Hall, Osher Room B

The Requiem is a mass for the dead in the Catholic liturgy. Over 2,000 such masses have been set to music from before Mozart to Brahms and on to Stravinsky. In the eighteenth century, the Requiem began moving out of the Church and onto the concert stage. Texts began to morph away for the strict Catholic mass and the genre become more varied, even omitting text altogether. The course will survey some of the most famous of these works as well as some of the lesser-known works. Apart from the religious aspects of the Requiem, on purely musical terms, the compositions span the entire spectrum of musical expression from anguish to quiet solitude to heaven-shaking splendor. Far from being universally morose, much of this music can be uplifting, thrilling and, most importantly, life affirming. Much to discuss.

**Jeffrey Swoger** was initially exposed to classical music in a seventh-grade music appreciation class. He attended his first Chicago Symphony Orchestra concert while in high school and later elected to take a music appreciation course at Washington University. A 35-year Chicago Symphony Orchestra subscriber, he served on the CSO Junior Governing Board that presented concerts by small groups of CSO musicians in the Chicago public schools. Subsequently, his graphic design firm worked with the Chicago Symphony for 12 years, producing local and national advertising, national and international tour materials, season subscription mailers, fund-raising materials, 90th and 100th anniversary publications and CD packaging. Close, longtime friendships with the CSO program annotator and the director of public relations afforded regular access to the orchestra's executives, musicians, and conductors.

## The Great Lyricists Of Broadway And Hollywood

*Study Leader:* Paul Roth

- 5 Classes: Mar. 9 – Apr. 6 *Class ID:* 4465
- Thursday, 2:30 PM - 4:00 PM
- Cyert Hall, Osher Room A



During the mid-Twentieth Century, Broadway and Hollywood provided a fertile environment for the creation of popular and theatrical songs. The products of such lyrical giants as Hammerstein, Porter, Mercer, Hart, Robin, Berlin and others will be explored via video and audio performances.

**Paul Roth** is a veteran contributor to CMU's Osher program, and has long participated in producing and teaching senior pop-music-oriented curricula both locally and in Florida and Arizona. He is a retired academician and researcher in Computer Science and Systems Engineering. He has science degrees from Pitt and Penn. He has experience in producing and broadcasting music programs on radio and TV and in performing instrumental and vocal music. He is currently a member of the JCC Chorus.

# BUSINESS & COMMERCE

Economics | Law

## ECONOMICS

### Economics Of Battery Energy Storage

*Study Leader:* Pat Ervin

- 4 Classes: Jan. 11 – Feb. 1 Class ID: 4552
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Hawkins Conference Room



Participate in developing the economics for a potential green energy project. An in-depth knowledge of economics or engineering is NOT required for this course. This course will review the Rocky Mountain Institute paper “The Economics of Battery Energy Storage” and develop a cost benefit analysis for a potential campus battery energy storage system. A battery energy storage system can generate financial benefits from regional transmission operator market services, utility services, and savings on electric rates. A battery energy storage system built into a future campus building addition or modification will enable future campus microgrids. The initial module will review the project concept, battery energy storage technology, and the regional, local, & campus power grids. Additional modules will explore regional transmission operator and utility services financial benefits, utility rates, utility bill savings, system installed cost, operation & maintenance cost, financing cost, and potential grants to complete the cost benefit analysis.

**GL “Pat” Ervin**, upon graduation from West Point in 1973, spent five years serving as a field artillery officer in the US Army Second Armored Division based in Fort Hood, Texas and Grafenwoehr, Germany. Afterwards he began a forty-year career developing, marketing, and selling products, systems, and technology in the electric power industry. His customer base included utilities, industrials, and engineering, procurement, & construction (EPC) customers located in Europe, the Middle East, North Africa, and the US. He develops beautification projects utilizing compact technology to replace large transmission substations, towers, and lines. Past renewable energy project development included a battery energy storage system and a microturbine combined heat & power system.

## LAW

### Failure And Reform In The Criminal Justice System

*Study Leader:* Frederick Thieman

- 1 Class: Feb. 23 Class ID: 4549
- Thursday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B



In the 1960s, the American criminal justice system, albeit nestled within a society still struggling for equality, was widely seen as a model for the rest of the world. Within decades, its incarceration rates would increase sevenfold, its cost would balloon to \$80 billion annually, and it would be condemned as unjust and unfair. The trial of Derek Chauvin is but the latest episode in an ongoing saga. How did this happen and why has the war on crime failed so completely, both locally and nationally? This course will explore the failures of the criminal justice system and how it might be reformed.

**Frederick W. Thieman** most recently served as the Henry Buhl, Jr. Chair for Civic Leadership. Prior to that, he served for nearly a decade (2007-2016) as President of the Buhl Foundation, Pittsburgh’s oldest multi-purpose foundation. As President of Buhl, Mr. Thieman was recognized for his leadership on important community initiatives in education, youth development, and human services, while also guiding the Foundation to a place-based focus on the Northside of Pittsburgh. Over the course of a 30-year legal career, Mr. Thieman practiced as a trial attorney with a specialty in white-collar crime and complex business-related litigation. While practicing law, Mr. Thieman was recognized in professional journals as one of the leading attorneys in Pennsylvania. He also served as the Presidentially appointed United States Attorney from 1993 to 1997 where he received national attention for his youth crime prevention work. Mr. Thieman graduated magna cum laude from Pitt Law School in 1977, served as a law clerk for the Pennsylvania Supreme Court and is the recipient of numerous civic leadership awards from organizations such as the University of Pittsburgh, Urban League, Community College of Allegheny County, League of Women Voters, the Mentoring Partnership and the Academy of Trial Lawyers.

# LEARN BY DOING


Art | Crafts/Hobbies | Dance/Exercise | Finance/Insurance | Self Improvement | Wellness | Writing

## ART

---

### Drawing For All

Study Leader: Jane Pawlowski


- 6 Classes: Jan. 10 – Feb. 14 Class ID: 4510
  - Tuesday, 10:45 AM - 12:45 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.

### Drawing In Color

Study Leader: Jane Pawlowski

- 6 Classes: Mar. 7 – Apr. 11 Class ID: 4511
  - Tuesday, 10:45 AM - 12:45 PM
  - Cyert Hall, Olmsted Activity Room
- 

This course continues an exploration of drawing, adding color into the mix. Student will learn about the use of color and color theory utilizing colored pencils in their work. They will build up their art, 'painting' in the color using their pencils. Projects will build on one another discussing composition and various techniques for using color to add intensity to art. Different genres of art will be discussed. It is helpful to have some knowledge of drawing but the class is for all artists to build on their current knowledge. We will be working primarily with colored pencils and drawing papers. Supply recommendations 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.



## Independent Art Study

*Study Leader:* Gary Bates

- 5 Classes: Mar. 10 – Apr. 7 *Class ID:* 4476
- Friday, 1:00 PM - 2:00 PM
- College of Fine Arts, TBA

---

- 5 Classes: Jan. 13 – Feb. 10 *Class ID:* 4477
- Friday, 1:00 PM - 2:00 PM
- College of Fine Arts, TBA

Prepare a portfolio of six or more pieces of your artwork to be shared and critiqued with the course study leader to determine a direction and plan for individual growth during the six sessions. Various drawing and painting techniques will be employed to enhance student growth and development to meet the mutual goals determined by leader and student together.

**Gary Bates** has spent over 45 years as a professional artist, arts administrator, and professor during his long career in the arts. He has served as president of the University Council for Art Education at Columbia University, and as president of the New York State Art Teachers Association, as well as several other arts organizations in New York. He was named New York State Art Teacher of the Year, and has received many other special recognitions in the field of art education. Gary has exhibited his work in museums and galleries in both the United States and Mexico.

## Figure Drawing

*Study Leader:* Betsy Bangley

*Materials Fee:* \$45\*

- 5 Classes: Mar. 10 – Apr. 7 *Class ID:* 4494
- Friday, 9:30 AM - 12:00 PM
- College of Fine Arts, TBA

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 model 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 82.*

CRAFTS/HOBBIES

Drawing In The Museum

Study Leader: Betsy Banglely

- 5 Classes: Jan. 13 – Feb. 10 Class ID: 4493
- Friday, 10:00 AM - 12:30 PM
- College of Fine Arts, TBA



Develop your drawing skills and explore the world of the Carnegie Museums of Art and Natural History through simple pencil sketches. We will begin in the art studio on the CMU campus, where we will become familiar with sketching techniques. In later class sessions we will move to The Carnegie Museums of Art and Natural History to draw artifacts and statuary. Returning to the studio for our final session, we will draw Inuit sculptures from the private collection of Paul Rehkopf, and learn about their place in Inuit history and culture. Beginners are welcome! Note: Participants will purchase their own admission to the museum.

**Betsy Banglely** 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.

C2C Crochet Graphgan

Study Leader: Barbara Gengler

- 5 Classes: Mar. 9 – Apr. 6 Class ID: 4521
- Thursday, 10:45 AM - 12:15 PM
- Cyert Hall, Olmsted Activity Room



Corner-to-Corner (C2C) crocheting is a technique that works the rows on a diagonal; Graphgan is a combination of “graph” and “afghan”. In this class we’ll learn the C2C technique of crocheting. Then, first using a simple graph, we’ll learn the way to follow the chart, wind and use yarn bobbins and crochet a two-color sample. With the basic skills you can then choose a project to match your own ambitions. Whether that will be something larger in scale or uses a multitude of colors, this class will help you get a great start. C2C Crochet Graphgan is for anyone who has basic crocheting abilities. Confident beginners are welcome. Let’s crochet together!

**Barbara Gengler** is a serial hobbyist who has played with fiber, glass, silver, and wood to create quilts, windows, vases, jewelry, musical instruments, and other functional art. As in her work developing software solutions, she enjoyed the challenge of creating functional solutions using resources and materials at hand. While some hobbies have come and gone, she always returns to her knitting and crocheting roots.

## About Home

Study Leader: Charlee Brodsky

Materials Fee: \$25\*

- 6 Classes: Mar. 7 – Apr. 11\* Class ID: 4528
- Tuesday, 1:00 PM - 3:00 PM
- Cyert Hall, Olmsted Activity Room

\*Note: Class will not meet on Apr. 4



In this photography course participants will be making digital photographs of family and/or of spaces within the context of their home. In the beginning of the course students will explore what they want to focus on whether it be, for example: “still lifes” of treasured family heirlooms; how sunlight streams onto a bowl of fruit on the kitchen counter; or favorite “nooks” where you can find Spot, the family dog. The goal of the class is to create a digital portfolio of approximately 10 photographs that is a reflection of one’s life within the comfort and familiarity of one’s home. In class we will critique each other’s work as well as look at work by photographers who have worked with the subject of home.

Please Note: *requirements are a digital camera, a basic knowledge of digital photography, and a computer with some photo-editing software.*

**Charlee Brodsky**, a fine art documentary photographer and a professor of photography at Carnegie Mellon University, describes her work as dealing with social issues and beauty. In 2012 she was honored to be Pittsburgh’s Artist of the Year, chosen by Pittsburgh Center for the Arts. A selection of her awards includes the Tillie Olsen Award with writer Jim Daniels for their book, *Street*; an Emmy with the film team that created the documentary, *Stephanie*, which was based on her friend’s life with breast cancer; the Pearl of Hope award given by Sojourner House for her work with her students in the Pittsburgh community; and Pennsylvania Council on the Arts fellowships. She exhibits and publishes her work.

\*Materials fee information located on page 82.

## DANCE/EXERCISE

### Sacred Circle Dancing

Study Leader: Alice Carnes

- 6 Classes: Jan. 10 – Feb. 14 Class ID: 4548
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Olmsted Activity Room

Bernard Wosien, a German ballet master, collected very old traditional dances from Eastern Europe, mostly from Greece, Bulgaria, Macedonia, and Romania. No partners are needed. All dances are taught or reviewed every time and beginners are welcome. In circle dance we hold hands and form a circle around a centerpiece. We dance around a centerpiece that contains a representation of the four elements to celebrate our dancing. The circle is an iconic symbol that never ends and flows continuously. The steps are simple and if you forget a step or misstep just know in circle dance — there are no mistakes, only variations. As we move around the circle the energy from everyone in the circle moves in a physical and energetic way. As we dance, we sink into the rhythmic movement allowing our minds to relax into a spiritual and meditative process.

**Alice Carnes** was introduced to Sacred Circle Dance at a Women’s Retreat in North Carolina in 2010. When she retired in 2013, she began attending circle dance camps and dance workshops in California, New Hampshire, Tennessee, Maine, Massachusetts, and Mexico. During the pandemic there were many opportunities to circle dance via Zoom with a variety of excellent teachers world wide. In July 2022, she traveled to Findhorn, Scotland, the birthplace of sacred circle dance for Dance Week.



FINANCE/INSURANCE

**Financial Success In Retirement**

*Study Leader:* Seth Dresbold

- 2 Classes: Feb. 23 and Mar. 2 *Class ID:* 4538
- Thursday, 1:00 PM - 3:00 PM
- Cyert Hall, Osher Room A

**TWO  
DAY**

This course will focus on helping to identify the key elements a retiree should have in place to prepare for a financially successful retirement. We will focus on retirement income strategies; the proper way to invest our assets in retirement; identifying and protecting against certain risk factors in retirement; the advantages and disadvantages of certain insurance products; and estate planning concerns.

**Seth Dresbold** is a partner with Signature Financial Planning, having joined the firm in March of 2011 after graduating with his law degree and M.B.A. from the University of Pittsburgh. Seth is a licensed attorney and a CFP(r) Practitioner and serves as a board member for several non-profit organizations, including serving as the Vice-Chair of FamilyLinks and the President of the ABOA for the American Cancer Society. In addition, Seth is very practiced in front of an audience, having won awards as a stand-up comedian. He combines his expertise in these numerous fields to give a holistic overview of retirement needs.

**The Financial Journey Of Women**

*Study Leader:* Brian Bohn

- 4 Classes: Mar. 8 – Mar. 29 *Class ID:* 4491
- Wednesday, 2:30 PM - 4:00 PM
- Cyert Hall, Osher Room A

This course will discuss the unique financial opportunities and challenges that face women. Women live longer, control the majority of wealth in the United States, and start four times the number of businesses than men. However, these unique traits are often not considered in traditional financial planning and construction of investment portfolios. We will cover how assets can be tailored to an individual's needs to plan for health care costs, estate planning, and ensuring control/independence through investing. Whether you are an executive, business owner, widow, or just interested in improving your finances, the course aims to provide you confidence through knowledge.

**Brian Bohn**, CFP, CPFA, CPWA is a partner of The Gleason, Bohn, Floberg Wealth Advisory Group at Merrill Lynch. He guides affluent individuals and families in every aspect of their financial lives. Brian is a sought after speaker for civic clubs, private organizations, and universities where he shares his expertise in managing the finances of wealthy families, widows, and executives. Brian has also been named to *Forbes* "Best-in-State Next-Generation Wealth Advisors" list.

**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.

## SELF IMPROVEMENT

### Charisma In The Art Of Communication

Study Leader: Cissy Rebich

• 5 Classes: Mar. 16 – Apr. 20\* Class ID: 4554

• Thursday, 9:00 AM - 10:30 AM

• Cyert Hall, Osher Room A

\*Note: Class will not meet on Apr. 13



There are people who walk into a room and for some reason, everyone turns to look at them. The air shifts and they instantly attract attention. We call it charisma. Since the development of the internet, cellphones, and email, however, personal communication skills have dwindled significantly. Charisma is your ability to connect with others. Whether you are giving a toast at a wedding, asking someone for a date, telling a funny story at dinner, or presenting an idea to a Board of Directors, personal charisma is valuable. The exchange of human energy in communication can be thrilling. Through demonstration and class exercises, this course will help you develop your personal charisma and increase your power of communication. Class materials will be provided. You will need a cell-phone to record your voice.

**Cissy M Rebich** is a trained professional communicator, with experience as an actor, a trial attorney, a journalist, and media commentator. After enjoying a long and fulfilling career as an actor/singer in New York City and performing in many Broadway productions, concerts, television, film, and solo cabaret, she coaches professionals in the art of public speaking, pitching, and presentation. Cissy appeared frequently as a guest commentator on the Court TV and MSNBC networks, where she described the play-by-play actions of the courtroom for television audiences. She obtained a Master's degree in journalism from Columbia University in 2008. She has combined her trial, theatre, and journalism expertise to conduct training programs for business executives, candidates for public office, attorneys, actors, and other speakers and presenters. Upon her retirement in 2022 from ReedSmith LLP, she has returned to her performing career.

### AARP Smart Driver Refresher Course

Study Leader: David Zimmer

Materials Fee: \$25\*

• 1 Class: Feb. 28 Class ID: 4531

• Tuesday, 9:00 AM - 1:00 PM

• Cyert Hall, Olmsted Activity Room

**ONE  
DAY**

This course is intended for those who have taken an AARP Smart Driver Course within the past three years. The updated AARP Smart Driver Course features the most informative and relevant content from previous course editions—updated to reflect current state regulations and the latest driver safety and transportation innovations. Thanks to recommendations from external researchers and experienced volunteers, some exciting new content is featured in the course, such as mental focus, roundabouts, alternative intersections, sharing the road, future actions worksheet, finding travel options, and expanded information on automobile technology. Attendance at all four hours of this course is required for receiving the Completion Certificate to provide to your insurance company.

Please note: Cost is \$20 for AARP Members and \$25 for non-members. Payable by check to AARP (Instructor will collect payment).

**David Zimmer** has been an Osher Study Leader for AARP Smart Driver since 2016. He is on the AARP Working Group creating the Smart Diver Virtual Course and taught the first Virtual AARP Smart Driver course in the country here at Osher at CMU. David is a retired nurse specializing in Intensive Care, Trauma and Pre-hospital care.

\*Materials fee information located on page 82.

WELLNESS



### AARP Smart Driver 8-Hour Initial Course

Study Leader: David Zimmer

Materials Fee: \$25\*

- 2 Classes: Feb. 21 and Feb. 28      Class ID: 4532
- Tuesday, 1:30 PM - 5:30 PM
- Cyert Hall, Olmsted Activity Room

**TWO  
DAY**

The updated AARP Smart Driver Course features the most informative and relevant content from previous course editions—updated to reflect current state regulations and the latest driver safety and transportation innovations. Thanks to recommendations from external researchers and experienced volunteers, some exciting new content is featured in the course, such as mental focus, roundabouts, alternative intersections, sharing the road, future actions worksheet, finding travel options, and expanded information on automobile technology. Attendance at all eight hours of this course is required for receiving the Completion Certificate to provide to your insurance company. More than just saving money, the course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Please note: Cost is \$20 for AARP Members and \$25 for non-members. Payable by check to AARP (Instructor will collect payment).

**David Zimmer** has been an Osher Study Leader for AARP Smart Driver since 2016. He is on the AARP Working Group creating the Smart Diver Virtual Course and taught the first Virtual AARP Smart Driver course in the country here at Osher at CMU. David is a retired nurse specializing in Intensive Care, Trauma and Pre-hospital care.

\*Materials fee information located on page 82.

### Managing Stress And Your Immune System

Study Leader: Bruce Rabin

- 5 Classes: Jan. 10 – Feb. 7      Class ID: 4522
- Tuesday, 11:15 AM - 12:45 PM
- Cyert Hall, Osher Room A

This course will integrate two areas of importance to the quality of health (and life) of all individuals: (1) the effect of stress on mental and physical health, and (2) the importance of maintaining the function of your immune system as you age. This course will examine what stress is and how stress alters many aspects of mental and physical health; how the immune system functions to keep you healthy and cure disease; and how stress and the immune system interact. This course will also cover the behaviors and techniques that will increase the likelihood of staying healthy as you continue through life. At the conclusion of the course, you will have the understanding and motivation to engage in a lifestyle that will help to keep you mentally and physically healthy as you continue to age.

**Dr. Bruce Rabin**, is an Emeritus Professor at the University of Pittsburgh. Dr. Rabin joined the University of Pittsburgh in 1972 before retiring in 2017. He was Professor of Pathology at the University of Pittsburgh and Medical Director of the Division of Clinical Immunopathology and the Healthy Lifestyle Program at the University of Pittsburgh Medical Center. Dr. Rabin has dedicated his professional life to understanding the immune system and the factors which influence it. He discovered early on that stress – a variable in every person’s life – exerts a profound influence on the human immune system and health. And, from that point forward, his work focused on the effects of stress and the pathways of communication between the brain and the immune system – the mind/body connection. Equally important to his research, he has been instrumental in moving science and research to real-world application by developing programs designed to help people identify, learn and adhere to behaviors that will maintain their wellness and lower their risk of developing serious and potentially life-threatening conditions and diseases.

## WRITING

---

### Writers' Workshop

*Study Leader:* Thalia Snyder, Helen Wilson

- 6 Classes: Mar. 8 – Apr. 12      *Class ID:* 4442
- Wednesday, 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.

**Thelma 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.



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.

## ARCHITECTURE

---

### Contemporary Asian Architects - Japan

*Study Leader:* Jeffrey Swoger

- 6 Classes: Mar. 7 – Apr. 11 *Class ID:* 4470
- Tuesday, 11:15 AM - 12:45 PM
- Cyert Hall, Osher Room B



This is the second of three courses exploring the architects of Asian origins. In this course, we will explore the rich variety of work by Japanese architects, beginning with Pritzker Award winning architect, Tadeo Ando. Unlike the architects working in China, many Japanese architects have a much more international practice. Class discussion will bring important points of view to the class.

**Jeffrey Swoger** began his college years studying architecture at Washington University in St. Louis, before transferring to the Institute of Design at IIT to study graphic design. However, he remained keenly interested in architecture, keeping abreast of the major architects and their buildings throughout his life. Living in Chicago, he saw the rise of several iconic buildings: the John Hancock Building; the Sears Tower; the 860-880 Apartments. As a designer, he worked with many Chicago architects and real estate developers and created the logo for the first Chicago School of Architecture Foundation, which was housed in the historic Glessner House, designed by H. H. Richardson.

## ENVIRONMENT

---

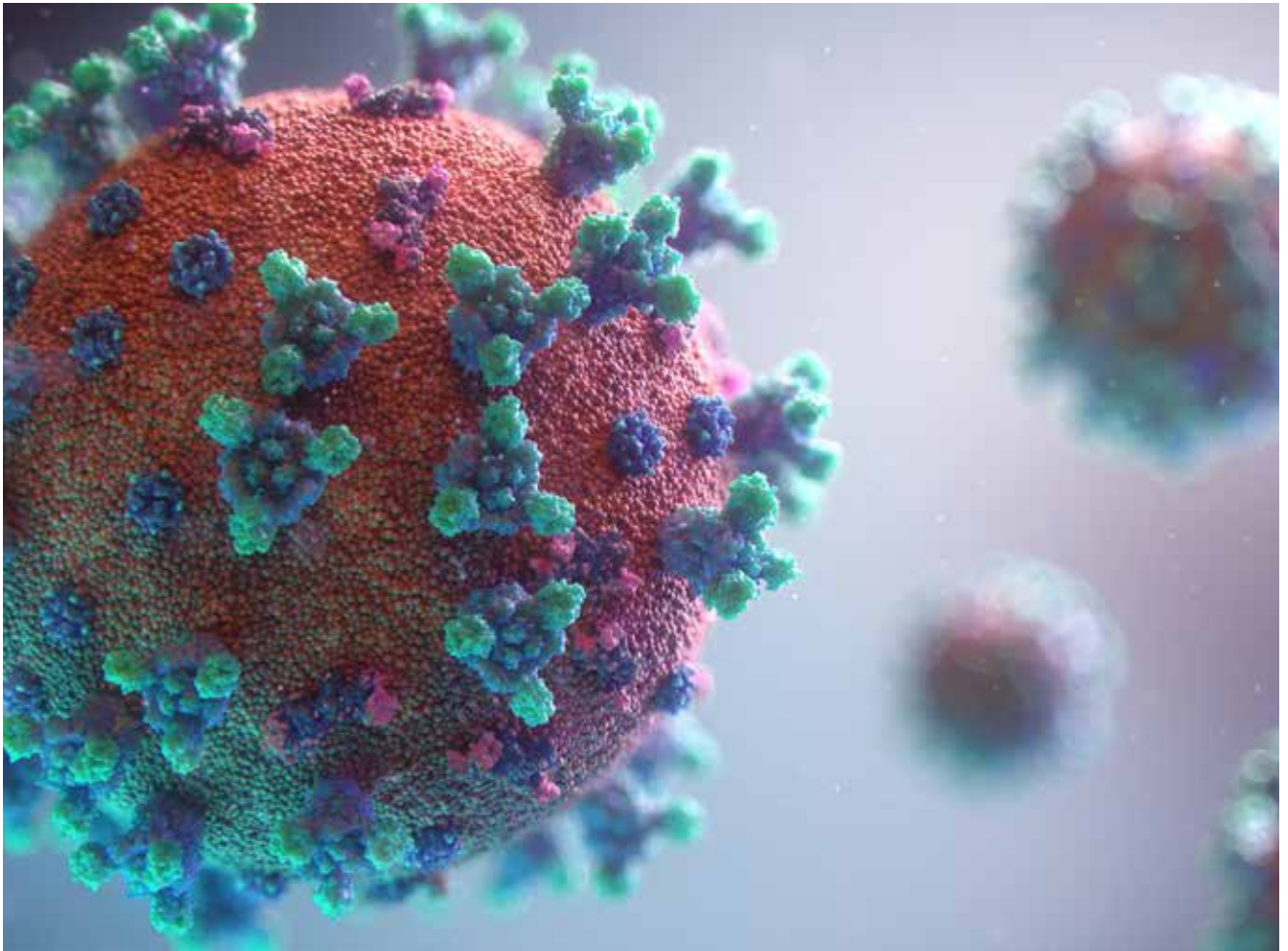
### Wellness In An Energetic And Electromagnetic World

*Study Leader:* Robert Brown

- 5 Classes: Jan. 10 – Feb. 7 *Class ID:* 4475
- Tuesday, 11:15 AM - 12:45 PM
- Cyert Hall, Osher Room A

Our world is becoming increasingly reliant on the production and transmission of energy. Modulation of radio frequency radiation has allowed instantaneous worldwide communication, smart homes, and dozens of other applications inconceivable twenty years ago. However, decades of research have shown that all forms of electromagnetic radiation (EMR) can affect human health. Each class will include discussion on the health benefits and potentially harmful effects associated with exposure to sound, light, and non-ionizing frequencies of EMR. Group discussion on this important, timely, and controversial topic will be encouraged. By the end of this course, each participant will gain a comprehensive understanding of how we physiologically interact with our energetic world and learn how to augment or mitigate environmental sources of energy to sustain, or improve, overall health.

**Rob Brown's** blended approach to traditional medicine and wellness comes from his conventional career as an allopathic physician along with a passion for spiritual exploration. After attending the University of Miami School of Medicine, Dr. Brown completed a diagnostic radiology residency in Pittsburgh and fellowship training at the University of California, San Diego in musculoskeletal radiology. Having worked both in private practice and in academia, Dr. Brown had the opportunity to teach residents and contribute to the radiology literature. Personal and professional experiences have led Dr. Brown to understand that removing biochemical and energetic environmental toxins is essential for good health. He compiled his thoughts and accumulated research in *Toxic Home/Conscious Home: A Mindful Approach to Wellness at Home*, published in 2019. His most recent peer-reviewed paper on the possible connection between COVID-19 and radio-frequency radiation sparked international interest and led to multiple presentations, including those at the Environmental Health Symposium and the National Association of Environmental Medicine.



## MEDICAL

---

### Everything You've Always Wanted To Know About Disease

*Study Leader:* Stephen Fisher

- 6 Classes: Mar. 9 – Apr. 20\*      *Class ID:* 4502
- Thursday, 12:45 PM - 2:15 PM
- Cyert Hall, Osher Room A

*\*Note: Class will not meet on Apr. 13*

This course will focus on medical topics that are currently in the news and on questions that participants may have regarding disease, medical treatment, or medical science. Dr. Fisher will invite guest speakers appropriate to the topics selected.

**Stephen N. Fisher, M.D.**, is a licensed practicing physician. He attended the University of Illinois, where he studied chemistry, mathematics, and physics, and then went on to medical school. After several internships and completing a residency in diagnostic radiology, he served in the military in Vietnam. He practiced medicine in underserved parts of Pittsburgh for 18 years. He is board certified in addiction medicine and biomedical research.

## Brain Computer Interface And Neuromodulation

Study Leader: Wendy Ye

- 1 Class: Feb. 27 Class ID: 4484
- Monday, 9:00 AM - 10:30 AM
- Cyert Hall, Osher Room B



Can we use our thoughts alone without touching anything to type letters or deliver a cup of tea? Brain Computer Interface (BCI) allows a user to operate an external device, most commonly a computer or a robotic limb, with their mind alone. It is a direct communication pathway between the brain and an external machine. BCI research and development have grown explosively over the past two decades. The advancements in machine learning, AI and robotics, the discoveries in medicine and neuroscience contributed to the recent development of the BCI field. This class will give an introduction about what is Brain Computer Interface, types of Brain Computer Interface, development history and state of the art. The class will also discuss how BCI works, and its major applications including neuro prosthetics for severe disabilities and neuromodulation in the therapy area of brain stimulation to manage Parkinson’s disease, epilepsy and other disorders.

**Wendy Ye** started her career at the Harvard- MIT Division of Health Sciences and Technology and Harvard Medical School VA Medical Center. She has worked as a Principal Specialist at Medtronic Neuromodulation and served as a Managing Editor for IEEE Transactions on Biomedical Engineering. She has extensive knowledge and experience in reviewing and analyzing neuromodulation devices in the therapy areas of pain, migraine, Parkinson’s disease, essential tremor, and other neurological disorders.

## TECHNOLOGY

### Why Do Airplanes Crash?

Study Leader: Stan Angrist

- 6 Classes: Jan. 10 – Feb. 14 Class ID: 4473
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B



This course will review airplane crashes in both the commercial and general aviation sectors, seeking common causes and uncommon causes in airplane crashes. It will also highlight the extreme differences between crashes in the commercial and general aviation sectors. Much of this will be done by reviewing videos depicting crash episodes. The course will also review a few “near misses” when major crashes are narrowly avoided. Many of the crashes depicted will be highlighted using videos that came from crash investigations.

**Stan Angrist’s** first job was as a design engineer for an aircraft manufacturer in Canada, followed by a two-year stint in the U.S. Air Force. At the end of that service the instructor completed a PhD in mechanical engineering at The Ohio State University. He then started his teaching career in the department of mechanical engineering at CMU becoming a full professor. After 20 years of teaching he became a columnist and reporter for *Forbes Magazine* and then moved on to *The Wall Street Journal* as a staff reporter.

# SOCIAL SCIENCES

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

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Telling Family Stories At The Holidays

*Study Leader:* Michael Perry, Mary Jo Sonntag

- 3 Classes: Jan. 10 – Jan. 24 *Class ID:* 4529
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A



Family stories can preserve a funny, heroic, unique and historic understanding for the next generation. Perhaps you've come away from a recent holiday wondering, "Why didn't I know that about my relatives?" Here is your opportunity to share a family story: to preserve your family's beliefs, strengths, quirks, major events, and characters. The new year offers a chance for you to collect stories for telling at the next holiday gathering, and this class will give you the tools and encouragement to present them.

**Mike Perry's** adventurous career has taken him from the circus to the Census Bureau, from motion pictures to maintenance man. He has taught Elementary School, performed as a corporate edu-tainer and can be found telling original tales live or online at fairs, festivals, libraries and schools.

**Mary Jo Sonntag** is an avid storyteller who delights her audiences with stories about her travel adventures, her family, and their pioneer history. Her stories make us laugh, bring history to life, and give us hope.

### Growing Older, Not Up: Ideas For Staying Independent

*Study Leader:* Lynne Huber

- 2 Classes: Feb. 24 and Mar. 3 *Class ID:* 4535
- Friday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

**TWO  
DAY**

In today's world of post Covid isolation it is ever challenging to stay engaged in life and maintain a healthy lifestyle, physically, emotionally, and spiritually. In this course, we will explore some of the ways in which health is influenced by our habits, roles and routines. We will look at the effects of environment, culture, beliefs, body functions and motivation impacting engagement in activities that are meaningful. We will address areas of self-care, nutrition, play/leisure and overall well-being. We will look at the evidence supporting a healthy mind as well as body.

**Dr. Lynne Huber** has been in the field of Occupational Therapy for over 35 years. She began her career in OT as a COTA graduating from what was Mount Aloysius Junior College. Lynne spent four years working in a free standing rehabilitation hospital in the Harrisburg area. She had the opportunity while there to see a wide variety of clients with a myriad of diagnoses including various neurological diseases and orthopedic conditions. She returned to school in the BS program at then College Misericordia. She worked in inpatient rehabilitation for the next twelve years providing intervention to individuals with a variety of orthopedic and neurological diagnoses before leaving to pursue other avenues in the outpatient arena. In 2010 she received the POTA Master Clinician Award and decided to embark on a new educational journey. Lynne received her Doctor of Occupational Therapy degree from Chatham University in May of 2013 and continues to work in an outpatient clinic serving mainly persons with neurological conditions. She is active in POTA and AOTA. Lynne has also added teaching to her list of accomplishments by joining the adjunct faculty at Chatham University and providing guest lectures at the University of Pittsburgh Occupational Therapy Department.



## Cohousing in Pittsburgh: Rachel Carson EcoVillage

*Study Leader:* Stefani Danes

- 4 Classes: Mar. 7 – Mar. 28 *Class ID:* 4547
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

This course is an introduction to Rachel Carson EcoVillage in Pittsburgh, a new cohousing community on Chatham's Eden Hall campus. Set in the context of intentional communities today, the course will discuss the creation of this unique on-campus community. We will explore the design of the community, the development process that's unique to cohousing, and the social and ecological principles on which it's based. Members of the community—prospective residents—will join the class for an open class conversation.

**Stefani Danes** is a founding member of Rachel Carson EcoVillage, a cohousing community to be built on Chatham University's Eden Hall Campus in Pittsburgh. As an architect, she designs urban affordable housing, cohousing, senior cohousing, and community facilities. She teaches courses on housing, intentional communities, and sustainable neighborhood revitalization in the School of Architecture at CMU. She is a graduate of SoFA's Sociocracy Leadership Training Course. Over the past ten years, she has visited more than forty communities in the US and Denmark, prepared post-occupancy evaluations, and has completed a course in cohousing development. She has been a presenter at two national cohousing conferences.



## The Palestinian Story: Hope And Sumud

*Study Leader:* Tina Whitehead

- 5 Classes: Mar. 7 – Apr. 4 *Class ID:* 4461
- Tuesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room A

The course will deal with the history and current situation in Israel-Palestine from the perspective of the Palestinian people. The four primary components of the “peace process” will be the main focus: Right of return, Settlements, Boundaries, and Jerusalem. Current issues that are relevant to the content of the course will also be discussed.

**Tina Whitehead**, a Canadian and a graduate of Duquesne University with an M.A. in Spiritual Formation, has been volunteering in Jerusalem and the West Bank since October 2006. Her primary work has been with Sabeel, a Palestinian Christian Peace and Justice movement. In October 2015, she helped coordinate a regional Friends of Sabeel conference in Pittsburgh with the theme, “We Refuse to Be Enemies.” In addition, she has worked with the Bethlehem Bible College where she helped coordinate three international “Christ at the Checkpoint” conferences, in 2010, 2012 and 2016. Up until the past year's Covid travel restrictions, she had also been working as a hospitality representative in Bethlehem for an American tour company, giving lectures and helping organize dinners with Palestinian families. She presently resides in Verona.

## How Do You Explain India?

*Study Leader:* Sankar Seetharama

- 3 Classes: Mar. 8 – Mar. 22 *Class ID:* 4544
- Wednesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room A

India, the world's largest democracy and the second most populous nation in the world, is a study in contrasts. It is a fascinating land of cultures, languages, religions, history, and natural beauty among other things. It is developed and undeveloped, rich and poor, educated and illiterate, tolerant and intolerant, simple and confusing – all at the same time. During this course we will start by tracing Indian history to the present and discuss the diverse nature of the population, culture and country. We will conclude by discussing current day India's successes/failures and socio economic challenges.

**Sankar Seetharama** is currently enjoying retirement after a forty-year career in the environmental control industry in a variety of different roles. His experience is in marketing, business development, bidding & contract negotiations, international business, product development and project management air pollution control systems and services for major industries. Mr. Seetharama has a BS in Mechanical Engineering from Banaras Hindu University, India and an MBA from the University of Pittsburgh, PA. He & his spouse love traveling - exploring new countries, cultures, peoples and hiking the great outdoors. His travels for business and pleasure trips with his family have taken him to all 50 states and over 40 countries. He also enjoys cooking, photography, and model railroading.

## What's Philosophy Good For?

*Study Leader:* Joseph Givvin

- 5 Classes: Mar. 9 – Apr. 6 *Class ID:* 4539
- Thursday, 2:30 PM - 4:00 PM
- Cyert Hall, Osher Room B



There's an old saying, philosophy bakes no bread. Yes, philosophy doesn't help you start your car on a cold Pittsburgh morning or make you better looking. Why then spend time on philosophizing? We philosophize because we all wonder about: What is the meaning of life? What can I be certain of? Can we prove that there is a God? What is the proper role of government? The instructor will lecture to provoke your wonder and thought on these questions. This course is a brief introduction or re-introduction to philosophy. The instructor will provide online optional reading materials.

**Joseph Givvin**, Ph.D. has returned to live in the Pittsburgh area after 33 years of teaching at Mount Mercy University, Iowa, where he is Professor Emeritus. He has been a member of the American Association of Philosophy Teachers (AAPT) since 1984 and has presented 12 workshops on teaching philosophy at AAPT conferences. He has also chaired two conferences sponsored by the AAPT. As a result of his work for the AAPT, he was presented an "Award of Merit for Outstanding Leadership and Achievements in the Teaching of Philosophy." He greatly enjoys the opportunity to teach at Osher at CMU and engage with curious minds of the members in thoughtful conversation, especially about the ethical aspects of human life.



## HISTORY

### The Monuments Men

*Study Leader:* Jack Reid

- 2 Classes: Feb. 22 and Mar. 1
- Wednesday, 1:00 PM - 3:00 PM
- Cyert Hall, Osher Room B

*Class ID:* 4509



**TWO  
DAY**

If you've seen the movie or read the book, you may have wondered how closely each matches the other. This class will compare the two, introduce you to the actual members of the "Monuments, Fine Arts and Archives" program, describe their backgrounds and their mission, connect them to the portrayals in the movie and trace their exploits through the final days of the western front of World War II.

**Jack Reid** has a Bachelors of Science from CMU and is a life long student of military history. His principle interest is in the incidents, accidents and overlooked aspects of conflict. This is along with taking looks 'back' at the origins of these conflicts and looking 'forward' to learn what we can about how to avoid repeating them.

## How Soviet Industrialization Was Fed

*Study Leader:* Charles Hier

- 6 Classes: Mar. 8 – Apr. 12 *Class ID:* 4543
- Wednesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room B



Soviet collectivization of agriculture is the subject of falsification. In the region I studied, peasants weren't forced into collective farms, they had to be attracted into them. Soviet peasants had a very low level of productivity. They knew that they couldn't change this on their own. They needed government help. But they weren't, at first, especially interested in the government's plans for collectivization. This was a huge change for them. But even more importantly they didn't trust rural party cadres because in the 1920s government policy had been to support the most prosperous peasants of the village. But the prosperity of these peasants was due to the exploitation of the majority of villagers, especially the poor. The crucial fight for collectivization was a fight within the rural party to purge it of cadres who had adopted the interests of prosperous peasants. New cadres could be trusted by the peasant majority.

**Chuck Hier** received a BA in philosophy at Rice University and an MA in philosophy from NYU. Switching to history, he earned an MA at Boston College and a PhD from Pitt. He concentrated on Russian history and wrote his dissertation on collectivization in a region west of Moscow. He has taught history at Pitt, Duquesne, Akron, IUP and Slippery Rock. He has taught four history courses at Osher at CMU and one philosophy/psychological course.

## Two Archaeological Sites: Unravel The Mystery

*Study Leader:* Ellen Bedell

- 4 Classes: Mar. 7 – Mar. 28 *Class ID:* 4472
- Tuesday, 9:00 AM - 10:30 AM
- Cyert Hall, Osher Room B



The Uluburun is a Late Bronze Age shipwreck off the coast of Turkey in the Mediterranean Sea. Tall al-'Umayri is a stratified site in present day Jordan, one stratum revealing a distinct Early Iron Age village. Each site reflects a very different time period in the ancient Near East. The Uluburun ship carried a valuable cargo that tells us about trade and tribute in a time of wealth and splendor. While at Tall al-'Umayri, there was a self-sufficient and insular community, a village in early Biblical times. One site represents historical archaeology and the other represents anthropological archaeology. We will use these sites, one underwater and one on land, to see how archaeologists work to analyze data and answer research questions. Mysteries will be solved. We will also explore what life is like on an archaeological dig as excavation takes place and data is processed.

**Ellen Dailey Bedell** has a Ph.D. in Mediterranean Studies, with a specialty in Egyptology, from Brandeis University. Her dissertation is on criminal law in the Egyptian Ramesside Period. A trained archaeologist, she has worked on sites in Israel, Jordan, Belize, and the United States. She has taught numerous archaeology workshops for teachers and has developed curricula and lesson plans, including a chapter on writing in hieroglyphs for the revised Pennsylvania Archaeological Council's archaeology curriculum. Dr. Bedell developed a simulated dig and two online archaeology projects for her classes at The Ellis School, where she taught for 25 years. She was Head of the History Department at The Ellis School for 17 years and was awarded the Mary H. Grant Endowed Faculty Chair in History in 2011. She also served as Chair of the Educational Outreach Committee of the American Schools of Oriental Research.



## Women In The Great Depression

*Study Leader:* Joan Gundersen

- 5 Classes: Mar. 7 – Apr. 11\* *Class ID:* 4503
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

*\*Note: Class will not meet on Apr. 4*

The Great Depression (1929-1942) was a period of great hardship and also great creativity for the United States. The course will explore the ways race and gender affected the experience of those years. Americans both hunkered down at home and became part of great migrations. Women were both among those most affected by the economic crises and among those offering creative responses in areas ranging from politics and economic relief to the creative arts. While women were being forced out of many professional jobs, they gained new prominence in governmental policy. Women were both objectified in popular culture and the creators of some of its most powerful works. It is a period of great contrasts and contradictions, but from this period came many of the institutions and structures that continue to shape American life.

**Joan Gundersen** is professor emeritus of history at California State University San Marcos. Author of seven history books and numerous scholarly articles, she taught women's history and early American history for more than 30 years at a variety of institutions, including Vanderbilt University, St. Olaf College, CSU San Marcos, and Elon University. She came to Pittsburgh in 2000 as a senior administrator for Chatham University, and later worked for the Episcopal diocese. Recipient of several awards for teaching and writing, she enjoys sharing the fascinating world of women's history with others.

## The Great French Revolution, 1789-1815

*Study Leader:* Sheila Werner

- 6 Classes: Jan. 11 – Feb. 15 *Class ID:* 4481
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room A

This course will be an introduction to one of the most dramatic and important events—or, rather, series of events—in the history of the West. It will span the years 1789 to 1815, from the storming of the Bastille to Napoleon's defeat at Waterloo. The course will deal with the circumstances, ideas, personalities, and events that produced the Revolution and especially its impact on the history of Western civilization.

**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."

## The Sinking of the Lusitania

*Study Leader:* David Albert

- 1 Class: Feb. 27 *Class ID:* 4499
- Monday, 10:45 AM - 12:45 PM
- Cyert Hall, Osher Room B

**ONE DAY**

On May 7th, 1915, the Cunard line's Lusitania was sunk by a German U-Boat. While many people know the name "Lusitania," few are aware of the circumstances surrounding the incident or the after effects. This 2 hour presentation will look at the ship itself, the people involved and affected, the "perfect storm" of circumstances that enabled the disaster to take place, and what it meant for the future.

**David L. Albert** is a retired Air Force officer who has been studying the Civil War most of his life. He was a Civil War docent for the Alabama Museum of Archives and History, co-taught the Civil War elective at the Air Force's Command and Staff College, and has taught Civil War courses for Elderhostel and OSHER at both Pitt and CMU.

## PITTSBURGH

### What Style Is It?

*Study Leader:* Robert Jucha

- 6 Classes: Jan. 11 – Feb. 15 *Class ID:* 4452
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

The class is a survey of American domestic architectural styles from the seventeenth century to the present. The class will use local examples from Pittsburgh and Western Pennsylvania whenever possible to illustrate the different styles. Participants will learn to recognize the features of the various styles as well as gain insights into the cultural forces which led to the popularity of the styles.

**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.

## POLITICS/GOVERNMENT

### Great Decisions 2023

*Study Leader:* Mark Winer, Jim Aiello

*Materials Fee:* \$5\*

- 6 Classes: Mar. 8 – Apr. 12 *Class ID:* 4497
- Wednesday, 12:30 PM - 2:30 PM
- Cyert Hall, Olmsted Activity Room



Great Decisions is America's largest discussion program on world affairs. Course participants will discuss and debate six of the most significant and far-reaching foreign policy issues facing America. Our explorations will be based on the issues briefing book published each year by the independent nongovernmental Foreign Policy Association. These balanced articles on crucial foreign policy issues consist of ten-page briefings that give the historical background of present and future policy options and offer impartial analyses to help assess the challenges ahead. Past topics include climate change, Russia and the U.S., Industrial Policy and Outer Space. 2023 topics will be available in January.

Please note: *Course members are asked to purchase the briefing book Great Decisions online. In addition, there is a \$5 charge to cover the fee for classroom materials.*

**Mark Winer** is a Ph.D. in Political Economy who worked in academia, government and business. His professional focus was on using quantitative analytics to make business and policy decisions. He has applied his analytic skills in a wide range of areas including environmental regulation and financial risk management. He has worked at the Office of Management and Budget, the Department of Treasury, PNC Financial Services and Fannie Mae. He is currently retired. He is the Treasurer of Osher at CMU and serves on the Board of Directors.

**Jim Aiello** is the former Executive Vice President of Treatment Programs for Gateway Rehabilitation Center. He was with Gateway for over 25 years in various supervisory and direct service capacities. After leaving Gateway he joined the staff of the Institute for Research, Education and Training in Addictions (IRETA) as the Director of the Northeast Addiction Technology Transfer Center. He is currently retired and serves on the board of directors for Devereaux TCV Community Services and is a docent for the Pittsburgh History and Landmarks Foundation.

*\*Materials fee information located on page 82.*

PSYCHOLOGY

**Disorders Of Hope:  
Where Hopefulness Goes Wrong**

*Study Leader:* Edward Zuckerman

- 3 Classes: Mar. 8 – Mar. 22 Class ID: 4516
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room A



Hope is usually seen as a fine thing to have. Remember Obama’s election poster with just the word “Hope” below his multicolor portrait? Experts say that hope is essential for life and hopelessness a key element in suicide. Numerous song lyrics, essays, slogans, blogs, and biographies encourage us to keep up our hopes despite frustrations and losses, failures and painful outcomes, and the facts of history. But, hope can go astray and cause real pain, waste our resources, derail our life’s plans, and trap us in vicious cycles. For example: the costs of repetitive dieting, financial losses caused by excessive optimism and over-confidence, and remaining in an unsatisfying relationship. Students will be invited to explore their own experiences of misplaced hopes. We will examine these and other disorders of hope to understand their attractions, accept reality, and develop ways to better choose and invest our precious hopes.

**Edward Zuckerman** found his life’s passion while working as a psychiatric aide at New York’s Bellevue Hospital in the 1960s and, by error, came to study, work and live in Pittsburgh. His doctorate from Pitt is in Clinical Psychology and he’s a psychologist licensed in Pennsylvania. He’s worked with adults in a variety of clinical contexts and has created effective practice tools for clinicians on writing reports, operating an independent practice, complying with HIPAA, and using the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU. Over his career he has presented dozens of workshops to mental health professionals on topics like electronic medical records, pathographies, and placebos. As you can see he loves to show off, um, share what he knows. He has recently moved from a lonely rural life back to Pittsburgh for the last phase of his life and is hopefully rebuilding his social life.

**How To Apologize:  
When “I’m Sorry” Is Not Enough**

*Study Leader:* Edward Zuckerman

- 2 Classes: Feb. 22 and Mar. 1 Class ID: 4517
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room A



Every relationship comes with expectations and when these are violated the resulting disappointment, anger, blame, and guilt threaten the continuation of the relationship. Repair of these ruptures requires readjustment of expectations and rebuilding of trust. Really good, complete, apologies reduce the hurt, improve trust, and support forgiveness, all necessary, although not sufficient, for rebuilding the damaged relationship. Most apologies lack some of the seven core components. This program will describe and explain each element of a complete and satisfactory apology. Each essential will be examined and practiced until clear enough to be recalled when needed and used to improve one’s apologies. We will look at “non-apologies” offered by public figures, after their crimes have become public, to better understand the core elements and we will practice defective apologies with humor. We will not address forgiving as it is well covered in hundreds of books and classes.

**Edward Zuckerman** found his life’s passion while working as a psychiatric aide at New York’s Bellevue Hospital in the 1960s and, by error, came to study, work and live in Pittsburgh. His doctorate from Pitt is in Clinical Psychology and he’s a psychologist licensed in Pennsylvania. He’s worked with adults in a variety of clinical contexts and has created effective practice tools for clinicians on writing reports, operating an independent practice, complying with HIPAA, and using the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU. Over his career he has presented dozens of workshops to mental health professionals on topics like electronic medical records, pathographies, and placebos. As you can see he loves to show off, um, share what he knows. He has recently moved from a lonely rural life back to Pittsburgh for the last phase of his life and is hopefully rebuilding his social life.

## RELIGION/PHILOSOPHY

### Journeying Through The Gospels

*Study Leader:* Tina Whitehead

- 5 Classes: Mar. 9 – Apr. 6 *Class ID:* 4526
- Thursday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room A

Using maps and pictures she has taken over the past 25 years, Tina will lead a geographical and pictorial study of the Gospels of Matthew, and time permitting, Mark. Tina first traveled to the Holy Land in 1997 and has lived in Jerusalem for 6 months each year since 2006. Her firsthand experiences and pictures will bring the gospels to life.

**Tina Whitehead**, a Canadian and a graduate of Duquesne University with an M.A. in Spiritual Formation, has been volunteering in Jerusalem and the West Bank since October 2006. Her primary work has been with Sabeel, a Palestinian Christian Peace and Justice movement. In October 2015, she helped coordinate a regional Friends of Sabeel conference in Pittsburgh with the theme, “We Refuse to Be Enemies.” In addition, she has worked with the Bethlehem Bible College where she helped coordinate three international “Christ at the Checkpoint” conferences, in 2010, 2012 and 2016. Up until the past year’s Covid travel restrictions, she had also been working as a hospitality representative in Bethlehem for an American tour company, giving lectures and helping organize dinners with Palestinian families. She presently resides in Verona.

### Faith And Reason

*Study Leader:* Joseph Givvin

- 5 Classes: Mar. 8 – Apr. 5 *Class ID:* 4541
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B



This course examines issues in a rational investigation of questions in Judeo-Christian and Asian religious traditions. Topics include reasoning for and against God’s existence, various conceptions of the Supreme Being(s), the problem of evil, the problem of truth and religious language, the question of an afterlife, and inquire into the nature of faith and Divine Revelation, and the question of religious experience.

**Joseph Givvin**, Ph.D. has returned to live in the Pittsburgh area after 33 years of teaching at Mount Mercy University, Iowa, where he is Professor Emeritus. He has been a member of the American Association of Philosophy Teachers (AAPT) since 1984 and has presented 12 workshops on teaching philosophy at AAPT conferences. He has also chaired two conferences sponsored by the AAPT. As a result of his work for the AAPT, he was presented an “Award of Merit for Outstanding Leadership and Achievements in the Teaching of Philosophy.” He greatly enjoys the opportunity to teach at Osher at CMU and engage with curious minds of the members in thoughtful conversation, especially about the ethical aspects of human life.

## 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.



## Joseph Of Arimathea And The Glastonbury Legends

*Study Leader:* Philip Wainwright

- 5 Classes: Mar. 7 – Apr. 4 *Class ID:* 4523
- Tuesday, 11:15 AM - 12:45 PM
- Cyert Hall, Osher Room A

Joseph of Arimathea is a minor character in the New Testament account of Jesus's death, but became a major character in the history of Christianity in England, and is now believed by some to have brought Jesus to England as a boy, and later to have brought Christianity to England. His role in England's history is now so well established that the hymn referring to these events has been seriously discussed as a replacement for the National Anthem as recently as 2012. The class will examine the origin, growth and current status of what are now often called the Glastonbury Legends.

**Philip Wainwright** is an Episcopal priest with degrees in history from King's College, London, and the University of Kent at Canterbury. His primary research interest is church history and his degrees were awarded for research in 3rd and 4th century Christianity, and the Church of England in the 17th Century. He has served parishes in New Mexico, Virginia, and Pennsylvania and the Episcopal campus ministry at the University of Pittsburgh.

# 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.*

# 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	\$9.00
1-3 hours	\$11.00
3-5 hours	\$13.00
5-7 hours	\$16.00
After 5PM	\$7.00
Weekend	\$9.00
Lost Ticket	\$27.00

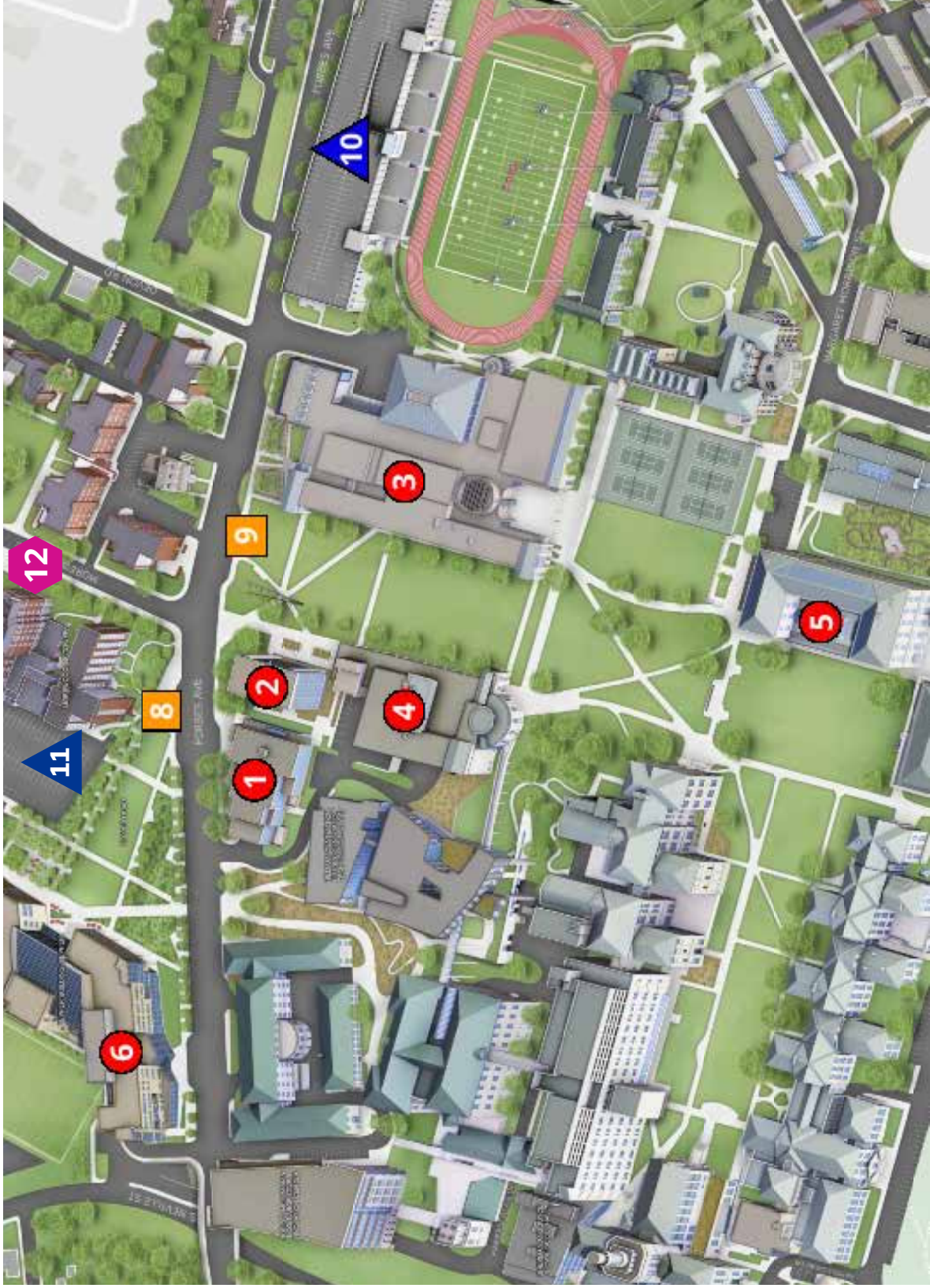
### 11 Morewood Parking Lot

*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/](http://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

---

### Dandy Andy: Warhol's Queer History

*Study Leader:* Warhol Museum

- 4 Classes: Jan. 13 – Feb. 3 *Class ID:* 4540
- Friday, 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.

### American History: Democracy Imaged In Art

*Study Leader:* Cynthia Weisfield

- 2 Classes: Feb. 23 and Mar. 2 *Class ID:* 4536
- Thursday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**TWO  
DAY**

Democracy, the philosophical outlook of how we define and organize our national polity, has gone through multiple iterations throughout our history. This course will look at some of those complex, often fraught, inflection points as depicted in art. Special attention will be paid to the interwar years to emphasize their importance as well as to complement previous classes.

**Cynthia F. Weisfield** is an art historian with a degree from the University of Chicago. She is a freelance writer concentrating on art topics, writing regularly for "The Journal of the Print World". She was also a contributor to the important national exhibition, "Women of Abstract Expressionism".

## CINEMA/FILM

---

### A Night At The Movies - International



*Study Leader:* Stanley Winikoff, Jeffrey Swoger

- 6 Classes: Jan. 12 – Feb. 16 *Class ID:* 4467
- Thursday, 1:00 PM - 2:30 PM
- Online Course, Zoom

This movie course will explore the rich legacy of foreign films. Countries represented will include France, Germany, Australia, Italy, Spain and Mexico. The selected films differ widely, yet have a common focus on emotions and high production values. As always, students will view the films on their own and we will convene on Zoom for a discussion of each film, led by one of the Study Leaders. The Study Leaders will attempt to give streaming information for each film, as well as some study guides. If a film is difficult to obtain, it will be shown by one of the Study Leaders on Zoom 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 - Female Directors

*Study Leader:* Stanley Winikoff, Jeffrey Swoger

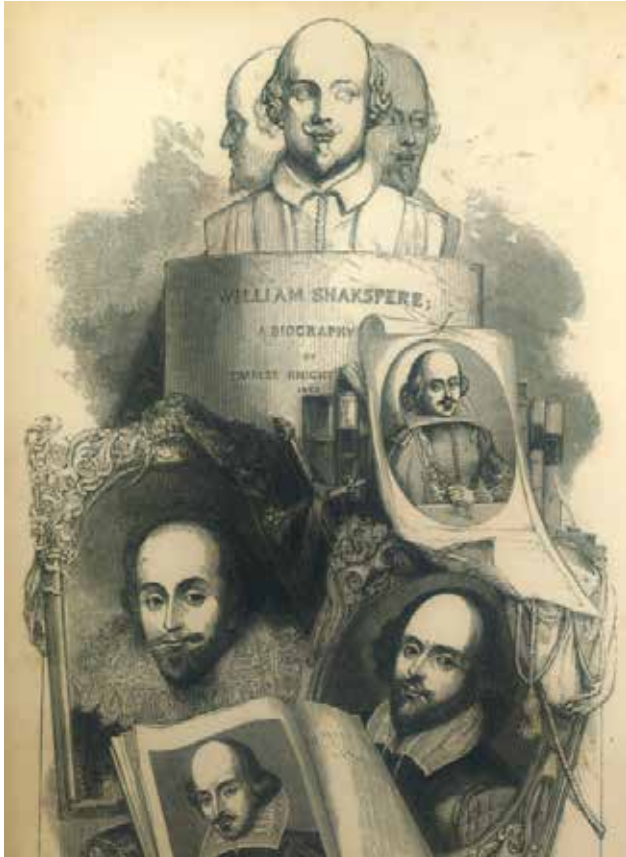
- 6 Classes: Mar. 8 – Apr. 12 *Class ID:* 4469
- Wednesday, 3:15 PM - 4:45 PM
- Online Course, Zoom



Hollywood always has been thought of as being very much a male dominated industry. And, in most cases, that is very true. However, as far back as the 1960's, female directors have been making important films that rival any of those made by their male counterparts. This course will explore films directed by females in this country and Europe. They vary in tone and approach, but all are important films that show the director's technical skills, as well as their ability to develop a concept and bring it to the screen.

**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.



## Poems About Fathers, by Women

*Study Leader:* Judith Robinson

- 4 Classes: Jan. 10 – Jan. 31
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

*Class ID:* 4474

NEW

The subject is her father—for a woman, the deeply complicated, always formative relationship with the first man she knows—interpreted, for better or worse, by outstanding women writers. We will read some very moving, uniquely interesting poems by Anne Sexton, Mary Karr, Sylvia Plath, Sharon Olds, and several others. Writing will also be an option.

**Judith R. Robinson** is an editor, teacher, fiction writer, poet and visual artist. A 1980 summa cum laude graduate of the University of Pittsburgh, she is listed in the Directory of American Poets and Writers. She has published 100+ poems, five poetry collections, one fiction collection; one novel; edited or co-edited eleven poetry collections. Teacher: Osher at Carnegie Mellon University and the University of Pittsburgh. Newest poetry collection is “Buy A Ticket,” WordTech Editions, 2022. Newest edited collection is “Speak, Speak,” poetry of Gene Hirsch, Cyberwit.com 2020. Latest gallery exhibit was “The Numbers Keep Changing,” at The Pittsburgh Holocaust Center, April -June, 2019.

## LITERATURE

### Introduction to Shakespeare

*Study Leader:* Wendy Buckingham

- 5 Classes: Jan. 10 – Feb. 7
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

*Class ID:* 4558

NEW

This class is designed for people who want to read plays by the Bard and explore their beauty and depth. At the first class we will talk about techniques for reading Shakespearean language, as well as his life and conventions of the Elizabethan theater. We will then read and discuss two plays, *The Tempest* and *Henry V*.

**Wendy Buckingham** has a BA in English from Barnard College and an MA in literature from Bryn Mawr. She taught English, including a Shakespeare elective for seniors, at a private school in Philadelphia, where she was also head of the English Dept.

## Great And Notable Novels Read And Revisited

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

- 6 Classes: Jan. 19 – Mar. 30 *Class ID:* 4446
- 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, 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:* 1/19, 2/2, 2/16, 3/2, 3/16, 3/30

**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 U.S. 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: In Brief

*Study Leader:* Helen-Faye Rosenblum

- 6 Classes: Jan. 9 – Feb. 20\* *Class ID:* 4495
- Monday, 1:00 PM - 3:00 PM
- Online Course, Zoom
- \*Note: Class will not meet on Jan. 16*

- 6 Classes: Jan. 9 – Feb. 20\* *Class ID:* 4496
- Monday, 3:30 PM - 5:30 PM
- Online Course, Zoom
- \*Note: Class will not meet on Jan. 16*

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 U.S. Correctional System in Ohio. She is a past president of A.L.L. (Osher at CMU).



## Such Friends: The Literary 1920s In Paris And NY

Study Leader: Kathleen Dixon Donnelly

- 2 Classes: Feb. 22 and Mar. 1      Class ID: 4533
- Wednesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**TWO  
DAY**

The 1920s were a swinging era, with exciting developments happening in the culture as well as the arts, particularly literature. Paris and New York were both centers of creative activity, with groups of American writers socializing together who were “Such Friends.” They talked, they drank, they partied, and sometimes they worked. We will focus on the relationships among the American ex-patriates in Paris, who visited Gertrude Stein’s salon and Sylvia Beach’s bookstore, as well as New York’s Algonquin Round Table who started *The New Yorker* magazine and lunched regularly at the Algonquin Hotel. Nearby, Scribner’s editor Maxwell Perkins was guiding the budding careers of novelists such as F. Scott Fitzgerald and Ernest Hemingway.

**Kathleen Dixon Donnelly**, Ph.D., recently retired as Senior Lecturer at Birmingham [UK] City University to relocate to her hometown of Pittsburgh. The topic of her research for her degree from Dublin City University was early 20th century writers’ salons in Dublin, London, Paris and New York City. She has given presentations about the writers in lifelong learning programs in both the UK and the US. Kathleen regularly posts a blog “Such Friends”: 100 Years Ago at [www.suchfriends.wordpress.com](http://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

### Life Imitates Opera, Opera Imitates Life

Study Leader: Pittsburgh Opera

- 4 Classes: Mar. 15 – Apr. 5      Class ID: 4542
- Wednesday, 1:30 PM - 3:00 PM
- Online Course, Zoom

Oscar Wilde wrote in *The Decay of Lying* that “Life imitates Art far more than Art imitates Life.” Does Life imitate Opera, or is it the other way around? Some philosophers posit that it’s a chicken and egg thing. Consider how Tchaikovsky’s *Eugene Onegin* resembles events in Pushkin’s life, even the fatal duel. Other operas based on actual events include Verdi’s *La Traviata*, Mascagni’s *Cavalleria Rusticana*, Adams’s *The Death of Klinghoffer*, and Sonenberg’s *The Summer King*. Puccini’s operas involve love, infidelity, jealousy, vengeance, and death; how do those mirror his life? Can an event in the real world be inspired by a creative work? This course will explore a variety of operas to analyze how arts and life influence each other.

**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.



## Iconic Albums: Part I

Study Leader: Larry Gondelman

- 5 Classes: Jan. 12 – Feb. 9 Class ID: 4505
- Thursday, 10:45 AM - 12:15 PM
- Online Course, Zoom



In the age of music streaming, it is easy to lose sight of the importance of albums. There are some albums that were game changers; they stand head and shoulders above others due to their impact and influence on those that followed. In this class, we will explore those albums that played a significant role in the evolution of rock 'n roll into the multi-faceted medium that it is today. We'll learn why The Beach Boys' *Pet Sounds* is widely considered one of the most iconic albums ever. In the following weeks, we'll debate which of Bob Dylan's and The Beatles' albums are considered the most iconic. What about the albums of The Rolling Stones, The Who, and Bruce Springsteen? Come hear stories about the making of these masterpieces and listen to some of the key tracks. Be sure to wear your dancing shoes.

**Larry Gondelman**, a Pittsburgh native who graduated from Taylor Allderdice High School, is a mostly retired litigation attorney in Washington DC who has loved rock 'n roll his whole life. He not only saw The Beatles at Pittsburgh's Civic Arena, but he got to meet them. By the time he graduated from law school, he had seen The Rolling Stones, The Who, Led Zeppelin, The Doors, Ike and Tina Turner, Bruce Springsteen, and Pittsburgh's own, Billy Price and the Keystone Rhythm Band. His personal record for concerts is 43 in one year (both in 2018 and 2019). Larry continues to go to many shows where he is the oldest person in the audience by far. Larry teaches at the Washington DC OLLI where he has taught 5 courses—A History of Rock 'n Roll; Iconic Albums 1960 to 2000; Songs of Sex, Drugs and Rock 'n Roll; Cover Me: Tales of Songwriters and Their Songs; and The Black Godmothers of Rock 'n Roll. He has plans to put together more courses that focus on Lyrics, Record Labels and Their Artists, and the great rock guitarists.

## Iconic Albums: Part II

Study Leader: Larry Gondelman

- 5 Classes: Mar. 9 – Apr. 6 Class ID: 4506
- Thursday, 10:45 AM - 12:15 PM
- Online Course, Zoom



Part II of Iconic Albums continues the exploration that we started in Part I of those albums that are considered “iconic” for their impact on the musical landscape. Part II will focus on iconic albums by women artists (Joni Mitchell, Carole King, Aretha Franklin, Patti Smith, and Lauryn Hill) and Black artists (Marvin Gaye, Stevie Wonder, Michael Jackson, Prince, and Public Enemy) as well as those by The Band and Neil Young. The class will also do a deep dive into several albums that were ahead of their times by The Jimi Hendrix Experience, Cream, The Zombies, The Moody Blues, and Van Morrison and will conclude with iconic albums by groups released in the 1990s and early 2000. Armed with this last class, you will definitely be able to impress your kids and grand-kids with your musical knowledge.

**Larry Gondelman**, a Pittsburgh native who graduated from Taylor Allderdice High School, is a mostly retired litigation attorney in Washington DC who has loved rock 'n roll his whole life. He not only saw The Beatles at Pittsburgh's Civic Arena, but he got to meet them. By the time he graduated from law school, he had seen The Rolling Stones, The Who, Led Zeppelin, The Doors, Ike and Tina Turner, Bruce Springsteen, and Pittsburgh's own, Billy Price and the Keystone Rhythm Band. His personal record for concerts is 43 in one year (both in 2018 and 2019). Larry continues to go to many shows where he is the oldest person in the audience by far. Larry teaches at the Washington DC OLLI where he has taught 5 courses—A History of Rock 'n Roll; Iconic Albums 1960 to 2000; Songs of Sex, Drugs and Rock 'n Roll; Cover Me: Tales of Songwriters and Their Songs; and The Black Godmothers of Rock 'n Roll. He has plans to put together more courses that focus on Lyrics, Record Labels and Their Artists, and the great rock guitarists.

## FINANCE

---

### Fundamentals Of Personal Wealth

*Study Leader:* Peter Strope

- 6 Classes: Jan. 9 – Feb. 20\*      *Class ID:* 4448
- Monday, 1:00 PM - 2:30 PM
- Online Course, Zoom

*\*Note: Class will not meet on Jan. 16*

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

---

### From Trial Through Appeal

*Study Leader:* Errol Miller

- 6 Classes: Jan. 10 – Feb. 14      *Class ID:* 4453
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

This course addresses the Criminal Justice System from trial through appeal, including 1) prosecutorial discretion in offenses charged and plea bargaining, 2) use of defendant's alleged mental illness as insanity defense or to delay trial because he is "incompetent to stand trial", 3) non-criminal alternatives for dealing with mental illness such as civil commitment, 4) post trial choices for sentencing including probation, parole, community service, and types of prisons, and 5) imposition of other non-detention penalties such as restrictions on residency, gun ownership and voting. Classes are enhanced by articles from the media, emailed prior to each session. Much new material is used to reflect changes since the last time the course was taught. Sometimes, a guest speaker such as a defense attorney, prosecutor, police officer or ex offender is invited. This course can be taken independently of Questioning the Criminal Justice System from Arrest to Trial.

**Errol Miller** graduated 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.

# LEARN BY DOING

Finance/Insurance | Music & Drama | Self Improvement | Wellness | Writing

## FINANCE/INSURANCE

### Wealth: Supporting Family Responsibly

*Study Leader:* Brian Bohn

- 4 Classes: Jan. 12 – Feb. 2 *Class ID:* 4492
- Thursday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Giving financial support to family members can be more complicated than writing a check. This course promises to explore the considerations of providing financial support to children/grandchildren, family members, and friends. This includes topics such as college education planning, general financial support, and how to leave inheritance. This course is tailored for Osher members who want to be intentional with their wealth and are concerned with preserving family values.

**Brian Bohn**, CFP, CPFA, CPWA is a partner of The Gleason, Bohn, Floberg Wealth Advisory Group at Merrill Lynch. He guides affluent individuals and families in every aspect of their financial lives. Brian is a sought after speaker for civic clubs, private organizations, and universities where he shares his expertise in managing the finances of wealthy families, widows, and executives. Brian has also been named to Forbes “Best-in-State Next-Generation Wealth Advisors” list.

## MUSIC & DRAMA

### Spirited Fun Through Improv

*Study Leader:* Emily Harris

- 6 Classes: Jan. 11 – Feb. 15 *Class ID:* 4534
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Imagine for the next 90 minutes, everything you say or do will be absolutely right. You cannot make a mistake. No preparation. Nothing to remember. No wrong answers. Just. Have. Fun. Improv is play. Classes begin with short warm-up games that bring you into the present moment. Everyday experiences, assorted objects, and literary prompts inspire the short scenes. “Yes and . . .” means you listen and agree with what your partner suggests, then add something of your own to move the scene forward. Your partner does the same for you. You leave refreshed with the sound of laughter to brighten your day.

**Emily Harris** is an improviser, storyteller, arts educator. “Not long ago, in my late 60’s, I found my way back to Improv. During a scene, I heard the robust laughter of one of the players and it startled me. I looked around to see who it was, and to my surprise, it was me! Laughing - for the first time in years. My whole being lit up! The release was amazing! Until that moment I didn’t realize just how much I needed that. What I did realize was that I wanted to share this discovery with my friends, because at this time in our lives, we need all the laughs we can get. That’s why I launched Spirited Fun Improv in January 2020. In March 2020, when life as we knew it suddenly changed for everyone, I moved the class online, knowing that no matter what else happens, for 90 minutes each week, we say yes and play.

## SELF IMPROVEMENT

---

### Closure: Discussing The Last Chapter

*Study Leader:* Judith Black, Lisa George

- 5 Classes: Jan. 11 – Feb. 8 *Class ID: 4447*
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

No one wants to die, but the truth is everyone's life will someday come to an end. The final chapter of your story can be about meaning and dignity, instead of chaos and confusion. Closure will empower you with easy-to-access and simple-to-understand information and resources to make educated decisions about your end-of-life plans. We discuss narratives of other people's "last chapters" and trends in how people die, and also explore the "next-to-last chapter" of how people live late in life. Together we will destigmatize and demystify the process of talking about death and dying. The hope is that each participant can begin to see how to live the last portion of his or her life according to the values that have guided the rest of that life. Previous participants have said that this course has directly helped them grapple with situations where they would have otherwise felt lost and overwhelmed.

**Judith Black** is a retired geriatrician. From 1998 to 2015, she was the medical director for senior markets at Highmark, Inc., where she provided the medical expertise and leadership that helped Highmark enhance and coordinate the care of older adults. She maintained a geriatrics practice for Allegheny Health Network until 2019. She presently serves as a medical advisor for the Jewish Healthcare Foundation. Dr. Black brings 40 years of medical experience to her position and holds a master's degree in health administration. She serves as a faculty member of the Consortium Ethics Program and is a clinical associate professor of medicine at the University of Pittsburgh School of Medicine.

**Lisa George** is a senior communications and program specialist for the Jewish Healthcare Foundation, focusing on end-of-life initiatives and supporting overall communications efforts. Prior to joining the Foundation, Lisa worked in medical publishing with a focus on oncology nursing. She holds a master's in public health and is a Certified Health Education Specialist.

### Declutter

*Study Leader:* Rosa Barnett Averbach

- 4 Classes: Jan. 10 – Jan. 31 *Class ID: 4462*
- Tuesday, 3:15 PM - 4:45 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.

## Decision Making

*Study Leader:* Rosa Barnett Averbach

- 3 Classes: Feb. 1 – Feb. 15 *Class ID:* 4464
- Wednesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

Is the fear of change holding you back in life? What keeps you from making changes? Why are you afraid? It's understandable that big decisions like moving to a new home might make some people anxious, but what about smaller decisions like what to wear to a dinner party? You may be suffering from decidophobia or neophobia. If so, it is time to acknowledge them and move forward. Stop stagnating and being afraid of the consequences from decisions when you should be moving on in life. In this interactive course, you will learn how to break your routines and begin trying new experiences. Through self-reflection, you will understand why you fear embracing change and why life adjustments can be difficult. You will also learn how to analyze the likely effects of your decisions. Make the decision to sign up for this course and put your life back into drive.

**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.



## WELLNESS

### Healthy Eating

*Study Leader:* Rosa Barnett Averbach

- 3 Classes: Jan. 11 – Jan. 25 *Class ID:* 4463
- Wednesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

Healthy eating involves thinking about what food does for your body rather than simply how it tastes or fills you up. Being mindful and aware of what you eat will help you feel and look better as well as become healthier. Although it is hard to break old habits, this course will help you think about eating as a key to becoming a better you. Through this interactive course, you will learn to modify your eating behaviors and make permanent lifestyle changes. This is a course which can be repeated.

**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.

## WRITING

## Awakening Memories To Write True Stories

*Study Leader:* Linda Schifino

- 4 Classes: Jan. 10 – Jan. 31 Class ID: 4508
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom



Are you interested in writing memoir and personal essays that reflect on the past? This course will introduce participants to the skills that can help you revive memories that inspire life writing. While memories are the building blocks of memoir writing, it is frequently challenging to remember the past with any degree of accuracy. Our recollections are often faulty and unreliable. Each week, we'll learn how to recover past events through sensory memories, people, place(s), and public and personal artifacts. You'll be asked to excavate your own artifacts such as recipes, letters, family heirlooms, photographs, etc. and we'll examine how they can serve to inspire your writing. You will also learn how to employ imagination to fill in those pesky gaps so that you're able to create your authentic version of true stories with honesty and credibility.

**Linda Schifino** is a teacher and writer living in Pittsburgh. She holds an MFA in Creative Nonfiction from Carlow University and a PhD in Rhetoric from Duquesne University. Linda is Professor Emerita of Communication at Carlow where she taught for many years and chaired the Communication Department. Linda's writing focuses on memoir and personal essays, and she recently completed a manuscript describing growing up in an Italian American enclave of Pittsburgh in the 1950s. She has had essays published in *Adelaide Magazine*, *Avalon Literary Journal*, *Brevity Blog*, *DoveTales Literary Journal*, *Northern Appalachia Review*, and elsewhere. Linda writes with Carlow University's *Madwomen in the Attic*, and she enjoys both teaching and practicing the art of creative nonfiction.

## From Memory to Story: Family History

*Study Leader:* Anita Kulina

- 6 Classes: Jan. 11 – Feb. 15 Class ID: 4518
- Wednesday, 8:30 AM - 10:30 AM
- Online Course, Zoom

This six-week course will change the way you think about writing family history. Open to writers and non-writers (and memoir writers too!), the class explores what it really means to write a family history. In a relaxed, small group setting, you will be driven by memories and curiosity to explore the world you came from and the world you've created throughout your life. This is not a traditional writing class. There are no critiques. You'll have homework, but you'll never be required to read your work in class. Instead, through conversation and writing exercises, you'll discover and share what makes your family and its stories unique and unforgettable.

**Anita Kulina** has been writing family histories for nearly thirty years. She grew up in Pittsburgh's Greenfield neighborhood, where her father was a machinist at U.S. Steel Homestead Works and her mother chased around their six kids. After graduating CCAC, Anita worked at Duquesne University, where she also went to night school. When she wasn't working or studying, she was chronicling Greenfield's history, which resulted in her book *Millhunks and Renegades*. She currently writes an ongoing cozy mystery series (*A Question of Devotion*, *Reason for Concern*) that features lovable Mrs. B, who lives in a thinly disguised Pittsburgh neighborhood.

## Wannabe Authors

Study Leader: Christine Michael

- 6 Classes: Jan. 10 – Feb. 14      Class ID: 4515
- Tuesday, 8:30 AM - 10:30 AM
- Online Course, Zoom

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.



**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.

---

**4490: Brownbag Lunch and a Movie**  
*Fridays, 12:30pm – 2:30pm*

Watching movies together is a great social and learning experience. This new SIG will meet around lunchtime to view, and discuss, five great films. Members will bring their own brownbag lunches.

There is no charge for attending the SIG, however, a selection of drinks and desserts will be for sale by the Membership/Social Committee.

Movies will be held in-person in the Osher Activity Room & Lounge on the following dates:

- Fri., Dec. 16th: *Diner*
- Fri., Mar. 3rd: *Remains of the Day*
- Fri., Apr. 28th: *Moonstruck*

**Must be registered to attend.**

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



## MEDICAL

---

### Dementia And Stroke

Study Leader: Jon Brillman

- 1 Class: Feb. 21
- Tuesday, 9:30 AM - 10:30 AM
- Online Course, Zoom

To discuss the impending catastrophe of dementia, the varieties of dementia, the difference between aging forgetfulness and Alzheimer's and putative treatment and prevention. To discuss the causes and treatments of strokes and major advances.

Jon Brillman is a former professor and chair of Neurology at AGH and current senior neurologist at Lee hospital system. Author of numerous book chapters, articles in neurology and text of neurology.

### Regenerative Medicine

Study Leader: Bryan Brown

- 1 Class: Feb. 28
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 4480

ONE  
DAY

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.

## Your input is welcomed and valued.

Osher at CMU depends on member assistance and involvement. Your suggestions for instructors, courses, events, and lectures are necessary to help us serve your interests.

We also depend on member involvement on committees. Please email the office at [osher@cmu.edu](mailto:osher@cmu.edu) to volunteer!



## Naked To The Bone: A History Of Medical Imaging

*Study Leader:* Richard Daffner

- 5 Classes: Jan. 10 – Feb. 7 *Class ID:* 4451
- Tuesday, 9:00 AM - 10:30 AM
- Online Course, Zoom

We have all undergone some sort of medical imaging (x-ray, CT scan, MRI, and Ultrasound). How did it begin? Why does it work? This course will answer those questions as we go from Roentgen's discovery of x-rays in November 1895 to the modern era of more sophisticated techniques, including computed tomography (CT), magnetic resonance imaging (MRI), ultrasound, and molecular imaging. Today, virtually every patient undergoes some sort of imaging as part of his or her workup for various medical conditions. This course will cover three periods: 1895-1927, the dawn of radiology, including its hazards; 1928-1972, the era of expansion and innovation; and, 1973-present, the age of modern imaging. The discussion will be "low-tech" and in terms that class participants can easily understand, particularly if they have had a high school class in physics.

**Richard H. Daffner, MD, FACR** is a retired radiologist who worked at Allegheny General Hospital for 30 years as Director of the Division of Musculoskeletal, Trauma, and Emergency Imaging. He is Emeritus Clinical Professor of Radiology at Temple University School of Medicine. He is the author of "Clinical Radiology: The Essentials", a text for medical students, and "Imaging of Vertebral Trauma"

## Forensic Sciences- Taking The Bite Out Of Crime

*Study Leader:* Michael Sobel

- 5 Classes: Jan. 10 – Feb. 7 *Class ID:* 4527
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

To most of us, dentistry implies only the maintenance of dental health. However, dentistry helps to solve crimes through evaluation of bite and patterned skin marks, dental identification, and human abuse. This course will demonstrate these aspects and more through actual case examples and behind-the-scenes forensic investigations.

**Michael N. Sobel** has been a forensic investigator for over 40 years. He was the chief forensic odontologist from 1970-2008 and a consultant to the Allegheny County Police, PA State Police, and various law enforcement agencies throughout the country. Dr. Sobel is a fellow of the American Academy of Forensic Sciences and a diplomate of the American Board of Forensic Odontology. He is a retired faculty member at the University of Pittsburgh.

# SOCIAL SCIENCES

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

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Moving Stuff: The Problem With Supply Chains

*Study Leader:* Stephen Blank

- 2 Classes: Feb. 21 and Feb. 28 *Class ID:* 4449
- Tuesday, 1:00 PM - 3:00 PM **TWO DAY**
- Online Course, Zoom

”Supply Chains”: how stuff gets from there to here and then to us. Who knew how much our economies depend on supply chains? Our course will provide an understanding of this phenomenon – the transformation of our economies over the past decades, what is meant by “supply chains” and how it all works, and why the performance of supply chains affects us so fundamentally. We’ll examine the broad outline of a supply chain structured global economy and look in detail at how supply chains mutate. We will look at the vitality and fragility of this new global system and focus in depth on its environmental dimensions. Our aim is to create a deeper understanding of the networks that circle the globe and underlie our economies, their costs and benefits and alternatives that might be available.

**Stephen Blank’s** career has spanned the academic, business and not-for-profit communities. His work 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.

### The Global Challenge Of Demographic Change

*Study Leader:* Stephen Blank

- 2 Classes: Feb. 22 and Mar. 1 *Class ID:* 4450
- Wednesday, 1:00 PM - 3:00 PM **TWO DAY**
- Online Course, Zoom

Profound changes in global demographic patterns are challenging our political, economic and social systems. Aging nations struggle to fund increasingly stressed medical and social systems, while much younger nations confront a lack of jobs and future opportunities. A near future environment of older, smaller richer nations confronting younger, larger and poorer nations creates new pressures on the international system. More people are on the move, as larger numbers of people seek economic opportunities or flee from political and economic disruption. In most nations, people are departing rural environments and moving to growing metro areas, upsetting traditional economic and political patterns. Climate change will almost surely intensify these movements within and among nations. Our course will seek to illuminate these emerging patterns, to suggest costs and threats, and possible values and rewards. The aim is to heighten our understanding of this escalating national and global challenge.

**Stephen Blank’s** career has spanned the academic, business and not-for-profit communities. His work 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.

## Intro To Political Economy: Left, Center, Right

*Study Leader:* Ken Borghese

- 6 Classes: Jan. 11 – Feb. 15 Class ID: 4520
- Wednesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

Introduction to Political Economy (IPE) / from the Left, Center, and Right. Centered on the Sunday NYTimes Review and Business sections, this course will complement the highly successful *New Yorker* discussion classes currently underway at Osher, and use basically the same format — a 90-minute class with three articles for discussion. Short articles from the NYTimes can also be substituted (when needed) by articles from the Sunday, *Pittsburgh Post Gazette*, or the *New Yorker* magazine, or project-syndicate.org. The non-required reading list for this course is – from the Left (James Morris, *Thoughts of a Reformed Computer Scientist*, 2021); from the Center (Dani Rodrik, *Straight Talk on Trade*, 2018); and from the Right, (Deirdre McCloskey, *Bourgeois Equality*, 2016, Vol. 3).

**Ken Borghese** is a retired Senior Economist from the Federal Government in Washington DC. He has a B.A. (with Honors) in Economics from Yale University, and a Ph.D. in Economics from George Washington University, (which he completed, year-round-at-night, while working full-time at the International Monetary Fund, Federal Reserve System, and US Department of Commerce, respectively). On balance, he has 30+ years’ experience working within six blocks of the White House, (during which he has authored numerous policy papers for USG Agency Principals), including a “short stint” at the U.S. Executive Director’s Office at the World Bank (IBRD). During 2016 and 2017, he was as a member of USG delegation to G20 Development Working Group (DWG) meetings in Xiamen China, and Hamburg Germany, respectively. During June 2009 – he was a member of USG delegation to U.N. Conference (New York City) on the Impact of the 2008 Financial Crisis on Development. A Pittsburgh “expat,” he grew up a couple miles from Oliver High School (on the north side), and he vividly remembers watching Roberto Clemente’s amazing baseball skills at Forbes Field.

## Cultural Awareness In 2023: Issues & Jargon

*Study Leader:* Kjerstin Pugh

- 2 Classes: Feb. 23 and Mar. 2 Class ID: 4550
- Thursday, 3:15 PM - 4:45 PM
- Online Course, Zoom



**TWO DAY**

Do you ever feel at a loss when faced with new cultural practices, beliefs, and behaviors? To help you better understand our evolving culture, this two-part workshop will investigate our social worlds and how to sensitively engage with them. We’ll use tools to explore “similarity” and “otherness”— particularly around ideas of gender, race, age, and DEIA. We’ll explore ways to navigate uncomfortable or difficult conversations while expanding your cultural awareness. Day 1 of the workshop will feature activities, lectures, videos, and discussion to set the framework for engaging in this work. On Day 2, we will dig further into topics that participants are interested in investigating further.

**Kjerstin Pugh** divides her time between New York City and Pittsburgh. In New York, she serves as the Associate Director of Columbia University’s Negotiation & Conflict Resolution Master’s Program and she also serves as a course associate for graduate-level classes on conflict analysis, applied conflict resolution, and mediation in bioethics. In Pittsburgh, Kjerstin founded and runs a nonprofit youth arts organization called Offroute Art. Kjerstin’s professional and academic interests intertwine, with focuses on inclusion, youth development, community building, and conflict analysis. Her areas of research include identity, conflict de-escalation, and inclusive practices. She has formally trained in restorative practices, facilitation, family engagement, and Kingian Nonviolence. Pugh has worked with JAMS, NYCID, Mediators Beyond Borders, CT State Department of Education, Educational Opportunities Civil Rights Working Group (United States Attorney’s Office, District of Connecticut), Anti-Defamation League, and CMMI Institute.

## Enjoying The *New Yorker*

Study Leader: John Brown

- 6 Classes: Jan. 9 – Feb. 20\*      Class ID: 4487
  - Monday, 10:45 AM - 12:15 PM
  - Online Course, Zoom
- \*Note: Class will not meet on Jan. 16*

- 6 Classes: Mar. 6 – Apr. 10      Class ID: 4488
- Monday, 10:45 AM - 12:15 PM
- Online Course, Zoom

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.

**John and Maureen Brown** have led the *Enjoying the New Yorker* class for the past four years and continue to wonder at the weekly insights and experiences provided through the *New Yorker*. John is a retired regional planning director with a Ph.D. in Public Policy while Maureen is a retired writer/ journalist with a master’s in international affairs.

## Encountering Cyberwarfare

Study Leader: Charles Glassmire

- 6 Classes: Mar. 6 – Apr. 10      Class ID: 4498
- Monday, 1:00 PM - 2:30 PM
- Online Course, Zoom

What are the 3 types of Cyberwar? How to encounter Cyber terrorism. Plan for encountering this new warfare. What is STUXNET? Cyberwar attacks. Targeting cyber criminals. What to do? “Digital spying is the top threat to the U.S.” This course will be delivered via Zoom online. The presentation will be via Powerpoint slides and student discussion.

**Charles Glassmire**, former nuclear engineer with Westinghouse and early instructor in Civil Defense for the City of Pittsburgh, currently teaches in the Osher program.



## Cohousing In Pittsburgh: Rachel Carson EcoVillage

Study Leader: Stefani Danes

- 4 Classes: Jan. 10 – Jan. 31      Class ID: 4546
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

This course is an introduction to Rachel Carson EcoVillage in Pittsburgh, a new cohousing community on Chatham’s Eden Hall campus. Set in the context of intentional communities today, the course will discuss the creation of this unique on-campus community. We will explore the design of the community, the development process that’s unique to cohousing, and the social and ecological principles on which it’s based. Members of the community—prospective residents—will join the class for an open class conversation.

**Stefani Danes** is a founding member of Rachel Carson EcoVillage, a cohousing community to be built on Chatham University’s Eden Hall Campus in Pittsburgh. As an architect, she designs urban affordable housing, cohousing, senior cohousing, and community facilities. She teaches courses on housing, intentional communities, and sustainable neighborhood revitalization in the School of Architecture at CMU. She is a graduate of SoFA’s Sociocracy Leadership Training Course. Over the past ten years, she has visited more than forty communities in the US and Denmark, prepared post-occupancy evaluations, and has completed a course in cohousing development. She has been a presenter at two national cohousing conferences.



## The Teachings Of Fred Rogers

*Study Leader:* Norton Gusky

- 6 Classes: Jan. 13 – Feb. 17 *Class ID:* 4501
- Friday, 10:45 AM - 12:15 PM
- Online Course, Zoom

How can we use the writing and words of Fred Rogers to inspire a new generation of learners? By using the new book by Gregg Behr and Ryan Rydzeski, *When You Wonder, You're Learning*, Osher students will uncover many ways they might follow in Rogers' footsteps, sharing his "tools for learning" with digital-age kids. With insights from thinkers, scientists, and teachers—many of whom worked with Rogers himself—the book is an essential exploration into how kids and their parents can excel at what Rogers taught best: being human. The class will kick off with a presentation by Gregg and Ryan and then each week another guest expert will share more about the teachings of Fred Rogers.

**Norton L. Gusky** has been an Adjunct Faculty Member at the H. John Heinz III School of Public Policy and Management and has been an adjunct professor at the University of Pittsburgh. Gusky was the Coordinator of Educational Technology for twenty-one years for the Fox Chapel Area School District in Pittsburgh, PA. He is currently an educational technology broker for his own firm, NLG Consulting, LLC. Joining him will be a series of experts that include: Cara Cimillo, the Executive Director for Trying Together; Larry Berger, the founder of SLB Radio, Jane Werner, Executive Director for the Children's Museum, Bill Isler, the President Emeritus of Fred Rogers Productions and a long-time educator and advocate for children, and Melissa Butler, an author and educator who works with the Fred Rogers Center.

## Life's Little Stories

*Study Leader:* Janis Ramey

- 2 Classes: Feb. 21 and Feb. 28 *Class ID:* 4512
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**TWO  
DAY**

**Life's Little Stories:** All of us have listened to or told little stories about life in the past. These are stories that are told over dinner with family and friends or at bedtime with our children. They are usually quite short and often surprisingly interesting. They might be happy, sad, funny, serious, tragic, or momentous. They often depict ordinary moments but sometimes extraordinary events. Sometimes they're retold often enough to become family lore. This class will introduce you to stories told by ordinary people and by celebrated people. In each case you will glimpse into their lives and the time and events they experienced. Some of the little stories will be read by trained actors, some by the original teller of the story. Participants will have an opportunity, if they choose, to share one of their own little life stories.

**Janis Ramey** has been teaching at Osher for several years ("Life's Little Stories", "Grassroots Organizing," "What are the boundaries? The #MeToo movement as it applies to older people", "What's it Like living in a Retirement Community?", "Apps, Apps, and More Apps", "Facebook, and Twitter, and Texting, Oh My", "40 Things I No Longer Carry", and "How to Look Younger without Plastic Surgery"). She's a retired independent technical writer who helped scientists and engineers write about their work. She also taught technical writing to technical people in their workplaces and at Pitt and Chatham. She has both master and bachelor's degrees from Carnegie Mellon.

## Church, State, And Christian Nationalism

Study Leader: Daniel Aleshire

- 3 Classes: Mar. 7 – Mar. 21      *Class ID:* 4519
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

When the American colonies formed the United States, they invented a democratic republic that did not have state supported church, and the first amendment guaranteed separation of church and state. Ever since, there have been problems! These issues have emerged with vigor and force in this politicized era, and a certain kind of politics has combined with a certain kind of religion to advance the idea of Christian Nationalism. This course will explore how the separation of church and state has been practiced in American history, how the Supreme Court has dealt with this issue, and the threats that the current expression of Christian Nationalism poses to the historic American understanding of the separation of church and state.

**Daniel Aleshire** served The Association of Theological Schools in the United States and Canada from 1990 until his retirement in 2017. He began as associate director for accreditation and was elected executive director in 1998. Prior to joining the ATS staff, Aleshire was a research scientist at Search Institute in Minneapolis, MN, and then seminary professor for twelve years. He has written on formation for ministry, Christian Education, Christian spirituality, and theological education. His publications on theological education include *Being There: Culture and Formation in Two Theological Seminaries*, (Oxford University Press) co-authored with Jackson Carroll, Barbara Wheeler, and Penny Long Marler, which received the 1998 Distinguished Book Award from the Society for the Scientific Study of Religion; *Earthen Vessels: Hopeful Reflections on the Work and Future of Theological Schools*, (Eerdmans, 2008); *Beyond Profession: The Next Future of Theological Education* (Eerdmans, 2021); and numerous journal articles and book chapters.

## HISTORY

### World War II — The Battle In The East

Study Leader: Peter Oleinick

- 4 Classes: Jan. 9 – Feb. 6\*      *Class ID:* 4482
- Monday, 10:45 AM - 12:15 PM
- Online Course, Zoom

\*Note: Class will not meet on Jan. 16

Any study of World War II should include the Eastern Front because most of the largest land battles of the entire war were fought there between Germany and the Soviet Union. This course will explore the epic fighting that started with the German invasion of the Soviet Union in 1941. Four years of unimaginably bloody fighting left 26 million Soviets and between four and five million Germans killed. The Wehrmacht made it to within 20 miles of Moscow, but ultimately was pushed all the way back to Germany.

**Peter Oleinick** earned a Ph.D. in electrical and computer engineering from CMU in 1978. He spent the next 13 years in Silicon Valley working for high-tech companies like HP and several high tech startup companies. 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. As an aspiring amateur military historian, this is the 5th class Peter will be teaching on World War II for Osher.

## PITTSBURGH

---

### Missed Connections With Pittsburgh's City Steps

*Study Leader:* Laura Zurowski

- 1 Class: Mar. 2 *Class ID:* 4500
- Thursday, 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 condition of the city's steps in 2021.

**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 PPG Aquarium

*Study Leader:* Cathy Gialloreto

- 1 Class: Feb. 27 *Class ID:* 4466
- Monday, 10:45 AM - 12:45 PM
- Online Course, Zoom

ONE  
DAY

Join me for a visual trip through the Pittsburgh Zoo and PPG 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 PPT and City Theater.



## City Of Asylum At Alphabet City: Pittsburgh Worldwide Hub Where Writers And Artists Convene

Study Leader: Alphabet City

- 1 Class: Feb. 24
- Friday, 10:45 AM - 12:15 PM
- Online Course, Zoom

Class ID: 4454

ONE  
DAY

This course is a one-time visit to City of Asylum's new cultural center, Alphabet City, on Pittsburgh's Northside. City of Asylum is a sanctuary for writers from around the world under threat of persecution, as well as a presenting arts organization focused on giving voice to artists who are often excluded from traditional artistic spaces. In doing so, City of Asylum creates a thriving community of writers, readers, and neighbors. During this course, your group will learn how City of Asylum's unique model has helped anchor the development of the Garden Theater Block with a cultural center that includes a performance space, bookstore, and restaurant. It has built a diverse audience and protects free expression while fostering cross-cultural exchange.

**Anne Lackner** was trained as a lawyer. She speaks French fluently, and her mother tongue is Dutch. Anne is co-founder with Vincent of The Lackner Group, Inc., a software company committed to providing innovative solutions in trust and estate administration, to law firms, bank trust officers, and C.P.As.

## POLITICS/GOVERNMENT

### Democracy In America, Then And Now

Study Leader: Jack Ochs

- 3 Classes: Jan. 11 – Jan. 25
- Wednesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

Class ID: 4486

Whither democracy? That is the question. It is the question that motivated Tocqueville to write *Democracy in America*. And it is the question we face today. Written in two volumes in 1835-1840, *Democracy in America* gives us the views of a Frenchman who saw a great democratic revolution unfolding that would replace the aristocratic order with one whose emphasis on equality would affect not only new laws and political institutions but the very functioning of civil society. He saw America as the one place where that development had come closest to its natural limits and therefore a place where he might learn what to hope for and to fear from what could flow from the democratic impulse. In this course we will review the basic strands of Tocqueville's assessment of democracy in America in the 1830's and of their relevance for today.

**Jack Ochs**, a Pittsburgh native, retired as Professor of Economics at the University of Pittsburgh. His research and teaching focused on experimental economics and public policy. Since retiring, he has enjoyed developing courses for lifelong learning programs.

## PSYCHOLOGY

### Dreams: How They Nourish The Body, Mind, And Soul

*Study Leader:* Thomas Verner

- 3 Classes: Feb. 2 – Feb. 16 Class ID: 4557
- Thursday, 1:00 PM - 2:30 PM
- Online Course, Zoom



Using ideas, stories, poetry, modern science and ancient wisdom, we will gain an understanding of dreams and dreaming -body, mind and spirit. The amazing things that go on in the body while we are dreaming; how dreams can give us guidance for psychological and emotional concerns; and the mysterious world of the spiritual aspects of dreaming. We will explore how dreams have been a source of inspiration for creative artists throughout the ages. We will also learn how to work with our dreams—using various methods drawn from modern psychology and ancient traditions, we will learn to remember, record, and gain guidance from the “terrible beauty” of our dreams. Come with your dreams and a journal.

**Tom Verner** PhD has been a clinical psychologist and college professor, specializing in dreams and Jungian Psychology for forty years. He is the author, with Jungian analyst, Stephen Larsen, of *The Transformational Power of Dreaming*. He and his artist wife Janet Fredericks conduct week-long Dream Retreats and workshops at their home in Lincoln, Vermont. Tom has also been a professional magician for 45 years and twenty years ago with Janet, they co-founded the international, award-winning organization, Magicians Without Borders. By UN estimates, they have performed for over one million refugee and orphan children in 45 often war-torn countries.

## RELIGION/PHILOSOPHY

### Prophetic Voices: Renewing And Reimagining Haftarah

*Study Leader:* Barbara Symons

- 4 Classes: Mar. 9 – Mar. 30 Class ID: 4444
- Thursday, 10:45 AM - 11:45 AM
- Online Course, Zoom

- 4 Classes: Jan. 12 – Feb. 2 Class ID: 4567
- Thursday, 10:45 AM - 11:45 AM
- Online Course, Zoom

We are straining to hear the Hebrew Prophets. If their voices are heard at all, it is through the tidbits of Haftarah which are often not translated or even ignored altogether. But we need to hear prophetic voices. Let us reimagine together how we can hear traditional prophetic voices through contemporary interpretations as well as expand what a prophetic voice is to include other parts of the Prophets and Writings, Talmud, Medieval Literature, poetry, speeches, and more as they dialogue with the Torah cycle and holidays. These alternative voices are reflective of the beautiful diversity of Judaism. Further, we will look at prophetic voices for an American-Jewish Cycle. Let us not imprison prophetic voices on the bimah on Shabbat and holidays but hear them when we study, when we march, when we gather in affinity groups and interfaith groups. Let us hear their call and respond.

**Barbara AB Symons** is an alum of the University of Michigan and was ordained by Hebrew Union College - Jewish Institute of Religion in 1992. She has been serving Temple David of Monroeville, Pennsylvania since 2006 and is very involved in community work especially through the Monroeville Interfaith Minsterium and its partnerships. She is the editor of *Prophetic Voices: Renewing and Reimagining Haftarah* (CCAR Press - expected early 2023). She would not be who she is without her husband Rabbi Ron Symons and their three children: Aviva, Ilana and Micah.

# 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](https://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](https://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 | Music

## DRAMA/THEATRE

### The Art Of The City

*Study Leader:* City Theatre Company

- 1 Class: Feb. 27 *Class ID:* 4545
- Monday, 1:00 PM - 2:30 PM
- City Theatre, South Side,  
1300 Bingham St.

ONE  
DAY

Art of the City is a course in which a guest artist will speak on the beauty of theatre in conjunction with our fall production Clydes. This guest artist could be an actor, playwright, designer or one of many others who make the magic on our City Theatre stage. Please join us for an afternoon of learning and deepen your love for theatre or even ignite a new interest in theatres inner workings. This class will take place on the City Theatre Campus and may include interactive activities or a tour.

**Michelle Lia Iglesias** is a Latin-American voice-over artist/painter/actress and Miami, Florida native. With Cuban, Colombian, and Venezuelan roots, she aims to diversify the art industry. She graduated with a B.F.A in theatre arts with a concentration in acting from Point Park University. She has a deep love for her culture and a passion for the arts. She is continuing her creative career with City Theatre as the community coordinator & artistic assistant.

## MUSIC

### First Fridays At Redeemer

*Study Leader:* Ann Labounsky

- 4 Classes: Jan. 6 – Apr. 7 *Class ID:* 4445
- Friday, 12:00 PM - 1:00 PM
- Episcopal Church of the Redeemer,  
5700 Forbes Ave, Squirrel Hill, 15217

Jan. 6: Duquesne University Euphonium Ensemble, directed by Dr. James Gourlay February 3: Organ recital Ann Labounsky, Organist/Choir Director March 3: Yee Ha Chiu, Piano April 7: Duke's music with Paul Miller

Please note: *Concert Dates: 1/6, 2/3, 3/3, and 4/7*

**Ann Labounsky**, Ph.D, FAGO, Ch.M. is chair of organ and sacred music at Duquesne University where she oversees undergraduate and graduate programs in sacred music. Currently she serves as organ artist in residence at First Lutheran Church on Grant Street and organist and choir master at the Episcopal Church of the Redeemer in Squirrel Hill. An active member of the American Guild of Organists, the National Pastoral Musicians, and the Church Music Association of America, she has worked as director of the National Committee on Improvisation, councilor for Education for the American Guild of Organists, and national director of Certification for the National Pastoral Musicians. Author of a biography of Langlais, *Jean Langlais: the Man and His Music*, (Amadeus Press, Portland, Oregon, 2000), she has completed recording the complete organ works by Jean Langlais (26 cds) for the Musical Heritage Society released on Voix de Vent Recordings and performed in a DVD of his life based on this biography, a project sponsored by the Los Angeles AGO Chapter.

# LEARN BY DOING

Art | Dance/Exercise



## ART

### Introduction To Pastels

Study Leader: Francine Vandenberg

Materials Fee: \$25\*

- 1 Class: Feb. 21 Class ID: 4457
- Tuesday, 12:30 PM - 2:30 PM
- Wilkins Community Center, ONE DAY  
Regent Square, 7604 Charleston Ave, Swissvale

Pastels are, along with pencil and charcoal, a spontaneous medium for creative expression. Students will be introduced to a brief history of the medium, pastel forms and surfaces. Techniques in mark making, mixing and layering will be explored through hands on practice and creation of two original works.

**Francine Vandenberg's** lifelong interest and involvement in the arts is evident in her lively and enthusiastic teaching style. She is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, and The Pittsburgh 10 Plus group of artists, exhibiting at various Pittsburgh area galleries including Panza Gallery, Boxheart Gallery, and the American Jewish Museum at the Jewish Community Center. She strives to capture a fleeting impression, a feeling, and enthusiastically paints primarily in acrylics and pastels, fascinated by the process of experimentation and discovery. She is inspired by a variety of subjects: landscapes, seascapes, scenes discovered while traveling, wildlife, and pets.

*\*Materials fee information located on page 74.*

### Continuing Painting In Acrylics

Study Leader: Francine Vandenberg

Materials Fee: \$20\*

- 6 Classes: Jan. 10 – Feb. 14 Class ID: 4458
- Tuesday, 12:30 PM - 2:30 PM
- Wilkins Community Center,  
Regent Square, 7604 Charleston Ave, Swissvale
- 6 Classes: Mar. 7 – Apr. 11 Class ID: 4459
- Tuesday, 12:30 PM - 2:30 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. are provided.

**Francine Vandenberg's** lifelong interest and involvement in the arts is evident in her lively and enthusiastic teaching style. She is a member of the Pittsburgh Society of Artists, the Pittsburgh Watercolor Society, and The Pittsburgh 10 Plus group of artists, exhibiting at various Pittsburgh area galleries including Panza Gallery, Boxheart Gallery, and the American Jewish Museum at the Jewish Community Center. She strives to capture a fleeting impression, a feeling, and enthusiastically paints primarily in acrylics and pastels, fascinated by the process of experimentation and discovery. She is inspired by a variety of subjects: landscapes, seascapes, scenes discovered while traveling, wildlife, and pets.

*\*Materials fee information located on page 74.*

## DANCE/EXERCISE

## Hatha Yoga

Study Leader: Loretta Barone

Materials Fee: \$10\*

- 10 Classes: Jan. 12 – Mar. 16      Class ID: 4441
- 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: *New students welcome; Must attend the yoga orientation, 30 minutes before the first class.*

**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 74.

Get Fit -  
A Fun Latin Cardio Workout

Study Leader: Connie Pollack

Materials Fee: \$10\*

- 6 Classes: Jan. 11 – Feb. 22\*      Class ID: 4524
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,  
2nd Fl, 5915 Beacon St, Sq. Hill

\*Note: *Class will not meet on Feb. 1*

- 5 Classes: Mar. 8 – Apr. 19\*      Class ID: 4525
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,  
2nd Fl, 5915 Beacon St, Sq. Hill

\*Note: *Class will not meet on Apr. 5, Apr. 12*

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: 3/8, 15, 22, 29 and April 19. Skip April 5 and 12.*

**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 74.

## Tamburitzan Folk Dancing

Study Leader: George Schexnayder

Materials Fee: \$10\*

- 6 Classes: Jan. 11 – Feb. 15      Class ID: 4513
- Wednesday, 10:00 AM - 11:30 AM
- Wilkins Community Center, Regent Square,  
7604 Charleston Ave, Swissvale

- 6 Classes: Mar. 8 – Apr. 12      Class ID: 4514
- Wednesday, 10:00 AM - 11:30 AM
- Wilkins Community Center, Regent Square,  
7604 Charleston Ave, Swissvale

Enjoy learning new dances? Try kolos (circle dances) from a variety of Eastern European countries: Serbia, Croatia, Bulgaria, etc. These easy-to-learn kolos have moderate dance steps that also provide a slight physical workout. Each lesson teaches new dances and reviews previously taught dances. Kolo dancing to recorded Tamburitzan music does not require partners. People of all ages participate in kolos in the Pittsburgh area at social dances held in various locations throughout the year.

**George Schexnayder** became interested in Eastern European folk dancing when his four children danced and performed with local youth folk dance groups. George began to learn the dances at the many dance socials he attended. This learning and dancing has continued for the past 27 years. Currently, he teaches folk dancing at the monthly dances held at the Bulgarian-Macedonian National Educational and Cultural Center, BMNECC, in West Homestead, PA.

*\*Materials fee information located on page 74.*

# 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

Pittsburgh



## PITTSBURGH

### Walking Allegheny West

Study Leader: Jay Steele

- 1 Class: Apr. 19 Class ID: 4443
- Wednesday, 10:45 AM - 12:45 PM
- Various Locations, TBA

**ONE  
DAY**

This class is led by an experienced tour guide of nearly 25 years. It will give the student a unique perspective of the past, present, and future of the Allegheny West neighborhood on the North Side. The walking tour will highlight a brief history, architectural design, and hidden gems.

**Jay Steele** is a retired adjunct Health and Physical Education professor at CCAC. 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. He has taught for over 20 years community education walking courses for CCAC, Pitt and CMU Osher, Pittsburgh History and Landmarks, and Doors Open Pittsburgh. He has developed these walking tours/classes throughout the city of Pittsburgh and Allegheny County which combines his love of exercise (walking), and Western PA history and Architectural design.

### Classes At The National Aviary

Study Leader: National Aviary

Materials Fee: \$45\*

- 3 Classes: Jan. 9 – Jan. 30 Class ID: 4460
- Wednesday, 12:30 PM - 2:30 PM
- National Aviary,  
700 Arch St, North Side

**TWO  
DAY**

\*Note: Class will not meet on Jan. 16

Courtship & Marriage - Frances Reichl Attracting a female mate is a matter of no small importance. Male birds engage in courtship rituals ranging from simple gift giving to elaborate performances. These fascinating rituals and the relationships that follow mating will be the subject of this lecture. Raising a Family - Frances Reichl Providing for an avian family is not unlike meeting the needs of a human family. Food, shelter, and a protected environment are the basic requirements birds seek when looking for a suitable place to raise a family. We'll develop an appreciation for raising a family in the avian world. Birds and Conservation - Frances Reichl Approximately 40% of bird species are threatened. Since 1970 we have lost 3 billion of our backyard birds. What are the factors responsible for these losses and how can we reverse this trend? A visit from one of the Aviary's ambassador birds closes the lecture.

**Frances Reichl** was Professor of Medicine at the University of Pittsburgh School of Medicine where she did research and teaching for 30 years until her retirement. She joined the volunteer program at the National Aviary that year to pursue her passionate interest in all things avian.

\*Materials fee information located on page 74.

# MONDAY | Session ONE / January 9 – March 3

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Brain Computer Interface And Neuromodulation	4484	CMU	Ye	23
10:45 AM - 12:15 PM	Enjoying The New Yorker	4487	Zoom	Brown	53
	World War II— The Battle In The East	4482	Zoom	Oleinick	55
10:45 AM - 12:45 PM	The Sinking Of The Lusitania	4499	CMU	Albert	29
	Powerpoint Tour Of The Pittsburgh Zoo . . .	4466	Zoom	Gialloreto	56
1:00 PM - 2:30 PM	The Art Of The City	4545	Community	City Theater	61
	Fundamentals Of Personal Wealth	4448	Zoom	Strope	43
1:00 PM - 3:00 PM	Short Stories: In Brief	4495	Zoom	Rosenblum	40
3:30 PM - 5:30 PM	Short Stories: In Brief	4496	Zoom	Rosenblum	40

# TUESDAY | Session ONE / January 9 – March 3

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
8:30 AM - 10:30 AM	Wannabe Authors	4515	Zoom	Michael	48
9:00 AM - 1:00 PM	AARP Smart Driver Refresher Course	4531	CMU	Zimmer	18
9:00 AM - 10:30 AM	Naked To The Bone: A History Of Medical Imaging	4451	Zoom	Daffner	50
9:15 AM - 10:45 AM	Why Do Airplanes Crash?	4473	CMU	Angrist	23
10:45 AM - 12:15 PM	Life's Little Stories	4512	Zoom	Ramey	54
	From Trial Through Appeal	4453	Zoom	Miller	43
	Forensic Sciences- Taking The Bite Out Of Crime	4527	Zoom	Sobel	50
10:45 AM - 12:45 PM	Drawing For All	4510	CMU	Pawlowski	13
11:15 AM - 12:45 PM	Managing Stress And Your Immune System	4522	CMU	Rabin	19
	Wellness In An Energetic And Electromagnetic . . .	4475	CMU	Brown	21
12:30 PM - 2:30 PM	Introduction To Pastels	4457	Community	VandenBerg	62
	Continuing Painting In Acrylics	4458	Community	VandenBerg	62
1:00 AM - 2:30 PM	Cohousing In Pittsburgh: Rachel Carson Ecovillage	4546	Zoom	Danes	53
1:00 PM - 2:30 PM	My Life In Music	4504	CMU	Smoliar	10
	Regenerative Medicine	4480	Zoom	Brown	49
	Introduction To Shakespeare	4558	Zoom	Buckingham	39
	Meet The Wyeths	4478	CMU	Carpenter	9
	Poems About Fathers, By Women	4474	Zoom	Robinson	39
	Sacred Circle Dancing	4548	CMU	Carnes	16
	Telling Family Stories At The Holidays	4529	CMU	Perry	24
1:00 PM - 3:00 PM	Moving Stuff: The Problem With Supply Chains	4449	Zoom	Blank	51
1:30 PM - 5:30 PM	AARP Smart Driver 8-Hour Initial Course	4532	CMU	Zimmer	19
3:15 PM - 4:45 PM	Declutter	4462	Zoom	Averbach	45
	Awakening Memories To Write True Stories	4508	Zoom	Schifino	47

# WEDNESDAY | Session ONE / January 9 – March 3

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
8:30 AM - 10:30 AM	From Memory To Story: Family History	4518	Zoom	Kulina	47
9:00 AM - 10:30 PM	The Great Movie Comedians And Sports	4456	CMU	Backer	7
10:00 AM - 11:30 AM	Tamburitza Folk Dancing	4513	Community	Schexnayder	34
10:45 AM - 12:15 PM	Such Friends: The Literary 1920S In Paris And NY	4533	Zoom	Donnelly	41
	How To Apologize: When "I'm Sorry" Is Not Enough	4517	CMU	Zuckerman	31
	Edna St. Vincent Millay: Her Life And Poems	4530	CMU	Langer	8
	Economics Of Battery Energy Storage	4552	CMU	Ervin	12
	Intro To Political Economy: Left, Center, Right	4520	Zoom	Borghese	52
	The Great French Revolution, 1789-1815	4481	CMU	Werner	29
	What Style Is It?	4452	CMU	Jucha	30
	Democracy In America, Then And Now	4486	Zoom	Ochs	57
12:30 PM - 2:00 PM	Nero Wolfe: America's Genius . . .	4455	CMU	Banister	9
12:30 PM - 2:30 PM	On The Wings Of Song: The Evolution . . .	4471	CMU	Swoger	11
	Classes At The National Aviary	4460	Community	Aviary	65
1:00 PM - 2:30 PM	Spirited Fun Through Improv	4534	Zoom	Harris	44
	Closure: Discussing The Last Chapter	4447	Zoom	Black	45
1:00 PM - 3:00 PM	The Global Challenge Of Demographic Change	4450	Zoom	Blank	51
	The Monuments Men	4509	CMU	Reid	27
1:15 PM - 2:30 PM	Get Fit - A Fun Latin Cardio Workout	4524	Community	Pollack	63
3:15 PM - 4:45 PM	Decision Making	4464	Zoom	Averbach	46
	Healthy Eating	4463	Zoom	Averbach	46

# THURSDAY | Session ONE / January 9 – March 3

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:00 AM - 12:00 PM	Hatha Yoga	4441	Community	Barone	63
10:45 AM - 11:45 PM	Prophetic Voices: Renewing And Reimagining . . .	4567	Zoom	Symons	58
10:45 AM - 12:15 PM	American History: Democracy Imaged In Art	4536	Zoom	Weisfield	37
	Failure And Reform In The Criminal Justice System	4549	CMU	Thieman	12
	Iconic Albums: Part I	4505	Zoom	Gondelman	42
1:00 PM - 2:30 PM	Dreams: How They Nourish The Body Mind . . .	4557	Zoom	Verner	58
	A Night At The Movies - International	4467	Zoom	Winikoff	38
	Wealth: Supporting Family Responsibly	4492	Zoom	Bohn	44
1:00 PM - 3:00 PM	Financial Success In Retirement	4538	CMU	Dresbold	17
	Great And Notable Novels Read And Revisited	4446	Zoom	Schinhofen	40
3:15 PM - 4:45 PM	Cultural Awareness In 2023: Issues & Jargon	4550	Zoom	Pugh	52

# FRIDAY | Session ONE / January 9 – March 3

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:00 AM - 12:30 PM	Drawing In The Museum	4493	CMU	Bangley	15
10:45 AM - 12:15 PM	City Of Asylum At Alphabet City . . .	4454	Zoom	City of Asylum	57
	The Teachings Of Fred Rogers	4501	Zoom	Gusky	54
12:00 PM - 1:00 PM	First Fridays At Redeemer	4445	Community	Labounsky	61
1:00 PM - 2:00 PM	Independent Art Study	4477	CMU	Bates	45
1:00 PM - 2:30 PM	Growing Older, Not Up: Ideas For Staying . . .	4535	CMU	Huber	24
	Dandy Andy: Warhol's Queer History	4540	Zoom	Warhol	37

# MONDAY | Session TWO / March 6 – April 14

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:45 AM - 12:15 PM	Enjoying The <i>New Yorker</i>	4488	Zoom	<i>Brown</i>	53
1:00 PM - 2:30 PM	Encountering Cyberwarfare	4498	Zoom	<i>Glassmire</i>	53

# TUESDAY | Session TWO / March 6 – April 14

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Two Archaeological Sites: Unravel The Mystery	4472	CMU	<i>Bedell</i>	28
10:45 AM - 12:15 PM	The Palestinian Story: Hope And Sumud	4461	CMU	<i>Whitehead</i>	25
	Church, State, And Christian Nationalism	4519	Zoom	<i>Aleshire</i>	55
10:45 AM - 12:45 PM	Drawing In Color	4511	CMU	<i>Pawlowski</i>	13
11:15 AM - 12:45 PM	Contemporary Asian Architects - Japan	4470	CMU	<i>Swoger</i>	21
	Joseph Of Arimathea And The Glastonbury Legends	4523	CMU	<i>Wainwright</i>	33
12:30 PM - 2:30 PM	Continuing Painting In Acrylics	4459	Community	<i>VandenBerg</i>	62
1:00 AM - 2:30 PM	Cohousing In Pittsburgh: Rachel Carson Ecovillage	4547	CMU	<i>Danes</i>	25
1:00 PM - 2:30 PM	Women In The Great Depression	4503	CMU	<i>Gundersen</i>	29
1:00 PM - 3:00 PM	About Home	4528	CMU	<i>Brodsky</i>	16



# WEDNESDAY | Session TWO / March 6 – April 14

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:00 AM - 11:30 AM	Tamburitzan Folk Dancing	4514	Community	Schexnayder	64
10:45 AM - 12:15 PM	Disorders Of Hope: Where Hopefulness Goes . . .	4516	CMU	Zuckerman	31
	Faith And Reason	4541	CMU	Givvin	32
10:45 AM - 12:45 PM	Walking Allegheny West	4443	Community	Steele	65
	Writers' Workshop	4442	CMU	Snyder	20
12:30 PM - 2:00 PM	How Do You Explain India?	4544	CMU	Seetharama	26
	How Soviet Industrialization Was Fed	4543	CMU	Hier	28
12:30 PM - 2:30 PM	Great Decisions 2023	4497	CMU	Winer	30
1:00 PM - 2:30 PM	A Night At The Movies - International	4468	Zoom	Winikoff	38
1:15 PM - 2:30 PM	Get Fit - A Fun Latin Cardio Workout	4525	Community	Pollack	63
1:30 PM - 3:00 PM	Life Imitates Opera, Opera Imitates Life	4542	Zoom	Opera	41
2:30 PM - 4:00 PM	The Financial Journey Of Women	4491	CMU	Bohn	17
3:15 PM - 4:45 PM	A Night At The Movies - Female Directors	4469	Zoom	Winikoff	38

# THURSDAY | Session TWO / March 6 – April 14

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 PM	Charisma In The Art Of Communication	4554	CMU	Rebich	18
10:45 AM - 11:45 PM	Prophetic Voices: Renewing And Reimagining . . .	4444	Zoom	Symons	58
10:45 AM - 12:15 PM	Southern Gothic Short Story	4479	CMU	Carpenter	8
	Iconic Albums: Part II	4506	Zoom	Gondelman	42
	C2C Crochet Graphgan	4521	CMU	Gengler	15
	Journeying Through The Gospels	4526	CMU	Whitehead	32
12:45 PM - 2:15 PM	For The Birds	4537	CMU	Gorton	10
	Everything You've Always Wanted To Know	4502	CMU	Fisher	22
1:00 PM - 2:00 PM	Missed Connections With Pittsburgh's City Steps	4500	Zoom	Zurowski	56
2:30 PM - 4:00 PM	The Great Lyricists Of Broadway And Hollywood	4465	CMU	Roth	11
	What's Philosophy Good For?	4539	CMU	Givvin	26

# FRIDAY | Session TWO / March 6 – April 14

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:30 AM - 12:00 PM	Figure Drawing	4494	CMU	Bangley	14
1:00 PM - 2:00 PM	Independent Art Study	4476	CMU	Bates	14
5:30 PM - 6:30 PM	A Look Behind The Curtain; Putting On A . . .	4556	CMU	CMU Drama	7

# INDEX | By Study Leader Last Name

Last Name	First Name	Class ID	Class Name	Campus	PG #
Albert	David	4499	The Sinking Of The Lusitania	CMU	29
Aleshire	Daniel	4519	Church, State, And Christian Nationalism	Zoom	55
Alphabet	City Theatre	4454	City Of Asylum At Alphabet City: Pittsburgh Worldwide	Zoom	57
Angrist	Stan	4473	Why Do Airplanes Crash?	CMU	23
Averbach	Rosa Barnett	4462	Declutter	Zoom	45
Averbach	Rosa Barnett	4464	Decision Making	Zoom	46
Averbach	Rosa Barnett	4463	Healthy Eating	Zoom	46
Aviary	National	4460	Classes At The National Aviary	Community	65
Backer	Ron	4456	The Great Movie Comedians And Sports	CMU	7
Bangley	Betsy	4493	Drawing In The Museum	CMU	15
Bangley	Betsy	4494	Figure Drawing	CMU	14
Banister	Mark	4455	Nero Wolfe: America's Genius Albeit Fictional	CMU	9
Barone	Loretta	4441	Hatha Yoga	Community	63
Bates	Gary	4477	Independent Art Study	CMU	14
Bates	Gary	4476	Independent Art Study	CMU	14
Bedell	Ellen	4472	Two Archaeological Sites: Unravel The Mystery	CMU	28
Black	Judith	4447	Closure: Discussing The Last Chapter	Zoom	45
Blank	Stephen	4449	Moving Stuff: The Problem With Supply Chains	Zoom	51
Blank	Stephen	4450	The Global Challenge Of Demographic Change	Zoom	51
Bohn	Brian	4492	Wealth: Supporting Family Responsibly	Zoom	44
Bohn	Brian	4491	The Financial Journey Of Women	CMU	17
Borghese	Ken	4520	Intro To Political Economy: Left, Center, Right	Zoom	52
Brodsky	Charlee	4528	About Home	CMU	16
Brown	John	4487	Enjoying The <i>New Yorker</i>	Zoom	53
Brown	Bryan	4480	Regenerative Medicine	Zoom	49
Brown	Robert	4475	Wellness In An Energetic And Electromagnetic World	CMU	21
Brown	John	4488	Enjoying The <i>New Yorker</i>	Zoom	53
Buckingham	Wendy	4558	Introduction To Shakespeare	Zoom	39
Carnes	Alice	4548	Sacred Circle Dancing	CMU	16
Carpenter	Rebecca	4478	Meet The Wyeths	CMU	9
Carpenter	Rebecca	4479	Southern Gothic Short Story	CMU	8
City Theatre	City Theatre	4545	The Art Of The City	Community	61
CMU	School Drama	4556	A Look Behind The Curtain; Putting On A Production	CMU	7
Daffner	Richard	4451	Naked To The Bone: A History Of Medical Imaging	Zoom	50
Danes	Stefani	4546	Cohousing In Pittsburgh: Rachel Carson Ecovillage	Zoom	53
Danes	Stefani	4547	Cohousing In Pittsburgh: Rachel Carson Ecovillage	CMU	25
Donnelly	Kathleen Dixon	4533	Such Friends: The Literary 1920S In Paris And NY	Zoom	41
Dresbold	Seth	4538	Financial Success In Retirement	CMU	17
Ervin	Pat	4552	Economics Of Battery Energy Storage	CMU	12
Fisher	Stephen	4502	Everything You've Always Wanted To Know About	CMU	22
Gengler	Barbara	4521	C2C Crochet Graphgan	CMU	15

# INDEX | By Study Leader Last Name

Last Name	First Name	Class ID	Class Name	Campus	PG #
Gialloreto	Cathy	4466	Powerpoint Tour Of The Pittsburgh Zoo And PPG	Zoom	56
Givvin	Joseph	4541	Faith And Reason	CMU	32
Givvin	Joseph	4539	What's Philosophy Good For?	CMU	26
Glassmire	Charles	4498	Encountering Cyberwarfare	Zoom	53
Gondelman	Larry	4505	Iconic Albums: Part I	Zoom	42
Gondelman	Larry	4506	Iconic Albums: Part II	Zoom	42
Gorton	James	4537	For The Birds	CMU	10
Gundersen	Joan	4503	Women In The Great Depression	CMU	29
Gusky	Norton	4501	The Teachings Of Fred Rogers	Zoom	54
Harris	Emily	4534	Spirited Fun Through Improv	Zoom	44
Hier	Charles	4543	How Soviet Industrialization Was Fed	CMU	28
Huber	Lynne	4535	Growing Older, Not Up: Ideas For Staying Independent	CMU	24
Jucha	Robert	4452	What Style Is It?	CMU	30
Kulina	Anita	4518	From Memory To Story: Family History	Zoom	47
Labounsky	Ann	4445	First Fridays At Redeemer	Community	61
Langer	Nancy Quick	4530	Edna St. Vincent Millay: Her Life And Poems	CMU	8
Michael	Christine	4515	Wannabe Authors	Zoom	48
Miller	Errol	4453	From Trial Through Appeal	Zoom	43
Ochs	Jack	4486	Democracy In America, Then And Now	Zoom	57
Oleinick	Peter	4482	World War II-- The Battle In The East	Zoom	55
Opera	PGH	4542	Life Imitates Opera, Opera Imitates Life	Zoom	41
Pawlowski	Jane	4510	Drawing For All	CMU	13
Pawlowski	Jane	4511	Drawing In Color	CMU	13
Perry	Michael	4529	Telling Family Stories At The Holidays	CMU	24
Pollack	Connie	4524	Get Fit - A Fun Latin Cardio Workout	Community	63
Pollack	Connie	4525	Get Fit - A Fun Latin Cardio Workout	Community	63
Pugh	Kjerstin	4550	Cultural Awareness In 2023: Issues & Jargon	Zoom	52
Rabin	Bruce	4522	Managing Stress And Your Immune System	CMU	19
Ramey	Janis	4512	Life's Little Stories	Zoom	54
Rebich	Cissy	4554	Charisma In The Art Of Communication	CMU	18
Reid	Jack	4509	The Monuments Men	CMU	27
Robinson	Judith	4474	Poems About Fathers, By Women	Zoom	39
Rosenblum	Helen-Faye	4495	Short Stories: In Brief	Zoom	40
Rosenblum	Helen-Faye	4496	Short Stories: In Brief	Zoom	40
Roth	Paul	4465	The Great Lyricists Of Broadway And Hollywood	CMU	11
Schexnayder	George	4513	Tamburitza Folk Dancing	Community	64
Schexnayder	George	4514	Tamburitza Folk Dancing	Community	64
Schifino	Linda	4508	Awakening Memories To Write True Stories	Zoom	47
Schinhofen	Mary	4446	Great And Notable Novels Read And Revisited	Zoom	40
Seetharama	Sankar	4544	How Do You Explain India?	CMU	26
Smoliar	Harold	4504	My Life In Music	CMU	10
Snyder	Thalia	4442	Writers' Workshop	CMU	20

# INDEX | By Study Leader Last Name

Last Name	First Name	Class ID	Class Name	Campus	PG #
Sobel	Michael	4527	Forensic Sciences- Taking The Bite Out Of Crime	Zoom	50
Steele	Jay	4443	Walking Allegheny West	Community	65
Strope	Peter	4448	Fundamentals Of Personal Wealth	Zoom	43
Swoger	Jeffrey	4471	On The Wings Of Song: The Evolution Of The Requiem	CMU	11
Swoger	Jeffrey	4470	Contemporary Asian Architects - Japan	CMU	21
Symons	Barbara	4567	Prophetic Voices: Renewing And Reimagining Haftarah	Zoom	58
Symons	Barbara	4444	Prophetic Voices: Renewing And Reimagining Haftarah	Zoom	58
Thieman	Frederick	4549	Failure And Reform In The Criminal Justice System	CMU	12
VandenBerg	Francine	4457	Introduction To Pastels	Community	62
VandenBerg	Francine	4458	Continuing Painting In Acrylics	Community	62
VandenBerg	Francine	4459	Continuing Painting In Acrylics	Community	62
Verner	Thomas	4557	Dreams: How They Nourish The Body Mind And Soul	Zoom	58
Wainwright	Philip	4523	Joseph Of Arimathea And The Glastonbury Legends	CMU	33
Warhol	Museum	4540	Dandy Andy: Warhol's Queer History	Zoom	37
Weisfield	Cynthia	4536	American History: Democracy Imaged In Art	Zoom	37
Werner	Sheila	4481	The Great French Revolution, 1789-1815	CMU	29
Whitehead	Tina	4461	The Palestinian Story: Hope And Sumud	CMU	25
Whitehead	Tina	4526	Journeying Through The Gospels	CMU	32
Winer	Mark	4497	Great Decisions 2023	CMU	30
Winikoff	Stanley	4467	A Night At The Movies - International	Zoom	38
Winikoff	Stanley	4468	A Night At The Movies - International	Zoom	38
Winikoff	Stanley	4469	A Night At The Movies - Female Directors	Zoom	38
Ye	Wendy	4484	Brain Computer Interface And Neuromodulation	CMU	23
Zimmer	David	4532	AARP Smart Driver 8-Hour Initial Course	CMU	33
Zimmer	David	4531	AARP Smart Driver Refresher Course	CMU	67
Zuckerman	Edward	4517	How To Apologize: When "I'm Sorry" Is Not Enough	CMU	31
Zuckerman	Edward	4516	Disorders Of Hope: Where Hopefulness Goes Wrong	CMU	31
Zurowski	Laura	4500	Missed Connections With Pittsburgh's City Steps	Zoom	56



# 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 respective 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](http://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](http://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](mailto:osher@cmu.edu)
- [osher-email-to-students@andrew.cmu.edu](mailto:osher-email-to-students@andrew.cmu.edu)
- [osher-general@andrew.cmu.edu](mailto: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](http://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](mailto: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](http://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 won't 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:

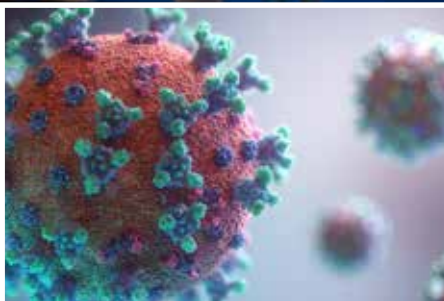
Martin Luther King Jr. Day	Jan. 16
Memorial Day	May 29
Juneteenth	Jun. 19
Independence Day	Jul. 4
Labor Day	Sep. 4
Thanksgiving Wednesday	Nov. 22
Thanksgiving Day	Nov. 23
Thanksgiving Friday	Nov. 24
Winter Break	Dec. 22 - Jan. 2

*CMU Carnival will be held on April 13<sup>th</sup> & 14<sup>th</sup> 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?

412.268.7489 | [cmu.edu/osher](http://cmu.edu/osher)  
[osher@cmu.edu](mailto:osher@cmu.edu)