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Winter 2020

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ON THE COVER

Look up, look around, do you see where I can be found? The first Osher at CMU member to locate the giraffe statue on the cover and notify the office of its location will win a \$25 credit to be used towards registration expenses. (The office was unable to discover any information about the photo. If you know, please let us know.)

Front Cover: Chelsea Prestia

Additional catalog images courtesy of wikimedia commons, pexels, and Duane Rieder of Pittsburgh Ballet Theater

OSHER at Carnegie Mellon | Winter 2020

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IMPORTANT!

It is in your best interest to register online. Paper registrations will be delayed and processed one week after registration opens.

Session Dates

Session One: January 6 - February 28
List of Courses by Day: pgs. 60 - 64

Session Two: March 2 - April 24
List of Courses by Day: pgs. 64 - 69

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

ONE-& TWO-DAY COURSES

Having trouble committing to a six-week course? Try one of our one-and two-day classes listed below. For full course description, Study Leader biography, dates, and times, please see the course listed on its assigned page.

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You must be registered to attend these courses.

ARTS & HUMANITIES

Cinema/Film | Drama/Theatre | Literature | Music

CINEMA/FILM

Contemporary Comedic Genius: Jon Stewart

Study Leader: Martin Marshall

- 6 Classes: Mar. 3 – Apr. 14 Class ID: 3136
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

*Note: Class will not meet on Apr. 7



Warning! This class contains political satire! It is not advised for people who are perfectly happy with the status quo. For some it may induce indignation, pangs of conscious, reassessment, or even accidental enlightenment. For everyone else, it will be a marvelous jaunt through Jon Stewart's 17 years piloting *The Daily Show* on Comedy Central. Stephen Colbert, John Oliver, and many, many others will also raise their satirical heads. The show that does fake news and proudly admits it!

Martin Marshall became fascinated with comedy as a kid in the 1950s, going to Saturday matinees to absorb the works of Laurel and Hardy, the Marx Brothers, Buster Keaton, Harold Lloyd and Charlie Chaplin as well as pre-code Warner Brothers cartoons from Betty Boop to Daffy Duck. He grew up on Ernie Kovacs, Steve Allen, the *Honeymooners*, Red Skelton, and Lucille Ball, and then transitioned to Lenny Bruce, the Firesign Theatre, the Smothers Brothers, and Jonathan Winters as a teenager. He climbed onto the stage of the L.A. Committee to learn improvisational theater, and then founded People Theater in L.A. in 1970. In the 1970s, he returned to San Francisco to become a founding member of Improvisation, Inc., in downtown SF. He has written, produced, and directed comedic films in Silicon Valley, and been a slam poet and founding cast member and later director of Geezer Theater, an offshoot for seniors in the style of the San Francisco Mime Troupe. He has taught the Contemporary Comedic Genius series for the past five years at various locations in the SF Bay Area, including CSU Eastbay, Sonoma State, Dominican, Santa Clara, and SFSU OLLI programs, as well as at CMU.

Filmmakers From South Asia: India, Pakistan, Afghanistan, And Sri Lanka

Study Leader: Kalpana Biswas

- 6 Classes: Jan. 7 – Feb. 11 Class ID: 3208
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall, 4708



Films expose viewers in a viscerally powerful way to the social, political, and moral fabric of society. South Asia, the world's most densely populated region, includes the largest Hindu-and Muslim-and Buddhist-majority countries linked by a colonial past. Four countries — India, Pakistan, Afghanistan and Sri Lanka — have been locked in bitter ethno-religious and cross-border conflicts for decades. The region also contains the world's largest film industries, including Bollywood, which play a pivotal role in shaping the perceptions, values, and cultures of nearly 2 billion South Asians. The class will watch South Asian films and explore the historical, socio-political, religious, and cultural issues depicted. The nexus between politics and filmmakers, the changing profile of heroes and villains in tune with the political climate, and the broader role of censorship will also be discussed. The study group is highly interactive, and lively class participation is strongly encouraged.

Kalpana Biswas is a documentary filmmaker and producer/host of a TV program *Indie Film Forum*. Her filmography includes the crime thriller *A New York Heartbeat*, the documentary film *The Shot Felt 'Round the World* about Jonas Salk, and a documentary short, *Jewels of Kandahar: The Women Speak* about war-ravaged Afghan women on their journey to empowerment. Her deep interest in war and the human condition were fostered by childhood stories of colonial India's fight for independence and its savage partition along religious lines that engulfed and shaped her extended family. Her interests led her to spend several weeks in war-torn Afghanistan to work on a feature documentary, *Between Earth and Sky* (currently in post-production) about the trauma and resilience of Afghan widows and children born and raised in violent war. Her footage from Afghanistan has been incorporated in TV programs including *CBS News Sunday Morning: The World of Art Converges in Santa Fe*. Kalpana was previously Artist in Residence with AlphaLab Gear, an incubator for entrepreneurial ventures; Board Chairperson of Women in Film & Media, Pittsburgh; and President of American Marketing Association, Pittsburgh.



DRAMA/THEATRE

Balanchine And Tchaikovsky: Ballet's Brilliant Duo

Study Leader: Lisa Auel

- 1 Class: Apr. 7
 - Tuesday, 9:30 AM - 12:00 PM
 - Pittsburgh Ballet Theatre,
2900 Liberty Ave., Strip District
- Class ID: 3240



Pittsburgh Ballet Theatre's April 2020 mixed-repertoire production celebrates two of ballet's greatest contributors, choreographer George Balanchine and composer P.I. Tchaikovsky. This class previews the four brilliant ballets on the bill: *Theme and Variations*, *Allegro Brillante*, *Tchaikovsky Pas de Deux*, and *Diamonds*.

Lisa Auel is the Pittsburgh Ballet Theatre's manager of community programs and archives. She holds a master's degree in American Studies from George Washington University and a B.A. degree in English from the College of William and Mary. She has worked at the P.B.T. for six years.

The Art Of The City

Study Leader: Katie Trupiano

- 3 Classes: Jan. 27 – Apr. 20
 - Monday, 4:00 PM - 5:30 PM
 - City Theatre,
1300 Bingham St., South Side
- Class ID: 3142

In this course, City Theatre staff such as the dramaturg, managing director, set designer, costume designer, and lighting director will present significant people connected to the current production. Actors, playwrights, designers, theatre management, and others may interact with City Theatre staff and bring to light behind-the-scenes material that will enhance and deepen everyone's theatre experience. This class will meet at City Theatre.

Please note: *Class Dates: 1/27/20, 3/16/20, and 4/20/20*

Katie Trupiano is the Education and Accessibility Manager at City Theatre Company. For the past six years, she has also served as a teaching artist for the Young Playwrights program to help middle-and high school-students find their voices and tell their stories through theatre. She also teaches for City Theatre's Arts Access program, working to make the arts accessible to all learners. Katie also works as a teaching artist for the Pittsburgh Cultural Trust and the Carnegie Museum of Natural History. She recently completed the Executive Program for Arts and Culture Strategy from The University of Pennsylvania and National Arts Strategies.

Creative Process Of CMU's School Of Drama Plays

Study Leader: Richard Block

- 2 Classes: Feb. 20 and Apr. 23
 - Thursday, 5:30 PM - 6:30 PM
 - Purnell Center, Chosky Theatre
- Class ID: 3238



Based on the two Chosky Theatre productions of the School of Drama, these two sessions are discussions with the members of the production team (director, dramaturg, management, designers) of each play, providing information about how theatre productions are created and why.

Please note: *Dates of plays: 2/20/20 Into The Woods, and 4/30/20 Desmanas' Child. Tickets must be purchased thorough the CMU box office.*

Dick Block has been the Associate Head of the School of Drama for over 15 years and has worked professionally as a scenic designer for over 3 decades.

LITERATURE

Homer's Worlds: An Introduction To *The Iliad*

Study Leader: Karen Bowden Cooper

- 5 Classes: Jan. 9 – Feb. 6 Class ID: 3222
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708



The Iliad was a foundational text in the life of ancient Greece. It was performed in relay at religious festivals, served as a resource in Greek education, and inspired dramatists, artists, and philosophers. Its characters and themes are echoed in modern literature and popular culture. The power of the poem derives, in part, from a combination of detail and scope which delighted ancient audiences, which can be daunting for modern readers. The course will provide an introduction to the world of the poem and its human and divine inhabitants. We will begin by looking at the diverse ways the poet grounds the action in the topography, geography, and particularities of life in the Aegean and Mediterranean world of the Bronze and Iron Ages. Each successive class will draw on excerpts from *The Iliad* to explore the personal and family histories of its protagonists and their quarrelsome gods.

Karen Bowden Cooper served for 16 years as Curator of the Kelso Museum of Near Eastern Archaeology and lecturer in Hebrew and Greek at Pittsburgh Theological Seminary. She has an M.A. with an emphasis in Biblical Studies from PTS and a PhD in Comparative Literature from UC Berkeley. Her research interests focus on the interplay of orality and literacy in literatures of the ancient Near East and Mediterranean, with emphasis on Homer and the Hebrew Bible.

Still Funny? Fantasia

Study Leader: Gloriana St. Clair

- 6 Classes: Jan. 16 – Mar. 26 Class ID: 3199
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4707



Students reading or rereading works often find that their sensibilities have changed. This class's foragers will consider consistency of sense of humor. The Wilde class weighed and selected these titles for study: Lawrence Sterne's *Tristram Shandy*, Evelyn Waugh's *Vile Bodies*, Joseph Heller's *Catch 22*, Douglas Adam's *Hitchhiker's Guide to the Galaxy*, Paul Beatty's *The Sellout*, and Jennifer Egan's *A Visit from the Goon Squad*. While students are expected to read works in advance for an interactive discussion, laughing together will be more important than dissecting. Class meets every two weeks to allow for reading.

Please note: *Meets every other week on 1/16 & 30, 2/13 & 27, 3/12 & 26.*

Gloriana St. Clair served as the Dean of University Libraries at Carnegie Mellon University from 1998 to 2014, when she became the Inaugural Dean Emerita. During many of those years, she also served as the University liaison with The 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. She enjoys teaching, reading, writing, arithmetic, big computer projects (Million Book project, Olive project), playing bridge, swimming, listening, and much, much more.



The Genius Of Henry James, Encore

Study Leader: Carol Zisowitz

- 6 Classes: Jan. 7 – Feb. 11 Class ID: 3226
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



Henry James, known as “the Master” in his day, is considered by many to be the greatest English (sometime American) novelist. We will read *The Golden Bowl*, the last of his great books and the most psychologically subtle. A difficult novel, perhaps requiring a teacher’s guidance, it is well worth the effort. The class will be divided between discussion of the novel and lectures on James, his biography, technique, and historical background. Guidance questions will be distributed for each section of the book we will read.

Carol Zisowitz has a Ph.D. in intellectual history from Harvard. She has worked as a history professor and a psychiatrist. She is notorious for stating at a psychoanalytic meeting that she learned more about psychiatry from reading James than from reading texts on psychiatry, James is her favorite novelist. She previously taught a class on another James novel, which was so successful that it led to her biography in the Osher newsletter.

Pleasures Of Poetry

Study Leader: Judith Robinson

- 2 Classes: Feb. 17 and Feb. 24 Class ID: 3137
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4708



This will be a shorter version of the course I have taught at Osher CMU for the last 20 years. I will begin by emailing students examples of fine poetry. During the first class, we will read and discuss these and other poems as well as writing techniques. Prompts will be offered for those who wish to write. The second day will be a workshop to offer feedback and editing suggestions to the students who have written poems. Students who do not wish to write but do wish to hear great work and participate in the workshop are also encouraged to come. As always, writing is an option, listening is a pleasure.

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 75+ poems, five poetry collections, one fiction collection; one novel; edited or co-edited eleven poetry collections. She has taught at Osher at Carnegie Mellon University and the University of Pittsburgh. Her newest collection, *Carousel*, was published in January 2017, by Lummo Press. Her newest gallery exhibit, “The Numbers Keep Changing,” was on display at The Pittsburgh Holocaust Center, April through June 2019.

Short Stories: Diversity In The Microcosm

Study Leader: Helen-Faye Rosenblum

Materials Fee: \$5*

- 6 Classes: Jan. 6 – Feb. 17* Class ID: 3187
- Monday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

*Note: Class will not meet on Jan. 20

- 6 Classes: Jan. 6 – Feb. 17* Class ID: 3188
- Monday, 3:15 PM - 5:15 PM
- Wean Hall, 4707

*Note: Class will not meet on Jan. 20

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.

Please note: \$5.00 fee is to cover the cost of printing of handouts.

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).

*Materials fees are not refundable; information on page 78.

Great And Notable Novels Read And Revisited

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

- 6 Classes: Jan. 9 – Mar. 19 Class ID: 3120
- Thursday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

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

Please note: *Meets every other week on 1/9 & 23, 2/6 & 20, 3/5 & 19.*

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

See **Gloriana St. Clair**, page 7

See **Helen-Faye Rosenblum**, previous listing

A Story Of Public Libraries

Study Leader: Marcia Taylor

- 4 Classes: Mar. 4 – Mar. 25 Class ID: 3230
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



Public libraries in Allegheny County have collaborated for more than 20 years to provide services to local residents. Did you know that there are 46 independent library organizations with more than 73 service outlets plus bookmobile stops in the county? How are libraries organized? How does a book that you order on the website get to your local library? What's happening with e-books and public libraries? Did you know that some libraries are now lending wifi hotspots, cake pans, bicycle tools, wood chippers, and more? What programs, classes, and events do libraries offer of interest to older adults? Through panel discussions, presentations by local librarians, and participant discussion, this course will provide you new insights into the amazing myriad of services provided by the region's public libraries.

Marcia Taylor is retired from the staff of Mt. Lebanon, Pennsylvania where she served as Assistant Manager and Director of Finance. She also served for ten years as a member of the Governmental Accounting Standards Board. She has a Master in Public Management degree from CMU and a Bachelor of Science degree in Accounting from Bucknell University. Marcia has been very involved in Allegheny County public libraries, serving for six years as the founding President of the Allegheny County Library Association (ACLA), on the board of the Electronic Information Network (EIN) for six years, numerous blue ribbon and study panels, and on the board of the Mt. Lebanon Library. Marcia will be assisted in this course by experts from ACLA, EIN, and libraries.

The World Of Agatha Christie

Study Leader: Mark Banister

- 4 Classes: Mar. 2 – Mar. 23 Class ID: 3121
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

Author Agatha Christie is the best-selling novelist in the world, with over two billion copies of her books sold. (She is outsold only by Shakespeare!) In addition to having 66+ novels and 150+ short stories published, she is the author of more than a dozen plays, including the longest running play in the world, *The Mousetrap*. We will discuss her books, the movie and TV adaptations, her theater work, along with her fascinating life, (including her mysterious disappearance, and her marriage to a famous archaeologist), and their effects on her writing. Suitable for both newcomers to her work and long-time fans.

Mark Banister retired from the Environmental Health and Safety Office at Carnegie Mellon in 2017. He has been a ravenous reader of Golden Age Mystery Fiction for decades and has an embarrassing number of mystery books, TV shows and movies related to them.

Golden Age Mysteries

Study Leader: Mark Banister

- 4 Classes: Mar. 5 – Mar. 26 Class ID: 3162
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



The Golden Age of Mystery Fiction is typically defined as the era of detective stories which follow the established conventions of fair play, clear plotting and clue presentation, and frequent surprising endings. Though this is usually thought to include stories written between World War I and World War II, we will look at influences prior to that time and also works of the genre after it. Since many of the authors have had their works dramatized for TV or movies, we will look at those as well. Not much will be made of the grand dame of the Golden Age, Agatha Christie, as she has an Osher class of her own!

See **Mark Banister**, *previous listing*

Library Of America: Champion Of Our Great Writers

Study Leader: Gene O'Sullivan

- 1 Class: Feb. 17
- Monday, 9:30 AM - 11:30 AM
- Wean Hall, 4708

Class ID: 3153



The Library of America is a nonprofit publisher dedicated to keeping our greatest and most-significant American literary voices in print. It was Edmund Wilson's big idea inspired by the Bibliothèque de la Pléiade series of French classics. The LOA is a collection of books, not a place. Its first four titles were collections of Herman Melville, Nathaniel Hawthorne, Walt Whitman, and Harriet Beecher Stowe. The collection includes works of history and literature by our great authors, as well as exceptional anthologies. This course will cover the hard-fought campaign leading to the founding of the LOA in 1982, the authors and literary works honored so far by inclusion, and the careful editorial approach applied to each edition, of which there are over 300 today, and growing.

Gene O'Sullivan has been a collector of the Library of America since he received a gift of the inaugural Herman Melville edition, drawn in by the idea that American literature deserved the same honor and reverence as European literature. Retired since 2014, he was chief financial officer of the Elliott Group, a global manufacturer of compressors and turbines. Since retiring, he has enjoyed taking many Osher courses, always delighted by their content and quality. He looks forward to sharing his high esteem for the Library of America with other Osher members.

Such Friends: Max Perkins And Ernest Hemingway

Study Leader: Kathleen Dixon Donnelly

- 1 Class: Feb. 20
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 3200



In the mid-1920s, F. Scott Fitzgerald told his Scribner's editor Maxwell Perkins about the hot writer everyone was talking about in Paris—Ernest Hemingway. We will look at how their relationship developed and contributed to Hemingway's major novels. What role did Perkins play in Hemingway's success? How did he influence his work? How did Perkins juggle his growing stable of American fiction writers? No prior knowledge of their novels is necessary, but this could be a good excuse to read or re-read *The Sun Also Rises* or *A Moveable Feast*.

Kathleen Dixon Donnelly has been involved in teaching and the creative process for over 40 years. Her dissertation for her Ph.D. in Communications from Dublin City University, *Such Friends*, was on the creative development of writers in early 20th century salons, including the Irish Literary Renaissance, the Bloomsbury group, the Americans in Paris in the 1920s, and the Algonquin Round Table. Kathleen's thesis for her M.B.A from Duquesne University was *Manager as Muse: A Case Study of Maxwell Perkins' Work with F. Scott Fitzgerald, Ernest Hemingway, and Thomas Wolfe*. She also has a B.A. in English, Theatre, and Art from Lycoming College in Williamsport, PA, and an M.A. in Education and a Diploma in Writing from Birmingham City University [BCU] in the UK. Kathleen recently retired as a senior lecturer at BCU. She has done presentations to many lifelong learning groups in the UK and the US, as well as The Southbank Center, the English-Speaking Union, and The Florida Center for the Book. She also posts about early 20th century writers at suchfriends.wordpress.com with updates on Twitter, @Such-Friends. Kathleen and her Irish husband, Tony Dixon, recently relocated from the UK to her hometown of Pittsburgh, Pennsylvania.

MUSIC

First Fridays At Redeemer

Study Leader: Ann Labounsky

- 3 Classes: Feb. 7 – Apr. 3 *Class ID:* 3160
- Friday, 12:00 PM - 1:00 PM
- Episcopal Church of the Redeemer,
5700 Forbes Ave., 15217

First Fridays at Redeemer continues its second Winter term with three exciting programs in February, March, and April. Notice that we are avoiding the possibility of severe weather in January by scheduling them on February 7 (Brahms Trio for Clarinet, Cello, and Piano); March 6 (Jewish music from Rodef Shalom Temple); and April 3 (Sacred solo music). All programs will begin with a 30 minute description of the music followed by the performance. All three programs will take place in the sanctuary of the Church of the Redeemer in Squirrel Hill.

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 recorded the complete organ works by Jean Langlais (26 cds) for the Musical Heritage Society, released on Voix de Vent Recordings and she has performed in a DVD of his life based on this biography, a project sponsored by the Los Angeles AGO Chapter.



Gone With The Winds

Study Leader: James Gorton

- 5 Classes: Jan. 14 – Feb. 11 *Class ID:* 3051
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

This course will be a survey with brief history of the woodwind instruments of the orchestra (flute, oboe, clarinet, bassoon) with musical examples. Guests from the Pittsburgh Symphony Orchestra and Carnegie Mellon University will be brought in for demonstrations and mini-performances.

James Gorton was Co-Principal Oboist of the Pittsburgh Symphony from 1971-2012. He is a current faculty member of Carnegie Mellon University and Duquesne University.

Respighi!

Study Leader: James Gorton

- 4 Classes: Mar. 3 – Mar. 24 *Class ID:* 3052
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

NEW

Ottorino Respighi's music is among the most programmed and most popular in the symphonic repertoire. This course will survey Respighi's Roman Trilogy (*Pines, Fountains, Festivals*) as well as his other works, including the neo-classic *Ancient Airs and Dances* and *The Birds*.

See **James Gorton**, *previous listing*

BUSINESS & COMMERCE

Economics | Law

ECONOMICS

Boxes And Really Big Stuff - The Hidden World Of Global Logistics And Project Cargo

Study Leader: Douglas Webster

- 2 Classes: Feb. 20 and Feb. 27 *Class ID:* 3237
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**TWO
DAY**

A largely invisible global logistics network moves materials and goods from origin to consumers. Our updated two-class course examines two major parts of this network: First, global logistics — how containerization has revolutionized our world. Then, project logistics — how experts lift, move, and transport very large, very heavy, and very expensive objects to often-remote locations.

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

Universal Basic Income: What's It All About?

Study Leader: Donald Carter

- 1 Class: Feb. 18 *Class ID:* 3183
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

**ONE
DAY**

Universal Basic Income (UBI) is a proposed federal program to provide all citizens with a fixed unconditional amount of money, say \$1,000 per month, regardless of income, financial resources, or employment status. Thus the unemployed single mother, the retired bus driver, the employed computer programmer, and billionaire Warren Buffet would all receive the same amount. UBI will be a major issue in the upcoming 2020 national election. Why has it emerged, and what's it all about?

Don Carter is Director of the Remaking Cities Institute, Carnegie Mellon University. He also teaches in the Master of Urban Design program in the School of Architecture. Prior to joining CMU in July 2009, Don was President of Urban Design Associates in Pittsburgh where for 36 years he led many of the firm's most complex projects, drawing upon his international experience as an architect, urban designer, and developer. Don has lectured internationally on urban design and architecture and authored the opening chapter of *SynergiCity: Reinventing the Post-Industrial City*. His newest book is *Remaking Post-Industrial Cities: Lessons from North America and Europe*. Don currently serves on the board of the Pittsburgh Cultural Trust, and previously served on the boards of the Andy Warhol Museum, Pittsburgh Downtown Partnership, Pittsburgh Zoo, Pittsburgh Chamber of Commerce, Pittsburgh Public Theater, and Leadership Pittsburgh. Don earned a Bachelor of Architecture degree from CMU and did post-graduate study in urban design and regional planning at the University of Edinburgh, Scotland.

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We are busy planning many wonderful events from now until the end of the year.

Notices will be sent by email and surface mail and posted online at www.cmu.edu/osher.
Registration is important!

LAW

From Arrest To Trial

Study Leader: Errol Miller

- 6 Classes: Mar. 5 – Apr. 9 Class ID: 3149
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

This course deals with the criminal justice system from arrest to trial. Emphasizing the general motives of the criminal law, deterrence, isolation, rehabilitation, and retribution, we'll discuss to what extent these motives are present in making certain acts illegal and in criminal procedures. Topics will include: acts leading to arrest and consequences following arrests; the "war on drugs," and "wars" against vices like gambling, alcohol, pornography and prostitution; pre-trial detention of the accused by denying bail and the detention of witnesses or other steps to secure their cooperation. 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 defense attorney, prosecutor, police officer or ex-offender is invited. This course can be taken independently of Questioning the Criminal Justice System from Trial through Appeal.

Errol Miller graduated from Dartmouth College and Harvard Law School, has practiced law for 50+ years, and been an Osher Study Leader since 2004, offering six different classes. "Trust & Estates" draws on his 30+-year experience in planning and administering estates and as a frequent lecturer in Elder Law Continuing Legal Education seminars. "From Arrest to Trial" and "From Trial through Appeal" reflect a lifelong interest in the criminal justice system, experience clerking for a PA Supreme Court Justice, post-conviction appeals, avid study of current criminal justice events, participation in local reform groups (B-Pep, the Alliance for Police Accountability, ACLU, Cease-FirePA), and views on how coordinating criminal justice and mental health principles can help produce criminal justice reform. "Those Who Trespass Against Us" addresses torts cases (Civil Wrongs) with practical advice for non-lawyers on the principles behind most civil cases. "The Current Supreme Court" reviews major decisions of the Roberts Supreme Court and what we might expect as court membership changes. "Introduction to Real Estate Law" explains the legal principles surrounding real estate transactions. In each course, Errol displays his sense of humor used as the principal writer of 23 annual Allegheny County Bar Association topical satirical reviews.

Steelworker Litigation

Study Leader: Carl Frankel

- 5 Classes: Mar. 6 – Apr. 3 *Class ID:* 3193
- Friday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

Through the lens of actual steelworker cases, this course examines issues of general interest which have the following in common: they imply sharply conflicting values on which ordinary citizens as well as judges will differ; the applicable law or constitutional text is not complex, and there is no obvious "correct" result. The cases range across areas from treaty adoption; civil rights, including voluntary, negotiated minority job quotas; union governance, such as a bar against outsider contributions to elections for international office; and, more recently, the status of Northwestern University football scholarship players as "employees" under the labor law and whether the NLRB should assert jurisdiction over that issue; and whether Duquesne University is exempt on religious grounds from the provisions of the same law so as to preclude its adjunct professors from organizing and engaging in collective bargaining. In some instances, the course will include some of the behind-the-scenes, long-term strategy underlying these cases.

Carl B. Frankel was a lawyer for the United Steelworkers of America from 1968 until 2000, when he retired. He served as associate general counsel-litigation 1971-1996 and general counsel 1996-2000, playing a role in all the above cases but one. In addition, he has argued cases before nearly all the United States Courts of Appeal as well as the Supreme Court. Early in his career, he was a supervising or trial attorney in the Chicago and Milwaukee offices of the NLRB. Frankel is a graduate of the College (B.A. 1954) and the Law School (J.D. 1957) of the University of Chicago. He is among the first members elected by the founders to the College of Labor and Employment Lawyers.

Emerging Legal Issues

Study Leader: David DeFazio

- 6 Classes: Jan. 8 – Feb. 12 *Class ID:* 3020
- Wednesday, 2:45 PM - 4:45 PM
- Wean Hall, 4708

Choosing weekly topics reported in the national newspapers, each week the instructor will explore how the law struggles to keep pace with advances in science, technology, and social movements; in short, how the law reacts to our changing society and how our society responds to a changing legal landscape. Topics can include anything from recent SCOTUS opinions to private and governmental legal actions.

David J. DeFazio graduated from La Roche College and Duquesne Law School, and works as a private attorney whose practice focuses on litigation and which has spanned the legal spectrum from death penalty cases to routine family law trials. DeFazio has been an adjunct instructor at the University of Pittsburgh's Graduate School of Public and International Affairs Legal Studies Program since 1987.

LEARN BY DOING

Art | Crafts/Hobbies | Culinary | Dance/Exercise | Finance/Insurance | Games | Language | Music & Drama | Self Improvement | Wellness | Writing

ART

Independent Art Study

Study Leader: Gary Bates

- 6 Classes: Jan. 10 – Feb. 14 *Class ID:* 3114
- Friday, 1:00 PM - 3:00 PM
- College of Fine Arts, TBA

- 6 Classes: Mar. 6 – Apr. 17* *Class ID:* 3115
- Friday, 1:00 PM - 3:00 PM
- College of Fine Arts, TBA

**Note: Class will not meet on Apr. 10*

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.

Beginning Painting In Acrylics

Study Leader: Francine VandenBerg

Materials Fee: \$30*

- 6 Classes: Jan. 6 – Feb. 17* *Class ID:* 3212
- Monday, 10:00 AM - 12:00 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

**Note: Class will not meet on Jan. 20*

- 6 Classes: Mar. 2 – Apr. 6 *Class ID:* 3234
- Monday, 10:00 AM - 12:00 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

Beginning Painting in Acrylics is an introduction to the glorious color and forgiving nature of the acrylic medium. Beginning students will explore color, value, composition, and amazingly easy-to-learn techniques while developing a personal style. Each class will begin with a quick warm-up exercise before focusing on the current project. With individualized instructor guidance in a fun, supportive environment, students will awaken hidden talents, develop painting confidence, and learn to look at the world around them in new and exciting ways. Paints, canvases, brushes, easels, and other incidental materials 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 fees are not refundable; information on page 78.*

Continuing Painting In Acrylics

Study Leader: Francine VandenBerg

Materials Fee: \$15*

- 6 Classes: Jan. 6 – Feb. 17* Class ID: 3235
- Monday, 12:30 PM - 2:30 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

*Note: Class will not meet on Jan. 20

- 6 Classes: Mar. 2 – Apr. 6 Class ID: 3213
- Monday, 12:30 PM - 2:30 PM
- Wilkins Community Center,
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.

See **Francine VandenBerg**, *previous listing*

*Materials fees are not refundable; information on page 78.



Introduction To Pastels

Study Leader: Francine VandenBerg

Materials Fee: \$35*

- 2 Classes: Feb. 20 and Feb. 27 Class ID: 3073
- Thursday, 12:30 PM - 2:30 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

**TWO
DAY**

- 2 Classes: Apr. 16 and Apr. 23 Class ID: 3233
- Thursday, 12:30 PM - 2:30 PM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

**TWO
DAY**

Pastels are the purest form of powdered color pigment mixed with just enough binder to form a useable “crayon” for drawing. Pastels, along with pencil and charcoal, are perhaps the most spontaneous mediums available to the artist. The artist needs only to pick up a pastel crayon and begin! Students will be introduced to a brief history of the pastel medium, ingredients used in manufacturing pastels, pastel forms, and the variety of pastel surfaces. Students will explore mark making, color mixing and layering, and pastel painting techniques through Study Leader demonstrations and hands-on practice. Students will develop self-confidence and utilize new skills through experimentation with various pastel materials and surfaces.

See **Francine VandenBerg**, *page16*

*Materials fees are not refundable; information on page 78.

Figure Drawing

Study Leader: Betsy Bangley Materials Fee: \$36*

- 6 Classes: Mar. 6 – Apr. 17* Class ID: 3133
- Friday, 9:30 AM - 12:00 PM
- College of Fine Arts, TBA

*Note: Class will not meet on Apr. 10



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. 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 fees are not refundable; information on page 78.

CRAFTS/HOBBIES

Fly Fishing For Beginners

Study Leader: Michael Ginsburg, Steve Abler

- 4 Classes: Mar. 4 – Mar. 25 Class ID: 3174
- Wednesday, 2:45 PM - 4:45 PM
- Wean Hall, 4707

There's a thrill when catching a fish—a trout on a fly. This course is about that thrill. You will learn the basics of equipment, casting, fly selection, knots, and reading the water. The object is, to catch a trout. Fly fishing was described by Dame Julia Berner in the 15th century. In North America, we have a rich habitat and diverse insect life that support healthy trout populations. There are other appealing aspects of trout fishing: equipment selection, stalking a fish, choosing the right fly, making the cast, playing the fish . . . and then releasing it to reproduce and fight another day. And, it all takes place amid exquisite scenery because trout have the good sense to live in some of the most beautiful places on Earth. The sport has adapted to lakes, farm ponds, and the ocean. You can also learn the related arts of lying and embellishment.

Michael J. Ginsburg, MD, is a retired emergency physician. He attended the University of Pittsburgh as an undergraduate, and completed medical school at the University of Chicago. He is married and has two children and two grandchildren. A self-confessed fly-fishing addict for 60 years, he is an amateur entomologist and fly tier who enjoys spending time with his family, programming computers, and mooning over his grandkids. From his first experience with a rod and reel at age 5, Dr. Ginsburg knew fishing would be his lifelong avocation, and the ensuing 69 years have proven him correct. The sport brings him continual joy when he is on the stream, or just daydreaming.

Steve Alber spent 40 years as a writer in the advertising and marketing business, trying to convince clients to do what they should do if he had not had to convince them. He then retired to pursue his lifelong passions: fishing and sitting around talking about fishing. Though he first fished when he was four, he came to fly fishing in his mid-40s, and has spent the past 30 years trying to improve his technique; his success in this area is subject to debate.



Beginning Crochet: A Pickler Hat

Study Leader: Barbara Gengler *Materials Fee:* \$10*

- 5 Classes: Jan. 7 – Feb. 4 *Class ID:* 3165
- Tuesday, 1:00 PM - 2:30 PM
- Friends Meeting House,
4836 Ellsworth Ave., Oakland



Over the past year, videos of and by the crocheting prodigy, Jonah Larson, have gone viral. Jonah taught himself to crochet at the age of 5 from YouTube videos. He's now 11 and crochets five hours a day! You don't need to be five years old to learn to crochet, and you don't need to learn from videos. This class is for absolute beginners, and we'll all be crocheting the same project — a winter hat that Jonah calls a "pickler" hat. Pompom optional. Study leader will have a supply of inexpensive yarn and crochet hooks from the Creative Reuse or discount stores (for a small fee), but you are free to bring your own hook and yarn if you'd like. The study leader will contact the participants prior to the start of class to see who has materials.

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 enjoys 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.

**Materials fees are not refundable; information on page 78.*

A Knitting Circle

Study Leader: Barbara Gengler *Materials Fee:* \$10*

- 5 Classes: Jan. 7 – Feb. 4 *Class ID:* 3166
- Tuesday, 2:45 PM - 4:15 PM
- Friends Meeting House,
4836 Ellsworth Ave., Oakland

- 6 Classes: Mar. 3 – Apr. 7 *Class ID:* 3167
- Tuesday, 2:45 PM - 4:15 PM
- Friends Meeting House,
4836 Ellsworth Ave., Oakland

Come and knit with Osher friends. Learn from and share with each other. Bring your own project to work on, or the study leader will happily give you something to knit. Absolute beginners are welcome and will work on a scarf.

See **Barbara Gengler**, *previous listing*

**Materials fees are not refundable; information on page 78.*

Making Still-Lifes From Your Life

Study Leader: Charlee Brodsky Materials Fee: \$25*

- 5 Classes: Jan. 10 – Feb. 7
- Friday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

Class ID: 3223



In this photography course participants will be making still-lifes of objects that have personal meaning. These objects may be keepsakes from travel or treasured family heirlooms, for example. In most cases, these objects will be setup within the context of one's home. In addition to making photographs, we will look at still-lifes in painting and photography, critique each other's work, learn some Photoshop, and make some prints. Requirements: a digital camera, a computer with photo-editing software, a basic knowledge of the camera, and beginning photography skills.

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 is 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. Her work is widely exhibited and published.

**Materials fees are not refundable; information on page 78.*

Create Trendy Jewelry

Study Leader: Gerry Florida Materials Fee: \$25*

- 1 Class: Apr. 13
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

Class ID: 3157



This one-session course will introduce students to the fun and trendy design aspects of jewelry making. Students will create a fashionable 17-inch necklace and earring set to match a favorite outfit or be perfect for gift giving. Students will be inspired to design pieces that will suit their personal tastes, styles, and needs. This course will focus on the design quality of jewelry making and offer design tips that will inspire even the most-basic skill level. No assembly or finishing techniques will be introduced or required to participate in this course. No previous skill required. Students will work with stone chips, shell, glass, acrylic, bone, and vintage beads.

Gerry Florida is an award-winning assemblage artist who refers to herself as a "Master of Imperfection." Her creations deliver underlying messages of rebirth, recovery, and reclamation through an array of salvaged, recycled, and contemporary materials that she employs in work. Her intrigue with the "beauty of imperfection" has led her to work on behalf of at-risk populations locally and nationally, fostering the belief that integrating failures, accepting imperfections, and embracing differences is the path to living in harmony with the imperfections surrounding us and to living in sync with the real world and the one we can create.

**Materials fees are not refundable; information on page 78.*

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.

Harmonica For Beginners

Study Leader: Caroline Mitchell

Materials Fee: \$24*

- 6 Classes: Mar. 4 – Apr. 8 *Class ID:* 3067
- Wednesday, 9:30 AM - 11:00 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

This course will teach the motivated student to play simple tunes on the "ten note" or diatonic harmonica. No prior knowledge of music or music theory is necessary. We'll start with a little basic music theory and progress to playing some easy-to-learn traditional tunes. You'll need to purchase your own good-quality diatonic harmonica, in the key of C, for the class. A Hohner Marine Band or Lee Oskar key of C is highly recommended. The harmonica is a wonderful little instrument that can provide you with years of enjoyment.

Please note: *Each student needs to own a diatonic harmonica in the key of C and a blank notebook.*

Caroline Mitchell is a retired engineer/lawyer who has been playing music since she was a child. She learned many old American tunes from her harmonica-playing father, a WWII veteran who claimed that playing the harmonica got him through the wait on the beach for the Normandy invasion. She studied classical piano for 20 years, classical guitar for 5 years, and mandolin for 3 years. She's taught bluegrass harmony singing at the Armstrong League of Arts Summer Music Camps. She now plays mandolin in a bluegrass band, tenor banjo with Pittsburgh Banjo Club, and harmonicas wherever she can.

**Materials fees are not refundable; information on page 78.*

CULINARY

Classic Sauces

Study Leader: David Green

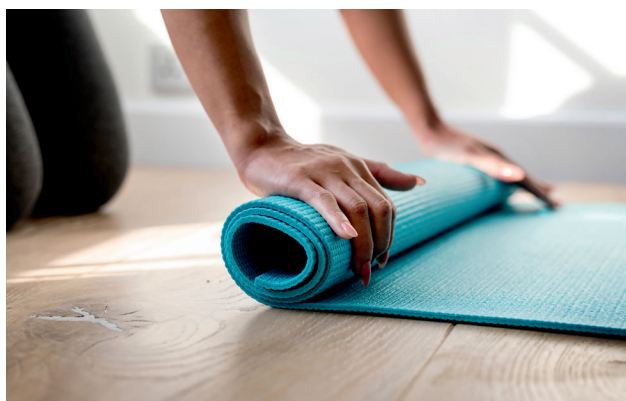
Materials Fee: \$35*

- 5 Classes: Jan. 7 – Feb. 4 *Class ID:* 3152
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Kitchen,
7604 Charleston Ave., Swissvale

The right sauce can transform even the most-common dish into an elegant meal. In this class we will explore the classic "Five Mother Sauces," some of their derivatives, and ways in which you can use them to transform everyday meals into something special.

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

**Materials fees are not refundable; information on page 78.*



DANCE/EXERCISE

Hatha Yoga

Study Leader: Loretta Barone *Materials Fee:* \$10*

- 11 Classes: Jan. 9 – Mar. 19 *Class ID:* 3123
- 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 Must attend the yoga orientation, 30 minutes before the first class. For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premises during any courses with physical activity.*

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

**Materials fees are not refundable; information on page 78.*

Get Fit — A Fun Latin Cardio Workout

Study Leader: Connie Pollack *Materials Fee:* \$10*

- 8 Classes: Jan. 8 – Feb. 26 *Class ID:* 3216
 - Wednesday, 1:15 PM - 2:30 PM
 - Beth Shalom,
5915 Beacon St., Squirrel Hill
-
- 5 Classes: Mar. 4 – Apr. 1 *Class ID:* 3217
 - Wednesday, 1:15 PM - 2:30 PM
 - Beth Shalom,
5915 Beacon St., Squirrel Hill

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

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

Connie Pollack has been teaching aerobic dance to adults for the past 15 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 fees are not refundable; information on page 78.*

Tai Chi Ch'uan — Long Form, First Half Of Section 2

Study Leader: Judith Crow Materials Fee: \$10*

- 7 Classes: Jan. 6 – Feb. 24* Class ID: 3211
- Monday, 10:00 AM - 11:30 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

*Note: Class will not meet on Jan. 20

Tai Chi Ch'uan is an ancient Chinese martial art, an exercise to raise and balance the energies in the body, and a moving meditation. Tai Chi is usually first approached as a gentle exercise to increase flexibility, promote better balance, and generally enhance physical, mental, and spiritual well-being. While there are many forms and styles of Tai Chi, the Yang style is one of the most popular. The “long” forms of Tai Chi generally consist of 50 or more postures divided into three sections. This seven-week session, while reviewing Section One, will focus on the first half of Section Two. These are the postures and movements that are being repeated, often frequently, in the form. Many first appear in Section One, and this entire set is repeated, in sequence, in Section Three.

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

Judith Crow is a graduate of Mt. Holyoke College with a degree in philosophy. She began her studies of Tai Chi Ch'uan under Yung Ko Chou in Pittsburgh in 1974. In 1980 she was chosen as one of five to receive training as a teacher in both the exercise and the martial arts aspects of Tai Chi. For over 30 years she has taught courses through the Community College of Allegheny County evening noncredit program, conducted classes and workshops throughout the eastern United States, and taught in a variety of senior centers and lifelong learning programs.

*Materials fees are not refundable; information on page 78.

COMING SOON

Osher Travel Group



Day trips this year will
include a trip to
**The Flight 93
National Memorial**



Watch your Weekly Essentials for details!

Move It Or Lose It At Dance Alloy

Study Leader: Elsa Limbach Materials Fee: \$10*

- 6 Classes: Jan. 14 – Feb. 18 Class ID: 3075
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,
5530 Penn Ave., East Liberty

- 6 Classes: Mar. 10 – Apr. 14 Class ID: 3077
- Tuesday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,
5530 Penn Ave., East Liberty

Enhance your own gift of movement with this class designed for the inner dancer hiding inside your mature body. Discover how attention to the way you move can increase your energy and make daily activities more comfortable. As we age, our movement repertoire narrows. By increasing the variety and range of our movements, we can better maintain and even enhance our physical capabilities. Accompanied by an eclectic array of recorded music, each class begins with gentle standing and seated floor exercises, and culminates in movement combinations to excite that inner dancer. The focus is on breath, flexibility, coordination, and balance. No prior experience is necessary — only a willingness to expand your movement horizons. Please bring a yoga mat or thick towel for the floor exercises.

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

Elsa Limbach was a founding member of Dance Alloy and artistic director of the company from 1984-1991. She continued her dance career as a freelance artist in Europe, teaching, choreographing, and performing. During this time, Elsa was awarded a Fulbright lectureship to teach at the National Academy of Theater and Film Arts in Sofia, Bulgaria. In addition to extensive training in contemporary dance and classical ballet, Elsa is fond of Bulgarian folk dance.

**Materials fees are not refundable; information on page 78.*

Move It Or Lose It At Friends

Study Leader: Elsa Limbach Materials Fee: \$10*

- 6 Classes: Jan. 16 – Feb. 20 Class ID: 3117
- Thursday, 10:00 AM - 11:30 AM
- Friends Meeting House,
4836 Ellsworth Ave., Oakland

- 6 Classes: Mar. 12 – Apr. 16 Class ID: 3118
- Thursday, 10:00 AM - 11:30 AM
- Dance Alloy Studio,
5530 Penn Ave., East Liberty

Enhance your own gift of movement with this class designed for the inner dancer hiding inside your mature body. Discover how attention to the way you move can increase your energy and make daily activities more comfortable. As we age, our movement repertoire narrows. By increasing the variety and range of our movements, we can better maintain and even enhance our physical capabilities. Accompanied by an eclectic array of recorded music, each class begins with gentle standing and seated floor exercises, and culminates in movement combinations to excite that inner dancer. The focus is on breath, flexibility, coordination, and balance. No prior experience is necessary — only a willingness to expand your movement horizons. Please bring a yoga mat or thick towel for the floor exercises.

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

See **Elsa Limbach**, previous listing

**Materials fees are not refundable; information on page 78.*

Feeling Better—Therapeutic Exercise And Stretching Class

Study Leader: Mark Spanos Materials Fee: \$10*

- 6 Classes: Jan. 7 – Feb. 11 Class ID: 3155
- Tuesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

- 6 Classes: Mar. 3 – Apr. 7 Class ID: 3156
- Tuesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

This course includes therapeutic stretching exercises to decrease or eliminate pain, improve stamina, and increase range of motion. The class will also contain 100+ stretches for myofascial pain and dysfunction. Individual problems will be discussed, and gentle stretches for the whole body will be demonstrated. The stretches will be in four parts: first, seated on a chair; second, standing (chair can be used for support); third, floor exercises. In the fourth part the class will conclude with a wonderful relaxation and breathing session. There will be additional information on exercises that will help with specific issues, such as dealing with muscle problems while flying, and while traveling in a car. Exercises are all performed at the individual's own pace, and students do not have to be ambulatory. Thus, those in wheelchairs, who use walkers, and other special needs are all welcome!

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

Mark G. Spanos is a Pittsburgh native and has been a certified and practicing Myofascial Trigger Point Therapist and teacher of stretching exercise classes for over 30 Years. He is the co-founder of the Center for Pain Treatment (Pittsburgh, PA) which he solely operated from 2013 until it was closed in February 2015. After closing that corporation, he opened a new practice/corporation: Center for Myofascial Therapy, which is located in Pittsburgh, on the beautiful and historical South Side. Mark has taught this therapeutic stretching exercise class around the country including Pittsburgh, PA; Chautauqua, NY; and Las Vegas, NV as well as at various conferences such as the American Academy for Pain Management, and to a wide and diverse group of people and professions.

**Materials fees are not refundable; information on page 78.*

Tamburitzan Kolo Dancing

Study Leader: George Schexnayder

Materials Fee: \$10*

- 6 Classes: Jan. 8 – Feb. 12 Class ID: 3181
- Wednesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

- 6 Classes: Mar. 4 – Apr. 8 Class ID: 3182
- Wednesday, 10:00 AM - 11:30 AM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

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.

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

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 fees are not refundable; information on page 78.*

FINANCE/INSURANCE

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

Study Leader: Roselyn Wilkinson

- 5 Classes: Jan. 7 – Feb. 4 Class ID: 3111
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

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

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

IRA Distribution Strategies

Study Leader: Bud Kahn

- 5 Classes: Jan. 10 – Feb. 7 Class ID: 3147
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

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

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



GAMES

Bridge: Play Of The Hand

Study Leader: John Olmsted

- 6 Classes: Jan. 9 – Feb. 13 *Class ID:* 3139
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

There is a near-infinite variety of bridge hands, and playing your hand so as to maximize your team's tricks is as much art as science. Play of the Hand provides instruction and practice in both declarer and defender play. We will cover declarer techniques including planning the sequence of play, managing entries, establishing long suits, when and how to finesse, managing the trump suit, end plays, and squeezes. We will also look at defensive strategies including opening leads, signalling partner, and deceiving the declarer. The level of coverage will depend in part on the needs of the students, but a basic knowledge of bidding and play will be assumed.

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

Improve Your Party Bridge Skills

Study Leader: John Olmsted

- 6 Classes: Mar. 3 – Apr. 7 *Class ID:* 3140
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707

This course is for contract bridge players who enjoy a good quality social game but do not necessarily wish to pursue the competitiveness of duplicate bridge. It assumes a basic knowledge of the game and will build on that. We will cover modern bidding conventions, competitive bidding, planning play of the hand, and defenders' play. The course content will be partly determined by the desires of the students. The format will be highly interactive, including challenge deals to study prior to each class, in-class example deals, and play and analysis of two deals each week. Repeating students are welcome.

See **John Olmsted**, *previous listing*

Intro To Cryptic (British) Crossword Puzzles

Study Leader: Cherie Maharam

- 3 Classes: Mar. 6 – Mar. 20 *Class ID:* 3204
- Friday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Cryptic crossword puzzles, also called British crosswords, aren't your grandma's crossword puzzles. And they're not your crossword puzzles either! Cryptic crossword clues are initially baffling, and don't make sense when you first look at them. For example, the clue "Aunt Dolly's awful children not welcome" is not about screaming brats. And the solution to the clue "Great Gatsby: one of drama's primary characters" has nothing to do with literature. In fact, the instructions for solving are hiding in the clue. The solution might be an anagram, a hidden word, a homophone, or some other word play. This class will show you how to find those instructions and reach the solutions. Spoiler alert: The answer to the first clue example is ADULTS ONLY, and the second is GOOD. Would you like to know how we got there? If so, this class is for you.

Cherie Maharam has always enjoyed word puzzles and word games. She learned to solve cryptic crosswords after wondering for years what those puzzles in the back of *New York Magazine* were all about. Over the years, she became more involved in solving the puzzles both in print and online, and in the last few years, thanks to a Facebook cryptic group, has begun learning how to construct the clues themselves. She tries to sneak in at least a bit, or more than a bit, of solving every day. She finds these puzzles to be an unending source of wit, surprise, and brain stretching.

Party Games

Study Leader: Sherri Davis, Jeanette Matthews

- 6 Classes: Jan. 9 – Feb. 13 *Class ID:* 3144
 - Thursday, 11:15 AM - 12:45 PM
 - Wean Hall, 4707
-
- 6 Classes: Mar. 5 – Apr. 9 *Class ID:* 3145
 - Thursday, 11:15 AM - 12:45 PM
 - Wean Hall, 4707

This class will teach participants how to play several games that require four or more players. The games taught will be games to play at parties and on vacation with family and friends. Each week we will learn and play 1-2 games. On the 6th week the class will determine what we play from the games they have been taught. Everyone needs to have some FUN!

Sherri L. Davis is a consultant at a wealth-management firm in Pittsburgh. Prior to this position, she practiced law in both New York and Pennsylvania. Sherri's love for mahjong began as a teenager when she was drafted to play in her mother's weekly game when a fourth person was needed. She now has her own weekly game.

Jeanette Matthews M.Ed. earned her Master's in Education, majoring in Adult Literacy Education, from Penn State University. Her work as an adult educator with people having a variety of learning difficulties allowed her to utilize her knowledge, skills, and creativity to help these learners reach their educational goals.

The Curriculum Committee is always looking for new study leaders to teach interesting courses for us. If you, or someone you know, is interested, go to the "Teach For Us" page on our website to submit a proposal.

Let's Play Duplicate Bridge!

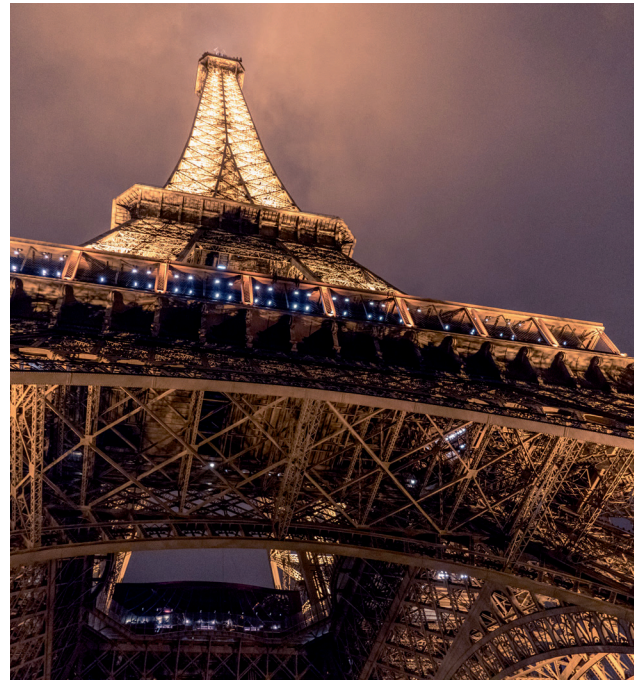
Study Leader: Marcia Taylor

- 3 Classes: Apr. 1 – Apr. 15 *Class ID:* 3210
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



Take your bridge game to the next level by learning how to play bridge competitively. Learn the ins and outs of duplicate bridge. Course coverage will include convention cards, table play, scoring, etiquette, master points, local game choices and tournaments, and resources from the American Contract Bridge League (ACBL) and others. This course will not enhance your bridge game (it won't discuss bidding or defense) but will expand your game potential beyond social ("party") bridge games. In the final week the class will play a short duplicate session. A good working knowledge of the game and a desire to play duplicate games is necessary.

Marcia Taylor is retired from the staff of Mt. Lebanon, Township where she served as Assistant Manager and Director of Finance. She also served for 10 years as a member of the Governmental Accounting Standards Board. She has a Master in Public Management degree from CMU and a Bachelor of Science degree in Accounting from Bucknell University. While working Marcia found she had to give up her passion for playing duplicate bridge; it just did not fit with her work schedule. Once retired, she decided to re-ignite that passion, and thanks to John Olmsted and Osher, was able to refresh her game and catch up on changes over the 35+ years she had not played. Now Marcia generally plays duplicate 3-4 times per week and has played in tournaments at all levels.



LANGUAGE

Intermediate French Conversation

Study Leader: Veronique Schreurs

- 5 Classes: Mar. 6 – Apr. 3 *Class ID:* 3219
- Friday, 2:45 PM - 4:45 PM
- Wean Hall, 4707

We will practice French conversation at the intermediate level. To get started, we will read a text and analyze vocabulary, idioms, and a little grammar. People will be encouraged to bring in other materials for discussion. There will be no assignments; we plan to have fun! Basic knowledge of French is required.

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

MUSIC & DRAMA

Singing In A Choral Class

Study Leader: Constance Rapp *Materials Fee:* \$15*

- 6 Classes: Mar. 5 – Apr. 9 *Class ID:* 3126
- Thursday, 1:00 PM - 2:30 PM
- Friends Meeting House, Parlor
4836 Ellsworth Ave., Oakland

Whether you have choral experience or are just finding your singing voice, experience the joy of singing. The goal is to relax, have fun, and learn while singing two-and three-part harmony. The class sings traditional choral favorites as well as arrangements of Broadway songs. Reading music is helpful but not necessary. The only requirements are enthusiasm and the desire to participate.

Please note: *Sheet music is included in the fee.*

Connie Rapp is a music graduate (piano) of the University of Michigan and the Juilliard School. In Pittsburgh, she has taught piano at the Carnegie Mellon preparatory division and at Duquesne University and was an active chamber musician. Prior to coming to Pittsburgh, she conducted junior high school choral groups. She is a member of Osher.

**Materials fees are not refundable; information on page 78.*

Have You Ever Wanted To Act On Stage?

Study Leader: C R Thomas, Nancy Santangelo

Materials Fee: \$10*

- 6 Classes: Mar. 4 – Apr. 15* *Class ID:* 3197
- Wednesday, 1:00 PM - 3:00 PM
- Friends Meeting House, Ballroom,
4836 Ellsworth Ave., Oakland

**Note: Class will not meet on Apr. 8*

Whether or not you've had previous acting experience, you are encouraged to enroll in this class. The workshop meets 6 times for rehearsals and an evening performance on the date of the last class. Each class involves practical instructions, hands-on rehearsals, and acting suggestions. Thomas's original one-act plays are written to give you a significant acting part, without having to memorize any lines. Selected plays are distributed at the first class, where each member auditions for a role. You will act in a staged-reading play performance while holding your script, following stage blocking, and wearing a full costume. Arrive 15 minutes early only for the first class for informal interaction. A PR form will be emailed to you to complete.

Please note: *Free Evening Performance on April 15, 2020 at 7:00 PM at Friends Meeting House. Family and Friends are welcome!*

Charles R. Thomas, emeritus professor of English at California University of Pennsylvania, has written over 86 original plays and has presented 80 of these plays in the Pittsburgh area. He previously taught drama, poetry, and various literature and writing courses. Midway in his career, Dr. Thomas received a Distinguished Faculty Award for Excellence in teaching from the Commonwealth of Pennsylvania. He holds a B.A. Degree in American literature, an M.A. degree in English literature, and an Ed.D. degree in higher education administration from West Virginia University, and a B.S. degree in finance and an M.Ed. in special education (social and emotional maladjustment) from California University of Pennsylvania.

Nancy Santangelo holds a B.A. degree from Chatham College in psychology and an M.S. degree in biostatistics from the University of Pittsburgh. She has spent the major portion of her long, varied career in health research and technical writing. She has produced and/or directed 42 plays in the Pittsburgh area since 2006. More recently in the Carnegie Mellon University Osher Program,—she was co-study leader in the “Revision Workshop for Writers” plus study leader in her own CMU and Pitt Osher writing program: “This I Believe.” Nancy also has written and published essays and poems.

**Materials fees are not refundable; information on page 78.*

SELF IMPROVEMENT

Doing The Same Things In An Easier Way

Study Leader: Janet Seltman Materials Fee: \$10*

- 6 Classes: Mar. 6 – Apr. 17* Class ID: 3209
- Friday, 9:30 AM - 11:00 AM
- Wilkins Community Center,
7604 Charleston Ave., Swissvale

*Note: Class will not meet on Apr. 10

As we age, we often notice that simple activities—walking, tying shoelaces, cooking—become more difficult. ‘It’s just aging’, we say. However, what if we can change that? In this class, we will use the Alexander Technique to notice what we do and make changes to habits that no longer serve us. We will explore Alexander’s process through simple movements, activities that interest class participants and hands-on direction from the teacher. Students of the Alexander Technique often report moving more easily and gracefully. This class is experiential. Please dress comfortably. No previous experience necessary.

Janet Seltman is a Registered Somatic Movement Therapist. She is trained as an Alexander Technique teacher, a Unity in Motion teacher, and a flower essence practitioner. She has been in private practice in Pittsburgh for over 30 years.

*Materials fees are not refundable; information on page 78.

Closure: Discussing The Last Chapter

Study Leader: Judith Black, Nicole Greer

- 5 Classes: Mar. 17 – Apr. 14 Class ID: 3184
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

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 physician who continues to practice as a 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 presently serves as a medical advisor for the Jewish Healthcare Foundation and a practicing geriatrician for the Allegheny Health Network. Dr. Black brings 40 years of medical experience to her position and also 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.

Nicole Greer is a nurse quality improvement specialist for the Jewish Healthcare Foundation (JHF), working on several initiatives to improve the quality of care provided to older adults, including the RAVEN initiative, Senior Connections, and the Death and Dying Fellowship at JHF.

Declutter

Study Leader: Rosa Barnett Averbach

- 6 Classes: Jan. 7 – Feb. 11 *Class ID:* 3112
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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.

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: Apr. 7 – Apr. 21 *Class ID:* 3173
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



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.

See **Rosa Barnett Averbach**, *previous listing*

To Participate in Class . . .

- Raise Your Hand
- Be Recognized
- State Your Name
- Ask Your Question

AARP Smart Driver 8-Hour Initial Course

Study Leader: David Zimmer Materials Fee: \$20*

- 2 Classes: Feb. 18 and Feb. 25 Class ID: 3220
- Tuesday, 1:00 PM - 3:00 PM
- Wean Hall, 4707

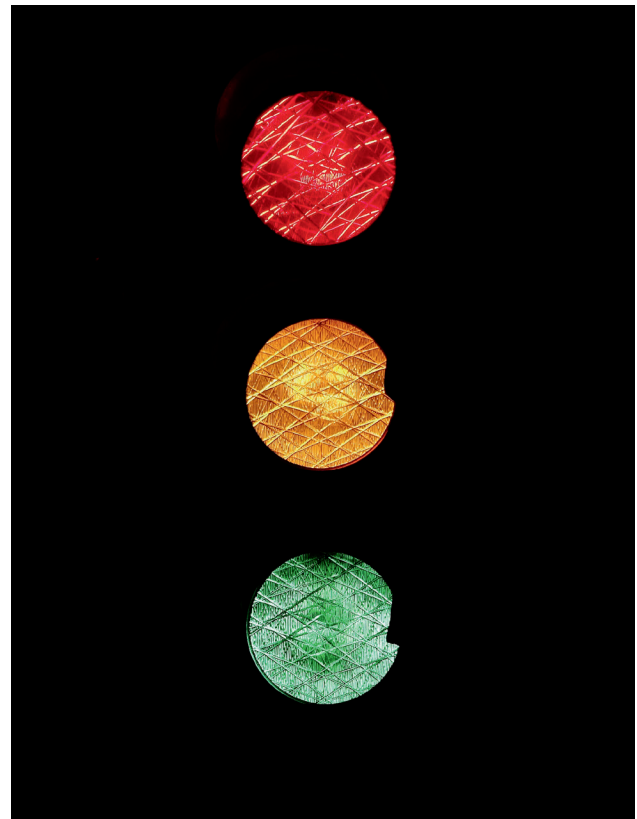
**TWO
DAY**

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course (attendance at both 4-hour sessions is required). You will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Additionally, some things you will learn include the effects of medication on driving; how to reduce driver distractions; how to maintain the proper following distance behind another car; proper use of safety belts, air bags, anti-lock brakes; and new technology found in cars today; age-related physical changes, and how to adjust your driving to compensate. Current Pennsylvania Driver's License is required as well as attendance at both 4-hour sessions.

Please note: Pay instructor at 1st class \$20 or \$15 with proof of AARP membership.

David Zimmer is a retired Trauma and Emergency Response Nurse. He was an American Heart Association Instructor for CPR for over 20 years. David is an AARP Smart Driver Instructor.

*Materials fees are not refundable; information on page 78.



AARP Smart Driver 4-Hour Renewal Course

Study Leader: David Zimmer Materials Fee: \$20*

- 1 Class: Feb. 19 Class ID: 3221
- Wednesday, 1:00 PM - 5:00 PM
- Wean Hall, 4707

**ONE
DAY**

This course is intended for those who have already completed an AARP Smart Driver course within the past three years. You will need the CTE form used for your insurance discount which you received at the end of the last course, your driver's license, and payment. Current Pennsylvania Driver's License is required as well as attendance for the whole 4-hour session.

Please note: Pay instructor at 1st class \$20 or \$15 with proof of AARP membership.

See **David Zimmer**, previous listing

*Materials fees are not refundable; information on page 78.

Writing Your Own Obituary

Study Leader: Susan Morris

- 4 Classes: Mar. 3 – Mar. 24 Class ID: 3062
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

How do you want to be remembered by your friends and family? Rather than leave it up to others to decide, why not use your own words to reflect your personality and life? You get to choose the story (and the adjectives)! You can make it as serious or as entertaining as you'd like. It's up to you! We will look at examples of obituaries and then practice/draft our own. Access to a computer is strongly encouraged.

Susan Morris talked to everyone from U.S. Senators to sex addicts to convicted murderers as a news reporter/producer for NPR and other news outlets. She also got practice asking questions when hosting talk shows with students at Stanford University and Carnegie Mellon. Susan is a graduate of Mills College in Oakland, CA, majoring in political science. She worked as a reporter for the *Berkeley Gazette* and the San Francisco Bay Area before going into broadcasting. Susan worked at several public radio stations, hosted the TV show *WomanCare* for Magee Women's Hospital, and produced a radio series on financial tips called *Stock Talk*. Susan is the recipient of numerous awards for her news stories and documentaries including three Golden Quills, a Matrix Award for Women in Communications, and a Fellowship from the Pennsylvania Council on the Arts.

Verbal Self Defense For Women

Study Leader: Jackie Umans Materials Fee: \$10*

- 1 Class: Feb. 26 Class ID: 3127
- Wednesday, 11:15 AM - 12:45 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

ONE DAY

- 1 Class: Apr. 15 Class ID: 3128
- Wednesday, 11:15 AM - 12:45 PM
- Friends Meeting House, Ballroom, 4836 Ellsworth Ave., Oakland

ONE DAY

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

Jackie Umans has attended multiple self-defense classes from the internationally renowned Model Mugging school of self-defense. In 1991 Jackie graduated from the Basics class, then took advanced classes where the mugger has a weapon. Over the past 25 years Jackie has repelled potential muggers on two separate occasions solely by using vocal techniques.

**Materials fees are not refundable; information on page 78.*

WELLNESS

The Power Of Exercise For Older Adults

Study Leader: Bill Presutti, Jr.

- 3 Classes: Jan. 27 – Feb. 10 *Class ID:* 3227
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Considerable evidence shows the benefits of various modes or combinations of physical activity in the older population. So says the American Council on Exercise (ACE). This course will explain the underlying benefits of exercise as well as the risks of living a sedentary lifestyle. It will break down the physical and psychological benefits of exercise, the barriers to making exercise an integral part of a healthy lifestyle, and advise how to adhere to an exercise regimen as part of healthy living. Specific attention will be paid to a multi-component exercise regimen that promotes aerobic fitness, strength, and balance.

Bill Presutti, Jr., retired from the faculty of Duquesne University after serving almost 30 years in the School of Business including 14 years as Associate Dean of the graduate business program. He earned his B. S. degree from Duquesne, an M.A. in Economics from Northeastern University and a Ph.D. in Applied History from Carnegie-Mellon. After a tour of duty as a Logistics Officer in the U.S. Air Force, he worked as a business professional in industry for a number of years before joining the Duquesne faculty. He was awarded the Certified Personal Trainer designation from the American Council on Exercise (ACE) at age 67. He has also earned a certificate in “Exercise for Older Adults” from ACE and a specialty certificate as a “Senior Strength and Conditioning Specialist” from Exercise ETC. Inc.

WRITING

Writing For Fun And Exercising Your Imagination

Study Leader: Ruth Drescher

- 6 Classes: Mar. 4 – Apr. 8 *Class ID:* 3129
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

We write in class in response to a prompt offered by the instructor. We read our work and the class has an opportunity to comment. There is no homework.

Ruth Drescher has a bachelor’s degree in English and a master’s degree in social work. Writing has been part of her life in all aspects, and she has been published in newspapers, journals, and books. The concept of spontaneous writing started with a group of women gathering for companionship that became a writing group, now in existence for over 20 years. She used this model on Semester at Sea in 1998 and 2002.

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 and as Osher Ambassadors. Please email the office at osher@cmu.edu to volunteer!

Writers' Workshop

Study Leader: Thalia Snyder, Helen Wilson

- 6 Classes: Mar. 4 – Apr. 8 *Class ID:* 3116
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall, 4707

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

Thalia Snyder is a writer, actor, retired dentist, and language enthusiast. She studied theater at Northwestern University where she graduated with a BA 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 currently narrates books as a voiceover artist at Carnegie Library for the Blind and Physically Handicapped. She enjoys writing poetry and memoir. Her work was published in *Signatures* (Osher Lifelong Learning Institute at Carnegie Mellon University, 2016). Thalia has been a member of Writer's Workshop for many years, where the experience has been as joyful as enlightening.

Helen Wilson, during her career as an art teacher for the Pittsburgh Public Schools, worked in the Division of Curriculum Development as a writer, editor, illustrator, and graphic designer. Since retiring in 2006, she has pursued her interest in writing and historical research. Her articles have been published in local magazines and newspapers, and she is co-author of two books, *Pittsburgh's Bridges* (Arcadia Publishing, 2015) and *Squirrel Hill: A Neighborhood History* (The History Press, 2017), for which she also served as editor.

The Mystery Novel: You Can Write One

Study Leader: James Tucker

- 5 Classes: Jan. 8 – Feb. 5 *Class ID:* 3159
- Wednesday, 2:45 PM - 4:15 PM
- Wean Hall, 4707

At first, it seems a daunting task to finish a 400-page story. That's why so few start one. However, if each chapter is approached as a short story of its own with nothing else to think about anyone can do it. This will be a small class, hands-on workshop. We will begin our time together discussing how I went through the steps of outlining, writing and getting my story published. Then we'll discuss ideas for a mystery novel we each will begin. What elements are important? How do we draw the reader into our story? After that, we put pen to paper. Each week there will be a 2-page writing assignment. I want to motivate you to love the process. We will each write an outline for our story. Then an opening paragraph. And finally, we'll tackle the first chapter. Maybe two. After that, the rest will be easy.

Jim Tucker grew up in Philadelphia, then studied engineering at Tufts University. He attended medical school at Columbia University and came to Children's Hospital of Pittsburgh for his residency. He has been practicing pediatrics in Pittsburgh since 1981. Ever since medical school Jim had a story rattling around in his head: What if, on the first day of gross anatomy, one of the cadavers was someone who had been murdered and stashed away in the lab? He wrote it as a screenplay. He even had his friend George Romero read it and give suggestions. But it went nowhere. Months later a friend saw the screenplay at George's house, read it, and convinced Jim to turn it into a novel. And so, the journey began. Jim wrote and re-wrote for a year. *Abra Cadaver* was published by Penguin-Putnam in 1999. Three more books followed: *Hocus Corpus*, *Tragic Wand*, and *Silent Samaritan*. He and his wife, Kim, raised three sons in Fox Chapel and now have seven grandsons. Jim plays golf, blows glass, is an amateur magician, and is still chasing the ghost orchid of his life: an optioned screenplay.

SCIENCE

Architecture | Astronomy | Environment | Life Science | Medical | Technology

ARCHITECTURE

Masters Of Modern Architecture

Study Leader: Jeffrey Swoger

- 6 Classes: Jan. 10 – Feb. 14 *Class ID:* 3185
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Many historians believe the era of modern architecture began in Chicago with the first "skyscraper." It progressed through a myriad of styles and philosophies until the present. Throughout this evolution, many architects have made major contributions to the art form, breaking existing orthodoxy and challenging the eye, the mind, and even the way we live. Others have built on the work of their predecessors, adding their own touches. But all have had profound influence on our cities and our civilization. The course will examine a number of architects from around the world, (some familiar and a few not so well-known), and their art. We will trace important trends in architecture and celebrate the achievements and legacy of these master architects. Lively discussions will inevitably ensue.

Jeffrey Swoger began his college years studying architecture at Washington University in St. Louis, before transferring to the Institute of Design at Illinois Institute Technology 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.

Survey Of Sustainable Architecture

Study Leader: Jenna Kappelt

- 1 Class: Feb. 18 *Class ID:* 3093
- Tuesday, 9:00 AM - 11:00 AM
- Wean Hall, 4707



ONE DAY

In this course we will introduce students to concepts of sustainable design. The first half of the class will be lecture style, showcasing historical and recent examples of sustainable design concepts. The second half of the class time will be a tour of the Intelligent Workplace at CMU, on the top floor of Margaret Morrison Carnegie Hall.

Jenna Wizzard Kappelt has managed the outreach programs for the School of Architecture through the Center for Architecture Explorations since January 2019. She also oversees the Architecture Learning Network. Jenna works to create a cohesive experience of lifelong learning for people of all ages interested in the diverse practice and pursuit of architecture. After graduating from Carnegie Mellon, Jenna spent over eight years in the solar energy industry. She managed the engineering and design of photovoltaic systems at SolarCity (now Tesla), exploring new means of efficiency and sustainability in mechanical and structural systems as well as software solutions for advanced system design. Her studies in the intersection of solar and water systems drive her to prioritize concepts of sustainability and social equity within all levels of architecture education. She is devoted to the pursuit of architecture as a means of creating joy and excitement in our built environment, thereby building personal investment in an equitable and ecologically responsible building industry. Jenna holds both a Bachelor of Architecture and a Master of Science in Sustainable Design degrees from the Carnegie Mellon University School of Architecture.

Professional Ethics And Architecture With Case Studies

Study Leader: Omer Akin

- 5 Classes: Mar. 4 – Apr. 1
- Wednesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Class ID: 3130



Professional Ethics and Architecture with Case Studies is a course that is identified with the professional aspects of the student's past experiences. The intent of the course is to educate students about ethics. This will sound at once truthful to the erudite reader and egregious to the reader who feels entitled. So, without any apologies for the course intent let us embark upon a journey together and assess where we end up. If anyone so much as implies that they bottled up ethics as an elixir that they can administer to you so many times a week and at the end you will be this ethical person, don't buy it! First of all, you have all the ethics tools and knowledge in place. Second, what you need is to become knowledgeable about how humans judge ethical circumstances.

Omer Akin a Professor at the School of Architecture, Carnegie Mellon University, is a frequently published researcher in the areas of design, cognition, and computation. His books include *Representation and Architecture* (1982), and *Psychology of Architectural Design* (1986, 1989). He has been teaching as tenure track and tenured faculty at CMU since 1978. He has served as the Head of the Department of Architecture at CMU during 1981-1988 and the director of the graduate programs during 1989-2000.

Thinking Outside Of The Zoning Box

Study Leader: Beatrice Spolidoro

- 1 Class: Feb. 18
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Class ID: 3192



Attendees will learn to reinterpret zoning requirements by rethinking the "highest and best use" of the land available for construction. Successful US and European case studies will demonstrate how simple massing strategies can make buildings seemingly break free of property boundaries. Participants will explore the psychological impact of different designs, and the instinctive reactions architecture can trigger. Attendees will be able to "think out of the box", without going over-budget.

Bea Spolidoro (AIA, LEED Green Associate, WELL AP) is an Italian Architect registered in Pennsylvania. Since 2012, she has been working with the Pittsburgh-based firm Rothschild Doyno Collaborative. She is an active member of the American Institute of Architects (AIA) at a local level, and she has served as a judge for the Institute Honor Awards of AIA National in 2016. Bea is passionate about building sustainable, healthy environments. Her Italian background motivates her to be a steward of good design and of preservation. As a result, her projects aim to improve both the built world and society.

Drop a Course

Did you know you can drop a course by visiting the "quick links" section of our website, cmu.edu/osher? It is available 24/7. You don't have to sign in!

ASTRONOMY

The Quark Gluon Plasma

Study Leader: Leonard Kisslinger

- 1 Class: Feb. 18 *Class ID:* 3132
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**ONE
DAY**

In one hour we shall discuss the Quark Gluon Plasma. At early times, the Universe was too hot for atoms, atomic nuclei, and protons to exist. Protons are not elementary particles. They consist of elementary particles called quarks, which are bound to form protons by gluons, the quanta of the strong interaction. Quarks and gluons are elementary particles. Before about a millionth of a second after the time our Universe was formed, often called the Big Bang, the matter in the universe consisted of very dense matter called the Quark Gluon Plasma. In our one-hour session I will describe the Quark Gluon Plasma (QGP), how high energy particle experimentalists are trying to produce QGP by colliding heavy atomic nuclei together, and how particle experimentalists with the help of particle theory can determine if the QGP has been produced. No mathematical equations are used.

Leonard Kisslinger joined the faculty of Carnegie Mellon's Department of Physics in 1969, coming from Case Western Reserve University, where he attained the rank of full professor. The program of research in Dr. Kisslinger's laboratory was the study of the quark/gluon structure of hadrons and nuclei, but now is mainly engaged in particle astrophysics. Since 2000, he has directed the Carnegie Mellon/Colfax/Helen Faison Physics Concepts Program, which pairs undergraduates with inner-city middle-school students to learn science by hands-on experience. He is a fellow of the American Physical Society and served as associate editor of committees of the Space Radiation Effects Laboratory and the Los Alamos Meson Physics Facility. He was also a member of the Executive Committee, Division of Nuclear Physics, of the American Physical Society. He received his Ph.D. degree from Indiana University.

ENVIRONMENT

Wellness In An Energetic And Electromagnetic World

Study Leader: Robert Brown

- 5 Classes: Mar. 4 – Apr. 1 *Class ID:* 3194
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

As our world becomes increasingly reliant on the production of energetic and electromagnetic frequency, unintended health consequences are being thrust upon many of us from these technological advancements. Participants in this class will become proficient at understanding how various forms of energy affect our physical well-being and thought processes daily. Each class will include a discussion on the health benefits and potentially harmful effects associated with exposure to sources of sound, light, and electromagnetic frequency (EMF), as well as non-measurable energy currents. In addition, we will discuss the use of correlative forms of energy for the diagnosis and/or treatment of disease in traditional and alternative forms of healthcare. By the end of this course, each participant will become empowered by gaining a comprehensive understanding of how we physiologically interact with our energetic world and by learning how to augment or mitigate environmental sources of energetic frequency.

Robert Brown has studied the health of more than 400,000 patients for 30 years. X-rays, CT scans, ultrasound studies, and MRI scans have shown him the assorted effects that disease and injury can have on human health. During this time, he has accumulated vast experience with how toxins effect our lives: from the initial presentation of disease through recovery, or in those much less fortunate, disability or death. The broad-minded perspective of Rob Brown, MD, comes not only from his experience as a physician, but also from his experiences as a passionate world traveler. From teaching medical imaging to doctors in Tanzania, observing first-hand traditional healings of an Iban medicine man in Malaysia, to discussing traditional medical treatments with Tibetan physicians, Dr. Brown has gained a global perspective of healthcare. Dr. Brown has worked as a radiologist in both private practice and at academic centers, including NYU Medical Center and the Cleveland Clinic Foundation. Dr. Brown has written several book chapters, many journal articles in peer-reviewed radiology publications, and participated in the training of radiology residents and medical students. Introducing people to their potential, ideal state of wellness is an important contribution Dr. Brown enjoys making.

Embracing A Green Lifestyle

Study Leader: Nancy Martin, Sarah Shea

- 5 Classes: Mar. 3 – Mar. 31 Class ID: 3143
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



Going “green” may be easier than you think. Understand the what, why, when, where, and how of behaviors that define an environmentally friendly lifestyle. Every activity that we engage in from our purchases and their disposal, to pet care, lawn and garden care, diet, transportation, clothing, cleaning practices, etc., impacts the planet. We’ll examine rainwater harvesting/on-site absorption, green cleaning, solid waste reduction (composting, recycling, consumerism), watershed and water quality awareness, air quality, avoidance of environmental toxins, organic lawn and garden care, and more. Learn how the way that we live on the land affects the quality of our water, land, soil, air, and climate and how these in turn affect the quality of life on Earth. Become empowered. Become part of the solution!

Nancy Martin, Pennsylvania Resources Council Environmental Educator, is the coordinator of PRC West’s Watershed Education Program. Nancy designed and facilitates the in-school Watershed Awareness Program, community Watershed Awareness/Rain Barrel Workshops, and teacher workshops addressing environmental issues. She teaches PRC’s Recycling Awareness, Watershed, Litter Prevention, and Composting Programs in SW PA schools. Nancy facilitates PRC’s adult community workshops addressing watershed/rainwater harvesting, backyard and vermicomposting, and recycling. Prior to PRC she was W. PA Regional Coordinator for the National Council of Churches’ Interfaith Global Climate Change Campaign, where she coordinated an effort to raise awareness and advocate for climate legislation. She attended Clarion University and the University of Pittsburgh.

Sarah Shea, Environmental Education Coordinator, is program coordinator and facilitator of Hard to Recycle Events, ReuseFest, and Health and the Environment in-school and adult education programs. She presents Recycling Awareness, Composting, and Litter Prevention programming to youth and adults throughout SW PA. Sarah is the Chair of the Clean Pittsburgh Commission, a City commission focused on improving quality of life issues. Sarah worked for Healthy Home Resources, focusing on health hazards such as lead and asthma. Sarah holds a BA in Environmental Studies and a Secondary Education Certification from the University of Pittsburgh.

LIFE SCIENCE

National Aviary Veterinary Hospital Lecture And Tour

Study Leader: Pilar Fish Materials Fee: \$30*

- 1 Class: Feb. 26 Class ID: 2881
- Wednesday, 10:00 AM - 12:00 PM
- National Aviary, Entrance, **ONE DAY**
700 Arch St., North Side

The National Aviary offers a unique lecture and behind-the-scenes tour of the Avian Hospital. The lecture introduces you to the varied health care programs for rare and endangered birds. Dr. Fish will describe the custom-made care for birds from a tiny finch to a giant condor. Learn about the new advancements made at the aviary in neonatal care, geriatric care, surgery, and preventative medicine. A private tour of the Teaching Hospital comes next, with close-up introductions to the birds. Meet many special patients and hear about how they are recovering. A surprise treat is last: meet the amazing birds that live in the geriatric care program. They are variety of sweet older birds with common age-related conditions such as cataract & arthritis. These birds are given special homes in the hospital and thrive with nursing care. See how the medical innovations in Pittsburgh are helping birds around the world.

Pilar Fish graduated from the University of Florida’s College of Veterinary Medicine in 1994. After graduation, Dr. Fish completed five years of advanced training to specialize in zoo medicine with internship and residency programs at the University of Prince Edward Island, Kansas State University, Oklahoma City Zoo, and Oklahoma State University. Dr. Fish has trained and worked in 20 zoos, 4 wildlife centers, and in Zimbabwe, Kenya, Mexico, Costa Rica, and Ecuador. In 1999, she opened an exotic pet referral hospital in Oklahoma with a focus on preventative medicine. In 2003, she joined the National Aviary as director of veterinary medicine responsible for the healthcare of over 500 birds, including 150 different species. Dr. Fish established a teaching hospital at the National Aviary to train pre-veterinary and veterinary students and develop new treatments to help advance avian medicine.

**Materials fees are not refundable; information on page 78.*



Training Tricks For Birds And Your Pet

Study Leader: Cathy Schlott Materials Fee: \$30*

- 1 Class: Feb. 18 Class ID: 3203
- Tuesday, 9:30 AM - 11:30 AM
- National Aviary, Entrance,
700 Arch St., North Side

ONE
DAY

Can you imagine an injured Bald Eagle voluntarily agreeing to a bandage change? Is that even possible? Absolutely, it is! Training is not just for education programs—it can be used to facilitate an animal's helpful participation in medical treatments, cleaning, and other important parts of daily life. Participants in this class will learn about "operant conditioning," what it is and how it works. They will get to see training demonstrations with birds in our free flight habitats, and they will enjoy guest appearances by some of our ambassador animals. After taking this class, you will know ways to train your own pet to be much better behaved at the veterinarian's office and in many other formerly stressful situations!

Cathy Schlott is the Curator of Behavioral Management and Education at the National Aviary. Prior to working at the National Aviary, she studied Biology at the University of Pittsburgh and worked with injured and orphaned native wildlife at a wildlife rehabilitation center. Cathy trains a variety of birds and mammals at the National Aviary, but particularly enjoys working with hawks, falcons, owls, eagles, and crows. She is a member of the Association of Zoos and Aquariums, Pennsylvania Falconry and Hawk Trust, North American Falconry Association, and the Animal Behavior Management Alliance, where she served on the board of directors for several years including in the role of president. Cathy has done a variety of presentations for animal care professionals at different conferences around the world. At the National Aviary, she teaches workshops on animal training, falconry, and pet parrot ownership and is a licensed falconer.

*Materials fees are not refundable; information on page 78.

Neanderthals: Fact, Fiction, And Fate

Study Leader: Adam Davis

- 2 Classes: Feb. 17 and Feb. 24 Class ID: 3224
- Monday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

NEW

TWO
DAY

Who were the Neanderthals, and what happened to them? This course will examine the biology, history, and ultimate fate of the Neanderthals, the closest cousins of modern humans. We will discuss the evolutionary origins of Neanderthals, their classification and relationships to *Homo sapiens*, how they differed from us biologically (and how they didn't!), famous Neanderthal fossils and discoveries, and what we know about the culture, life-ways, and ultimately what became of these mysterious people who vanished from the earth some 30,000 years ago. It is my hope that studying Neanderthals, possibly the last other humans to occupy the earth alongside *Homo sapiens*, can teach us important lessons about the origins and destiny of our own kind.

Adam Davis is a paleoanthropologist, evolutionary biologist, and science historian, and is a former president of the Southern Association for the History of Medicine and Science (SAHMS). He is an associate professor of biology at Community College of Allegheny County, and teaches adjunct and noncredit courses on the history of science at Duquesne University and the University of Pittsburgh. Adam studied physical and forensic anthropology and archaeology at Mercyhurst University, and did his graduate work in paleoanthropology at the University of Pittsburgh. His career has included historic and prehistoric archaeology throughout Pennsylvania, paleoanthropological field research at the Sierra de Atapuerca near Burgos, Spain, consultation as a forensic anthropologist on crime and disaster scenes, and field study of giant tortoises in the Galapagos Islands. His primary research interests include human evolution in the late Pleistocene, the biology and culture of Neanderthals, issues of racism in biology and anthropology, and the history of evolutionary theory, the Newtonian revolution, ancient science, and the lives of obscure scientists whose work is often forgotten by other historians. Adam lives in Greenfield with his wife, two cats, and thousands of books, is an avid gamer, and writes fantasy, horror, and role playing games in his free time.

MEDICAL

**Naked To The Bone:
A Brief History Of Medical Imaging**

Study Leader: Richard Daffner

- 5 Classes: Mar. 5 – Apr. 2 *Class ID:* 3138
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

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, M.D.F.A.C.R. is a retired radiologist who worked at Allegheny General Hospital for 30 years as director of the Division of Musculoskeletal, Trauma, and Emergency Imaging. His academic credentials include medical school faculty appointments at the University of Louisville, Duke University, Drexel University, and Temple University, where he is Emeritus Clinical Professor of Radiology. He is the author of *Clinical Radiology: The Essentials*, a text for medical students and *Imaging of Vertebral Trauma*.

Aging Without Growing Old

Study Leader: Richard Kalla

- 1 Class: Feb. 19 *Class ID:* 3186
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

ONE
DAY

Aging is physical and psychosocial. We will explore some of each and examine ways to enhance our lives as we continue to mature. How we interact with our health care providers and our social environment will be topics of discussion.

Richard L. Kalla, MD., M.S., is board certified in nuclear medicine. He served as the director of nuclear medicine and diagnostic ultrasound at Montefiore Hospital for 17 years. He was a clinical professor of medicine and diagnostic imaging at the University of Pittsburgh School of Medicine. Dr. Kalla has served as president of the Pittsburgh Chapter of the Society of Nuclear Medicine and as the president of the medical staff at Montefiore Hospital. He currently works part time as a reviewer for the Intersocietal Accreditation Commission, evaluating the quality of nuclear medicine facilities across the country.



Regenerative Medicine

ONE DAY

Study Leader: Bryan Brown

- 1 Class: Feb. 20 Class ID: 3119
- Thursday, 1:00 PM - 3:00 PM
- McGowan Institute for Regenerative Medicine, 450 Technology Dr., Room 503 15219

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

Please note: *Room 503, Bridgside Point 2, 450 Technology Drive - off 2nd Ave at Bates*

Bryan Brown is a highly respected scientist, a committed educator, and a mentor extraordinaire. Dr. Brown currently serves as an assistant 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.

Everything You've Always Wanted To Know About Disease

Study Leader: Stephen Fisher

- 6 Classes: Jan. 6 – Feb. 17* Class ID: 3135
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

**Note: Class will not meet on Jan. 20*

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.

Staying Healthy In A Toxic World

Study Leader: Patricia Spear Lemer

- 5 Classes: Jan. 8 – Feb. 5 Class ID: 3218
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4707

With increasing frequency, seniors are looking for new ways to enhance health and increase longevity. In this five-session course, you will learn about how your lifestyle choices affect health. First, attendees complete an Everyday Epigenetic Evaluation to see what unique risk factors they have. Epigenetics is the new science of how genetics and environment interact. Classes will focus on diet, nutrition, label reading, cooking, and eating out; personal care and cleaning products; natural alternatives such as vitamins, supplements, acupuncture, homeopathy, massage, etc; invisible dangers such as electromagnetic fields and toxic relationships; and developing a personal Healthy Living Plan.

Patricia Lemer is a licensed professional counselor with over 45 years' experience in helping individuals find satisfying careers, and working with families of those with disabilities. She is particularly interested in finding possible causes for disease and disability, and lessening symptoms with lifestyle changes and natural alternatives to pharmaceuticals. She is the author of three books on managing, healing, and preventing autism. She founded and ran a non-profit organization specializing in educating parents about alternative therapies for childhood learning and behavioral problems for over 20 years. Understanding how our lifestyle choices impact our health is a lifelong passion.

Neuromodulation: A Drug-Free Approach

Study Leader: Wendy Ye

- 1 Class: Feb. 26 Class ID: 3124
- Wednesday, 9:00 AM - 11:00 AM
- Wean Hall, 4708



When people live with chronic pain, movement disorders, or urinary incontinence, their daily activities will be significantly limited and quality of life will be impacted. Neuromodulation may provide a drug-free option to help people with neurological diseases to manage their pain, control their hands enough to pour their morning coffee or avoid the embarrassment of an overactive bladder. This course will provide an introduction to Neuromodulation and current commercially available neurostimulation devices and new devices in clinical trials. The course will introduce concepts and briefly compare devices from different companies. Neuromodulation encompasses a diverse group of providers including neurosurgeons, anesthesiologists, pain specialists, and others. The course will also briefly address how to find available local doctors who have expertise in these areas of therapy.

Wendy Ye earned a B.S. degree in Biomedical Engineering and a M.S. degree in Electrical Engineering with a concentration in biomedical engineering. She previously worked 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 for 7 years, and served as the Managing Editor for *Institute of Electrical and Electronics Engineers Transactions on Biomedical Engineering* until the end of 2018. She has extensive experience in reviewing and analyzing neuromodulation devices in the therapy areas of chronic back and limb pain, migraine, cancer pain, Parkinson's disease, essential tremor, urinary incontinence and other neurological disorders.



TECHNOLOGY

Threats In Cyberspace

Study Leader: Randy Weinberg

- 5 Classes: Jan. 8 – Feb. 5 *Class ID:* 3164
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Almost every week we hear about new cyberscams, cyber-crimes, identity thefts, phishing attacks, stolen IDs and passwords, hijacked credit card numbers, fake news, foreign meddling in political processes and elections, hacking into ‘secure’ websites, and international cyber threats to important infrastructure like our electric grid, water systems, government systems, utilities, and on and on. Indeed, significant threats do exist for us as citizens, communities and nations in the globally interconnected world of cyberspace. This course covers, in broad terms, the basics of how the internet works, key challenges in cybersecurity, various cyber threats and defenses for individuals and organizations, building resilience, and the asymmetric threats of cyber attacks as means of warfare.

Randy Weinberg taught Information Systems for over 30 years and is retired from the CMU faculty. He has long been interested in the state of the environment, sustainability, and underlying principles of equity. His classes at CMU included “IT and Sustainability” and “Geographic Information Systems” in addition to involving students in projects with an environmental focus.

Computer Vs. Humanity

Study Leader: James Morris

- 5 Classes: Mar. 3 – Mar. 31 *Class ID:* 3148
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707



Computer technology in the form of the internet and artificial intelligence is disrupting humanity. Experts vary on whether or when artificial intelligence becomes a dominant force in human affairs. Assuming that it will happen, what should we do? The answer depends more on understanding humans than computers. Each student will read a book on the topic and lead a discussion about it in a class. A list of suggested books will be provided, and I can lend most via Kindle.

James H. Morris is a Professor Emeritus of Computer Science and Human-Computer Interaction at Carnegie Mellon University. He received a Bachelor’s degree from Carnegie Tech, and an MBA and Ph.D. in Computer Science from MIT. He taught at the University of California at Berkeley, where he contributed to some important underlying principles of programming languages: continuations, module invariants, and lazy evaluation. He was a co-discoverer of the Knuth-Morris-Pratt string-searching algorithm. For ten years, he worked at the Xerox Palo Alto Research Center, where he was part of the team that developed the Alto System, a precursor to today’s personal computers. From 1983 to 1988, he directed a joint Carnegie Mellon-IBM project that developed a prototype university computing system, Andrew. From 1992 to 2004, he served as department head, then dean in the School of Computer Science. He held the Herbert A. Simon Professorship of Human Computer Interaction from 1997 to 2000. He was the dean of the Silicon Valley campus from 2004 to 2009. He was a founder of MAYA Design, a consulting firm specializing in interactive product design. He also founded Carnegie Mellon’s Human Computer Interaction Institute, Robot Hall of Fame, and Silicon Valley Campus.

SOCIAL SCIENCES

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

CONTEMPORARY TOPICS/ SOCIOLOGY

Enjoying *The New Yorker*

Study Leader: John Brown, Maureen Brown

- 6 Classes: Jan. 6 – Feb. 17* *Class ID:* 3179
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

**Note: Class will not meet on Jan. 20*

- 6 Classes: Mar. 2 – Apr. 6 *Class ID:* 3180
- Monday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

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 Brown is a retired city planner and university professor. He has a Masters in City Planning Degree from Michigan State University and a Ph.D. in Public Policy from the University of Pittsburgh.

Maureen Brown is a former journalist and public relations director. She has a Bachelor degree in Political Science from Georgetown University and a Master degree in Public Policy from the University of Pittsburgh.

The Female Sleuth: Gender Norms And Mysteries

Study Leader: Phyllis Kitzerow

- 4 Classes: Jan. 9 – Feb. 6 *Class ID:* 3125
- Thursday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

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

This course will focus on the development of the female sleuth and her growing popularity. From Miss Silver and Miss Marple to the tough present day female sleuths, we will trace gender norms and their contraventions. The class will be a combination of lecture, video, and readings. Students will be expected to buy one paperback to read and discuss in class. This course is not a literature course. I will be teaching as a sociologist and will not toss around literary terms or possibly even recognize them. My interest is in the application of sociological concepts to mystery fiction. My background in reading mysteries, starting with Nancy Drew and continuing to the present, will be combined with my background in sociology and my interest in gender. I invite people interested in that combination to join me in exploring these three strands even though your favorite author may never be mentioned.

Phyllis Kitzerow has a Ph.D. in Sociology and retired from Westminster College in 2011 after 40 years of teaching. Her areas of interest are gender, deviance, and race/ethnicity. She is the recipient of a Distinguished Faculty Award from Westminster and the author of *Women Attorneys and the Changing Workplace: High Hopes, Mixed Outcomes*. Dr. Kitzerow has previously taught an Osher course entitled “Women’s Lives as Portrayed in the 1900 House.”

Surviving Cyberwar

Study Leader: Charles Glassmire

- 5 Classes: Mar. 2 – Mar. 30 Class ID: 3215
- Monday, 2:45 PM - 4:45 PM
- Wean Hall, 4708

What is Cyberwar? How does it happen? What is the past history of Cyberwar? Who are our Cyber enemies? Is the U.S. protected against it? Are citizens able to protect themselves? What is VPN? How can I be safe?

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

The History Of The Future: How To Learn From The Past

Study Leader: Nico Slate

- 2 Classes: Feb. 25 and Feb. 27 Class ID: 3131
- Tuesday, 1:30 PM - 3:30 PM
- Wean Hall, 4708



This will be a team-taught course with Professor Nico Slate leading a team of Ph.D. students in History, each of whom will offer very short lectures on the history of contemporary debates. The goal will be to spark conversations and to deepen our understanding of urgent controversies in politics and society.

Please note: *This course will meet on Tuesday and Thursday of the same week.*

Nico Slate is Professor and Director of Graduate Studies in the Department of History at Carnegie Mellon University. His research and teaching focus on the history of social movements in the United States and India. He is the author of four books: *Lord Cornwallis Is Dead: The Struggle for Democracy in the United States and India*; *Gandhi's Search for the Perfect Diet: Eating with the World in Mind*; *The Prism of Race: W.E.B. Du Bois, Langston Hughes, Paul Robeson and the Colored World of Cedric Dover*; and *Colored Cosmopolitanism: The Shared Struggle for Freedom in the United States and India*.



Five African American Photojournalists: 1850-Present

Study Leader: Alan James

- 1 Class: Feb. 15 Class ID: 3214
- Wednesday, 10:00 AM - 12:00 PM
- Wean Hall, 4707



This course will describe the contributions of African American Photojournalists in five periods in American history (beginning with 1840 and ending in 2000). The period 1840-1900 will be represented by Jules Leon, Presly Hall and Augustus Washington. Between 1900-1930 James Van Der Zee was noted as a great portrait photographer. Ray DeCarava represents the period from 1930 to 1940. Moneta Sleet's photography from 1950-1980 captures American life in unique ways. The work of several other photographers will provide examples of the 1980-2000 period. Their biographies will be shared and samples of their work will be shown for discussion.

Alan James is a retired dean of student affairs from California University of PA. He has had extensive experience in planning and developing programs and policies for various organizations including The Heinz History Center, and the California University Alumni board. He completed graduate courses in administration and organization development.

A Short History Of Happiness

Study Leader: Joseph Givvin

- 5 Classes: Jan. 6 – Feb. 10*
 - Monday, 1:15 PM - 2:45 PM
 - Wean Hall, 4708
- *Note: Class will not meet on Jan. 20*

Class ID: 3201



What is the one thing we all want? Happiness, the good life, fulfillment. The names may differ, but all of us are seeking the greatest good of life. Can we find it in this world? Can the serial killer and the saint be said to be pursuing the same happiness? Alternatively, could some paths to happiness be better than others? And if so, how do we find them? For centuries, prophets and philosophers have tried to answer these questions. Today scientists and all of us wrestle with these questions. We will explore some of the diverse historical perspectives to see if any of them offer insights into your own happiness and the happiness of others.

Joe 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 Teacher's (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 in the Osher Program and engage with curious minds in thoughtful conversation, especially about humor and happiness and the ethical aspect of human life.

Six Steps To Becoming A More Logical Thinker

Study Leader: Joseph Givvin

- 6 Classes: Mar. 2 – Apr. 6
- Monday, 2:45 PM - 4:15 PM
- Wean Hall, 4707

Class ID: 3202



Logic, said Aristotle, the father of logic, is the mind's instrument for getting at the truth. This class will help you by introducing or refreshing your mind with the basics of logic. We will start with the art of defining. Then move on to the task of exploring reasoning. We will begin by checking the mechanics of our reasoning, next examining claims about truth and the different types of arguments. Next we will look at the common pesky mistakes that plague our thinking. We will end by evaluating arguments on some critical issues. I suggest you obtain either a printed or electronic copy of *A Rulebook for Arguments Fifth Edition*, by Anthony Weston. I will also be emailing you all course materials. I suggest that you bring with you a copy of each week's material, either a printed copy or an electronic copy.

See **Joe Givvin**, *previous listing*

Respond to the Monkey in your email!

We are sometimes asked why we keep offering that boring, mediocre course. The answer is, we didn't know it was. The members of Osher at CMU decide which courses continue and which don't! To get everyone's feedback, we now use a system called Survey Monkey. We are now asking for feedback on all new courses, problem courses, and random, frequently offered courses. Your opinion really counts. If you didn't get a Survey Monkey or want to comment on a course, send an email to the office. Thank you for your input!

Being Kind

Study Leader: Rabbi Ron Symons, Melissa Hiller

- 5 Classes: Mar. 18 – Apr. 15 Class ID: 3232
- Wednesday, 10:00 AM - 11:30 AM
- Jewish Community Center,
5738 Darlington Road, Squirrel Hill



"Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill." (Karyn Hall, Ph.D.) Join with neighbors as we explore the importance of kindness in our neighborhoods and our courage and strength in advancing it through community conversation, the Humanities, religious principles, and community activism. People of all backgrounds and types of hope are welcome to join in the journey.

Rabbi Ron Symons serves as Senior Director of Jewish Life at the JCC of Greater Pittsburgh.

Melissa Hiller serves as Director of the American Jewish Museum of the JCC of Greater Pittsburgh. Together, they guide the Center for Loving Kindness and Civic Engagement in order to redefine neighbor from a geographic term to a moral concept.

Grass Roots Organizing

Study Leader: Janis Ramey

- 1 Class: Feb. 20 Class ID: 3205
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4707



Grass roots organizing to promote, protest, provide, or just have fun. This one-session course will describe how to build and run an effective local organization such as a political campaign (e.g., elect a school board member), a protest (e.g., rally or march, letter writing campaign), a social group (e.g., ethnic dance group, book club), a social benefit organization (e.g., food pantry), a self-help group (e.g., job-search support, investment club), an event (e.g., fundraiser), an activist organization (e.g., conservation group), a sports league (e.g., pickle ball, bowling), games (e.g., bridge tournament), or even a family reunion. The course will include insights from actual organizing experiences as well as a checklist to help manage your next organizing effort.

Janis Ramey has been teaching at Osher for several years ("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's and bachelor's degrees from Carnegie Mellon.

Enrich Life With Improv Comedy!

Study Leader: Brian Gray, Chris Leone

Materials Fee: \$10*

- 4 Classes: Mar. 18 – Apr. 15* Class ID: 3207
- Wednesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, 7
604 Charleston Ave., Swissvale



*Note: Class will not meet on Apr. 8

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

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

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

*Materials fees are not refundable; information on page 78.

HISTORY

Ye Olde Jewish Curiosity Shoppe

Study Leader: Bill Greenspan

- 5 Classes: Mar. 5 – Apr. 2 Class ID: 3161
- Thursday, 1:00 PM - 3:00 PM
- Wean Hall, 4708



This course will cover odd Jewish characters and little known religious movements within Judaism and Christianity that follow Jewish customs and practices. We will investigate lives of a Jew who transformed himself into a Muslim prince and became a bestselling author in Nazi Germany, and of a Jewish convert to Islam who participated in the drafting of the Pakistan's first Constitution. Little-known religious movements like Karaism and Judaizers sects that adopt Jewish customs and practices will be discussed as well. Want to hear about Jewish cossacks and Nazi soldiers? Sign up for the class.

Bill Greenspan emigrated to the USA in 1979 from the former USSR. With an electrical engineering degree from Kiev Polytechnic Institute, he spent over 30 years working in the nuclear industry, the first 25 years at the Palo Verde Nuclear Power Plant in Arizona and the following eight years building nuclear power plants in China. For three of those eight years he lived in Shanghai and became fascinated with its East-meets-West history and its progression from a small village to a financial and population behemoth.

Flares Of Memory

Study Leader: Linda Hurwitz

- 5 Classes: Mar. 9 – Apr. 6 *Class ID:* 3146
- Monday, 9:30 AM - 11:00 AM
- Wean Hall, 4707

Read short personal experiences by Pittsburgh Holocaust survivors and reflect and discuss the situations, dilemmas and decisions these victims faced. Be inspired by their resilience and determination to live! Their stories are written in the book *Flares of Memory* edited by Anita Brostoff and conceived and developed by Sheila Chamovitz, published by Oxford University Press.

Linda F. Hurwitz was the director of the Holocaust Center of Pittsburgh from 1988-2005 and is the child of two survivors. She is a retired English teacher and administrator who wrote curriculum and taught about the Holocaust.

Cruise Ship Accidents And Disasters

Study Leader: Benjamin Wechsler

- 6 Classes: Mar. 6 – Apr. 17* *Class ID:* 3113
- Friday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

**Note: Class will not meet on Apr. 10*

This course will examine famous cruise ship accidents, including the Titanic, Andrea Doria, Costa Concordia and others. Each session will look at a particular accident or incident and delve into the background of the situations, what happened, what could have been done to perhaps avoid the accidents. This somewhat revised course will have some new information (from previous sessions) concerning the Titanic, and newly updated and available information about the Costa Concordia. It will also review the recent incident aboard the Viking Sky in Norway.

Ben Wechsler is currently a business consultant and trainer. However, relevant to this course, he is a decorated former line officer in the United States Naval Reserve. He served two tours in Vietnam and was a qualified Officer of the Deck (Underway) of the attack aircraft carrier U.S.S. Hancock (CVA-19). As such, he stood watch on the bridge of the ship six to eight hours per day. While no longer in the Navy, he has been sailing sailboats for almost 40 years, primarily in the Atlantic and on Lake Erie.

Women In Early America

Study Leader: Joan Gundersen

- 5 Classes: Mar. 3 – Mar. 31 *Class ID:* 3151
- Tuesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

We will trace the experiences of women of all races in British American colonies before the War for Independence. The experience of women depended greatly on class and race, but all raised families, contributed to the economy, and sometimes caused trouble. Outnumbered by men throughout much of the first 200 years of American history, women were nonetheless crucial to the development of the colonies. The course will explore ways women influenced life and the economy in the colonies, exercised leadership, interacted with the law, and pursued their spiritual, family, and intellectual lives.

Joan Gundersen is professor emeritus of history at California State University, San Marcos. Author of 7 history books, and numerous scholarly articles, she taught women's 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. More recently she has worked for the Episcopal Diocese of Pittsburgh as an administrator and archivist. Recipient of several awards for teaching and writing, she enjoys sharing the fascinating world of women's history with others.

Hitler, Roosevelt, And The Jews

Study Leader: Barbara Burstin

- 5 Classes: Mar. 4 – Apr. 1 *Class ID:* 3190
- Wednesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Adolf Hitler and Franklin Roosevelt enter onto the world stage within six weeks of each other. This is a course that will look at these two historic protagonists. We will jump back and forth across the Atlantic to consider action and reaction as horrific events unfold in the 1930s and 1940s. While the Jewish view of Hitler has never changed, some Jews today view FDR very differently than Jews did during his lifetime. Why? How are we to view FDR today? Let's discuss.

Barbara Burstin has been on the history faculty of both Carnegie Mellon University and the University of Pittsburgh for many years teaching on this subject as well as on others. She also has taught courses for Osher and has spoken widely throughout the community. She has written several books including *After the Holocaust: the Migration of Polish Jews and Christians to Pittsburgh* and has interviewed many Holocaust survivors over the years.

Germany Between The Wars 1919-1939

Study Leader: Sheila Werner

- 6 Classes: Mar. 2 – Apr. 6 *Class ID:* 2957
- Monday, 1:00 PM - 2:30 PM
- Wean Hall, 4708

This course will involve a discussion of important developments in the social, political, and economic life of Germany between the World Wars. It will include a discussion of the German Revolution of 1918, the failure of the Weimar Republic and the coming to power of Adolf Hitler, the making of the Third Reich, and the nature of the Third Reich.

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."

America's Role In The 20th Century To Today

Study Leader: Arthur Goldberg

- 5 Classes: Jan. 9 – Feb. 6 *Class ID:* 2962
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Having achieved world status by the start of the 20th century how did America use its power? We will discuss our industrial development and resulting social impacts, involvement in both world wars, the Great Depression, the Cold War and post Cold war period up to today. We will also discuss the US Constitution and how it is interpreted over the years – original intent vs. a living document and what it means today.

Arthur Goldberg is a dedicated amateur historian focusing on the American scene from its earliest roots. His academic history is a bachelor's degree from the City College of New York, J.D. and master of law degrees from New York University, and an M.B.A. degree from the University of Chicago. During his career in corporate finance he has traveled extensively and always examined the history of a country or area before arriving so as to combine business and education on the same trip (and on his employer's dime). His prior college-teaching experience includes both law and finance classes.

The Birth Of America And Its Constitution

Study Leader: Arthur Goldberg

- 5 Classes: Mar. 5 – Apr. 2 *Class ID:* 3134
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

We will trace the beginning of the US from its earliest roots to colonial issues and the Revolution. We will focus on the development of the Constitution and the context within which it was created. And how did this new nation get on its feet and start to function? We examine that as well.

See **Arthur Goldberg**, *previous listing*

Being With John F. Kennedy

Study Leader: Steve Russell

- 5 Classes: Jan. 8 – Feb. 5 Class ID: 2987
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4707

President Kennedy understood the importance of recording significant events. As the first president to capture oval office conversations and Cabinet meetings, Kennedy was a pioneer of presidential audio and visual impressionistic documentation. Historians appreciate presidential film and audio archives that present Kennedy through crisis management, handling the press, and engaging in candid conversations. The President will be portrayed through authentic dialogue, which will provide insight into who he was as John Kennedy, the man.

Stephen V. Russell's interests are varied. He has been as an educator from teacher to principal to superintendent of schools; historian of political, Hollywood, and sports culture; a consultant at ESPN Sports, Turner Classic Movies, Peter Jones Productions for A&E Network, and Hofstra University's nationally known presidential conferences. He has contributed to numerous published books. He has earned degrees and certifications at California University of Pennsylvania, Duquesne, and West Virginia Universities. He has one of the largest President Kennedy collections in the nation.

Liberty And No Excise!

Study Leader: Denise Cummins

- 2 Classes: Apr. 14 and Apr. 21 Class ID: 3206
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



Liberty and No Excise! This was the rallying cry for the Whiskey Rebellion of 1794, the first test of the power of the federal government under the new U.S. Constitution, when the unpopular excise tax levied against frontier farmers incited them to violent protest. This class will establish context for the Whiskey Rebellion and provide insight into the 18th-century life and times of David Bradford.

Please note: *The session on April 21 will meet at the Bradford House Museum, 175 S. Main St, Washington, PA, for a guided tour.*

Denise Resciniti Cummins was born and raised in Washington, Pennsylvania, a few blocks from the Old Stone House that is now the Bradford House Museum. She earned her B.A. from Bethany (WV) College and completed graduate-level coursework through Pennsylvania State University, West Virginia University, and Waynesburg University. Denise began volunteering at the Bradford House following her 2012 retirement from the Trinity Area School District after 30+ years of teaching. Her roles at the Bradford House include: a member of the Board of Directors of the Bradford House Historical Association, lead docent, house manager, gift shop manager, workshop and day camp facilitator, and collections manager. She has been involved with the National History Day program for 20 years, first as a teacher/mentor, and currently as a judge for the Pittsburgh Regional and West Virginia State competitions. A lifelong learner, she enjoys finding the story behind the history and sharing that story with others.

Classroom Etiquette

All of Osher's instructors are volunteering their time and talents. Please be respectful of your course Study Leaders and fellow participants by

- attending only course(s) for which you have registered
- arriving to class on time and turning off your cell phone
- raising your hand to be recognized and stating your name each time before you speak
- staying on topic during discussions
- respecting the Study Leader's time at the end of class
- not wearing fragrances out of respect for those with sensitivities

How Pittsburgh Set The World Ablaze

Study Leader: Erica Nuckles

- 2 Classes: Feb. 20 and Feb. 27 Class ID: 3228
- Thursday, 1:00 PM - 2:30 PM
- Wean Hall, 4708



This course will explore the origins of the French and Indian War (1754-1763) in present-day western Pennsylvania, and how events in our region sparked the global Seven Years' War (1756-1763), considered the First World War. This will include an examination of the Braddock and Forbes Campaigns, efforts by the British army to take the French stronghold at Fort Duquesne.

Please note: *The Feb 27 class will be at the Braddock's Battle Field History Center / 609 6th St. Rankin, PA 15104*

Erica Nuckles is the Director of History & Collections at Braddock's Battlefield History Center and Fort Ligonier.

PITTSBURGH

Pittsburgh: A History In Glass

Study Leader: Jean Domico, Larry Woods

- 2 Classes: Feb. 19 and Feb. 26 Class ID: 3195
- Wednesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708



Before becoming known for iron and steel, Pittsburgh was America's Glass City. From its first factories in the late 1790s, Pittsburgh glass companies fashioned products for pioneers traveling west, steamboats on the Ohio, local, wealthy, Presidents Madison, Monroe, and Jackson, etc. H.J.Heinz had his own factory to produce the clear glass bottles to showcase the high quality of his products. Learn how companies branched out to create their own cities; how technology changed the industry and finally eliminated jobs filled by the "glass house boys", and more. This two-day class will be followed by a tour of the "Shattering Notions" exhibit at the Senator John Heinz History Center led by class instructors. The tour date will be arranged based on class consensus.

Jean Domico, a retired Prudential executive, with a Bachelor of Arts from Wheeling Jesuit University and a Master in Archaeology and Heritage Management from the University of Leicester, UK, has served on the Board of Directors of a historic tavern in Englishtown, NJ, dug at Arbeia, the supply fort for Hadrian's Wall, and co-authored an Arcadia Images of America book on Millvale. In addition to her writing and research, Jean is a glass artisan specializing in beads and small sculptures.

Larry Woods received his BA degree from Carnegie-Mellon and his Masters in Public Administration from Penn State after serving four years in the US Air Force during Vietnam. Larry worked for the Department of Public Welfare for 25 years, then as a consultant for 13 years across the US. He is a member of several area glass clubs and President of the Board for the Museum of American Glass in Weston, WVA.Both Jean and Larry are volunteer docents at the Senator John Heinz History Center.



The History Of Professional Baseball In Pittsburgh

Study Leader: David Fortun

- 5 Classes: Jan. 9 – Feb. 6 *Class ID:* 3189
- Thursday, 9:30 AM - 11:00 AM
- Wean Hall, 4708

Pittsburgh has a rich tradition in professional baseball that originated in 1887 with the arrival of the Pittsburgh Alleghenies to the North Shore. The 20th century was highlighted by championships won not only by the Pirates, but also by the Negro League teams representing Pittsburgh: the Homestead Grays and the Pittsburgh Crawfords. In this course, the histories of these franchises will be joined with the histories of the Pittsburgh ballparks. Special attention will be paid to Hall of Fame players, batting champions, players whose numbers have been retired, and champion teams. A trip to PNC Park and/or a guest appearance by a Pittsburgh baseball authority will enhance the rich legacy of professional baseball in Pittsburgh, a legacy familiar to many Osher members.

David Fortun is a retired English teacher from Shaler Area High School. He has taught six etymology classes in the Osher program at Carnegie Mellon. A lifelong baseball fan, he has conducted tours at PNC Park for 12 years and has shared his knowledge of Pittsburgh baseball with his fellow Osher learners.

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

Study Leader: Anne Lackner

- 1 Class: Feb. 25 *Class ID:* 3171
- Tuesday, 10:30 AM - 12:30 PM
- Alphabet City Center, 40 W. North Avenue, North Side

ONE
DAY

- 1 Class: Apr. 21 *Class ID:* 3172
- Tuesday, 10:30 AM - 12:30 PM
- Alphabet City Center, 40 W. North Avenue, North Side

ONE
DAY

This course is a one-time, two-hour 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.

Please note: *Class has its first portion inside Alphabet City, and the second portion is a 0.5 mile walk to Sampsonia Way and Reading Garden where the writers live. (Transportation to Sampsonia can be arranged.)*

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. She is a member of the external advisory board at the University of Pittsburgh's EU Center of Excellence.

Host Family Program For International Students

Study Leader: Christine Asenjo

- 1 Class: Feb. 18 *Class ID:* 3175
- Tuesday, 3:15 PM - 4:45 PM
- Wean Hall, 4707



ONE DAY

The Host Family Program, now entering its fourth year, provides an opportunity for Osher members and others in the CMU community to get to know our international students. From its inception, Osher members have been an integral part of this program that has reached hundreds of students, many of them traveling outside their home country for the first time. Hosts are paired with 1-2 students and agree to get together once a month or so. This level of interaction allows for friendships to develop and for our Hosts to become true Pittsburgh ambassadors. Many graduates say that the Host Family helped them feel part of the larger local community.

Christine Asenjo is International Programs Coordinator in the Office of Education, Carnegie Mellon University. She received her B.A. in English and Technical Writing at Penn State; and her M.A. in Religious Studies at the University of Pittsburgh. Her research focus was on the weekly abhishekam puja (ritual) for Lord Vishnu. She has visited India twice, and her field research for the degree was conducted at the Sri Venkateswara Hindu Temple in Penn Hills. It is one of the most-revered Hindu temples outside of India, and she has spent the last 20 years taking visitors there. It's a privilege to introduce people to this faith and to share this wonderful cultural resource here in Pittsburgh.

POLITICS/GOVERNMENT

Civil Liberties In The Trump Age

Study Leader: E. J. Strassburger

- 6 Classes: Jan. 7 – Feb. 11 *Class ID:* 3154
- Tuesday, 5:30 PM - 7:00 PM
- Wean Hall, 4708

The course will offer weekly in-depth presentations and discussion on civil liberties "hot topics." Each weekly topic will be presented by an engaging local legal expert. The topics will be current and timely—some speakers will be recruited based on issues in the news at the time. Specific content will be different from previous offerings of this course. Presented by the Pittsburgh Chapter of the ACLU-PA in memory of Nat Melamed.

E. J. Strassburger is the immediate past president of the Pittsburgh Chapter of the American Civil Liberties Union of Pennsylvania. He has been an attorney for more than 45 years, with concentrations in complex commercial litigation, municipal law, appellate practice, as well as estate planning and administration. He was president of Strassburger McKenna Gutnick and Gefsky—the law firm founded by his grandfather—for almost 25 years. He and his wife live in Squirrel Hill. They have two grown children and two grandsons. He is the third generation of lawyers on both the paternal and maternal sides of his family. His son and nephew represent the fourth generation in the firm. An active community volunteer, E.J. is past president of the Neighborhood Legal Services Association, Academy of Trial Lawyers of Allegheny County, and Jewish Residential Services and was a member of the August Wilson Center Recovery Committee. An engaging speaker with a radio-quality voice, E. J. taught four previous courses on civil liberties at Osher.

Nativism In The United States

Study Leader: Jack Ochs

- 2 Classes: Apr. 17 and Apr. 24
- Friday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 3170



Nativism and xenophobia are not new to the United States. In this course, we propose to trace some of their history from the Know Nothing party of the 1850s through the re-emergence of the KKK in the 1920s. Much of the course will reflect two contemporary books: Daniel Okrent's *The Guarded Gate: Bigotry, Eugenics and the Law That Kept Two Generations of Jews, Italians AND Other European Immigrants Out of America*; and Linda Gordon's, *The Second Coming of the KKK. The Ku Klux Klan of the 1920's and the American Political Tradition*.

Jack Ochs retired as Professor of Economics at the University of Pittsburgh. He enjoys developing courses for Osher on a variety of public policy issues.

The Electoral College: Time For A Change?

Study Leader: Susan Hansen

- 1 Class: Feb. 20
- Thursday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

Class ID: 3198



What is the Electoral College, and why is it a part of the US Constitution? The Founding Fathers' distrust of majority rule has led to presidential elections, such as those of 2000 and 2016, contravening the popular vote. We will consider the major alternatives to the Electoral College and their chances of being adopted.

Susan B. Hansen is professor emerita of political science at the University of Pittsburgh, where she taught a course on women in politics every year since 1980. She received her Ph.D. degree in political science from Stanford University in 1972 and has also taught courses in American politics at the universities of Washington State, Illinois, and Michigan. She has taught a class, "A Woman for President?" for Osher at the University of Pittsburgh, and at CMU has taught "The Politics of Sex" and "The Politics of Reproduction." She recently completed a book, *The Politics of Sex: Public Opinion, Parties, and Presidential Elections* (Routledge, 2014).

Political History Of The Middle East: The Story Continues

Study Leader: Ram Kossowsky

- 6 Classes: Mar. 3 – Apr. 7
- Tuesday, 11:15 AM - 12:45 PM
- Wean Hall, 4708

Class ID: 3122

This class is designed to bring to life accomplishments of ancient societies, some that would be an enviable to the Romans. We will discuss the "first Commercial City of Ur, 22 C BCE, on the shore of the Persian Gulf; the Minoan civilization of Crete that flourished from about 3000 BCE to about 1100 BCE; The Etruscans "The forgotten forbears of the Romans", The Assyrians, who established the first, efficient Empire. We should devote time to discuss the Golden Age of Islam, which introduced the West to the Wisdom of the ancient Greeks and Indians.

Ram Kossowsky, a native of Israel, has lived in Pittsburgh since 1966. He earned advanced degrees in material science from the University of Pennsylvania. He spent 20 years at the Westinghouse Research Center, and 6 years at Penn State University. He has worked as an independent consultant since 1990. His passionate hobbies include the study of history of ancient societies, with emphasis on the Near East, and shooting and editing movies of his travels. He presented the courses "India, Then and Now" and "Ancient Societies Expressions in Stone" during past Osher-CMU and PITT OLLI semesters, and monthly installments of a study of "Archaeology of Ancient Israel" at Temple Sinai and Osher-CMU. He was invited to present a lecture on "Ancient Codes of Law" and "Ethnogenesis of Israel" at meetings of the Biblical Archaeology Society of Pittsburgh. In April 2012 he took on the task of the president of the Biblical Archaeology Society of Pittsburgh.

The BREXIT Divorce: What Happened?

Study Leader: Gordon Hargreaves

- 1 Class: Feb. 19 Class ID: 3141
- Wednesday, 1:00 PM - 3:00 PM
- Wean Hall, 4708

ONE
DAY

BREXIT is the proposed exit by the United Kingdom (UK) from the European Union (EU). The original date for the exit to be complete was March 31, 2019, but this did not happen, as the UK parliament was unable to approve an exit plan acceptable to the EU by the March deadline. A new deadline, of Oct 31, 2019, was agreed to by the EU. On October 23 the UK requested the EU to postpone BREXIT for a third time. An Extension until January 31, 2020 is being considered by the EU. By the date of this class, the final UK/EU status will presumably have been determined, and we shall review the evolution of, and the essentials of the final deal. Did we finish up with Hard, Soft, or No Deal Brexit, or even a decision to remain in the EU? We shall discuss the economic and political impact of the final deal on the UK as it moves ahead its new relationship with the EU.

Gordon Hargreaves was born and raised in England, and studied engineering at Leeds University and Imperial College, London. He came to the US in 1963 to work for Westinghouse Electric. Still here after all these years, he maintains close contacts with many family and friends in the UK, and makes frequent visits (the latest in July of this year). He has been following the Brexit process with great interest and concern.

Agricultural Collectivization In A Russian Region

Study Leader: Charles Hier

- 6 Classes: Jan. 7 – Feb. 11 Class ID: 3196
- Tuesday, 9:30 AM - 11:00 AM
- Wean Hall, 4708



In the *Communist Manifesto*, Marx and Engels argued that the working class was the agent of social progress. But when a government based on this ideology came to power in Russia after WWI, the working class constituted only 4% of the population. The vast majority of Russians—say 85%—were peasants. Peasants have different conditions of life and consequently a different mentality. When Soviet leaders resolved on the necessity for modernization—the Five-Year plans—the modernization of agriculture, was a necessary component. But peasants are quite different from workers, and motivating them to undertake a whole new method of work was a quite different problem from motivating workers. The guidebook for that undertaking had not been written. This course tries to understand how the Soviet state accomplished this.

Chuck Hier studied at Rice (philosophy BA), New York University (philosophy MA), Boston College (history MA), and Pitt (history Ph.D., 2004). He traveled to the former Soviet Union and later, Russia for archival materials for his dissertation on collectivization on a county-sized area near Smolensk, Russia. He has taught history at a number of places near Pittsburgh—University of Akron, West Virginia Northern Community College, IUP, Slippery Rock, and Carlow, but mostly at Pitt and Duquesne, where he teaches now. He has taught in the Osher program at Pitt for eight years. The subject matter of this course comes from his dissertation, but the larger context of Soviet history has been developed by him in classroom teaching for 15 years, and he has combined these two perspectives in this course.

RELIGION/PHILOSOPHY

An Introduction To Sikhism

Study Leader: Christine Asenjo

- 4 Classes: Jan. 6 – Feb. 3* *Class ID:* 3191
- Monday, 3:15 PM - 4:45 PM
- Wean Hall, 4708

**Note: Class will not meet on Jan. 20*

Sikhism is a monotheistic religion founded in the 1500s in Punjab, India. Its adherents believe in one supreme God, a spiritual presence beyond physical existence. Sikhs believe that life is not sinful in its origin, but that life has emanated from a pure source, and the True God abides in everyone. They adhere to an ideology of optimism and hope, having an honor-bound duty to save others from danger and oppression and to stand up for their own, as well as others', rights. An ideal Sikh, a warrior-saint, is one who frightens no one and is afraid of no one. The course will cover the history and geography of the Punjab region, the religion's basic beliefs, and how politics has shaped the Sikh identity. Their distinct belief system, code of conduct, and sense of honor help to inspire them to lead moral and courageous lives.

See **Christine Asenjo**, page 56

Will The Real 10 Commandments Please Stand Up?

Study Leader: Barbara Symons

- 5 Classes: Jan. 8 – Feb. 5 *Class ID:* 3150
- Wednesday, 1:00 PM - 2:30 PM
- Wean Hall, 4708



The Ten Commandments are both publicly displayed and often displayed within our houses of worship. They are touted as more important than other commandments. Together we will work toward a better understanding of the original Hebrew words, their translation, and interpretation, with implications of how we are to observe them. While taught from a Jewish perspective, the more voices, the deeper the revelation.

Barbara Symons has served as the Rabbi of Temple David in Monroeville for 13years. She is very involved in the Monroeville Interfaith Ministerium and in strengthening the community through teaching and modeling beyond tolerance to celebrating diversity.

Building Fees

A \$10 materials fee is required for all off-campus courses to subsidize the rental fee. This fee is included in the Material Fee listing in the catalog.

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9:30 AM - 11:00 AM	Everything You've Always Wanted To Know About Disease	3135	<i>Stephen Fisher</i>	43
10:00 AM - 11:30 AM	Tai Chi Ch'uan - Long Form, First Half Of Section 2	3211	<i>Judith Crow</i>	23
	Library Of America: Champion Of Our Great Writers	3153	<i>Gene O'Sullivan</i>	11
10:00 AM - 12:00 PM	Beginning Painting In Acrylics	3212	<i>Francine VandenBerg</i>	16
11:15 AM - 12:45 PM	Enjoying the New Yorker	3179	<i>John Brown</i>	46
12:30 PM - 2:30 PM	Continuing Painting In Acrylics	3235	<i>Francine VandenBerg</i>	17
1:00 PM - 3:00 PM	Short Stories: Diversity In The Microcosm	3187	<i>Helen-Faye Rosenblum</i>	9
	Pleasures Of Poetry	3137	<i>Judith Robinson</i>	8
1:15 PM - 2:45 PM	A Short History of Happiness	3201	<i>Joseph Givvin</i>	48
	The Power Of Exercise For Older Adults	3227	<i>Bill Presutti Jr</i>	35
3:15 PM - 4:45 PM	An Introduction To Sikhism	3191	<i>Christine Asenjo</i>	59
	Neanderthals: Fact, Fiction, And Fate	3224	<i>Adam Davis</i>	41
3:15 PM - 5:15 PM	Short Stories: Diversity In The Microcosm	3188	<i>Helen-Faye Rosenblum</i>	9
4:00 PM - 5:30 PM	The Art Of The City	3142	<i>City Theatre Company</i>	6

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9:30 AM - 11:00 AM	The Genius Of Henry James, Encore	3226	<i>Carol Zisowitz</i>	8
	Agricultural Collectivization In A Russian Region	3196	<i>Charles Hier</i>	58
9:30 AM - 11:30 AM	Training Tricks For Birds And Your Pet	3203	<i>National Aviary</i>	41
10:00 AM - 11:30 AM	Feeling Better— Therapeutic Exercise And Stretching Class	3155	<i>Mark Spanos</i>	25
	Move It Or Lose It At Dance Alloy	3075	<i>Elsa Limbach</i>	24
10:30 AM - 12:30 PM	City Of Asylum	3171	<i>Alphabet City</i>	55
11:15 AM - 12:45 PM	Declutter	3112	<i>Rosa Barnett Averbach</i>	32
	The Quark Gluon Plasma	3132	<i>Leonard Kisslinger</i>	39
1:00 PM - 2:30 PM	Beginning Crochet: A Pickler Hat	3165	<i>Barbara Gengler</i>	19
	Universal Basic Income: What's It All About?	3183	<i>Donald Carter</i>	13
1:00 PM - 3:00 PM	Filmmakers from South Asia: India, Pakistan, Afghanistan, and Sri Lanka	3208	<i>Kalpna Biswas</i>	5
	Classic Sauces	3152	<i>David Green</i>	21
	AARP Smart Driver 8-Hour Initial Course	3220	<i>David Zimmer</i>	33
1:30 PM - 3:30 PM	The History Of The Future: How To Learn From The Past	3131	<i>Nico Slate</i>	47
2:45 PM - 4:15 PM	A Knitting Circle	3166	<i>Barbara Gengler</i>	19
3:15 PM - 4:45 PM	It's Good To Be Queen! A Woman's Financial Reign	3111	<i>Roselyn Wilkinson</i>	26
	Gone With The Winds	3051	<i>James Gorton</i>	12
	Thinking Outside Of The Zoning Box	3192	<i>Beatrice Spolidoro</i>	38
	Host Family Program For International Students	3175	<i>Christine Asenjo</i>	56
5:30 PM - 7:00 PM	Civil Liberties In The Trump Age	3154	<i>E. J. Strassburger</i>	56

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9:30 AM - 11:00 AM	Aging Without Growing Old	3186	Richard Kalla	42
10:00 AM - 11:30 AM	Tamburitzan Kolo Dancing	3181	George Schexnayder	25
10:00 AM - 12:00 PM	Five African American Photojournalists: 1850-Present	3214	Alan James	47
	National Aviary Veterinary Hospital Lecture And Tour	2881	National Aviary	40
11:15 AM - 12:45 PM	Threats In Cyberspace	3164	Randy Weinberg	45
	Being With John F. Kennedy	2987	Steve Russell	53
	Pittsburgh: A History In Glass	3195	Jean Domico	54
	Verbal Self Defense For Women	3127	Jackie Umans	34
1:00 PM - 2:30 PM	Staying Healthy In A Toxic World	3218	Patricia Spear Lemer	44
	Will The Real 10 Commandments Please Stand Up?	3150	Barbara Symons	59
1:00 PM - 3:00 PM	The BREXIT Divorce - What Happened?	3141	Gordon Hargreaves	58
1:00 PM - 5:00 PM	AARP Smart Driver Renewal Course	3221	David Zimmer	33
1:15 PM - 2:30 PM	Get Fit - A Fun Latin Cardio Workout	3216	Connie Pollack	22
2:45 PM - 4:15 PM	The Mystery Novel: You Can Write One	3159	James Tucker	36
2:45 PM - 4:45 PM	Emerging Legal Issues	3020	David DeFazio	15

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	The History Of Professional Baseball In Pittsburgh	3189	<i>David Fortun</i>	55
	Grass Roots Organizing	3205	<i>Janis Ramey</i>	49
10:00 AM - 11:30 AM	Move It Or Lose It At Friends	3117	<i>Elsa Limbach</i>	24
10:00 AM - 12:00 PM	Hatha Yoga	3123	<i>Loretta Barone</i>	22
11:15 AM - 12:45 PM	Party Games	3144	<i>Sherri Davis, Jeanette Matthews</i>	28
	The Female Sleuth: Gender Norms And Mysteries	3125	<i>Phyllis Kitzerow</i>	46
	Such Friends: Max Perkins And Ernest Hemingway	3200	<i>Kathleen Dixon Donnelly</i>	11
	Boxes And Really Big Stuff - The Hidden World Of Global Logistics And Project Cargo	3237	<i>Douglas Webster</i>	13
12:30 PM - 2:30 PM	Introduction To Pastels	3073	<i>Francine VandenBerg</i>	17
1:00 PM - 2:30 PM	Homer's Worlds: An Introduction To The Iliad	3222	<i>Karen Bowden Cooper</i>	7
	Still Funny? Fantasia	3199	<i>Gloriana St Clair</i>	7
	How Pittsburgh Set The World Ablaze	3228	<i>Erica Nuckles</i>	54
1:00 PM - 3:00 PM	Great And Notable Novels Read And Revisited	3120	<i>Mary Schinhofen, Helen-Faye Rosenblum, Thomas Lazaroff, Gloriana St. Clair</i>	9
	Regenerative Medicine	3119	<i>Bryan Brown</i>	43
3:15 PM - 4:45 PM	America's Role In The 20th Century To Today	2962	<i>Arthur Goldberg</i>	52
	The Electoral College: Time For A Change?	3198	<i>Susan Hansen</i>	57
5:30 PM - 6:30 PM	Creative Process Of CMU's School Of Drama Plays	3238	<i>Richard Block</i>	6

FRIDAY | Session ONE / January 6 – February 28

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11:15 AM - 12:45 PM	Masters Of Modern Architecture	3185	<i>Jeffrey Swoger</i>	37
1:00 PM - 3:00 PM	Independent Art Study	3114	<i>Gary Bates</i>	16
	Making Still-Lifes From Your Life	3223	<i>Charlee Brodsky</i>	20

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9:30 AM - 11:00 AM	Flares Of Memory	3146	<i>Linda Hurwitz</i>	51
10:00 AM - 12:00 PM	Beginning Painting In Acrylics	3234	<i>Francine VandenBerg</i>	16
11:15 AM - 12:45 PM	Enjoying The <i>New Yorker</i>	3180	<i>John Brown</i>	46
	Create Trendy Jewelry	3157	<i>Gerry Florida</i>	20
12:30 PM - 2:30 PM	Continuing Painting In Acrylics	3213	<i>Francine VandenBerg</i>	17
1:00 PM - 2:30 PM	The World Of Agatha Christie	3121	<i>Mark Banister</i>	10
	Germany Between The Wars 1919-1939	2957	<i>Sheila Werner</i>	52
2:45 PM - 4:15 PM	Six Steps To Becoming A More Logical Thinker	3202	<i>Joseph Givvin</i>	48
2:45 PM - 4:45 PM	Surviving Cyberwar	3215	<i>Charles Glassmire</i>	47

TUESDAY | Session TWO / March 2 – April 24

TIME	COURSE TITLE	CLASS ID	LEADER(S)	PAGE
9:30 AM - 11:00 AM	Writing Your Own Obituary	3062	<i>Susan Morris</i>	34
	Embracing A Green Lifestyle	3143	<i>Nancy Martin</i>	40
9:30 AM - 12:00 PM	Balanchine And Tchaikovsky: Ballet's Brilliant Duo	3240	<i>Pittsburgh Ballet</i>	6
10:00 AM - 11:30 AM	Feeling Better— Therapeutic Exercise And Stretching Class	3156	<i>Mark Spanos</i>	25
	Move It Or Lose It At Dance Alloy	3077	<i>Elsa Limbach</i>	24
10:30 AM - 12:30 PM	City Of Asylum	3172	<i>Alphabet City</i>	55
11:15 AM - 12:45 PM	Contemporary Comedic Genius: Jon Stewart	3136	<i>Martin Marshall</i>	5
	Computer Vs. Humanity	3148	<i>James Morris</i>	45
	Political History Of The Middle East: The Story Continues	3122	<i>Ram Kossowsky</i>	57
	Decision Making	3173	<i>Rosa Barnett Averbach</i>	32
	Liberty And No Excise!	3206	<i>Denise Cummins</i>	53
1:00 PM - 2:30 PM	Women In Early America	3151	<i>Joan Gundersen</i>	51
1:00 PM - 3:00 PM	Closure: Discussing The Last Chapter	3184	<i>Judith Black</i>	31
2:45 PM - 4:15 PM	A Knitting Circle	3167	<i>Barbara Gengler</i>	19
3:15 PM - 4:45 PM	Respighi!	3052	<i>James Gorton</i>	12
	Improve Your Party Bridge Skills	3140	<i>John Olmsted</i>	27

WEDNESDAY | Session TWO / March 2 – April 24

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9:30 AM - 11:00 AM	Harmonica For Beginners	3067	<i>Caroline Mitchell</i>	21
	Hitler, Roosevelt, And The Jews	3190	<i>Barbara Burstin</i>	52
10:00 AM - 11:30 AM	Tamburitzan Kolo Dancing	3182	<i>George Schexnayder</i>	25
	Being Kind	3232	<i>Rabbi Ron Symons</i>	49
11:15 AM - 12:45 PM	A Story Of Public Libraries	3230	<i>Marcia Taylor</i>	10
	Let's Play Duplicate Bridge!	3210	<i>Marcia Taylor</i>	29
	Verbal Self Defense For Women	3128	<i>Jackie Umans</i>	34
1:00 PM - 2:30 PM	Writing For Fun And Exercising Your Imagination	3129	<i>Ruth Drescher</i>	35
	Wellness In An Energetic And Electromagnetic World	3194	<i>Robert Brown</i>	39
1:00 PM - 3:00 PM	Have You Ever Wanted To Act On Stage?	3197	<i>C R Thomas, Nancy Santangelo</i>	30
	Enrich Life With Improv Comedy!	3207	<i>Brian Gray</i>	50
1:15 PM - 2:30 PM	Get Fit - A Fun Latin Cardio Workout	3217	<i>Connie Pollack</i>	22
2:45 PM - 4:45 PM	Fly Fishing For Beginners	3174	<i>Michael Ginsburg</i>	18
3:15 PM - 4:45 PM	Professional Ethics And Architecture With Case Study	3130	<i>Omer Akin</i>	38

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	Naked To The Bone: A Brief History Of Medical Imaging	3138	<i>Richard Daffner</i>	42
10:00 AM - 11:30 AM	Move It Or Lose It At Friends	3118	<i>Elsa Limbach</i>	24
11:15 AM - 12:45 PM	Golden Age Mysteries	3162	<i>Mark Banister</i>	10
	Party Games	3145	<i>Sherri Davis, Jeanette Matthews</i>	28
12:30 PM - 2:30 PM	Introduction To Pastels	3233	<i>Francine VandenBerg</i>	17
1:00 PM - 2:30 PM	Singing In A Choral Class	3126	<i>Constance Rapp</i>	30
1:00 PM - 3:00 PM	Ye Olde Jewish Curiosity Shoppe	3161	<i>Bill Greenspan</i>	50
3:15 PM - 4:45 PM	The Birth Of America And Its Constitution	3134	<i>Arthur Goldberg</i>	52

FRIDAY | Session TWO / March 2 – April 24

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9:30 AM - 12:00 PM	Figure Drawing	3133	<i>Betsy Bangley</i>	18
11:15 AM - 12:45 PM	Nativism In The United States	3170	<i>Jack Ochs</i>	57
1:00 PM - 2:30 PM	Steelworker Litigation	3193	<i>Carl Frankel</i>	15
1:00 PM - 3:00 PM	Independent Art Study	3115	<i>Gary Bates</i>	16
2:45 PM - 4:45 PM	Intermediate French Conversation	3219	<i>Veronique Schreurs</i>	29
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CAMPUS MAP

BUILDINGS

- 1A Baker Hall
- 1B Porter Hall
- 2 College of Fine Arts
- 3 Cyert Hall
- 4 Doherty Hall
- 5 Gates Center for Computer Science
- 6 Hamburg Hall
- 7 Hamerschlag Hall
- 8 Hunt Library
- 9 Jared L. Cohon University Center (CUC)
- 10 Margaret Morrison Carnegie Hall
Mellon Institute (see map on this page)
- 11 Newell - Simon
- 12 Posner Center
- 13 Posner Hall
- 14 Purnell Center for the Arts
- 15 Scaife Hall
- 16 Scott Hall
- 17 Skibo Gymnasium
- 18 Tepper Quad
- 19 Werner Hall
- 20 Wean Hall (Osher office & classrooms)

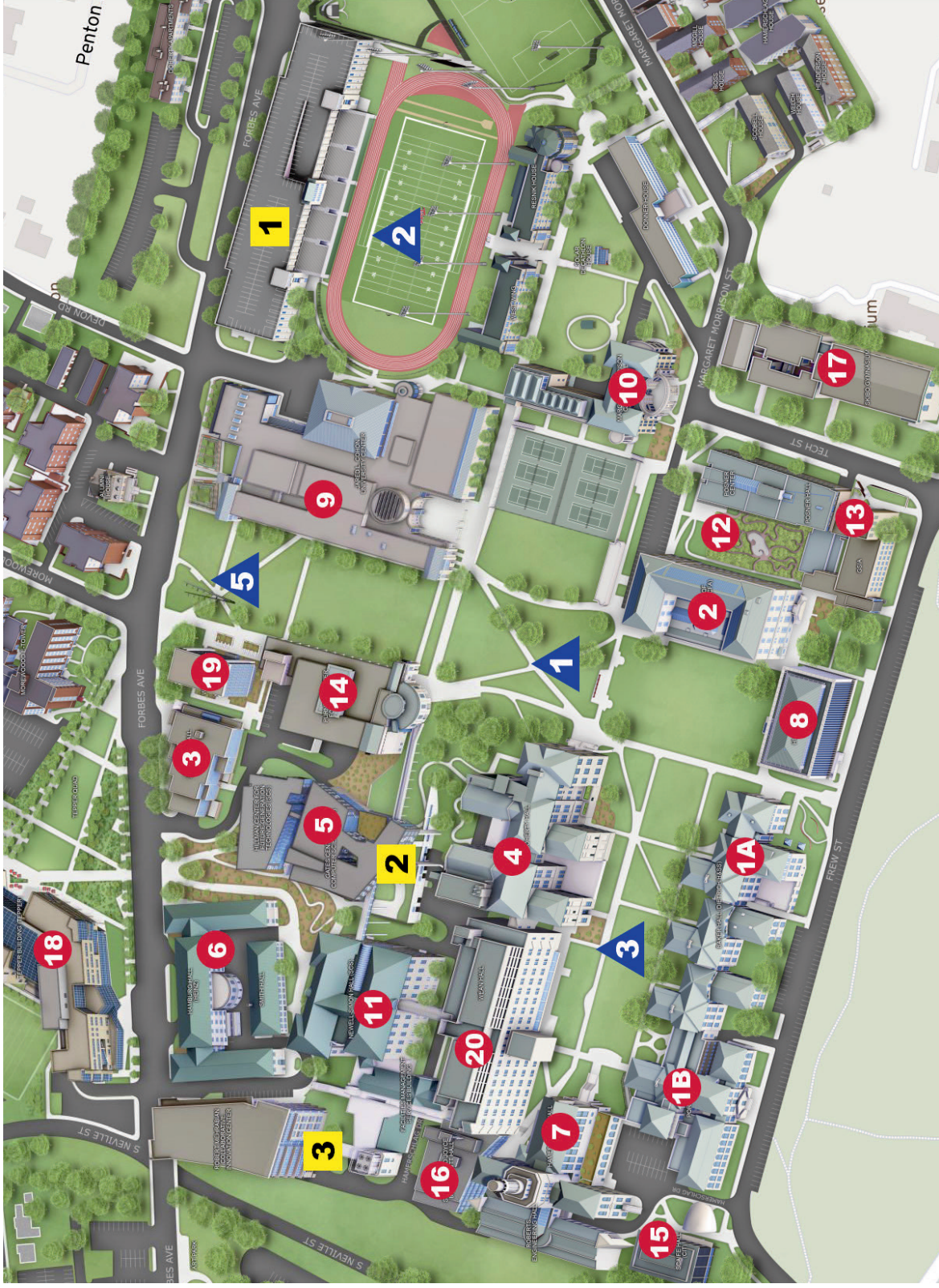
PARKING

- 1 East Campus Parking Garage
- 2 Gates Garage
- 3 RMCIC Garage (close to Wean Hall)

LANDMARKS

- 1 The Fence
- 2 Gesling Stadium
- 3 The Mall
- 4 Rand Corporation (map below)
- 5 Walking to the Sky Statue





Carnegie Mellon University



CAMPUS MAP

GENERAL INFORMATION & POLICIES

Classroom Locations

If you are not familiar with Carnegie Mellon, we strongly advise you to visit the campus, bring the campus map, and find your classroom locations before the first day of classes. The CMU Information Desk is in the Cohon University Center, 1st level (#9 on the map). You'll find the campus map on the previous two pages or go to the CMU website to see campus maps.

Photos and Videos

- Photographs and videos are taken at many Osher events.
- The photos may be used in course catalogs, the website, the newsletters, brochures, or other publications.
- We encourage our members to share their photos and videos by emailing them to osher@cmu.edu.
- If you do not wish to have your photograph taken, please advise the photographer.

Classroom Etiquette

All of Osher's instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:




- attending only course(s) for which you have registered
- arriving to class on time and silencing your cell phone
- raising your hand to be recognized and stating your name each time before you speak
- staying on topic during discussions
- respecting the instructor's time at the end of class
- not wearing fragrances out of respect for those with sensitivities

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 "broadcast emails" to remind you of upcoming Osher or Carnegie Mellon activities. The Weekly Essentials can be found on cmu.edu/osher.
- We recommend you use an email provider other than AOL or Verizon.
- The Osher office will send email notices to specific classes for important course changes.

Parking

Garage/Lot	Address	Map #
East Campus Parking Garage* (Free after 5 pm and on weekends)	5040 Forbes Ave.	 1
RMCIC Parking	594-598 Boundary St	 2
Gates Bldg Parking Garage*	Hamerschlag Dr.	 3

*For garage rates, please visit: www.cmu.edu/parking/about

Handicapped Parking - \$50 per term

Our mobility committee has arranged for a shared handicapped parking space just outside the rear ground floor entrance to Wean Hall. This handicapped space will be for the exclusive use of mobility-challenged Osher members who have a state issued disabled parking placard and have pre-registered for this spot. It is on a first-come, first-served basis. Cost for a member is \$50 per term. If you are interested in knowing more, please call Jim Reitz at 412-521-6575. Call the office to purchase a handicapped parking permit.

Transportation

- PAT (Port Authority of Allegheny Co.) provides information on bus routes to campus. Schedules are available online at www.portauthority.org — or by calling (412) 442-2000.
- Carnegie Mellon has shuttle buses that run through Oakland, Shadyside, and Greenfield. Show your Osher ID card to the driver. Schedules are online at cmu.edu/police, click "Shuttle and Escort" then "Shuttle service."
- AgeWell Rides, a service of AgeWell Pittsburgh through Jewish Family & Children's Services, offers rides for senior citizens who do not drive. For more information, please call 412-422-0400.

Bad Weather Days

- Classes will not be held if the Pittsburgh Public Schools are closed for **inclement weather**. If the Pittsburgh City Schools have a 2-hour delay, Osher operates as normal unless the study leader does not want to hold the class. Please use common sense when venturing out.
- Check the TV or online at pghschools.org for Pittsburgh Public School closings. Should the weather turn poor during the day and classes are canceled, the office will make every attempt to contact everyone by email and by phone.

Handouts

If you want a printed handout for a class, please email your request at least 2 days prior. It is your responsibility to pick it up from the office. The office charges 25¢ a page for copies.

Please call 412-268-7489 to arrange printing and pickup.

Catalogs

If you don't want to receive a catalog please email the office at osher@cmu.edu. Osher cannot be responsible for catalogs not delivered by the Post Office. If for some reason you do not receive a catalog, please contact the Osher office to confirm your address. To receive your catalog at an alternate address, submit the "Catalog Delivery Management" form at cmu.edu/osher in the "Quick Links" bar. Catalogs are sent bulk mail which is not forwarded.

Check Your Schedule

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

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 will 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.

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, contact the office. Full and partial scholarships are available through a simple, friendly, and confidential process.

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.

REGISTRATION INFORMATION

READY TO REGISTER?

Registration Fee

The registration fee for members per term is \$60 for an unlimited number of courses. The Prospect registration fee is \$85 per term.

Register Online - It is to your advantage!

To register online, go to cmu.edu/osher and click "Member Sign In". You will be redirected to the Augusoft "welcome" page. Please sign in using your username and password. Please email the office if you do not know your username.

Paper Registration - *If you must*

To register by paper, please print a registration form from our website, cmu.edu/osher. Paper registrations will be delayed one week in being processed.

Materials Fees

Materials fees are due at the time of registration unless otherwise stated. Where indicated, materials fees are non-refundable.

Building Fees

A \$10 materials fee is required for all off campus courses to subsidize the rental fee. This fee is included in the Material Fee listing in the catalog.

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.

Adding and Dropping Courses

To add a course(s) after registering, please either go online to do so, or call the office at 412-268-7489. If you want to drop a course, fill out the drop request form located on cmu.edu/osher in the "quick links" bar on the first page of the website.

Important:

You must receive a course confirmation in order to attend a course. A course confirmation is not the same as a waiting list notice.

If you pay with a credit card, you will not be charged until you are enrolled in a course.

Refund Policy

If Osher cancels a course before the course has begun and it is the only course you requested for the whole term, you are entitled to a full refund of your registration and fee(s). The refund will be given as a credit for future use, unless you request a check.

All refunds, minus a \$10 administrative fee, will be given to those who drop all their classes and notify the office at least three full business days prior to the first class.

Terms Per Year

Osher at CMU offers three terms: Winter, Summer, and Fall. For the registration fee of \$60 for members and \$85 for prospects per term, you can take an unlimited number of classes during that term.

Osher Ambassadors Are Vital

The responsibilities of the OA are to welcome new members to class, take attendance, make announcements, and act as liaison between the classroom and the office. To volunteer, please send email with your name and the name of your course(s) to osher@cmu.edu.

Observed 2020 Official Osher Skip Days

Osher Lifelong Learning Institute is a nonsectarian organization. The organization follows the CMU holiday calendar:

Martin Luther King Jr. Day*	Jan. 20
CMU Carnival	Apr. 17/labor da
Memorial Day*	May 25
Independence Day*	Jul. 4
Labor Day*	Sep. 7
Thanksgiving Wednesday	Nov. 25
Thanksgiving Day*	Nov. 26
Thanksgiving Friday*	Nov. 27
Winter Break*	Dec. 24 - Jan. 3

*office is closed

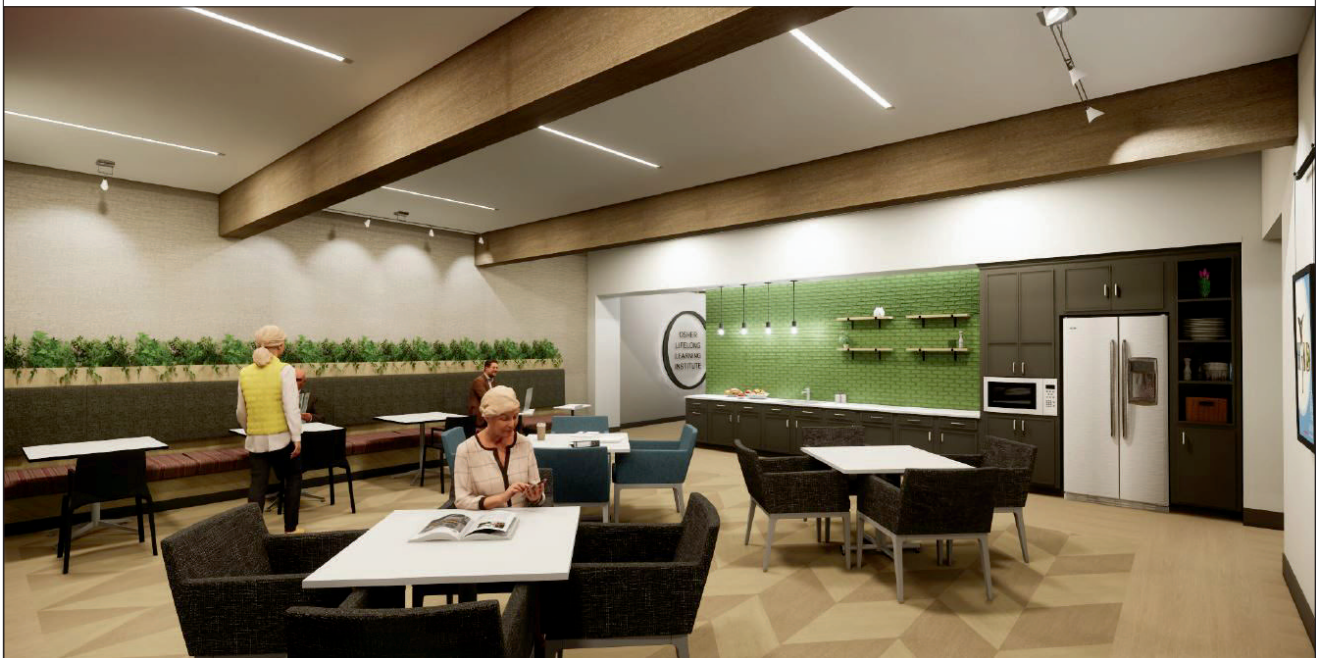
As you are setting up your course schedule, please be sure the class dates do not conflict with your family events, trips, or other events to which you are committed. We know class attendance is important to the Study Leaders who have prepared, and hope it is for you.

Questions? Please call the office at 412-268-7489 or email us at osher@cmu.edu.

Coming Soon . . . Our Osher Members' Lounge!

For the first time in Osher history, we will have a dedicated members' lounge in our new space in Cyert Hall! A kitchenette with a microwave, refrigerator, and coffee maker will enable members to grab a cup of coffee, a quick lunch, or snack between classes. And, it will give members the opportunity to relax, recharge devices, and socialize with friends and study leaders before or after class.

It will be a flexible space that can accommodate a variety of activities.



It's a concept now, and we are working closely with the architects to finalize the plans.

We **must** raise the necessary funds to pay for the lounge, and the classrooms, and the office.

Join the effort to help raise the \$1 million dollars necessary to make our new home a reality! If you would like to make a major gift, you may spread your contribution over a period of three years.

Together we can do this!

To donate, use the **DONATE** button on our website or call the office for assistance.



Creating a **Grade A** Learning Environment

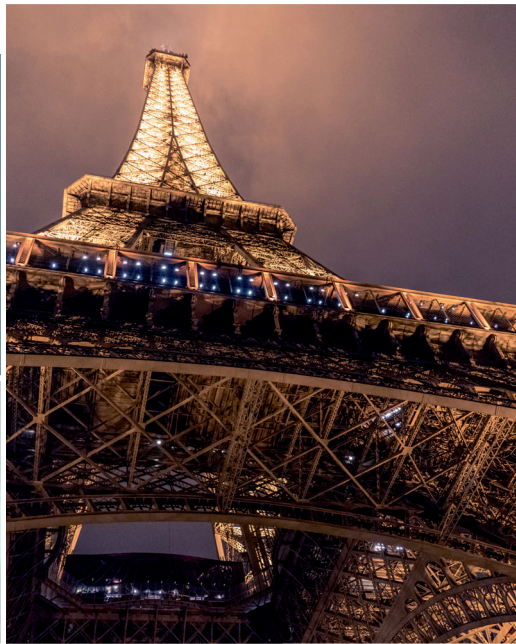


Carnegie Mellon University
Osher at Carnegie Mellon University
4614 Wean Hall
5000 Forbes Avenue
Pittsburgh, PA 15213-3815

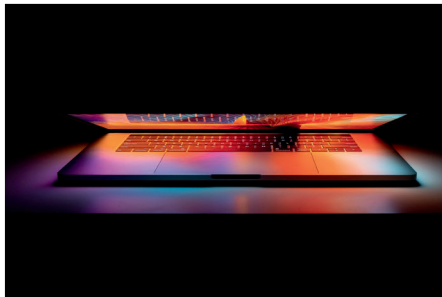
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Permit No. 251

Join us!

Please do not discard your catalog until the term has ended.



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



412.268.7489 | cmu.edu/osher
osher@cmu.edu