


Fall 2023

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

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OSHER  
LIFELONG  
LEARNING  
INSTITUTE

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*SLSG = Study Leader Support Group*

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## ON THE COVER

Art can be found all over the Carnegie Mellon University campus! The tile shown on the front cover of this catalog is located on the University Center and was done by professional tile and mosaic designer Erika Fairchild. The tiles have themes that follow the elements — earth, air, water, and fire.

Cover photo: Carnegie Mellon University

Additional catalog images courtesy of wikimedia commons, pexels, unsplash, David Bachman Photography, Pawsurgh Photography, ACE Conservators, Betsy and David Bangley, and Carnegie Mellon University.

# AT A GLANCE

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## SESSION DATES

Session One: *Aug. 28 - Oct. 6*

Session Two: *Oct. 23 - Dec. 15*

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

- **CMU Campus:** *pages 6 - 49*
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**Look for the 79 **NEW!** courses  
being offered this term!**

# OSHER at Carnegie Mellon | Fall 2023

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

# CMU CAMPUS

5000 FORBES AVE., PITTSBURGH, PA 15213

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

A photograph of the exterior of Cyert Hall at Carnegie Mellon University. The building features a prominent concrete pillar on the left and a large glass facade on the right. The name "CYERT HALL" is displayed in large, white, serif capital letters on a dark grey horizontal band above the glass. The foreground shows a grassy area with scattered autumn leaves. The background is filled with trees with vibrant yellow and orange foliage, suggesting an autumn setting.

CYERT HALL

# ARTS & HUMANITIES

Art | Cinema/Film | Literature | Music

## ART

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### A Design Journey

*Study Leader:* Daniel Boyarski

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- 5 Classes: Sep. 7 – Oct. 5 *Class ID:* 4766
  - Thursday, 9:15 AM - 10:45 AM
  - Cyert Hall, Osher Room A
- 

Over many years of teaching graphic/communication design, there were topics I especially enjoyed delving into with students. I selected five of them for this class, which will be a guided tour through my corner of design. We'll visit topics like communicating with words and images, the world of color, how information is conveyed, the graphic eye for composition, the value of both books and blogs, and why (some) designers are picky about fonts. Since I'll be your guide, it will be my perspective and my aesthetics on design that I'll present. You'll see many visual examples and hear stories and explanations about what you're seeing. In the end, I hope you'll have a better understanding of one design field that touches our lives in so many ways.

**Dan Boyarski** is Professor Emeritus in the School of Design at Carnegie Mellon University. During his 35-year tenure, he taught courses in typography, information and interaction design, and time-based communication at graduate and undergraduate levels. Dan was Head of Design from 2002–2008, and Director of Graduate Studies from 1994–2002. In retirement, Dan stays occupied with a mix of walking, gardening, cooking, photographing, lawn bowling, teaching, and attempting to catalog far too many photo files.

### The Face Of Racism

*Study Leader:* Charlotte McDaniel

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- 1 Class: Aug. 31 *Class ID:* 4826
- Thursday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A

**NEW!** **ONE DAY**

Through the use of ten oil-on-canvas paintings, the instructor has developed an Education Program highlighting the use of art. In this situation, the series of paintings explore what racism “actually looks like.” Based on information about the Racial Integrity Act (VA, other states), the artist addressed what she thought the law’s developer was attempting to accomplish. The advantage of this approach is that it encourages a conversation about a sensitive subject, racism, while using art; making it more accessible and, thus, constructive conversation. In that regard, there are no ‘right’ or ‘wrong’ viewpoints on the paintings, as is the case with most art. However, the group discussion offers the possibility of exploring the influence of racism; how disadvantaging racism and disregard for others in groups can be to us personally, and to society in general by exploring art and one’s own viewpoint on the artwork.

**Charlotte McDaniel** (PhD, STM) has extensive experience as an ethics professor (Yale, UPMC, Emory University) and administrator in (several) professional schools. As a person who enjoys working with people and encounters “interesting” situations daily, she is more than aware of the need to work from the perspective that all persons should be treated with respect (and be respectful). This perspective has been foundational to her professional work, including four appointments as a Fulbright Scholar, each to a different country; her 5th appointment is pending. Professional education requires not just competency plus excellence in scholarly writing and research, it also implies interactions with people; others, which are part of the professional domain. Learning from her own work and students, McDaniel will bring to the discussion her experience and research on creating ethical settings. She has authored or edited more than six books and roughly 100 articles in peer-reviewed, scholarly journals, plus several children’s’ books and non-academic publications, as well.

## CINEMA/FILM

## Perry Mason: Defense Counsel And Pop Culture Icon

Study Leader: Ron Backer

• 5 Classes: Oct. 31 – Dec. 5\* Class ID: 4772

• Tuesday, 11:00 AM - 12:30 PM

• Cyert Hall, Osher Room B

**NEW!**

\*Note: Class will not meet on Nov. 7

Perry Mason, the most famous criminal attorney of all time, real or fictional, is a pop-culture icon, having appeared in 82 novels written by Erle Stanley Gardner; six movies produced at Warner Bros. during the 1930s; a long-running radio series; a newspaper comic strip; and four television series, the most notable being the 271-episode series starring Raymond Burr. Using PowerPoint presentations filled with television and movie clips, pictures, and frame grabs, all these depictions of the Perry Mason character will be addressed, with particular emphasis on the Raymond Burr television series. Topics from that series will include: the show's creation and casting, the regular characters, a season-by-season history, the sad stories of William Talman and Ray Collins, famous stars who appeared in the show, legal issues, evidentiary issues, and, of course, the most important question will be answered - did Perry Mason ever lose a case?

**Ron Backer**, an attorney in Pittsburgh for over 40 years, has written five books on film, including two about mystery movies, *Mystery Movie Series of 1930s Hollywood*, and *Mystery Movie Series of 1940s Hollywood*, both published by McFarland, and one about baseball movies, *Baseball Goes to the Movies*, published by Applause Theatre and Cinema Books. Mr. Backer has also contributed articles about baseball and the movies to publications of SABR (Society for American Baseball Research).



## Welles After Kane

Study Leader: Robert Hoover

• 4 Classes: Nov. 1 – Nov. 29\* Class ID: 4758

• Wednesday, 1:00 PM - 2:30 PM

• Cyert Hall, Olmsted Activity Room

**NEW!**

\*Note: Class will not meet on Nov. 22

The course will chart the career and life of Orson Welles after he completed *Citizen Kane* at age 26 in 1941. Often called one of the greatest films of all time, *Citizen Kane* didn't advance Welles' Hollywood career, but complicated it. Welles, however, continued to work for four decades as a director and actor. The course will screen scenes from his later films as director and actor as well as interviews. His fall from grace, including his divorce from Rita Hayworth, will be discussed.

**Bob Hoover** wrote his master's thesis on the suppression of *Citizen Kane* by the newspapers of William Randolph Hearst and continued to study and write about Welles and Hearst as book and arts critic at the *Pittsburgh Post-Gazette*. He included interviews with Welles' scholars.



LITERATURE

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## Reading Poetry Aloud

Study Leader: Philip Wainwright

- 5 Classes: Oct. 31 – Dec. 5\* Class ID: 4745
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Hawkins Conference Room **NEW!**

*\*Note: Class will not meet on Nov. 7*

Metrical verse is not much written today but is still widely read - but only silently. Most of it was written to be read aloud, so that its music can be heard. Can we recover this very different way of reading poetry aloud, or is it a lost art? If so, can it be reinvented? We'll look at what's involved in answering these questions, using some of the greats: Spenser, Milton, William Blake, et al, as well as your own favorites.

**Philip Wainwright** is a retired Episcopal priest with a lifelong interest in poetry and has researched the history of reading poetry aloud. He has taught a variety of classes for Osher at CMU, most recently 'The Glastonbury Legends'. He has served parishes in New Mexico, Virginia, and Pennsylvania, and has been active in the Episcopal campus ministry at the University of Pittsburgh.

## Exploring Poet Mary Oliver

Study Leader: Alice Carnes

- 2 Classes: Oct. 17 and Oct. 24 Class ID: 4814
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

**TWO  
DAY**

Mary Jane Oliver (September 10, 1935 - January 17, 2019) was an American poet. Oliver won the National Book Award and the Pulitzer Prize. She lived near the shore in Massachusetts and her work inspired by her daily solitary walks in nature. Oliver's "attention" to nature and her descriptions have amazed and delighted readers throughout her prolific career. In 2007, she was declared to be the country's best-selling poet.

**Alice Carnes** has an M.A. in Special Education from the University of New Mexico. She counseled and facilitated academic accommodations for students with disabilities at Central Piedmont Community College in Charlotte, North Carolina. A lover of poetry, writing, hiking, bicycling, cooking, traveling, reading, meditation, and earth-based spirituality. In the 1990s, in a rare appearance, Mary Oliver read her poetry at a Literary Festival in Charlotte, NC. And so, began Alice's lifelong love of Mary Oliver's poetry.

## Mother, Daughter, Citizen: A Woman's Life In Poetry

Study Leader: Lois Rubin

- 5 Classes: Aug. 29 – Sep. 26
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

Class ID: 4694

**NEW!**

Since the women's movement, much attention has focused on women's experience. In this class, we will explore the insights poetry can offer on women's roles as daughters, wives, mothers, elders, and citizens. as provided by the work of famed poets Maxine Kumin, Linda Pastan and Alicia Ostriker. For example, their motherhood poems portray the poets' mix of love, anger and sadness as their children develop from infants to adults. Late in their own lives, these poets still write about their long-gone parents. Contrary to expectations for women, their social justice poems protest war and racism in surprisingly blunt terms and innovative formats. Poems will be sent to students as email attachments to read before class. During class, student and teacher questions will stimulate group discussion. At the start of class, the teacher will provide, via power point, historical and sociological information relevant to the subjects depicted in the assigned poems.

**Lois Rubin** received a Doctor of Arts degree from Carnegie Mellon University. Thereafter, she worked for thirty-one years as professor of English at Penn State New Kensington, where she taught women writers and multi-cultural literature. During that time, she published a dozen articles on composition and literature and edited the essay collection *Connections and Collisions: Identities in Contemporary Jewish-American Women's Writing*. She is now preparing for publication the manuscript *Writing the Life Cycle: The Poetry of Maxine Kumin, Linda Pasta, and Alicia Ostriker*. A lifelong resident of Pittsburgh, she and her husband Ira, a retired architect, live in Squirrel Hill. They have a daughter, a professor of education at Rutgers and a son, the director of a consulting firm in Washington DC, and five grandchildren.

## Return To Maycomb: A Homage To Harper Lee

Study Leader: Michael Mariani

- 6 Classes: Sep. 6 – Oct. 11
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Hawkins Conference Room

Class ID: 4804

Harper Lee's *To Kill a Mockingbird* showcases a literary master's nimble mind with her book's ability to entertain, educate, and change people. This class studies this acclaim by reading about five chapters assigned per week prior to each class. Each set has focal points such her lucidity of literary techniques: her lively, memorable, iconic characters and her brilliant point of view told from a child with whose eyes we see and experience stark bigotry and racism, friendship and loyalty, truth, and secrets - still issues today. Media bombards us while Ms. Lee lets us, "Peak behind closed doors" to learn, live and understand as Scout, Jem, and Dill witness insidious prejudice, unflinching courage, and the power of truth and love. *Mockingbird's* appreciation builds with each reading, reflection, about whom Truman Capote said, "Someone rare . . . a writer with the liveliest sense of life - warmest, most authentic humor."

**Mike Mariani** is a retired English / Reading / Writing teacher of over 45 years (middle school, high school, and community college). He received his B.S. in Education from Duquesne (cum laude) and Masters in English from Catholic University. A love of reading and literature spawned a love of writing and its analysis as well. A writer's secrets are all in the open, so an appreciation of literature enhanced the appreciation of writing. An active study of literature can come from reflective writing, a literary passage or poem, a memory of an experience and its meaning. Mariani's study brought published writers to his classes to discuss the process of writing including spy novelist Larry Bond, Pulitzer Prize poet Henry Taylor, DC Poet and Laureate Dolores Kendrick. Mr. Mariani also heard Maya Angelou and John Irving among others. Their insight added greatly to his writing classes. Mr. Mariani has published poetry in *Virginia Writing* and op-ed articles in Journal newspapers. He has designed 3 writing courses while teaching in Fairfax County, VA: Creative Writing - a half year course, Creative Writing - a yearlong course, and Advanced Composition - year long.

## Ekphrastic Poetry: Poems About Art

Study Leader: Rebecca Carpenter,  
Nancy Quick Langer

- 5 Classes: Sep. 6 – Oct. 4 Class ID: 4788
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room **NEW!**

An ekphrastic poem is written about a work of art. It can be a poem about a beautiful subject of a portrait, a dog in the field, an eavesdropping child outside the picture's frame, or a plum in the sink. Some examples you may know that we will cover are Robert Browning's *My Last Duchess* and Anne Sexton's *The Starry Night*. In this course, Becky Carpenter will lead discussions of various works of art, including those by Uccello, O'Keefe, Brueghel, and Giacometti. Nancy Langer will then take us through poems written about their works, and other's, including Auden, Pimentel, Swenson, and Fanthorpe. The real fun will be on the last day of class when those who wish to will share their own ekphrastic poem about a work of art they select early in the course. (The Study Leaders will, too!)

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

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



## *The Iliad*

Study Leader: Joan Cucinotta

- 5 Classes: Nov. 1 – Dec. 6\* Class ID: 4830
  - Wednesday, 9:15 AM - 10:45 AM
  - Cyert Hall, Olmsted Activity Room **NEW!**
- \*Note: Class will not meet on Nov. 22

Maybe Homer was blind, but he could tell a good tale. Although the Trojan war itself lasted for ten years, *The Iliad* only covers a critical 51 days occurring towards the end of that war, when troops were weary, and leadership faltered. This course will follow the renowned Achilles and his rage over an insult to his honor driving him towards his heroic battle with Hector. Skipping some chapters, we will read to the end while examining specific passages for textual analysis during class. The Lattimore translation will be used for these passages. To find it on Amazon, search specifically for ISBN 0226470490. However, any translation will be fine. As we follow the course of this epic tale, we will look at many cultural aspects including ancient warfare, attitudes towards women, the role of the gods, the mark of the hero, and the celebration of Greek civilization.

**Joan Cucinotta** earned a Ph.D. in English from Duquesne University and taught at Sewickley Academy for almost forty years. As the chair of the English department there, she developed coursework related to cultural heroes and used *The Iliad* as the opener for that course. She also ran the Chinese exchange there and taught English at a high school in Wuhan, China. Since she retired, she has been writing book reviews for the League of Women Voters' Book Club in addition to volunteering at EngIn, a nonprofit that pairs Ukrainians with English speakers for online language instruction.

## What's New In The World Of Agatha Christie?

Study Leader: Mark Banister

- 4 Classes: Sep. 5 – Sep. 26 Class ID: 4756
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

**NEW!**

Since my original “The World of Agatha Christie” class more than three years ago, her world has changed a great deal. We will look at new movie and TV adaptations, and new books both about her life and new fiction using her characters. We will also look at why she is still so very popular today, as compared to her contemporaries. It is not necessary to have taken my original class, nor will having taken it make this one redundant!

**Mark Banister** has been an enormous fan of Agatha Christie since he was a tiny lad, and he has an embarrassing number of books by her and about her, not to mention most of the TV, movie, and radio adaptations. He retired from Carnegie Mellon in 2017 from the Department of Environmental Health and Safety, a fact that has little bearing in the world of Agatha Christie!

## “Such Friends”: Women Of Bloomsbury And The Left Bank

Study Leader: Kathleen Dixon Donnelly

- 2 Classes: Oct. 19 and Oct. 26 Class ID: 4796
- Thursday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room B

**NEW!**

**TWO  
DAY**

In the years before and after the Great War, creative people gathered in salons in European drawing rooms, most hosted by women. In London the Bloomsbury Group centered around novelist Virginia Woolf and her sister, painter Vanessa Bell. In Paris, artists, then writers, came to the evenings hosted by writer Gertrude Stein and her fellow-American partner, Alice B. Toklas. What are the similarities and differences between these women, socializing with creative men like Lytton Strachey, John Maynard Keynes, Ernest Hemingway and F. Scott Fitzgerald? We will look at their relationships with each other, as well as the networks they created in Bloomsbury and the Left Bank.

**Kathleen Dixon Donnelly** has been involved in 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. Kathleen’s blog posts about “The Literary 1920s” at [suchfriends.wordpress.com](http://suchfriends.wordpress.com) have been published as a series, “Such Friends”: *The Literary 1920s*. Volumes I through IV are available on Amazon in both print and e-book formats. Kathleen’s thesis for her MBA from Duquesne University was *Manager as Muse: Maxwell Perkins’ Work with F. Scott Fitzgerald, Ernest Hemingway, and Thomas Wolfe*, which is also available on Amazon. She has a BA in Communications from Lycoming College in Williamsport, PA, and an MA in Education from Birmingham City University [BCU] in the UK. Kathleen recently retired as a senior lecturer at BCU. She has done presentations to many groups in the UK and the US, including Osher Lifelong Learning Institutes, The Southbank Center, the English-Speaking Union, and The Florida Center for the Book. Kathleen and her husband Tony Dixon relocated from the UK to her hometown of Pittsburgh, PA, where they live in Highland Park with their two cats, Gertrude Stein and Robert Benchley.

## Classic And Contemporary American Short Stories

*Study Leader:* Nancy Quick Langer

- 6 Classes: Nov. 1 – Dec. 13\*      Class ID: 4755
  - Wednesday, 11:00 AM - 12:30 PM
  - Cyert Hall, Hawkins Conference Room **NEW!**
- \*Note: Class will not meet on Nov. 22

The magic of the short story is right in its name: it tells us a story, usually in one sitting. A good story holds our attention with a unity of focus. It connects us to a person or place or unmistakable feeling. The best short stories end only on the page. We keep thinking about them. In this class, we will read and discuss some classics of the form (John Cheever, Flannery O'Connor, Ray Bradbury) alongside contemporary stories (George Saunders, Elizabeth McCracken, Margaret Atwood). We'll look at influences, techniques, and themes across the decades of American social life. Expect lively discussion!

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

## MUSIC

### Mental Training For Peak Performance

*Study Leader:* Monique Mead

- 5 Classes: Oct. 24 – Nov. 9\*      Class ID: 4754
  - Tuesday & Thursday, 11:00 AM - 12:20 PM
  - College of Fine Arts, Kresge Theatre **NEW!**
- \*Note: Class will not meet on Nov. 7

Enjoy three weeks of masterclasses and talks by CMU faculty as well as performances by singers and instrumentalists enrolled in Mental Training for Peak Performance. Your presence in the hall will provide the added pressure students need for overcoming their nerves and delivering their best performances. You will have the opportunity to observe coachings by CMU faculty, ask questions, and provide constructive feedback.

Please note: *This course meets twice a week on both Tuesday and Thursday.*

**Monique Mead**, violinist, is a passionate ambassador of classical music and enjoys a rich career as a performer, educator, and innovator. Inspired and mentored by Leonard Bernstein, Mead has devoted her performing career to nurturing new audiences and deepening the musical experience for seasoned concertgoers. Her programs with major orchestras and festivals in the United States and Europe have drawn international acclaim for their popular appeal and innovative approach. Currently, Monique serves as Director of Music Entrepreneurship at Carnegie Mellon School of Music. With a passion for wellness, she owns a Sound Healing studio on Walnut Street and serves as Artistic Director of the Rancho La Puerta Chamber Music Festival in Tecate, Mexico. Monique is also artistic director of Azure Family Concerts Pittsburgh and founding director of a summer strings camp in Olympic National Park. She is a member of the Trio Con Brio with her daughter and son, Isabel and Tino; together they present a Porch Concert series at their Shadyside home every summer.

## Tribute To Sondheim

Study Leader: Marilyn Taft Thomas

- 1 Class: Oct. 6
  - Friday, 10:00 AM - 11:00 AM
  - College of Fine Arts,  
Alumni Concert Hall
- Class ID: 4777

**NEW!** ONE DAY

One of the most important figures in twentieth-century musical theater, Stephen Sondheim reinvented the American musical. A prolific composer and lyricist for six decades, Sondheim received eight Tony Awards, an Academy Award, eight Grammy's, a Laurence Olivier Award, a Pulitzer Prize, a Kennedy Center Honor, a Presidential Medal of Freedom, and a Lifetime Achievement award at the Tony's in 2008. Two different theaters are named after him - one on Broadway and another in the West End of London. He was truly a giant in the field of Musical Theater. Stephen Sondheim died November 26, 2021 at the age of 91. The music I will perform in this concert is from ten of Sondheim's best-known musicals.

**Marilyn Taft Thomas**, Pianist, Author/Composer, Educator, and Arts Administrator, recently retired after nearly 40 years as Professor of Music Theory and Composition at Carnegie Mellon University in Pittsburgh, Pennsylvania. For 10 of those years, she served as Head of the School of Music. A pianist since the age of 5, her professional career has spanned six decades. Her compositions include works for orchestra, choir, piano, voice, brass band and chamber ensembles. In addition to her work as a composer, she has published over 20 articles and papers on composition, technology, computer music, and women in music. She has also authored two books, several collections of essays, poetry, and travel journals. *Leadership in the Arts: An Inside View* and *Spiritual Moments* were both published by AuthorHouse in Bloomington, Indiana. Three years ago, with the shelter-in-place restrictions caused by the Coronavirus, Dr. Thomas used her increased leisure time to return to active practicing and performing. These programs, *Broadway through the Ages (Part 1 and Part 2)*, and *Tribute to Sondheim* are the result.

## Sensational Stravinsky!

Study Leader: James Gorton

- 4 Classes: Oct. 31 – Nov. 28\*
  - Tuesday, 1:00 PM - 2:30 PM
  - Cyert Hall, Osher Room B
- Class ID: 4815

**NEW!**

\*Note: Class will not meet on Nov. 7

A survey of Igor Stravinsky's three major ballets — Firebird, Rite of Spring, Petrouchka — plus a sampling of his other symphonic and chamber works. Live instrument demos will be featured during the class.

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

## What's In An Interpretation?

Study Leader: Flavio Chamis

- 3 Classes: Sep. 7 – Sep. 21
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Class ID: 4781

**NEW!**

The proposed course will provide a comparative study between examples of different interpretations of the exact same musical score, and how musicians insert their unique personal insights into the strict guidelines provided by the composer. At the same time, it will concentrate on specific aspects of musical composition, exploring how composers establish formal structures to build their masterworks. Carefully chosen examples of solo, chamber, orchestral, and vocal works will be heard, including comparisons between performances. Flavio might also add some jazz, Brazilian, or even pop oldies into the mix.

**Flavio Chamis**, a native of Brazil, studied conducting and composition in Germany, Austria and Israel. While in Europe, Chamis recorded for RIAS Berlin and Radio France. A CD with the premiere of Michel Phillipot's "Concerto for Violin and/or Viola" was released by the Solstice label. In Europe he conducted, among many others, at the Musikverein in Vienna, the Wiener Festwochen and the Royal Festival Hall in London. In 1985, Chamis was named conducting assistant to Leonard Bernstein. In this capacity, he led the Israel Philharmonic in preparation for tours of Europe, Japan and the United States, featuring performances of Mahler's 9th Symphony, the world premiere of Bernstein's Jubilee Games and the European tour of the London Symphony Orchestra. Mr. Chamis returned to Brazil as Music Director of the Porto Alegre Symphony Orchestra. As a composer, his works embrace a wide range of styles, from classical to jazz and Brazilian music including "Especiaria", a Latin Grammy nominated CD with Mr. Chamis Brazilian Jazz compositions. In 2007 Flavio Chamis received the International Press Award as Outstanding Brazilian Musician based in the US Mr. Chamis is a member of the Screening Committee of the Latin Grammy.

## The Beatles: From Rubber Soul To Abbey Road

Study Leader: Stephen Schultz

- 29 Classes: Aug. 28 – Dec. 11\* Class ID: 4708
- Monday & Wednesday, 3:15 PM - 5:15 PM
- Scaife Hall, SH 105

**NEW!**

\*Note: Class will not meet on 09/04/2023, 11/22/2023

The Beatles are the most famous rock group in history. The reasons for this are musical as well as cultural and we will look at the two elements simultaneously. Their middle period songs from 1965-67 will be studied, with analysis of the musical and lyrical content and structural elements. What musical styles do the songs address? What were their musical influences? In what ways did their music change over the years? Why were the Beatles so popular and influential?

Please note: This is a CMU undergraduate music course that runs for 15 weeks on both Monday and Wednesday for a total of 29 classes.

**Stephen Schultz**, called "among the most flawless artists on the Baroque flute" by the San Jose Mercury News plays Principal flute with the Philharmonia Baroque Orchestra and Musica Angelica and performs with other leading Early music groups such as Tafelmusik Baroque Orchestra, Wiener Akademie, Chatham Baroque and at the Oregon and Carmel Bach Festivals. Concert tours have taken him throughout the world with featured appearances at the Musikverein in Vienna, Walt Disney Concert Hall in Los Angeles, Royal Albert Hall in London, and many more. Currently he is teaching professor in Music History and Flute at CMU and director of the Carnegie Mellon Baroque Orchestra. Mr. Schultz has also been a featured faculty member of the Jeanne Baxtresser International Flute Master Class at Carnegie Mellon University and has taught at the Juilliard School and the International Baroque Institute at Longy School of Music. Schultz has appeared on over fifty recordings for many different labels. He has been very active in commissioning new music written for his instrument and in 1998, Carolyn Yarnell wrote 10/18 for solo, processed Baroque Flute and dedicated it to Mr. Schultz. In March 2018, Stephen released a critically acclaimed CD of Bach Sonatas for Flute and Harpsichord with Jory Vinikour, on the Music and Arts label.

## LAW

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### Introduction To Real Estate Law

*Study Leader:* Errol Miller

- 6 Classes: Nov. 1 – Dec. 13\*      *Class ID:* 4739
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A

*\*Note: Class will not meet on Nov. 22*

By use of practical information, useful anecdotes, and samples of documents commonly used in real estate transactions, this course will explain many of the legal principles which surround most real estate transactions. The documents analyzed will include deeds from individuals and estates, real estate sales agreements, real estate settlement sheets, residential leases, commercial leases, and residential mortgages. The focus will be on basic principles and provisions and steps you should take or expect your lawyer to take to protect your rights and reduce your risks.

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

## Weekly Essentials

*The weekly email for all things Osher at CMU!*

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

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

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

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



# LEARN BY DOING

Art | Dance/Exercise | Finance/Insurance | Games | Music/Drama | Self Improvement | Wellness | Writing

## ART

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### Figure Drawing

Study Leader: Betsy Banglely

Materials Fee: \$45\*

- 5 Classes: Oct. 27 – Dec. 1\*      Class ID: 4794
- Friday, 9:30 AM - 12:00 PM
- College of Fine Arts, TBA

\*Note: Class will not meet on Nov. 24

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 Banglely** has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently teaches drawing, watercolor painting, art journaling, and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

\*Materials fee information located on page 101.

### Drawing In Color

Study Leader: Jane Pawlowski

- 5 Classes: Sep. 5 – Oct. 3      Class ID: 4735
- Tuesday, 10:45 AM - 12:45 PM
- Cyert Hall, Olmsted Activity Room

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

Please note: *Supplies are expected to cost around \$30.00*

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



## Painting In Watercolors

*Study Leader:* Jane Pawlowski

- 4 Classes: Nov. 2 – Nov. 30\* *Class ID:* 4740
- Thursday, 10:45 AM - 12:45 PM
- Cyert Hall, Olmsted Activity Room **NEW!**

*\*Note: Class will not meet on Nov. 23*

This course serves as both an introduction to the versatile watercolor medium as well as an opportunity for those with prior experience to enhance their skills and work on individual projects. Watercolors can be used for quick sketching, as well as developed into a very detailed and layered painting. We will be working on developing our own style as different approaches to the medium are discussed. We will look at different genres of art as we enjoy our increasing comfort and skill in this beautiful medium.

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

## The Modern Art Of Flower Arranging: Sogetsu Ikebana

*Study Leader:* Brittany Reilly

*Materials Fee:* \$45\*

- 1 Class: Aug. 31 *Class ID:* 4828
- Thursday, 1:00 PM - 3:00 PM
- Cyert Hall, Olmsted Activity Room **NEW! ONE DAY**

Ikebana - the Japanese art of “bringing life to flowers” - is a fascinating practice dating back to the sixth century. Throughout the decades, many styles and schools of ikebana developed, ranging from harmonious and traditional, to innovative and avant-garde. This one-day course will begin with a slide lecture on the history of ikebana with a focus on the Sogetsu school of ikebana, a modern approach founded in 1927, which remains immensely popular and widely practiced today. Key concepts and styles will be highlighted to express the various forms of Sogetsu and settings it can be presented in. Following the talk, a demonstration will illustrate how to create a Sogetsu Ikebana arrangement. Students will then create their own ikebana arrangement from start to finish with the guidance of the instructor. A materials fee will cover fresh flower material for each student and supplies.

**Brittany Reilly** has been an active member of Ikebana International Pittsburgh Chapter since 2018, and has practiced the Sogetsu curriculum for six years with the Sogetsu Pittsburgh Study Group, founded in 1990 by Reiko Nakajima. In addition to monthly workshops and private study sessions, the group introduces the art form to the public and community through collaborations with various organizations, venues and artists. They are coordinating forthcoming special projects including an exclusive installation of ikebana presented throughout historic Fallingwater (September 2023) and a multidisciplinary exhibition in collaboration with Contemporary Craft (September 2024). Past Sogetsu Ikebana exhibitions have included projects at the Carnegie Museum of Art, the Andy Warhol Museum, Phipps Conservatory, the Cleveland Botanic Garden and many more. Brittany has worked extensively with contemporary artists and modern art collections throughout her career in the visual arts. She is the Executive Director of the Irving and Aaronel deRoy Gruber Foundation, and serves on the Board of Directors of Preservation Pittsburgh.

*\*Materials fee information located on page 101.*

## Nature Journaling

Study Leader: Betsy Banglely

- 2 Classes: Oct. 18 and Oct. 25      *Class ID: 4795*
- Wednesday, 1:00 PM - 3:30 PM
- Cyert Hall, Olmsted Activity Room

**NEW!** **TWO DAY**

Discover the joy of connecting with nature. Nature journaling allows you to slow down, practice mindfulness, and make discoveries about the place where you live, while building your observational drawing skills. We will begin each session indoors with practice activities and inspiration, before going outdoors to make observations & drawings on the CMU campus. This class involves walking & sitting outdoors. Please dress for the weather and bring a sketchbook and favorite drawing materials (pencil, eraser, sharpener, colored pencils). Ideal for beginners and those who want to enrich their lives with a mindful practice of nature observation.

**Betsy Banglely** has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently teaches drawing, watercolor painting, art journaling, and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

## DANCE/EXERCISE

### Sacred Circle Dancing

Study Leader: Alice Carnes

- 4 Classes: Sep. 7 – Sep. 28      *Class ID: 4812*
- Thursday, 12:45 PM - 2:45 PM
- Cyert Hall, Olmsted Activity Room

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

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

## FINANCE/INSURANCE

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### Seasoned Investors

*Study Leader:* Brett Pechersky

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- 5 Classes: Sep. 6 – Oct. 4 *Class ID:* 4713
  - Wednesday, 10:45 AM - 12:45 PM
  - Cyert Hall, Hawkins Conference Room
- 

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

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

### Understanding And Managing Your Personal Finances

*Study Leader:* Marcia Semper

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- 5 Classes: Sep. 7 – Oct. 5 *Class ID:* 4724
  - Thursday, 11:00 AM - 12:30 PM
  - Cyert Hall, Olmsted Activity Room
- 

Are you faced with the responsibility to manage your personal finances with no prior experience? This course will help you develop your ability to understand your personal finances and your confidence to make better financial decisions. Another key benefit is the potential to decrease your stress in fulfilling these critical and challenging responsibilities. The wide range of topics includes income (interest, dividends, IRAs, Social Security); expenses (budgeting); investments (stocks, bonds, money markets, mutual funds, stock market, asset allocation); estate planning (gifts, financial and health powers of attorney, wills, trusts); income taxes (income and deductions); and insurance (health, long-term care, life).

**Marcia Semper** graduated from Butler High School as an honor student, having completed all courses from 1st to 12th grade with an A average. She earned a BA in math from CMU, taking the first computer science courses offered, was president of her sorority, and a member of the choir and musical. She then began a career as a Systems Engineer at IBM, earned an MBA with a focus on finance from Case Western Reserve U., and was promoted to IBM management after six years, serving as a manager of Systems Engineering and Marketing. She led teams in the sale and installation of systems solutions to the business needs of accounts including Westinghouse, PNC Bank, Blue Cross, utilities, universities, and government. Post retirement, Marcia was employed at PNC, managing the systems integration of acquired banks, served as an adjunct professor in business at Penn State, and currently is self-employed as a Professional Organizer providing personal finance consulting, including income tax preparation and de-cluttering services. Her volunteer initiatives have included supporting fundraising for the American Cancer Society, teaching “Understanding and Managing your Personal Finances” in Carnegie Mellon’s Osher program, serving as a church leader, and producing high school musicals.

## Senior Health Insurance, Health Care

Study Leader: Barbara Veazey

Materials Fee: \$5\*

- 5 Classes: Nov. 1 – Dec. 6\*      Class ID: 4710
- Wednesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A

\*Note: Class will not meet on Nov. 22

This course will start by looking at Social Security and end five sessions later by discussing how to select a care facility. Along the way we will discuss Medicare; VA benefits; the advantages, disadvantages, and benefits of health, drug, and travel insurance plans; health care reform; legal documents; long-term care insurance, homecare services; adult day care; low-income programs; retirement communities; and selecting a facility for confinement care.

Please note: \$5.00 fee for binder, paid to instructor at first class.

**Barbara Veazey** is a Geriatric Care Registered Nurse, a PA Health Insurance Specialist and the former owner of a Home Care Agency and seven care facilities. She shares her knowledge to help you avoid making mistakes in the complicated health care field. We look at Social Security and Medicare. Then move along to VA benefits, health, drug, travel, and longterm care insurance plans. There are legal documents you should consider now. You, or a family member, may select living in a retirement community, need home care or confinement 24/7 in one of the types of care facilities. Know the costs and where to get help.

\*Materials fee information located on page 101.

## Saving Taxes In Retirement

Study Leader: Bud Kahn

- 5 Classes: Sep. 7 – Oct. 12\*      Class ID: 4717
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

\*Note: Class will not meet on Sep. 21

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

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

Check us out on Facebook!

[www.facebook.com/osheratcmu](http://www.facebook.com/osheratcmu)

## GAMES

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### Let's Play Some Bridge

*Study Leader:* John Olmsted, Sherri Davis

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- 6 Classes: Sep. 5 – Oct. 10 *Class ID: 4786*
  - Tuesday, 2:45 PM - 4:45 PM
  - Cyert Hall, Olmsted Activity Room
- 

- 6 Classes: Oct. 31 – Dec. 12\* *Class ID: 4787*
- Tuesday, 1:00 PM - 3:00 PM
- Cyert Hall, Olmsted Activity Room

*\*Note: Class will not meet on Nov. 7*

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

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

**Sherri L. Davis** was a consultant at a wealth-management firm and an attorney in both New York and Pittsburgh. She is the happiest retired person on the planet.

### Bridge Basics III

*Study Leader:* Jack Patzer

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- 6 Classes: Sep. 6 – Oct. 11 *Class ID: 4800*
  - Wednesday, 2:45 PM - 4:45 PM
  - Cyert Hall, Olmsted Activity Room
- 

Bridge is a card game enjoyed by tens of millions of people who like social interaction as well as mental challenges. Bridge involves both bidding (competing for the right to select a master suit) and playing (one card at a time played by each of the four players). The Bridge Basics series (BB1, BB2, BB3) explores a progression in playing skills that is designed to take neophytes (never played bridge before) to confident social bridge aficionados. Participants receive some instruction and play two or more sample hands (followed by detailed analysis of the hand) at every meeting. Bridge Basics 3 (BB3), the last in a series of three, provides more advanced bidding (and playing) skills that include strong hand bidding, slam bidding, preemptive bidding, balancing and doubling. Participants should have completed BB2 or be at beginner-plus skill level with knowledge of Standard American Yellow Card bidding conventions.

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

## 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 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!

## Bridge Basics IV

Study Leader: Jack Patzer

- 6 Classes: Nov. 1 – Dec. 13\*      *Class ID: 4801*
  - Wednesday, 2:45 PM - 4:45 PM
  - Cyert Hall, Olmsted Activity Room
- \*Note: Class will not meet on Nov. 22*

Bridge Basics 1, 2, & 3 mainly focused on gaining bidding skills using Standard American Yellow Card (SAYC) conventions. But bidding to a good contract is only part of the game: one then needs to maximize tricks taken while the loyal opposition is doing its best to foil the attempt. Beyond the Basics is directed toward developing skills in playing the hand, both offensive and defensive. Declarer techniques include planning the sequence of play, managing entries, establishing long suits, when (and when not) to finesse, how to finesse, managing the trump suit, end plays, and squeezes. The main defensive strategies include opening leads, signaling partner, and deceiving the declarer (and probably partner at the same time). To maximize instructional playing time, participants are expected to have completed the BB1 through BB3 sequence or to be conversant (and comfortable) with SAYC bidding conventions.

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

## MUSIC & DRAMA

### It’s Never Too Late To Play Violin

Study Leader: Laura Roelofs

- 6 Classes: Oct. 31 – Dec. 12\*      *Class ID: 4803*
  - Tuesday, 11:30 AM - 12:30 PM
  - Cyert Hall, Hawkins Conference Room
- \*Note: Class will not meet on Nov. 7*

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

Please Note: *After registering, class participants will receive information about securing an instrument. Short-term violin rentals are inexpensive —about \$20 a month —and available from both local and online sources.*

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

## SELF IMPROVEMENT

## End Of Life Matters

Study Leader: Fredric Price

- 4 Classes: Nov. 2 – Nov. 30\* *Class ID: 4784*
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

\*Note: Class will not meet on Nov. 23

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

**Fredric Price, M.D.** is a retired OB/GYN, cancer surgeon and board-certified palliative care specialist. After more than 25 years working in women's cancer at UPMC and leading the gynecologic oncology division at Allegheny Health Network, Dr. Price spent the last years of his medical career in end-of-life supportive care at Allegheny General Hospital. At AGH he founded the outpatient palliative medicine clinic and started an emotional support group for nurses in the cancer center. He volunteered at the Hôpital Albert Schweitzer in Haiti, and in public hospitals in Guyana, Honduras and Ethiopia. During his tenure on the faculty of the University of Pittsburgh and Temple medical schools, he received five national and international teaching awards and was elected to *Pittsburgh Magazine's* "Best Doctors" for 24 years. He teaches a palliative care workshop in the Physician Assistant Program at Chatham University. He holds degrees from Yale, the University of Louisville and Carnegie Mellon University.

## Say What!?

Study Leader: Charlotte McDaniel

- 2 Classes: Oct. 18 and Oct. 25 *Class ID: 4825*
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room A

**NEW!** **TWO DAY**

Have you ever made a comment and wished you had not? Or wished you had a better repertoire of replies to things said to you? This course will explore common situations most of us encounter with the objective of enhancing our communication exchanges. After all, communication is the basis of relationships. While there are no assumed 'right' or 'wrong' replies, there can be better ones, or ones that move our communication, and, therefore, our relationships forward constructively. All exchanges have some purpose; we will explore those with an eye to exchanges moving us in a positive, creative direction. Ultimately, we will also encourage respectful exchanges; ones that enhance kindness, for example. Attendees should plan to engage with their peers during each session and adhere to the fundamental that all persons should be treated with respect, and be respectful. Sessions (also) will include situations proposed by the attendees.

**Charlotte McDaniel** (PhD, STM) has extensive experience as an ethics professor (Yale, UPMC, Emory University) and administrator in (several) professional schools. As a person who enjoys working with people and encounters "interesting" situations daily, she is more than aware of the need to work from the perspective that all persons should be treated with respect (and be respectful). This perspective has been foundational to her professional work, including four appointments as a Fulbright Scholar, each to a different country; her 5th appointment is pending. Professional education requires not just competency plus excellence in scholarly writing and research, it also implies interactions with people; others, which are part of the professional domain. Learning from her own work and students, McDaniel will bring to the discussion her experience and research on creating ethical settings. She has authored or edited more than six books and roughly 100 articles in peer-reviewed, scholarly journals, plus several children's' books and non-academic publications, as well.



## Online Dating For Seniors

Study Leader: Ginnie Farnsworth

- 6 Classes: Oct. 31 – Dec. 12\*      Class ID: 4832
  - Tuesday, 1:00 PM - 2:30 PM
  - Cyert Hall, Osher Room A
- NEW!**
- \*Note: Class will not meet on Nov. 7*

Online dating is the 2023 equivalent of dropping a handkerchief. We don't date online! The online dating sites are a virtual means of meeting people to date in the real world. It can be fun, rewarding, and very challenging. This course steps participants through the process to meet people online. From setting one's relationship goals to dating site selection, self-presentation and do's and don'ts of first dates, this course puts it all together. The rewards of the course are greater self-awareness, a realistic assessment of one's heart's desires, and the possibility of a new friend or life partner. Give it a try and find a special new relationship.

**Ginnie Farnsworth** is a senior online dater. In preparation for entering online dating, Ginnie read widely on the subject, listened to innumerable podcasts, and interviewed dating coaches. She is on her path to find that special someone to be a friend and life partner. Ginnie participates in three of the dating sites covered by the course and also recommends the fourth. She has written many profiles leading to the one which wins the most attention from the type of partner she seeks. As a photographer, she offers direction on the best and worst way to present yourself photos. Having done all the ground work, Ginnie enjoys dating the men who match her wishes and criteria. This process is challenging and one with great rewards. Ginnie is retired from the Banking Finance field, has travel extensively and is a visual artist focused on artists books and photography.

## Verbal Self Defense For Women

Study Leader: Jackie Umans

- 1 Class: Aug. 30      Class ID: 4701
  - Wednesday, 11:00 AM - 12:30 PM
  - Cyert Hall, Olmsted Activity Room
- ONE DAY**

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

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

### Important

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

We appreciate your cooperation.

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

## WELLNESS

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### SoulCollage®: For New And Returning Students

Study Leader: Alice Carnes

- 5 Classes: Nov. 1 – Dec. 6\* Class ID: 4813
- Wednesday, 12:45 PM - 2:30 PM
- Cyert Hall, Olmsted Activity Room

*\*Note: Class will not meet on Nov. 22*

SoulCollage® developed by Seena Frost is a process of self-discovery. Do you long to connect with your inner self? Or are you curious about parts of yourself? In this class we will meditatively select magazine pictures to collage into cards. Your soul gravitates to images intuitively. You may question why you are choosing specific images to create your card(s). Through a deliberate process of questions, your cards will reveal personal insights and wisdom. Come experience the transformative power of images, imagination, and intuition with SoulCollage®.

Please note: *estimated cost of supplies needed is \$25.00*

**Alice Carnes** has an M.A. in Special Education from the University of New Mexico. She counseled and facilitated academic accommodations for students with disabilities at Central Piedmont Community College in Charlotte, North Carolina. A lover of poetry, writing, hiking, bicycling, cooking, traveling, reading, meditation, and earth-based spirituality. In July 2018, she completed the SoulCollage® facilitator training. She says, “I am continually amazed by the creative process of SoulCollage®”.

## WRITING

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### Storytelling For Fun And Profit

Study Leader: Roland Vendeland

- 1 Class: Aug. 30 Class ID: 4838
- Wednesday, 1:00 PM - 3:00 PM
- Cyert Hall, Osher Room A

**NEW!** ONE DAY

For thirty years Roland has plied his trade as a professional storyteller. He has used his craft as an entertainer, educator, and therapist. He will share the narrative behind these storytelling applications as he relates tales sourced from folklore, personal experience, history, and Jewish tradition. Appropriate for anyone with a desire to tell, hear, or fabricate stories.

**Roland Vendeland** is a historical researcher, published author, and professional storyteller. His lifelong interest in history dates back to his days as a history student and teacher. For thirty years Roland has written and told stories of being “born and bred” in western Pennsylvania. He specializes in regional historical tales that lend themselves to field trips to museums and in the field.

# Weekly Essentials

*The weekly email for all things Osher at CMU!*

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

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

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

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

## Proof Positive

*Study Leader:* Helen Fallon

- 2 Classes: Oct. 18 and Oct. 25      *Class ID:* 4793
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

**NEW!** TWO DAY

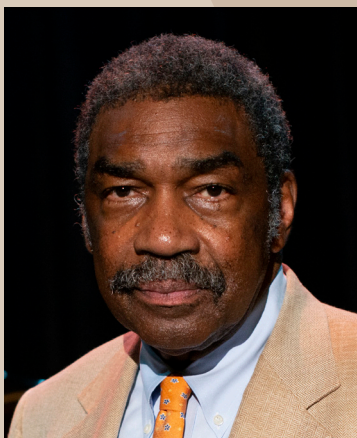
An introduction to the editing and proofreading methods professional editors employ to review written work, covering those basic elements (grammar, spelling, punctuation) to ensuring accuracy and readability. Good editing - and you need to be your own best editor - ensures others will want to read your work, whether it's for an audience of one or many. The instructor will explain how editors work and the resources they use to help polish others' writing. Tips will be offered that will help anyone from writing an email to a blog post to a full-length article. The sessions will be interactive, and students will leave with multiple handouts and resource suggestions.

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

# LECTURE

## The Art of Innovation in Vocational Training

By Bill Strickland



Wednesday, October 18<sup>th</sup>  
1:00pm - 2:30pm  
Osher Room B

**The Art of Innovation is about finding unique solutions that can effect the trajectory of people who have lost direction and hope. Traditional methods have failed, and unique, customized solutions must be employed and sustained.**

*As Founder and Executive Chairman Manchester Bidwell Corporation, Bill Strickland has created an educational model designed to empower though educational environments for adults-in-transition as well as urban and at-risk-youth, enriching Southwestern PA and the world. Throughout Strickland's distinguished career, he has been honored with numerous awards for his contributions to arts and the community, including the coveted MacArthur "Genius" award. He is the recipient of 25 honorary PhD's and the author of Make the Impossible Possible.*

**This lecture will be held in person at CMU.**

**To attend, register for Course ID 4850.**

## Writers' Workshop

*Study Leader:* Thalia Snyder, Helen Wilson

- 6 Classes: Oct. 26 – Dec. 7\*      *Class ID:* 4700
- Thursday, 10:30 AM - 12:30 PM
- Cyert Hall, Hawkins Conference Room

*\*Note: Class will not meet on Nov. 23*

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

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

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

# SCIENCE

Architecture | Astronomy | Environment | Medical | Technology

## ARCHITECTURE

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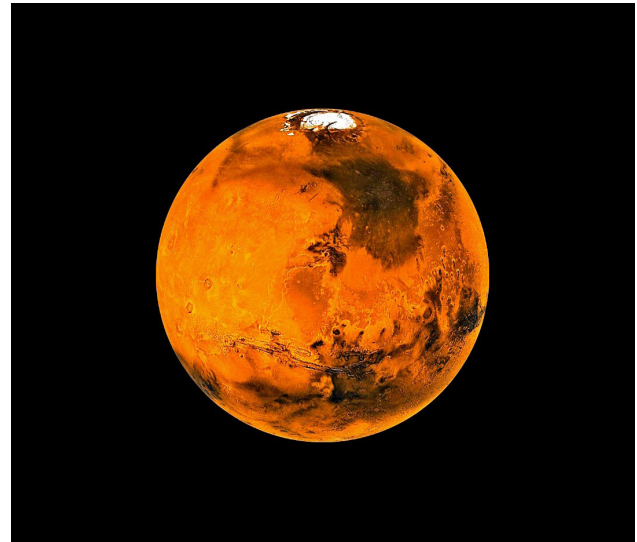
### Contemporary Asian Architects - Part 3

Study Leader: Jeffrey Swoger

- 6 Classes: Nov. 1 – Dec. 13\* Class ID: 4695
  - Wednesday, 11:00 AM - 12:30 PM
  - Cyert Hall, Osher Room B
- NEW!**
- \*Note: Class will not meet on Nov. 22*

Parts 1 and 2 of this survey of contemporary architectural trends in Asia explored the two largest markets in Asia for architects, China and Japan. Part three will venture to South Korea, Singapore, Thailand and Vietnam. Once again, the tensions between tradition and modernity will enlighten the works of the architects being studied. And like the architects in China and Japan, there will be the constant need to define the relationship between the man-made to its natural surroundings. Finally, the role of the various governmental units in the planning and financing of architectural projects will be a factor in each country. Vigorous discussions of the architecture will add insights and make the classroom experience more personal.

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



## ASTRONOMY

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### Mars: Science And Engineering

Study Leader: Howard Seltman

- 4 Classes: Sep. 7 – Sep. 28 Class ID: 4779
  - Thursday, 11:00 AM - 12:30 PM
  - Cyert Hall, Osher Room B
- NEW!**

Mars has fascinated people since time immemorial. Our knowledge of the red planet has increased exponentially throughout the space age. In this course you will learn about the fly-bys, orbiters, landers, rovers, and helicopter that have visited Mars. The science gains depend on the engineering of the spacecraft and scientific instruments, and we will also talk about their development and operation.

**Howard Seltman**, MD, PhD worked as a clinical pathologist and then as a statistics professor. He retired as Director of the Masters in Statistical Practice program in the CMU Department of Statistics and Data Science in 2019. He has followed the space program closely since its early years.

## ENVIRONMENT

### Environmental (In)Justices: Pittsburgh and Beyond

Study Leader: PA Resources Council

- 3 Classes: Aug. 29 – Sep. 12
- Tuesday, 3:15 PM - 5:15 PM
- Cyert Hall, Osher Room B

Class ID: 4834

**NEW!**

This course will explore a brief history of environmental injustices, starting around the world and zooming into the United States before settling in Pittsburgh. For centuries, the progress we've made as a society has dramatically shifted and shaped our population by changing the way we grow food, build cities, make electricity, and more. However, regions around the world have become zones of sacrifice where exposure to dangerous chemicals and materials have impacted generations of people. Join this class to examine where and when some of these injustices have occurred over time across the world, in the United States, in Appalachia, and even in Pittsburgh specifically. This course will also address some of the old and new solutions to our modern problems and whether they will create a more just society or worsen existing injustices. Any reading material will be provided by the study leader.

**Zachary Delaney** has a BA in Environmental Studies with minors in Chemistry and French, as well as both a certificate and a special distinction in sustainability from the University of Pittsburgh. They are also a recent graduate of Chatham University's Master of Sustainability program, where they focused their studies on sustainable urban and community development. Throughout their master's program, Zach worked in numerous project-based courses addressing local sustainability issues, such as economic and community development in Mars Borough of Butler County, exploring the feasibility of small-scale renewable solar energy systems known as microgrids with Pittsburgh's Energy Innovation Center, and working to address invasive species and landslide risk in the Hazelwood neighborhoods Hay's Woods. Zach currently works with Pennsylvania's oldest grassroots environmental nonprofit, the Pennsylvania Resources Council, as their Zero Waste Program Manager. At the PRC, Zach combines past academic and professional experience to drive forward new initiatives for diverting waste in the City of Pittsburgh and Allegheny County broadly, working with the City on their upcoming 2023 residential composting pilot, among many other projects.

## MEDICAL

### Understanding Health And The Immune System

Study Leader: Bruce Rabin

- 3 Classes: Oct. 31 – Nov. 21\*
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

Class ID: 4705

**NEW!**

\*Note: Class will not meet on Nov. 7

The Covid virus has brought considerable attention to the immune system. It was always known that the immune system is important, as immunization protected us from infection. However, it is only within the past three decades that we realized the importance of the immune system to healthy aging. When working properly, the immune system keeps us healthy, but can also cause disease when not working properly. Thus, it can be our friend, but also our enemy. I will teach you, in understandable terms, how the components of the immune system function and the health consequences of when they don't work properly. You will also learn behaviors that help to maintain normal immune system function during aging and the importance of using these behaviors as you age. Healthy immune system function during aging is an important factor in staying healthy during the aging process.

**Bruce S. Rabin**, M.D., Ph.D. attended medical and graduate school at the State University of New York at Buffalo, graduating in 1969. His PhD degree is in the scientific discipline of immunology. In 1972, Dr. Rabin joined the faculty at the University of Pittsburgh Medical School as Director of the Clinical Immunopathology Laboratory, a position which he held for 45 years until his retirement in 2017. He has taught immunology to medical students, graduate students, undergraduate students, and physicians, being presented with many teaching awards. Much of his early research involved determining how the immune system produces damage to the insulin producing cells of the pancreas, the intestine, and the surface of the eye. At age 45 he turned his attention to the effect of stress on the immune system and the pathways of communication between the brain and the immune system. His research laboratory has made major contributions to understanding of how the brain and the immune system interact and influence an individual's health. As a result of his work to promote wellness, in 2002, Dr. Rabin was recognized by the *Pittsburgh Post-Gazette* as one of twelve individuals who are making a difference in health care in western Pennsylvania.

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

*Study Leader:* Jerome Granato

- 2 Classes: Oct. 19 and Oct. 26 *Class ID:* 4746
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

**TWO  
DAY**

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

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



## Chinese Medicine: Health And Harmony

*Study Leader:* Thalia Gray

- 5 Classes: Aug. 29 – Sep. 26 *Class ID:* 4707
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

Traditional Chinese medicine, including acupuncture and herbal prescriptions, has been in continuous use in the world from 3,000 years ago to the present day. In the West we know it mainly by its technologies: acupuncture, cupping, massage, and herbs, but the real magic lies in its theories and philosophies about health and the role of humans in the universe. This course explores the theory and practice of Chinese medicine and how to apply this knowledge to understanding your own health.

**Thalia Gray, LAc, DiplOM, PhD**, is a licensed practitioner of Oriental Medicine. She obtained her doctorate in Anthropology from NYU, worked for many years as an archaeologist, and was a freelance biomedical writer for 20 years. She completed her studies in Traditional Chinese Medicine at Eight Branches Academy of Eastern Medicine in Toronto and returned to Pittsburgh where she runs a private practice and teaches.

## SPECIAL INTEREST GROUP

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

### 4566: Bridge for Fun: Saturday Edition

Saturdays, 9:30am – 12:30pm

Material Fee: \$15

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

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

**Must be registered to attend.**

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

## TECHNOLOGY

### Scams, Schemes, And Cyber Ripoffs

Study Leader: Randy Weinberg

- 2 Classes: Oct. 17 and Oct. 24
  - Tuesday, 11:00 AM - 12:30 PM
  - Cyert Hall, Osher Room B
- Class ID: 4792

**NEW!** TWO DAY

Fraudulent activity, often targeted at seniors, is becoming increasingly common — with ever more sophisticated attacks occurring all the time. Many of us have been seriously inconvenienced, or worse. This course updates participants on different types of online and offline scams, schemes, and rip-offs and how to avoid them. Topics include email and phishing attacks, ransomware attacks, phone scams, identity theft, safeguarding personal digital assets and others. The course includes real-life examples and practical advice on how to identify, avoid, and protect yourself against these attacks.

**Randy S. Weinberg** is an emeritus teaching professor in Information Systems at Carnegie Mellon University and continues to teach for CMU on an occasional basis. He won the University's Gelfand Award for Educational Outreach in 2019. He has been an active member of Osher at CMU, serving on the Board of Directors, various committees, and regularly teaching courses in a variety of subjects.



# SOCIAL SCIENCES

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

## ARCHEOLOGY

### Archaeological Perspectives On Pittsburgh's Past

Study Leader: Sarah Neusius

- 5 Classes: Oct. 31 – Dec. 5\* Class ID: 4824
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

**NEW!**

\*Note: Class will not meet on Nov. 7

Most Pittsburgh history has very little to say about the people who lived in our area prior to the eighteenth century. Archaeological science has helped us learn many things about these earlier times and can deepen our understanding of those who were here before us. Native Americans also have traditions concerning their ancestors and ancestral lands that provide important perspectives on our area's past. Yet archaeologists and Native Americans don't always agree and sometimes have had contentious relationships. How have archaeological practice and US law and policy concerning Native Americans contributed to a disconnect that limits full understanding of the past? What changes in archaeological practice, and US law and policy can lead us to a better and more complete understanding of people's lives in our area before Pittsburgh was Pittsburgh?

**Sarah Neusius** is Professor Emeritus in the Department of Anthropology, IUP, where she taught archaeology and anthropology for 32+ years, and a Research Associate in Anthropology at the Carnegie Museum of Natural History. She has taught courses on North American Archaeology, Contemporary Native Americans, and Archaeological Laws and Ethics. She is currently President of the Allegheny Chapter of the Society for Pennsylvania Archaeology, Book Review Editor for *The Pennsylvania Archaeologist journal*, and a Past President of both Pennsylvania Archaeological Council and the Society for Pennsylvania Archaeology. Her training is in North American archaeology and zooarchaeology and earned her Ph.D. from Northwestern University. She co-authored *Seeking Our Past: An Introduction to North American Archaeology* (2014, Oxford University Press) and authored various other archaeological publications. Her Pennsylvania research has focused on the archaeology of the Late Prehistoric period, and she is fascinated by the intersection of archaeology with ethical and human rights issues.

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Understanding Chinese Culture

Study Leader: John Hooker

- 4 Classes: Sep. 5 – Sep. 26 Class ID: 4845
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

**NEW!**

In a time of growing tension between the United States and China, mutual understanding between these two economic superpowers is particularly important. This course presents an overview of contemporary Chinese culture, based on concepts from cultural anthropology and the instructor's personal experiences in China over a period of 25 years. The course makes no judgments, positive or negative, but attempts to understand the cultural assumptions and values that underlie recent developments in China. Topics include the role of family, saving face, rituals, education, business practices, politics, Covid policies, the Chinese diaspora, and even humor — among many others. While the instructor has led two Osher courses on world cultures in the last decade or so, this course differs in its much more intensive focus on China.

**John Hooker** is University Professor of Operations Research and Holleran Professor of Business Ethics and Social Responsibility, Emeritus, at Carnegie Mellon University. He taught highly popular courses in cross-cultural management for some 20 years at CMU, which were recognized with two teaching awards. His 200+ publications include a book on Working across Cultures and a number of articles on cross-cultural business and ethics. He has lived and worked in 10 countries on six continents, including twice in China.

## Railroads: A Topical Survey

Study Leader: Paul Roth

- 5 Classes: Sep. 7 – Oct. 5
  - Thursday, 1:00 PM - 2:30 PM
  - Cyert Hall, Osher Room A
- Class ID: 4844

**NEW!**

A series of railroad topics will be presented by individual lecturers, the majority having first-hand expertise in various aspects of the industry. The topics range from railroad history to current events. The history and geography of railroads in Western Pennsylvania will be presented. Discussion of topics of local interest such as passenger service are planned.

**Paul Roth**, the organizer of this course, is a veteran contributor to CMU's Osher program. Besides long participation in producing and teaching pop music-oriented courses both locally and in Florida, he previously offered a similar course on railroads at CMU. His lifelong interest in the history and operation of railroads has led to publication of a three-book series of his railroad photography in the US, Canada, and many foreign countries. His past professional experience included the development of computer simulation models of railroad operations.

## Planning And Development In Allegheny County

Study Leader: David O'Loughlin

- 2 Classes: Oct. 18 and Oct. 25
  - Wednesday, 10:30 AM - 12:30 PM
  - Cyert Hall, Osher Room B
- Class ID: 4816

**TWO DAY**

The goal of the course is to explain the late 1970s Allegheny County problem solving efforts in infrastructure as they may be applied to today's Western Pennsylvania regional problems. Over \$1.4 billion was spent (\$5.6 billion in today's dollars) on 950 projects drawing on Federal, State local and private funding sources. It was a major urban success and an example for Allegheny County and the country of what good government can do, then and now.

**David O'Loughlin** has a B. S. in Group Psychology, a LLB and a MBA from the University of Pittsburgh . He is President of The O'Loughlin Company and United States Maglev Development Company. He worked in local government for ten years from 1970 to 1980. Five years were in the City of Pittsburgh Pete Flaherty administration as Intergovernmental Relations Coordinator and as City Housing Coordinator and the second five years in the Allegheny County Jim Flaherty, Bob Peirce, Tom Foerster administration as Director of Parks, Recreation and Conservation and Director of Planning and Development. He served as the Pennsylvania State Senate representative on The City Oversight Board from 2003 to 2005. Since 1980, he has worked in the private sector in historic building Rehabilitation in Pittsburgh including The Hartley Rose Building, Timber Court, Waterfront Building, Warner Centre, Armstrong Square and 900 Fifth Avenue and in the application of Maglev technology to freight and passenger transportation.

## The Palestinian Story: Hope And Sumud

*Study Leader:* Tina Whitehead

- 5 Classes: Sep. 6 – Oct. 4 *Class ID:* 4747
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

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

**Tina Whitehead**, a graduate of Duquesne University with an M.A. in Spiritual Formation, has been traveling with groups and living in the “Holy Land” since 1997. She has worked as a hospitality representative in Bethlehem for an American travel company and has led and traveled with many groups in Israel, Palestine, and Jordan. She presently resides in Verona.

## Humor And Human Life

*Study Leader:* Joseph Givvin

- 5 Classes: Sep. 7 – Oct. 12\* *Class ID:* 4767
- Thursday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A
- \**Note: Class will not meet on Sep. 28*

Is humor an essential part of being human? Why do we all laugh? What is funny to us? Why is it funny? What does offensive humor tell us about ourselves, our society? This course introduces students to the philosophy, history, culture, and psychology of humor and laughter. Our time will be spent reviewing pertinent literature, observing humorous archetypes, and actually creating our own examples. We will discuss the most prominent theories used to explain laughter and humor from Plato to the present.

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

## Who Is Ayn Rand?

Study Leader: Joseph Givvin

• 5 Classes: Nov. 2 – Dec. 7\*      Class ID: 4769

• Thursday, 2:45 PM - 4:15 PM

• Cyert Hall, Osher Room A

\*Note: Class will not meet on Nov. 23

Who is Ayn Rand? “Who is John Galt?” was the question Ayn Rand challenged us to think about in *Atlas Shrugged*. We will ask this question about Ayn Rand herself. Was she the creator of a cult of selfishness? Is she the unabashed prophet of capitalism? Was she an immoral scoundrel? Why has she been so influential? Does her thought have any value for us? We will exam some of her most important works and her critics, so that each of us can decide for ourselves, who is Ayn Rand and is her way of thinking importance?

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

## Church, State, And Christian Nationalism

Study Leader: Daniel Aleshire

• 3 Classes: Nov. 2 – Nov. 16      Class ID: 4737

• Thursday, 11:00 AM - 12:30 PM

• Cyert Hall, Osher Room B

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

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

## Ethical Issues In Healthcare

Study Leader: James Reilly

- 4 Classes: Sep. 6 – Sep. 27 Class ID: 4778
- Wednesday, 9:15 AM - 10:45 PM
- Cyert Hall, Osher Room A

Recent technologic, financial, and political developments, as well as the recent pandemic, have strained the ethical underpinnings of healthcare, creating mistrust and divisiveness, and ever-rising costs, in a uniquely American critical life system. This course will explore the biologic and cultural roots of ethical theories, applying both deontology and consequentialist approaches to several current ethical challenges, including patient autonomy, reproductive rights and abortion, physical enhancement, and end of life issues.

**James Reilly**, MD, MPM, FACS, is a retired general surgeon. His academic career has taken him from Pittsburgh to Philadelphia, Boston, Washington, D.C., and New York City. His CV includes over 100 publications in peer-reviewed journals, abstracts, and academic presentations. Prior to returning to Pittsburgh, he served as chief of surgery at the Kings County Hospital in Brooklyn. He has taught health policy at Carnegie Mellon University and Duquesne University. He and his wife, Marie, have two daughters and three grandchildren.

## HISTORY

### *The Dawn Of Everything: Humans Before Agriculture*

Study Leader: Charles Hier

- 6 Classes: Oct. 31 – Dec. 12\* Class ID: 4802
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A

\*Note: Class will not meet on Nov. 7

**NEW!**

It was once thought that our Late Paleolithic and Mesolithic forbears (the peoples emerging from the last Ice Age) foraged around in small hunter-gatherer bands until the discovery and practice of agriculture. Agricultural surpluses then led to cities, social classes and writing. But there are problems with this story. Huge 'megalithic' structures (think Stonehenge, and there are thousands of these all over the world), could only have been constructed by huge numbers of people, organized for coordinated work millennia before the appearance of agriculture. An anthropologist and an archeologist have written a book, *The Dawn of Everything*, that puts together evidence uncovered in their two scientific disciplines to create a revised picture of our pre-history. They see much more experimentation and social self-awareness in early peoples than pre-historians have hitherto assumed in these 'primitive' peoples.

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

## The Monuments Men

Study Leader: Jack Reid

- 2 Classes: Oct. 19 and Oct. 26
  - Thursday, 1:00 PM - 3:00 PM
  - Cyert Hall, Osher Room A
- Class ID: 4764
- TWO DAY**

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

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

## Grant's Vicksburg Campaign

Study Leader: David Albert

- 1 Class: Aug. 30
  - Wednesday, 9:00 AM - 10:45 AM
  - Cyert Hall, Osher Room A
- Class ID: 4736
- NEW! ONE DAY**

This one session course deals with Ulysses S. Grant's Vicksburg Campaign of 1863. It focuses on Grant's decisions and leadership that made the campaign against Vicksburg successful, a campaign that split the Confederacy in two and opened up the Mississippi River for the Union.

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

## Engineering Beauty

Study Leader: Richard Wertheimer

- 6 Classes: Nov. 2 – Dec. 14\*
  - Thursday, 9:15 AM - 10:45 AM
  - Cyert Hall, Osher Room B
- Class ID: 4719
- NEW!**
- \*Note: Class will not meet on Nov. 23

From the mid-19th thru the mid-20th century five brilliant men, some self-taught, others college educated, had lives that overlapped and collaborated to create some of the most aesthetically beautiful, well-engineered bridges and buildings in the Northeast, many in New York City and Pittsburgh. John Roebling, Gustav Lindenthal, Henry Hornbostel, Rafael Guastavino and Othmar Ammann all had the same philosophy of engineering... "a great building or bridge in a great city, although primarily utilitarian in its purpose, should nevertheless be a work of art to which Science lends its aid...". This course will study the lives, achievements, and collaborations of these men through their built legacies.

**Dr. Richard Wertheimer** retired as the Co-Founder, CEO and Principal of City Charter High School (City High) in 2012. Prior to working at City High, Dr. Wertheimer spent 25 years in the Pittsburgh Public Schools as a mathematics teacher and supervisor, and Coordinator of Instructional Technology. He was the Education Project Manager and a Principal Investigator of Common Knowledge: Pittsburgh, a National Science Foundation testbed for implementing the Internet into an urban public school district. Dr. Wertheimer has a B.A. in Mathematics from Carnegie Mellon University (1975) and both a M.Ed. in Rehabilitation Counseling (1978) and an Ed.D. in Instruction and Learning (2001) from the University of Pittsburgh.

## So Soon: All About Sassoons

*Study Leader:* Bill Greenspan

- 5 Classes: Sep. 6 – Oct. 4
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

*Class ID:* 4765

**NEW!**

Behind this whimsical title is the story of the Sassoon family, known as “Rothschild of the East” due to the great wealth they accumulated in trade. From the Baghdadi Jewish descent, Sassoon family expended its business to Bombay, India and then to China, England, and other countries. As a family, the Sassoons are unique in many respects. Other houses, to mention only the Rothschilds, Vanderbilts and Astors, amassed vaster fortunes and played a more glittering role in international society. But none has more dramatically spanned two worlds, Oriental and Western, or generated so many virtuoso talents outside the commercial sphere. In England the Sassoons socialized with likes of Prince of Wales and Winston Churchill. They served in British Parliament and occupied significant positions in the British Government. The family produced one of the best-known World War I poets in Siegfried Sassoon and owners and editors of major newspapers.

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



## Making Images: The Evolution Of Photography

*Study Leader:* David Bangley

- 3 Classes: Nov. 2 – Nov. 16
- Thursday, 1:00 PM - 3:00 PM
- Cyert Hall, Olmsted Activity Room

*Class ID:* 4839

**NEW!**

This three-session class will showcase inventions in photography and television that brought us to the smartphone era. Live demonstrations of historic equipment and techniques will illustrate how one invention built upon another. We'll study photography, television, and digital imaging.

**David Bangley** is a former television producer/director. David has worked with film, analog television, digital television, and digital photography. He is an active photographer, specializing in classically lit portraiture.



## The Violins Of Hope: Exhibit Tour

**NEW!** ONE DAY

*Study Leader:* Linda Hurwitz

- 1 Class: Oct. 11 *Class ID:* 4841
- Wednesday, 2:00 PM - 3:30 PM
- Posner Center,

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- 1 Class: Oct. 17 *Class ID:* 4840
- Tuesday, 2:00 PM - 3:30 PM
- Posner Center,

The Violins of Hope Exhibition will be on the CMU campus from October 7-November 21, 2023. Behind the display of restored, fragile instruments are the stories of the Holocaust Survivors who played them. By learning about their experiences, hopefully, a bridge of empathy and understanding will inspire harmony and reduce prejudice.

**Linda F. Hurwitz**, the daughter of Holocaust survivors, was the Director of the Holocaust Center of UJF of Pittsburgh for 18 years. She taught English and was the Head of the Middle School where she wrote curriculum for students to learn about the Holocaust. She has taught adults through Osher, Chatham and Pitt's Adult Education programs for many years. She will guide you through the exhibit at this session.



PITTSBURGH

**Pittsburgh Rising:  
From Frontier Town To Steel City**

*Study Leader:* Rob Ruck, Edward Muller

- 1 Class: Aug. 30 *Class ID:* 4822
- Wednesday, 9:15 AM - 10:45 AM **NEW!**
- Cyert Hall, Osher Room B

Our course about Pittsburgh’s rising traces the evolution of Pittsburgh from its creation on the frontier to its emergence as the Steel City. It tells that story not just through the usual suspects—folks like Hugh Henry Brackenridge, Thomas Mellon, and Andrew Carnegie—but James Smith who lived with Native Americans for several years as their captive and then tribal member, the whiskey rebels, a young girl named Miranda Hollander who took an axe to a textile factory gate during the 1848 strike, a multi-generational family in Bloomfield, and other women and men who came here during the waves of immigration from Europe and the Great Migration out of the South. We will describe some of these people and focus on how the past shaped the city and region of today.

**Rob Ruck**, an historian at Pitt, teaches and writes about sport, focusing on how people use sport to tell their story to the world. His books include *Sandlot Seasons: Sport in Black Pittsburgh* (1987), *The Tropic of Baseball: Baseball in the Dominican Republic* (1991), *Rooney: A Sporting Life* (2010) and *Raceball: How the Major Leagues Colonized the Black and Latin Game* (2011). His most recent book is *Tropic of Football: The Long and Perilous Journey of Samoans to the NFL*. Ruck is currently a consultant to the Hall of Fame in its project to retell the story of black baseball and working with filmmaker Adam Sjoberg on *Songs of a Lost Island*, about Troy Polamalu, football, and American Samoa.

**Edward Muller** is emeritus professor of history at the University of Pittsburgh and former director of its Urban Studies Program. His books include: co-author, *The Atlas of Pennsylvania* (1989); *DeVoto’s West: History, Conservation, and the Public Good* (2005); co-author, *Before Renaissance: Planning in Pittsburgh, 1889-1943* (2006); ed., *An Uncommon Passage: Traveling Through History on the Great Allegheny Passage Trail* (2009); co-author *Making Industrial Pittsburgh: Environment, Landscape, Transportation, Energy, and Planning* (2019). He was for twenty years Vice Chair and Chair of the Board of Directors of the Rivers of National Heritage Area. Edward Muller and Rob Ruck are co-authors of *Pittsburgh Rising: From Frontier Town to Steel City, 1750-1920*, recently published by the University of Pittsburgh Press.

**Preserving Pittsburgh’s  
Architecture And History**

*Study Leader:* Tracy Myers

- 3 Classes: Nov. 1 – Nov. 15 *Class ID:* 4833
- Wednesday, 1:00 PM - 2:30 PM **NEW!**
- Cyert Hall, Osher Room B

Pittsburgh’s historic buildings are an essential source of its uniqueness. Preservation and repurposing of some of these buildings have safeguarded the City’s architectural character and fascinating history, contributed to its economic revitalization, and enhanced its status in the field of architectural sustainability. The course starts with an introduction to the history of preservation in America before turning to the specific case of our city and the Pittsburgh History & Landmarks Foundation (PHLF). We will explore the various approaches to historic preservation PHLF employs and, using a case study approach, look at a number of projects in depth. PowerPoint presentations will be supplemented by Google Maps to give us a fuller perspective than still photographs allow.

**Tracy Myers** is an educator at Pittsburgh History & Landmarks Foundation (PHLF). She was a curator of architecture at Carnegie Museum of Art from 1997 to 2015 and was active as a member or leader of various South Side organizations for nearly two decades. She holds degrees in Government/Economics and Art/Architectural History; before turning to the latter field, she worked on Wall Street and in a large law firm for a few years. The sum of these experiences, together with a retail job in college, an internship at the Congressional Budget Office, and teaching jobs in vastly different academic settings, is an abiding passion for all that makes the world and its inhabitants endearing, exasperating, and fascinating. Although she has lived in Pittsburgh for 25 years, she feels she has barely scratched the surface of this endlessly intriguing region. She looks forward to both sharing with and learning from her students.

## Look For The Helpers

*Study Leader:* David Fortun

- 4 Classes: Sep. 6 – Sep. 27 *Class ID:* 4725
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

**NEW!**

Fred Rogers advised us to, when challenged, “Look for the helpers.” In Pittsburgh, we have non-profits we can turn to when we “look for the helpers:” 412 Food Rescue and their dedication to alleviating food insecurity; Brother’s Brother Foundation and their global disaster response mission; Light of Life Rescue Mission and their philanthropic work with homelessness, poverty, and addiction; and Surgicorps International with over 100 medical missions to developing nations to restore health through repairing deformities in both children and adults. Each week, one of these “helpers” will share their mission, vision, and dedication to serving their fellow man with our lifelong learners here at Osher at CMU. Fortunately, you don’t have to “look for the helpers.” They are coming to you.

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

## Pittsburgh’s East End: An Architectural History

*Study Leader:* Robert Jucha

- 6 Classes: Nov. 1 – Dec. 13\* *Class ID:* 4763
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

*\*Note: Class will not meet on Nov. 22*

The East End of Pittsburgh holds a special status in the city beyond a mere geographical destination. The class will follow the East End’s development from a rural area into the city’s prime suburban residential quarter in the second half of the nineteenth century spurred by the arrival of the railroad and then the streetcar. We will follow the same collection of mature urban neighborhoods into the twentieth century only to find them stumble in places by mid-century into urban decline. The class concludes by looking at the recent revival of the East End. Throughout each of these periods the story of the East End is revealed through its rich, varied, and vibrant architecture of houses, religious and commercial buildings which is the main focus of the class.

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

## POLITICS/GOVERNMENT

## Remedies To Help Save Democracy In America

*Study Leader:* Bill Presutti Jr

- 3 Classes: Nov. 1 – Nov. 15 Class ID: 4775
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

**NEW!**

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

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



## Your Vote Counts. Doesn't It?

*Study Leader:* Randy Weinberg

- 2 Classes: Oct. 17 and Oct. 24 Class ID: 4759
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Since the 2020 elections, legislators across the country have introduced hundreds of bills governing elections and access to voting. Under the guise of election security and prevention of voter fraud, many of these bills impose additional obstacles to voter registration, early voting, access to polling places, use of mail-in ballots, and voter identification. Each obstacle in some way disenfranchises some group of voters. Further, efforts at governing election administration potentially inject serious partisan politics into the process. And, through partisan gerrymandering of district boundaries, election outcomes can often be determined before a single vote is cast. Who can vote in upcoming elections, and how easily, will depend increasingly on where Americans live. This course surveys the current state of voting rights legislation, various relevant court cases, and outcomes of 2021 redistricting activity.

**Randy S. Weinberg** is an emeritus teaching professor in Information Systems at Carnegie Mellon University and continues to teach for CMU on an occasional basis. He won the University's Gelfand Award for Educational Outreach in 2019. He has been an active member of Osher at CMU, serving on the Board of Directors, various committees, and regularly teaching courses in a variety of subjects.

## The Campaign To “Fix Harrisburg”: A 2023 Update

Study Leader: Douglas Webster

- 1 Class: Aug. 31 Class ID: 4733
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

**NEW!** **ONE DAY**

Since its founding by the PA League of Women Voters and Common Cause in 2016, Fair Districts PA has played a leadership role in two major campaigns to reform our PA Legislature. The first was a push for creation of a truly independent citizens’ commission to handle the decennial process of reapportioning our state legislative and Congressional districts by drawing maps that provide fairer representation for all voters. The second was the launch of a 2022 campaign to “Fix Harrisburg” by reforming the rules that govern legislative operations in the Capitol to ensure that bills with demonstrated support get voted upon in both chambers. Our lecture will bring you up to date on the status of both efforts and what we, as citizens, can do to support the drive for change.

**Doug Webster** holds a degree in journalism and political science from Syracuse University. He has worked as a radio and television broadcaster/producer, a US Senate aide, in university development, and in public relations for McGraw-Hill and private advertising/PR agencies. As head of his own firm, he handled North American PR for multi-national companies engaged in trade and transportation logistics. 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. He currently lives in Monroeville and has served as a volunteer with Fair Districts PA since 2016.

## The United States Constitution

Study Leader: Gary Harris

- 6 Classes: Sep. 6 – Oct. 11 Class ID: 4823
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

**NEW!**

Right of Privacy? Freedom of Speech! Equal protection of the laws. This course examines the purpose and effect of the Constitution. We will examine the powers of the federal government as well as the limits on those powers. Particular emphasis will be placed on exploration of the individual rights enumerated in the Constitution, including freedom of speech, of religion, to bear arms, and to due process, their breadth and limitations. The structure of this course will be discussion rather than lecture, remembering that understanding, not argument, is the goal.

**Gary K. Harris** practiced for more than 35 years as an appellate and trial attorney with an emphasis on complex business-related matters. Mr. Harris received his J.D. from Columbia University and his M.B.A. from Cornell University. He served as a law clerk for Justice (then Judge) Ruth Bader Ginsburg. Mr. Harris has been an adjunct professor at Georgetown University Law School.

## Reinhold Niebuhr: Philosophy, Politics, And Race

Study Leader: Ronald Stone

- 6 Classes: Sep. 6 – Oct. 11 Class ID: 4728
- Wednesday, 10:45 AM - 12:15 PM
- Cyert Hall, Osher Room B

This course will examine through lecture, discussion, and readings Reinhold Niebuhr’s intellectual and political development into the current renaissance of his influence, particularly on President Barak Obama. Discussion will focus on his German origins and early work; socialism and economic thought; the World Wars and Christian Realism; thoughts on the Cold War, including the Vietnam War; prospects for democracy; his race relations work, including consideration of Martin Luther King, Jr. and James Cone; and final revisions in his thought, including criticism and response. Recommended Reading: Ronald H. Stone, *Politics and Faith: Reinhold Niebuhr and Paul Tillich at Union Seminary in New York*.

**Ronald Stone** is retired John Witherspoon Professor of Social Ethics at Pittsburgh Theological Seminary. He served also as the coordinator of the Cooperative Graduate Program in Religious Studies at the University of Pittsburgh. While teaching, he wrote 20 books on religion and society; the most recent is *Politics and Faith: Reinhold Niebuhr and Paul Tillich at Union Seminary in New York* (2012). In the community, he served as president of the board of the East Liberty Development Corporation and chair of the Allegheny County Accountability and Ethics Commission. His Ph.D. is in religion and society from Columbia University.

## PSYCHOLOGY

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

Study Leader: Edward Zuckerman

- 2 Classes: Oct. 18 and Oct. 25 Class ID: 4749
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

**TWO  
DAY**

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

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

## Agnotology And Other Ways Of Not-Knowing

*Study Leader:* Edward Zuckerman

- 3 Classes: Nov. 2 – Nov. 16 *Class ID:* 4750
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

**NEW!**

The central question: Who does not know what, when, and how do they not know it? Much is known about such ignorance, and we will explore the biological and especially, the social bases of such non-knowing. The course is theoretical and practical, personal and social, about knowledge and ignorance. We will start with the biopsychology of our ways of not knowing: the limits of attention, gendered alexithymia, and memory's limitations. We are often overconfident in our knowledge as seen in the Dunning-Kreuger Effect, the illusion of explanatory depth, Daniel Kahneman's WYSIATI, "mansplaining" and common confabulation. Agnotology is the study of the (often invisible) cultural production of ignorance. Ignorance can be due to lack of information that we or someone else doesn't want us to know. It can be the result of disinformation, privilege, or our commercial and political system and these are the purview of agnotology.

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

## Stupidity: The Scientific Study Of A Folk Concept

*Study Leader:* Edward Zuckerman

- 3 Classes: Nov. 30 – Dec. 14 *Class ID:* 4751
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

**NEW!**

Stupidity, although universally applied as a pejorative and self-flagellant, is little studied as a psychological construct. Through diverse and often humorous examples we will apply psychological concepts and offer procedures to reduce acting stupidly. Stupidity Studies is not (formally) part of any curriculum or research effort although decision sciences and human factors come closest. It is studied indirectly by all those aiming at human betterment (e.g., better justice procedures, environmental improvement efforts), all attempts to comprehend the turning points in human history (e.g. military actions, political changes, scientific discovery) and is inherent in psychological studies of self-defeating behaviors including addictions, anxiety and depression, and behavioral economics. While often humorous, there can be serious consequences to "stupid" conduct in working with others and in our own behaviors. This class's purpose then is to develop strategies for avoiding participation in such actions.

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

## Overcoming Alexithymia: Naming More Feelings

Study Leader: Edward Zuckerman

- 3 Classes: Sep. 5 – Sep. 19
  - Tuesday, 1:00 AM - 2:30 PM
  - Cyert Hall, Osher Room A
- Class ID: 4752

**NEW!**

People with fewer words for the emotions (alexithymia) feel or sense in others are at a disadvantage in understanding themselves and relating to others. Our culture socializes people differently in regard to emotions and this can lead to conflicts. Many people want to meet their partners' emotional needs but do not fully understand the other, not because they themselves are less emotional, or lack empathy, or are genetically or hormonally different, but because they lack the verbal tools to relate more fully. After a discussion of the nature of emotions and their expression, we will practice using emotion wheels and other tools to expand our emotional vocabulary. We will explore emotion words in other languages, some not translatable, neologisms for complex emotions, and emojis' meanings. Warning: Some discussion will include exploration of the uses of the F-word and words for excrement because they illustrate the issues so well.

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

## Some Big Ideas Quickly

Study Leader: Edward Zuckerman

- 1 Class: Aug. 31
  - Thursday, 11:00 AM - 12:30 PM
  - Cyert Hall, Osher Room A
- Class ID: 4753

**NEW!** ONE DAY

Some unfamiliar concepts have large implications: The fiduciary contract is the heart of ethics: whom to trust and why; The role of luck in life: we trust that the world is just and people get what they deserve but how much of success is due to chance not skill? How would the justice system change if crime was not so due to personal choice; The tragedy of the commons: individuals exploit non-private resources (the air, the oceans, public streets and spaces, the internet, etc.) until they are exhausted and all lose. What can be done?; The rules of metals: variations of the golden rule led to different beliefs about and actions toward others.; Empathy is a foundation of relationships and society and we differ in our balance of the types of empathy which leads to conflicts and disruptions. Can empathy can be strengthened?

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

## Failure: Coping And Causes

Study Leader: David Tipton

- 2 Classes: Oct. 17 and Oct. 24
  - Tuesday, 3:00 PM - 4:30 PM
  - Cyert Hall, Osher Room B
- Class ID: 4696

**NEW!** **TWO DAY**

In our contest with the world, we compete with a cognitively limited, emotionally irrational brain, constrained by an inaccessible subconscious, bedded in a morally imperfect character, bounded by finite energy and limited willpower against an opponent with a 4.5-billion-year head start. Failure is a full-contact, blood sport. It hurts. Failure is the most democratic of events. Failure is a fundamental process of life. It is an inexorable and ruthless force for adaptation, change, and growth. Some things are true about failures. They are failure is a deficiency, failures are both objective phenomena and subjective feelings, failure is a process, failure is part of nature and social systems, failure is the process by which humans and human systems progress, failure is painful, failure is instructive, failure is a skill. This is a course for anyone, of any age, who has ever failed. Specifically, how to cope with it.

**David Tipton** taught at Duquesne University School of Pharmacy and holds a pharmacy degree, an MBA, and a PHD in management. He has published four books on supervision, work, self-awareness, and professionalism. With a colleague he taught a course on failure yearly at the European Summer School for Advanced Management. Prior to returning to graduate school he owned and managed, with partners, four pharmacies.

## RELIGION/PHILOSOPHY

### Journeying Through The Gospels - Luke

Study Leader: Tina Whitehead

- 4 Classes: Nov. 1 – Nov. 29\*
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

Class ID: 4748

**NEW!**

\*Note: Class will not meet on Nov. 22

This course will be taught using maps and pictures that Tina has taken over the past 25 years of traveling and living in the Holy Land.

**Tina Whitehead**, a graduate of Duquesne University with an M.A. in Spiritual Formation, has been traveling with groups and living in the "Holy Land" since 1997. She has worked as a hospitality representative in Bethlehem for an American travel company and has led and traveled with many groups in Israel, Palestine and Jordan. She presently resides in Verona.

### Important

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

We appreciate your cooperation.

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



## Introduction To Islam In India

*Study Leader:* Christine Asenjo

- 2 Classes: Oct. 17 and Oct. 24
  - Tuesday, 3:00 PM - 5:00 PM
  - Cyert Hall, Osher Room A
- Class ID:* 4699

**TWO  
DAY**

This is an historical view of Islam, and how it has influenced life in India. We'll begin with the Prophet Muhammad (peace be upon him) who lived in the 6th century, then we move on to the Golden Age of Islam, a period of great creativity and scientific discovery. Muslims arrived in India as maritime traders in the 8th century. Starting in the 1500s, the Mughal Empire controlled India for 300 years. As European traders moved in, the Mughals gave way to the British government in the 1850s. The effects of the British Raj on Muslims, and their experience after Partition, will be examined. Note that the topic is Islam, not Islamism, widely believed to be a form of religionized politics. Islam is a faith; Islamism is a political ideology. Islam provides us with a content-rich set of discoveries as we learn about India from this vantage point.

**Christine Asenjo** is International Programs Coordinator in the Office of International Education, Carnegie Mellon University. She administers the Host Family Program, and the new Virtual Neighbors Program. These opportunities give Osher members the ability to meet and interact with CMU's international students. She received her B.A. in English from the Pennsylvania State University; and her M.A. in Religious Studies from the University of Pittsburgh. Her graduate research focus was on the weekly ritual for Lord Vishnu at Pittsburgh's Sri Venkateswara Hindu temple. She's taken many visitors there, and to the Hindu-Jain temple, over the last 25 years. She has offered Introduction to Hinduism and Introduction to Sikhism for the Osher program. This will be her second time offering Introduction to Islam in India, having coordinated the course content with local Muslim community groups and CMU students who belong to the Muslim faith.

## TRAVEL

### Travelogue Four: Circumnavigating Japan

*Study Leader:* Bill Greenspan

- 5 Classes: Nov. 2 – Dec. 7\*
  - Thursday, 1:00 PM - 2:30 PM
  - Cyert Hall, Osher Room B
- Class ID:* 4783

**NEW!**

*\*Note: Class will not meet on Nov. 23*

This course will provide you with a brief history of Japan prior to departing for a two-week navigation around its two major Islands. We will start in the street food capital of Japan Osaka and will continue South to Kagoshima and Nagasaki, where we will visit Peace Park and the nearby ceramic Mecca, town of Arita. Next stop will be in the Yasunari Kawabata "snow country" ancient village of Shirakawa followed by a stop at the tip of Hokkaido island. We will finish the trip by visiting three ancient capitals of Kamakura, Kyoto, and Nara plus will take a side trip to Himeji Castle, all places surrounded by beautiful cherry blossoms.

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

# CMU CAMPUS MAP

## BUILDINGS

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

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- 2 **Wernar Hall**

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

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

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- 5 **College of Fine Arts**

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

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



## PORT AUTHORITY BUS STOPS

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

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

## PARKING GARAGES & LOTS

### 10 East Campus Parking Garage

#### EAST CAMPUS GARAGE

GPS Address:

5040 Forbes Ave., Pittsburgh, PA 15213

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

### 11 Morewood Parking Lot

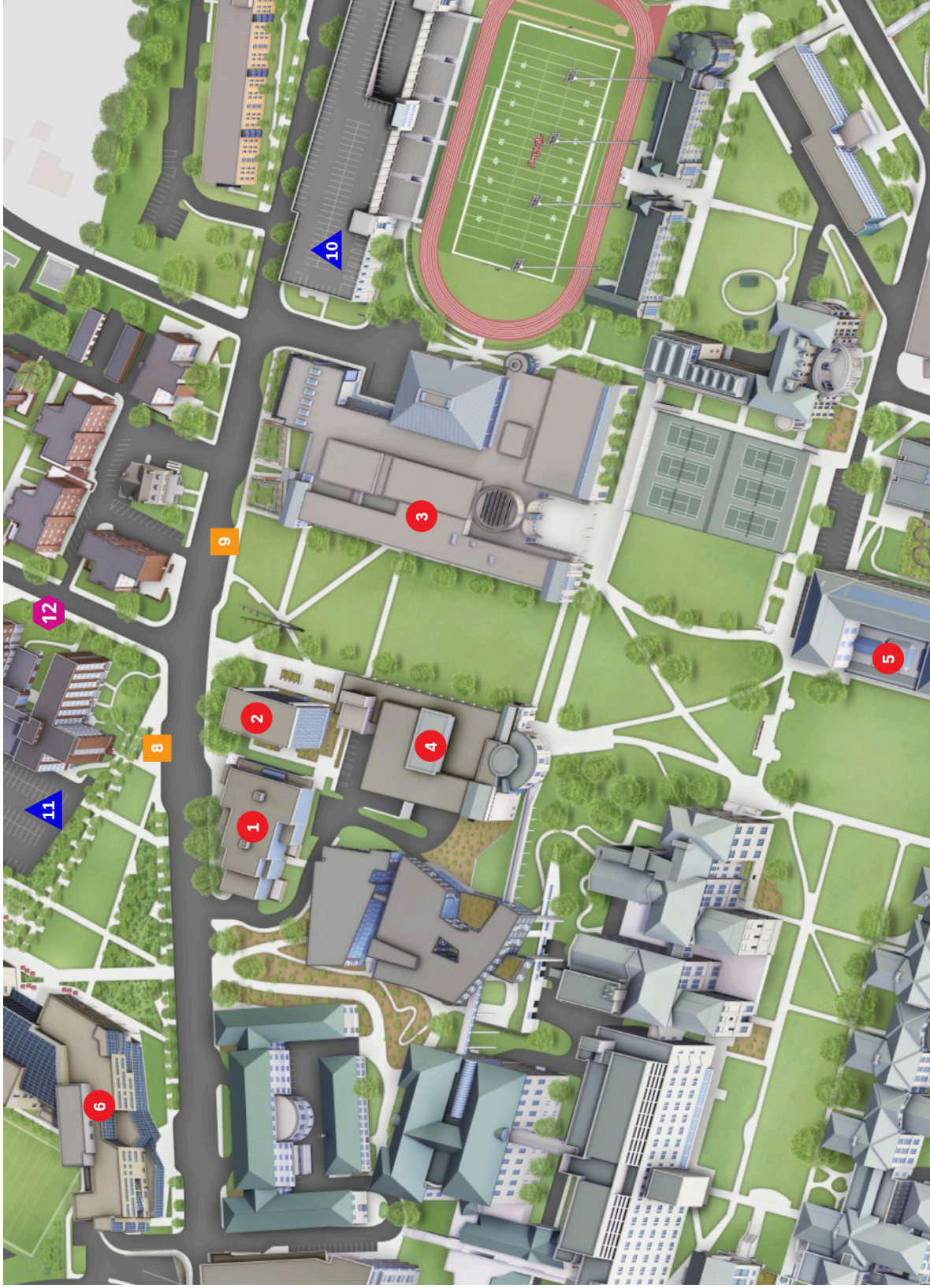
*Morewood Parking after 5:00pm until 8:00am is free Monday – Friday. Weekend parking after 5:00pm Friday until Monday at 8:00am is also free.*

## CMU SHUTTLE STOP

### 12 Morewood Gardens Shuttle Stop

Schedule information available at:

[cmu.edu/parking/transport/shuttle.html](http://cmu.edu/parking/transport/shuttle.html)



**Carnegie Mellon University**



**CAMPUS MAP**

# ZOOM

Classes in this section will be held online via Zoom.

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



# ARTS & HUMANITIES

Art | Cinema/Film | Literature | Music

## ART

### Virtually Visit The Maxo Vanka Murals

Study Leader: Maxo Vanka Murals

Materials Fee: \$8\*

- 1 Class: Oct. 16
- Monday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 4712

ONE  
DAY

This course will introduce participants to the awe-inspiring murals of Croatian artist Maxo Vanka through a 90-minute virtual tour with Director of Education & Interpretation, Becky Gaugler. Participants will discover how these striking works, covering the walls and ceiling of the sanctuary of the St. Nicholas Croatian Catholic Church, were painted over two intense periods in 1937 and 1941 and reflect the lived experiences of the church's working-class, immigrant congregation and timeless themes of struggle, sacrifice, faith, and hope. During this tour, Becky will share the stories behind the artist himself, the murals, and the history of the church and its Croatian immigrant congregation. This unique site is at the intersection of history, art, and social justice — there is something for everyone.

Please note: *This course is also being taught in-person. See page 75 for more information.*

**Becky Gaugler** is the Director of Education & Interpretation at the Society to Preserve the Millvale Murals of Maxo Vanka. She holds degrees in art history and has been working in museum education for almost 20 years. Becky previously worked as the Manager of School & Teacher Programs at Carnegie Museum of Art and most recently as a freelance consultant with a variety of area museums and nonprofits, including the Heinz History Center, the Arts Education Collaborative, and the Children's Museum of Pittsburgh.

\*Materials fee information located on page 101.

### Andy Warhol And Catholicism

Study Leader: Warhol Museum

- 1 Class: Sep. 1
- Friday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 4790

NEW! ONE  
DAY

Born in Pittsburgh to a devout Byzantine Catholic family, Andy Warhol grew up attending multiple weekly services at his local church. In the Warhola family's Carpatho-Rusyn neighborhood, life revolved around the church community, and the young artist was deeply impacted by this environment. From iconic portraits of celebrities to appropriated Renaissance masterpieces, Warhol flirted with styles and symbolism from Eastern and Western Catholic art history, carefully reframing them within the context of Pop Art. Using The Andy Warhol Museum's robust holdings of the artist's early works, the presentation will trace the influence of his religious roots in Pittsburgh to his Pop Art career in New York City. This course is inspired by the 2019 exhibition, *Andy Warhol: Revelation*.

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

## CINEMA/FILM

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### A Night At The Movies: Early Hitchcock In America

*Study Leader:* Stanley Winikoff, Jeffrey Swoger

- 6 Classes: Sep. 5 – Oct. 10 *Class ID:* 4698
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

**NEW!**

Alfred Hitchcock had already achieved international recognition as a director by 1939 when David O Selznick persuaded him to move to Hollywood and make movies. He made films for Selznick and well as Samuel Goldwin. Few directors have had an impact on movies that rivals that of Hitchcock's. The course will examine six classic Hitchcock films made in America, from his first masterpiece in 1940 to 1956, after which he took a short commercial lull before directing his five most famous films. Students will view the films prior to class and discuss them in class. Discussions will focus on directing, screenplay, cinematography, acting, and musical score. The study leaders will apprise students of streaming outlets for each film. If there is little opportunity to stream, they will show the film on Zoom prior to class.

**Stanley Winikoff** is a retired trial lawyer who teaches courses on movies.

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

### A Night At The Movies: Asian 2

*Study Leader:* Stanley Winikoff, Jeffrey Swoger

- 6 Classes: Oct. 23 – Nov. 27 *Class ID:* 4866
- Monday, 3:15 PM - 4:45 PM
- Online Course, Zoom

**NEW!**

For this course, we return to Asia and six classic movies by internationally acclaimed directors Yasujiro Ozu, Akira Kurosawa, Yang Limon and Wong Kar-wai. Passion, spectacle and tradition are brought to the screen by superb acting, stunning cinematography, stirring music and elaborate costuming. Emotions run deep and are manifest in subtle ways, sometimes exploding in unexpected ways. Students will view the films prior to class and discuss them in class. Discussions will focus on directing, screenplay, cinematography, acting and musical score. The study leaders will apprise students of streaming outlets for each film. If there is little opportunity to stream, they will show the film on zoom prior to class.

**Stanley Winikoff** is a retired trial lawyer who teaches courses on movies.

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

## LITERATURE

Reading *The Deluge*

Study Leader: Lloyd Stires

- 6 Classes: Sep. 6 – Oct. 11 Class ID: 4842
- Wednesday, 11:00 AM - 12:30 PM **NEW!**
- Online Course, Zoom

Stephen Markley's epochal 880-page novel, *The Deluge*, is a serious attempt to anticipate life in America during the next 20 years of rapid climate change. The book follows six complex and interlocking characters — a climate scientist, a public relations advisor to the fossil fuel industry, a political consultant, a climate activist, an eco-terrorist, and an ordinary working-class guy — as they do their best to navigate through violent weather and political conflict. It's a difficult read, but I think well worth it. Please join me to read and talk about this remarkable environmental and political thriller. This will be a discussion only class.

Please Note: *this book contains adult language and situations.*

**Lloyd Stires** (Ph.D., Duke University) is a retired professor of psychology at Indiana University of Pennsylvania, where he taught social psychology, environmental psychology, and mass media and behavior. He was a jazz and blues disc jockey on WIUP-FM.

Shakespeare's  
*Measure For Measure*

Study Leader: William Guy

- 6 Classes: Oct. 23 – Nov. 27 Class ID: 4757
- Monday, 2:45 PM - 4:45 PM
- Online Course, Zoom **NEW!**

An examination of themes and aspects of this troubling and problematic play, one of Shakespeare's profoundest and most startling for its depiction of human depravity, male sexual opportunism, corruption in government, falsehood's goodly outside and other perennially relevant matters. And yet in the end the play delivers a happy ending, chaste female virtue triumphs and retains our sympathy and provokes our wonder! Particular attention will be paid to the play's rich and complicated language. Individual speeches will be studied in detail.

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

## Your input is welcomed and valued.

Osher at CMU depends on member assistance and involvement. Your suggestions for new study leaders, 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](mailto:osher@cmu.edu) to volunteer!

## My Father, My Mother, Myself: Poems

*Study Leader:* Judith Robinson

- 4 Classes: Oct. 23 – Nov. 13 *Class ID:* 4738
- Monday, 11:00 AM - 12:30 PM
- Online Course, Zoom

**NEW!**

Good poetry enhances and expands life. Our lives begin with these primal connections: Father and Mother. This course will delve into the most compelling work of fine contemporary poets as they explore these most intense and formative relationships. We will read Billy Collins, Sylvia Plath, Seamus Heaney, Anne Sexton, Kahil Gibran, Robert Pinsky, and several others. Writing is also an option, but not a requirement—listening, discussing, and enjoying is!

**Judith R. Robinson** is an editor, teacher, fiction writer, poet, and visual artist. A summa cum laude graduate of the University of Pittsburgh, she is listed in the Directory of American Poets and Writers. She has published 100+ poems, five poetry collections, one fiction collection; one novel; and edited or co-edited eleven poetry collections. She has taught for Osher at Carnegie Mellon University and the University of Pittsburgh. Her newest poetry collection is *Buy A Ticket*, WordTech Editions, April 2022 and newest edited collection is *Speak, Speak*, poetry of Gene Hirsch, Cyberwit.com, 2020.

## Great And Notable Novels Read And Revisited

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

- 6 Classes: Sep. 7 – Nov. 16 *Class ID:* 4711
- Thursday, 1:00 PM - 3:00 PM
- Online Course, Zoom

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

Please note: *Course dates: Sept 7 & 21, Oct 5 & 19, Nov 2 & 16*

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

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

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

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



## Short Stories: The Manageable Masterpiece

Study Leader: Helen-Faye Rosenblum

- 5 Classes: Oct. 23 – Nov. 20 *Class ID: 4846*
- Monday, 1:00 PM - 3:00 PM
- Online Course, Zoom

- 5 Classes: Oct. 23 – Nov. 20 *Class ID: 4847*
- Monday, 3:30 PM - 5:30 PM
- Online Course, Zoom

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

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

## MUSIC

### Cover Me 1: Tales Of Songwriters And Their Songs

Study Leader: Larry Gondelman

- 4 Classes: Sep. 8 – Oct. 6\* *Class ID: 4726*
- Friday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**NEW!**

\*Note: Class will not meet on Sep. 22

"Respect" by Aretha Franklin was just crowned the number one greatest song by *Rolling Stone* magazine. However, the Queen of Soul's take on the song was actually a "cover" of the original written by Otis Redding. We will learn the stories of the songwriters who write songs that others perform. We'll start by listening to cover songs by two of the greatest cover bands that ever existed — The Beatles and Rolling Stones, who initially covered songs written by Buddy Holly, Chuck Berry, and others. Then there are the stories of the professional songwriters behind hits such as Hound Dog and Stand By Me — writers like Stoller and Lieber, and Holland, Frazier, and Holland. We'll learn about professional songwriters who also were performers: Carole King, Randy Newman, Jimmy Webb, and Laura Nyro. We'll then venture in one of the favorite debates in bars: which version of a song is better.

**Larry Gondelman**, a Pittsburgh native who graduated from Taylor Allderdice High School, is a mostly retired litigation attorney in Washington DC who has loved rock 'n roll his whole life. He not only saw The Beatles at Pittsburgh's Civic Arena, but he got to meet them. Larry teaches at the Washington DC OLLI where he has developed and taught six courses — A History of Rock 'n Roll; Iconic Albums 1960 to 2000; Songs of Sex, Drugs and Rock 'n Roll; Cover Me: Tales of Songwriters and Their Songs; The Black Godmothers of Rock 'n Roll; and A Look at Lyrics. He has taught his Iconic Albums class at the CMU OLLI.

## Cover Me 2: Tales Of Songwriters And Their Songs

Study Leader: Larry Gondelman

- 4 Classes: Nov. 3 – Dec. 1\* Class ID: 4727
- Friday, 10:45 AM - 12:15 PM
- Online Course, Zoom

**NEW!**

\*Note: Class will not meet on Nov. 24

This course is the continuation of Cover Me 1: Tales of Songwriters and Their Songs. In Part II, we will learn about famous “cover” artists, those performers who did not write their own material, but sang the songs of others—The Byrds, The Turtles, Three Dog Night, The Monkees, The Fifth Dimension, Judy Collins, Glen Campbell, and Dusty Springfield. We will then listen to songs that are among the most covered songs of all time. Next, we’ll focus on a number of great songs that are based on traditional or classical songs (such as House of the Rising Sun, Sloop John B, Tom Dooley, Turn Turn Turn, and Motherless Child). Finally, we’ll explore songs that were written for Broadway, Movies or TV that hit the pop charts—Age of Aquarius, Secret Agent Man, Footloose, To Sir With Love).

**Larry Gondelman**, a Pittsburgh native who graduated from Taylor Allderdice High School, is a mostly retired litigation attorney in Washington DC who has loved rock ‘n roll his whole life. He not only saw The Beatles at Pittsburgh’s Civic Arena, but he got to meet them. Larry teaches at the Washington DC OLLI where he has developed and taught six courses — A History of Rock ‘n Roll; Iconic Albums 1960 to 2000; Songs of Sex, Drugs and Rock ‘n Roll; Cover Me: Tales of Songwriters and Their Songs; The Black Godmothers of Rock ‘n Roll; and A Look at Lyrics. He has taught his Iconic Albums class at the CMU OLLI.



## Curses And Blessings In Opera

Study Leader: Pittsburgh Opera

- 4 Classes: Aug. 30 – Sep. 20 Class ID: 4762
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

**NEW!**

Operas reflect life in all its darkness and light. There are curses galore in operas by Verdi, Puccini, Gounod, and Wagner. What is the plausibility of positive outcomes when Rigoletto curses the Duke, the Bonze curses Madame Butterfly, Méphistophélès curses Marguerite, and Isolde’s curse lasts longer than ten minutes? Not only do menacing scenes appear onstage, but the backstage superstitions include pre-show wishes and Tosca’s curse. Opera companies tempt fate when they dare mount *Tristan and Isolde!* Contrast the maledictions with explorations of life’s blessings, such as in Bryan’s *Blessed*, or famous consecration scenes that appear in Cavalli’s *Il Giasone*, Verdi’s *Aida*, and Wagner’s *Parsifal*. Perhaps the most powerful opera prayer scene is in Poulenc’s *Dialogues of the Carmelites*. This course includes musical selections that highlight the dark AND the light sides of opera.

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

## ECONOMICS

### “Supply Chains”: Getting Stuff From There To Here

*Study Leader:* Stephen Blank

- 2 Classes: Oct. 17 and Oct. 24 *Class ID:* 4770
- Tuesday, 1:00 PM - 3:00 PM
- Online Course, Zoom

**TWO  
DAY**

We hear constantly about supply chain disruptions. Global tensions focus on the control of supply chains, and Biden has created vast new programs to encourage “reshoring” supply chains. Our course will seek to provide an understanding of this phenomenon — the transformation of our economies over past decades, how technology, government policy and managerial decisions have created this new world. We’ll examine the broad outline of a supply chain structured global economy, and on its vitality and fragility, and focus on its environmental dimensions. We will also examine case studies of individual firms. We will look at different ways supply chains can be viewed and assessed, and at the proposals on the table today to unwind global supply chain networks. Our aim is to create a deeper understanding of the networks that circle the globe and underlie our economies, their costs and benefits and alternatives that might be available.

**Stephen Blank’s** career has spanned the academic, business and not-for-profit communities. His work on North American integration, supply chains and logistics is well recognized. He was co-founder and co-director of the North American Transportation Research Council, a working group of transportation, logistics and supply chain leaders in the academic and business world, and has written on many dimensions of transportation corridors, ports and logistics. He was a research member of the Center for Energy, Marine Transportation and Public Policy at Columbia University and headed a major research program at The Conference Board of New York, looking at Multinational Corporation-Host Country relations. He was a visiting professor at universities in Japan, Germany, Mexico, Canada and the US. A member of the Council on Foreign Relations, he was awarded L’Ordre National du Quebec by the Government of Quebec. He serves as Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa. Blank was educated at Dartmouth, Cambridge University and Harvard.

### The Global Challenge Of Demographic Change

*Study Leader:* Stephen Blank

- 2 Classes: Oct. 18 and Oct. 25 *Class ID:* 4771
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

**TWO  
DAY**

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

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

LAW

**Elder Law: Being Prepared As One Grows Older**

*Study Leader:* Carol Sikov Gross

- 5 Classes: Sep. 5 – Oct. 3 Class ID: 4723
- Tuesday, 9:15 AM - 10:45 AM
- Online Course, Zoom

Individuals can face a variety of legal issues as they grow older. It is important to be prepared for life's eventualities. This course will cover estate planning, which includes a discussion of wills, trusts, durable financial powers of attorney, healthcare powers of attorney and living wills and POLSTs. There will be a discussion of the process of probate and estate administration as well as a discussion of longterm care planning and asset protection planning. Health insurance coverage for long term care will be covered.

**Carol Sikov Gross**, is the managing partner of the Pittsburgh law firm of Sikov and Love, P.A. She received her B.S., her M.B.A. and her J.D. from the University of Pittsburgh. Ms. Sikov Gross is a Certified Elder Law Attorney (CELA) through the National Elder Law Foundation as authorized by the Supreme Court of Pennsylvania. She was the founding Chair of the Elder Law Committee of the Allegheny County Bar Association (ACBA) and is a member of the National Academy of Elder Law Attorneys (NAELA) as well as a Vice President of the PA Association of Elder Law Attorneys (PAELA). Ms. Sikov Gross is a past Chair of the Probate and Trust Law Section of the ACBA. She is a fellow in the American College of Trust and Estate Counsel (ACTEC). Ms. Sikov Gross developed and implemented the "Very Important Papers" Project for the Elderly and writes for the Pittsburgh Legal Journal and the Pennsylvania Bar Institute. She is a frequent speaker on legal issues for the elderly, has been listed as an elder law attorney in Best Lawyers in America and has been selected for inclusion in Pennsylvania Super Lawyers.

**SPECIAL INTEREST GROUP**

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

**4849: "What's For Lunch Bunch"**  
*Second Tuesday of every third month*  
 12:00pm – 2:00pm

We all share the love of eating. And what better way to bring people together than to enjoy and share a meal with friends!

The purpose of this SIG is to bring people together with a shared interest in cooking and trying new recipes with the possibility of learning new cooking techniques. The "What's for Lunch Bunch" will meet at least once each quarter. Each member will be asked to take a turn hosting a lunch in their, or a fellow member's, home with a favorite main recipe of their choosing. Fellow participants will coordinate with the host to provide an accompanying dish to balance the meal. The host will work out with participants what will be demonstrated. Each member will be encouraged to share their recipes. A Zoom meeting will be set up approximately one month before the meeting dates for the purpose of coordinating the meal.

Tentative Meeting Dates: 9/12, 12/12, 3/26, 6/11

**Must be registered to attend.**

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

# LEARN BY DOING

Self Improvement | Wellness | Writing

## SELF IMPROVEMENT

### Declutter/Downsize/Organize

*Study Leader:* Rosa Barnett Averbach

- 4 Classes: Oct. 31 – Nov. 28\* *Class ID:* 4721
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

*\*Note: Class will not meet on Nov. 7*

- 4 Classes: Sep. 5 – Sep. 26 *Class ID:* 4722
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

Attic + Third Floor + Basement + Garage + Shed = ?  
What's the answer to this unusual equation? It's actually quite simple: Storage places for junk and clutter. People save things because they think they may need them later. But if they really needed them, they would be using them now and not sitting in storage. In this course, we will discuss the places that we use for storage and the items that we put in them. You will learn how to identify which items you are not using and will most likely never be of any value to you. You will also learn how to clean out a space without feeling guilt or angst. This is an interactive course and a continuation of other courses you may have already taken about decluttering and getting organized.

**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.

### How To Handle The Bully In Your Life

*Study Leader:* Susan Morris

- 1 Class: Aug. 30 *Class ID:* 4811
- Wednesday, 10:30 AM - 12:30 PM
- Online Course, Zoom

ONE  
DAY

No matter your age, there can be people (whether it's an on-again, off-again friend, a nasty neighbor or an unfriendly acquaintance) who will use insults, humiliation or dismissiveness, among others, to put you down. This class will teach you ways to stop this kind of bullying. The goal is to give you the confidence and know-how to stand up for yourself in social situations. To practice ways to deflect the bullying, the class will include role playing.

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



## 3 Steps To Sort Out Boxes Of Photographs

Study Leader: Jamie Novak

- 2 Classes: Oct. 13 and Oct. 20 Class ID: 4703
- Friday, 3:15 PM - 4:45 PM
- Online Course, Zoom

**NEW!** TWO DAY

If you have too many photographs to sort, this virtual class is for you! During this online class, author and organizer Jamie Novak reveals the three steps you can take today to have your photos sorted before easily. She'll guide you through a live mini decluttering sessions and by the end of the series you'll have made progress and be prepared to successfully continue tackling your photo sorting project!

**Jamie Novak**, an expert professional organizer, has been helping busy people declutter for 25+ years. You may have seen her on morning TV or read her newest book, *Keep This, Toss That*. If you are ready to simplify, Novak can show you how, even if you feel overwhelmed or are attached to sentimental things.

## WELLNESS

### Eden Energy Medicine: Introduction

Study Leader: Kathryn Griffin

- 6 Classes: Nov. 1 – Dec. 13\* Class ID: 4819
- Wednesday, 9:00 AM - 10:00 AM
- Online Course, Zoom

**NEW!**

*\*Note: Class will not meet on Nov. 22*

This six-week course will be an introduction to foundational elements of the Eden Energy Method. The Eden Energy Method offers comprehensive self-care techniques that can easily be integrated into our daily lives. One of the primary energy systems used to promote health for a thousand years is known as the Meridian Energy System. Looking to combat jet lag, assist in weight control, and promote wellness? In this course, you will find fun methods that boost vitality, improve immunity, assist mental clarity, and reduce stress will be easily mastered. Whether you are familiar with Energy medicine or not, this course will meet you where you are. It will be a rewarding overview of ways to build your body's resilience and boost your energy for years to come.

**Kathryn Griffin** has been a dedicated energy healer for over five years. She is a Certified Eden Energy Medicine Practitioner and travels across the US to energy learning workshops and classes throughout the year to master her craft. Kathryn believes that we all have the power to heal within ourselves. Kathryn is also a certified Reiki Master Practitioner and will be taking additional classes in Qi-Gong this fall.

## WRITING

## From Memory To Story: The Big Picture

Study Leader: Anita Kulina

- 4 Classes: Nov. 2 – Nov. 30\* *Class ID: 4789*
- Thursday, 11:00 AM - 12:30 PM
- Online Course, Zoom

\*Note: Class will not meet on Nov. 23

Do you ever think about what it means to live your distinct and unique life? In this unconventional writing class, you will be challenged with homework that will invite reflection and encourage a wide-angle view of the life you've lived. In the classroom, we will use writing exercises designed to unearth memories, exploring concrete experiences along the path you've taken to become the person you are today. We do not read our work in this class. There are no critiques. Instead, we share stories and support each other as we absorb and understand the memories we uncover. If you are writing a memoir or a family history, this course can be a companion or prelude to that endeavor. It can also serve to enrich the way you appreciate the life you have led thus far. Writers and non-writers are equally welcome in this course.

**Anita Kulina** has been writing family histories for nearly thirty years. She grew up in Pittsburgh's Greenfield neighborhood, where her father was a machinist at US Steel Homestead Works and her mother chased around their six kids. After graduating CCAC, Anita worked at Duquesne University, where she also went to night school. When she wasn't working or studying, she was chronicling Greenfield's history, which resulted in her book *Millhunks and Renegades*. She currently writes an ongoing cozy mystery series (*A Question of Devotion, Reason for Concern*) that features lovable Mrs. B, who lives in a thinly disguised Pittsburgh neighborhood. Anita retired from Carnegie Mellon University in 2019.

## Write Your Own Legacy

Study Leader: Christine Michael

- 6 Classes: Nov. 2 – Dec. 14\* *Class ID: 4692*
- Thursday, 9:30 AM - 11:00 AM
- Online Course, Zoom

\*Note: Class will not meet on Nov. 23

**NEW!**

Write your own legacy; tell your story of your own words. Through weekly themed prompts you will answer in journal or scrapbook fashion, various life probing questions, e.g. How did you get your name? What was your first job? What was the best advice given to you? Answering these prompts will help you create your story. Each class you will be given the questions for that week, you can use them as a prompt to motivate yourself and/or you can share your writings with fellow classmates if you wish. Every life is a story.

**Christine Michael** is a writer, gardener, scrapbooker and avid traveler (over 100 countries). She studied Business at Laurier University, Waterloo, Canada, French at Sorbonne University, Paris, France, and Master of Education at Carlow, Pittsburgh, PA. She taught in elementary school and college. Through her volunteering for Hospice and a grief center she appreciated the value to helping people write or scrapbook their life story in their own words.

## ENVIRONMENT

### The A To Z Of Urban Sustainability

*Study Leader:* PA Resources Council

- 2 Classes: Oct. 20 and Oct. 27 *Class ID:* 4835
- Friday, 1:00 PM - 2:30 PM
- Online Course, Zoom

**NEW!** **TWO DAY**

This course will use the 4 E's or the "quadruple bottom-line" of sustainability (1. Economy, 2. Equity, 3. Environment, 4. Experience) to explore how each of these apply in an urban context. Using one class for each of the E's, we will explore economic and community development, social and environmental justice, green spaces and ecology, and how beauty, history, and experience can also be a fundamental component of sustainability. Students in this course can expect to learn on a wide variety of topics across numerous fields of study, with a heavy focus on defining how sustainability issues present themselves to people building and living in cities.

**Zachary Delaney** has a BA in Environmental Studies with minors in Chemistry and French, as well as both a certificate and a special distinction in sustainability from the University of Pittsburgh. They are also a recent graduate of Chatham University's Master of Sustainability program, where they focused their studies on sustainable urban and community development. Throughout their master's program, Zach worked in numerous project-based courses addressing local sustainability issues, such as economic and community development in Mars Borough of Butler County, exploring the feasibility of small-scale renewable solar energy systems known as microgrids with Pittsburgh's Energy Innovation Center, and working to address invasive species and landslide risk in the Hazelwood neighborhoods Hay's Woods. Zach currently works with Pennsylvania's oldest grassroots environmental nonprofit, the Pennsylvania Resources Council, as their Zero Waste Program Manager. At the PRC, Zach combines past academic and professional experience to drive forward new initiatives for diverting waste in the City of Pittsburgh and Allegheny County broadly, working with the City on their upcoming 2023 residential composting pilot, among many other projects.

## MEDICAL

### Emergency! What You Should Know

*Study Leader:* Walt Stoy

- 1 Class: Aug. 29 *Class ID:* 4820
- Tuesday, 1:00 PM - 3:00 PM
- Online Course, Zoom

**NEW!** **ONE DAY**

In any emergency event you can make a difference by learning to take the steps covered in this class. The course will address your need to keep yourself, the patient, and others safe during an emergency. You will learn how to assess medical and trauma patients during their greatest time of need. We will cover the use of an Automatic External Defibrillator (AED), how to treat someone who has overdosed, how to assist someone with breathing problems and how to assist a diabetic person in crisis. We will cover trauma situations including how to stop the bleed, the use of tourniquets and how to splint a broken bone. Time will be reserved to answer any questions you have. Attending to common medical and traumatic emergencies will allow you to provide care prior to EMS or others arriving on the scene. Yes, you can and will make a difference that could be lifesaving!

**Walt Alan Stoy**, PhD, EMT-P is Professor Emeritus and the founding Director of the Emergency Medicine Program at the School of Health and Rehabilitation Sciences at the University of Pittsburgh. He was the founding Director of the Office of Educational and International Emergency Medicine at the Center for Emergency Medicine (CEM), which was started in 1981. He has been a street paramedic for various services including the City of Pittsburgh, was a flight paramedic for STAT Medevac and still is a certified paramedic. He has over 20 years working on ski patrol. Retired from Pitt in June 2022, he is now self-employed and is teaching EMS nationally and internationally. He served as the Principal Investigator over the EMT-B national standard curriculum revision project for the US DOT-NHTSA, and subsequently directed the revisions to the First Responder, EMT-Intermediate and Paramedic curricula projects. Walt has worked with various individuals and organizations to create instructional materials including over 80 publications created to enhance the EMS domain.



## TECHNOLOGY

**Blockchain Beyond  
Cryptocurrencies***Study Leader:* Lee Schneider

- 1 Class: Aug. 28 Class ID: 4817
- Monday, 11:00 AM - 12:30 PM
- Online Course, Zoom

**NEW!** **ONE  
DAY**

Cryptocurrencies have been much in the news in the past year due to high-profile troubles at various exchanges and various enforcement actions, but little rule-making by the Securities and Exchange Commission. But what about the underlying technology? Why has it attracted so much interest among developers, engineers and entrepreneurs? This lecture will set the stage for the discovery of blockchain technology and talk about how it is creating new and improved infrastructure for the internet.

**Lee A. Schneider** is a financial services and technology lawyer with extensive experience in blockchain. Lee co-hosts the *Appetite for Disruption* podcast with Troy Paredes and is the contributing editor for the Chambers and Partners Fintech Practice Guide. He co-founded Owl Explains and is active with a number of other organizations. Lee serves as General Counsel for Ava Labs and is the father of two wonderful college students. He learns about Japanese art history from his wife. This article is written in his personal capacity and reflects only his personal views and not those of Troy, Chambers, or Ava Labs or its directors, officers or employees or anyone else. His views do not constitute legal, investment, tax or any other type of advice.



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 use a system called Survey Monkey.

All new courses are sent a Survey Monkey upon completion and courses that have been previously taught are surveyed on a rotating schedule.

Surveys are left open for two weeks after the course ends and then the results are pulled and given to the Study Leader.

Your opinion really counts. If a course did not get a Survey Monkey but you still would like to comment, send an email to the office. All course feedback is kept anonymous.

Thank you for your input!

# SOCIAL SCIENCES

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

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Introduction To Political Economy

*Study Leader:* Ken Borghese

- 6 Classes: Aug. 29 – Oct. 3 *Class ID:* 4716
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

Introduction to Political Economy (IPE) / from the Left, Center, and Right. Centered on the Sunday NY-Times Opinion & Business sections, BBC.com/news, and especially from project-syndicate.org, this course complements the highly successful New Yorker discussion classes currently underway at Osher, and uses the same format — a 90-minute class with 2-3 short articles for discussion. Additional articles from the Sunday Pittsburgh Post-Gazette, or New Yorker magazine are also possible. The non-required reading list for this course is - from the Left (James Morris, Thoughts of a Reformed Computer Scientist, 2021); from the Center (Dani Rodrik, Straight Talk on Trade, 2018); and from the Right, (Deirdre McCloskey, Bourgeois Equality, 2016, Vol. 3).

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

### Cultural Awareness In 2023: Issues & Jargon

*Study Leader:* Kjerstin Pugh

- 5 Classes: Nov. 1 – Dec. 6\* *Class ID:* 4731
- Wednesday, 9:15 AM - 10:45 AM
- Online Course, Zoom

*\*Note: Class will not meet on Nov. 22*

Do you ever feel at a loss when faced with new cultural practices, beliefs, and behaviors? To help you better understand our evolving culture, this two-part workshop will investigate our social worlds and how to sensitively engage with them. We'll use tools to explore "similarity" and "otherness" — particularly around ideas of gender, race, age, and DEIA. We'll explore ways to navigate uncomfortable or difficult conversations while expanding your cultural awareness.

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

## Where In The World Is The US? A Top 10 Summary

Study Leader: Douglas Stowell

- 1 Class: Aug. 29 Class ID: 4818
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

**NEW!** **ONE DAY**

We live in a global society with instant communications, rapid travel access and increasing awareness of multi-national issues. How well is the US performing in meeting the challenges that exist in 2023? We will cover some 30 topics including: taxes, economy, environment, education, healthcare, climate change, immigration, safety, prosperity, personal happiness, et al.. The “Top 10” format provides a quick “snap-shot” of how well the US compares to other nations. The source of this information is from well-vetted international surveys by highly credible and impartial world-wide organizations. Links to each source are provided for those seeking more details. This is the 4th Annual Edition for the program and is very focused, including three discussion breaks. A complete PDF copy will be supplied. Post-session follow-up is always welcome!

**Doug Stowell** is a consumer and political polling veteran in both US and EU markets. His career includes Market Research Director for the Xerox Corp., US Clients Director for the U.K. firm NOP, Ltd. in London and Sr. Polling Representative for Wirthlin Worldwide in D.C.. He launched Market Resource Associates, in 2008 and conducts opinion research on global issues today. He is a member of the Furman University Life-Long-Learning Group in Greenville, SC and conducts ZOOM programs for more than 80 organizations worldwide.

## Meritocracy And Affirmative Action

Study Leader: Jack Ochs

- 2 Classes: Oct. 18 and Oct. 25 Class ID: 4729
- Wednesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

**NEW!** **TWO DAY**

Many people think meritocracy is a good thing. Michael Young, who coined the concept in his book, *The Rise of the Meritocracy* was not so sure. We’ll review his book to see why. Equality of opportunity is a core concept of meritocracy. To ensure equal opportunity, and to reverse the effects of past discrimination in employment and in college admissions, the federal government has required that employers and schools who contract with, or receive funds from, the federal government to adopt affirmative action policies. We will discuss affirmative action, especially at prestigious universities, and its perceived inconsistency with the requirement to avoid discrimination.

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

Check us out on Facebook!

[www.facebook.com/osheratcmu](http://www.facebook.com/osheratcmu)

## Enjoying *The New Yorker*

Study Leader: Mary Duquin

- 
- 6 Classes: Sep. 5 – Oct. 10      *Class ID: 4797*
  - Tuesday, 1:00 PM - 2:30 PM
  - Online Course, Zoom

- 
- 6 Classes: Oct. 31 – Dec. 12\*      *Class ID: 4798*
  - Tuesday, 1:00 PM - 2:30 PM
  - Online Course, Zoom

*\*Note: Class will not meet on Nov. 7*

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

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

## Making Sense Of Medicare

Study Leader: William McKendree

- 
- 2 Classes: Oct. 17 and Oct. 24      *Class ID: 4732*
  - Tuesday, 9:15 AM - 10:45 AM
  - Online Course, Zoom

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When it was first imagined, Medicare was supposed to be easy to access and simple to use. Unfortunately, the Medicare system of delivering healthcare coverage (for over 60 million people) has evolved into a worrisome thing that’s led many to sing the blues in the night. This course will examine the characteristics of the Medicare system. It’s a basic primer for individuals taking a long, serious look at Medicare (probably for the first time). It’s designed to be simple, functional, and easy to understand. Class 1 will focus on entering Medicare — the eligibility and enrollment criteria, the various parts that comprise the Medicare system, and how these parts function and interact with each other. Part 2 will examine the private insurance products available under the Medicare system, how to compare and evaluate them, and how to shop for them effectively.

Bill McKendree is director of the Pennsylvania Healthcare Benefit Solutions Program (PHBSP), a non-profit program helping people access affordable healthcare services through counseling, education, and advocacy. Prior to his work at PHBSP, Mr. McKendree was program manager for the Allegheny County office of APPRISE - Pennsylvania’s Health Insurance Assistance Program. And before running Allegheny County APPRISE, he was director of the Western Pennsylvania Center for Aging Services, helping Pennsylvania’s seniors access medical, legal, and social services. In addition to his work at PHBSP, Bill teaches at the University of Pittsburgh’s School of Pharmacy and is preceptor for the School of Pharmacy’s Experiential Learning Program. He also teaches classes on health law and health care policy at Penn State University and Community College of Allegheny County.

## HISTORY

**History's Villains 1:  
Ancient Rome To 1800***Study Leader:* Richard Daffner

- 5 Classes: Oct. 23 – Nov. 20 *Class ID:* 4706
- Monday, 9:15 AM - 10:45 AM
- Online Course, Zoom

History is replete with winners and losers, saints and sinners, and heroes and villains. In many instances the designated description of a historic character depends on who writes the history books (usually the victors). This course describes the lives and times of 17 individuals and one family who are considered villains from the Early Roman Empire to the French Revolution. This list includes Brutus and Cassius; Pontius Pilate and Judas Iscariot; Roman Emperors Tiberius; Caligula and Nero; Attila the Hun; Genghis Khan; Tomas Torquemada; the Borgias; Vlad Dracula; Niccolò Machiavelli; English monarchs Richard III and “Bloody” Mary Tudor; Ivan the Terrible; Benedict Arnold; and Maximilien Robespierre. Some of these people are considered national heroes. You can decide the verdict yourselves after hearing their stories.

**Richard H. Daffner**, M.D., F.A.C.R. is a retired radiologist who worked at Allegheny General Hospital for 30 years. He is also an amateur historian. 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 nine textbooks.

**Imprisoned Without Trial:  
Japanese Internment In WWII***Study Leader:* Denny Kato

- 4 Classes: Oct. 23 – Nov. 13 *Class ID:* 4821
- Monday, 9:00 AM - 11:00 AM
- Online Course, Zoom

**NEW!**

Fear, hatred and racism toward the Chinese and Japanese began in the mid-1800s, culminating with the incarceration of over 125,000 Japanese at the beginning of WWII, two-thirds of whom were US citizens. From the perspective of a third generation Japanese American (Sansei), we will discuss how, when, and why racism landed Americans in what is more accurately described as prison camps, and what we can do to countermand the effect of anti-Asian violence and racism in America today.

**Denny Kato** is a third generation Japanese American or Sansei. He graduated from Walnut Hills High School in Cincinnati and received a BA from the University of Cincinnati in political science. For the past nine years, he has been researching the events that led to the incarceration of over 125,000 Japanese and Japanese Americans. Fifteen of his family were incarcerated in three different camps. He and his wife Janet have been to all ten locations of the internment camps.



## Strategic Bombing Campaigns Of WWII

*Study Leader:* Peter Oleinick

- 3 Classes: Nov. 14 – Nov. 28 *Class ID:* 4809
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

**NEW!**

Strategic bombing is a military strategy used in total war with the goal of defeating the enemy by destroying its morale, its economic ability to produce and transport materiel to the theatres of military operations, or both. While the bombing of military targets — targets deemed vital to the enemy’s war-making capability — is considered by most to be a more ethically acceptable policy than the bombing of civilian targets without military value, both kinds of strategic bombing campaigns were used during WW II. This class is going to look at how strategic bombing was employed by both the Allied and Axis powers during the war.

**Peter Oleinick** earned a Ph.D. in electrical and computer engineering from CMU in 1978. He spent the next 13 years working at high-tech companies in Silicon Valley. Peter moved back to Pittsburgh in 1991 to work at Transarc, a startup formed by a number of CMU computer scientists. After a 40-year career at various high-tech companies, Peter retired in 2017. Peter now volunteers his time at a number of non-profits: The Pittsburgh Zoo, the Hebrew Free Loan Association, and the MS Society. This will be Peter’s sixth Osher class on World War II.

## PITTSBURGH

### Missed Connections With Pittsburgh’s City Steps

*Study Leader:* Laura Zurowski

- 1 Class: Oct. 19
- Thursday, 1:00 PM - 2:00 PM
- Online Course, Zoom

*Class ID:* 4697

**ONE DAY**

Pittsburgh has the largest number of public stairways in the country, more than Los Angeles, San Francisco, and Seattle. Built during the city’s population heyday as a cost-effective measure to move 700,000 people from their homes on the hills to the mills lining the three rivers, city steps offered a free and efficient way to get around. This course will provide a historical overview of the city’s 900+ outdoor stairways and the residents who used them, illustrate the various construction styles, and provide an update on how the city is working to preserve them.

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

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

Study Leader: Alphabet City \*

- 1 Class: Aug. 31
- Thursday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 4780

ONE  
DAY

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

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

## Find Your Place In Space At Moonshot Museum

Study Leader: Cathleen Richards

- 1 Class: Aug. 30
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 4837

NEW! ONE  
DAY

Moonshot Museum is Pennsylvania's first space museum and the first museum in the world to focus on career readiness for the modern space industry. It's also Pittsburgh's newest museum, having opened in October 2022. Come take a virtual behind-the-scenes tour with Interim Executive Director, Cathleen Richards. Beyond working with students, Moonshot Museum offers visitors of all ages an opportunity to engage firsthand with the cutting-edge work of space happening right here in Pittsburgh. Located within the headquarters of Astrobotic Technology, the largest lunar logistics facility in the world, Moonshot Museum invites visitors to learn about the 21st century space industry, and watch through the glass wall into Astrobotic's clean room lab as the largest Moon lander since the Apollo LEM is assembled, right on the Northside.

Please note: *This course is also being taught in-person. See page 84 for more information.*

**Cathleen Richards** is currently Interim Executive Director of Moonshot Museum after serving on the board of directors throughout the museum's design and fabrication. She holds a MA in International Education from the George Washington University and is passionate about creating experiential learning opportunities for lifelong learners of all ages.

## POLITICS/GOVERNMENT

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### The Politics Of Reproduction

*Study Leader:* Susan Hansen

- 4 Classes: Oct. 31 – Nov. 28\*      *Class ID:* 4776
- Tuesday, 10:45 AM - 12:15 PM
- Online Course, Zoom

*\*Note: Class will not meet on Nov. 7*

This class will consider how women's capacity for reproduction has been addressed by religious, legal, and political institutions since colonial times in the US. The states and federal government have adopted a variety of laws and policies to address abortion, contraception, sterilization, sex education, and assisted reproduction. We will explore the evolution of legal arguments and public opinion since the Roe v. Wade decision of 1973, and compare policies in the U. S. with those of other countries. We will also discuss the Dobbs decision and ongoing efforts to further restrict access to reproductive health care.

**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 is the author of *The Politics of Sex: Public Opinion, Parties, and Presidential Elections* (Routledge, 2014).

## RELIGION/PHILOSOPHY

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### Orthodox Christian Iconography In Context

*Study Leader:* Michael Sochka

- 4 Classes: Nov. 2 – Nov. 30\*      *Class ID:* 4829
- Thursday, 1:00 PM - 2:30 PM
- Online Course, Zoom

**NEW!**

*\*Note: Class will not meet on Nov. 23*

Could you imagine walking into an Eastern Orthodox Church and not seeing any icons on the walls or iconostas (the structure that separates the sanctuary from the nave of the church)? Well, if the iconoclasts in the 8th century had their way, that's exactly what would have happened. Fortunately, the Eastern Church changed course and restored icons to their churches. The Seventh Ecumenical Council declared that not only were icons meaningful, they were necessary. In this overview course we'll unpack some of the significant historical, cultural, and, yes, even theological developments in Christian iconography, from their antecedents in Jewish Temple adornments and the funeral portraits of upper Egypt to the highly stylized Byzantine period and Medieval Russian icons to contemporary schools of iconography. You'll learn how to read an icon, how to recognize different styles of iconography, and what steps go into painting an icon.

**Michael Sochka** is an Orthodox Christian priest who serves as a chaplain for the Archdiocese of Pittsburgh and Western Pennsylvania of the Orthodox Church in America. A graduate of Yale University, where he majored in Religious Studies, Rev. Sochka has travelled extensively throughout Europe and the Middle East and currently sits on the Board of Directors of Icons for America, an organization that brings awareness and appreciation of icons and iconography to the public at large. Before relocating to Pittsburgh with his family, Rev. Sochka served as the Assistant Chaplain for the Orthodox Christian Fellowship at Princeton University. In addition to his vocation, Rev. Sochka worked for 30 years in the tech industry and recently retired from IBM as a Senior Content Designer in their Watson AI group.



# ZOOM INSTRUCTIONS

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

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

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

Example Icons: 

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

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

1. If you have yet to do so, download the Zoom app from the App store or Google Play store.
2. Open the App. When you open Zoom, you'll click "Join Meeting."

Example Icon: 

3. Next, you'll put in the Meeting ID, and click on "Join Meeting."
4. A pop up will appear asking for the meeting passcode.
5. A second pop up will appear asking you to Register or Sign In. You need to click Register.
6. A third pop up will appear with the title of the class. It will ask for your first and last name, and your email address. Click "Register and Join."

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

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

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

# COMMUNITY SITE

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



# ARTS & HUMANITIES

Art | Drama/Theatre | Music

## ART

### Conservation On The Maxo Vanka Murals In Millvale

Study Leader: Maxo Vanka Murals

Materials Fee: \$13\*

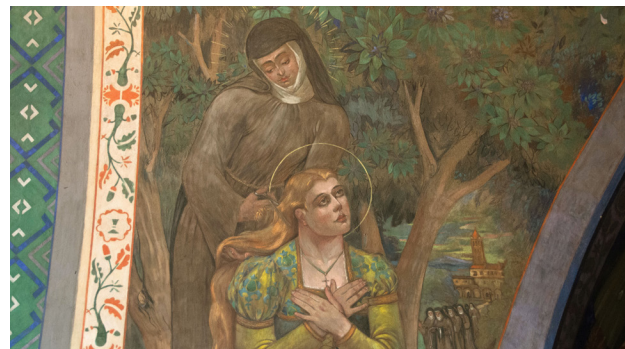
- 1 Class: Sep. 1 Class ID: 4720
- Friday, 11:00 AM - 12:30 PM
- St. Nicholas Croatian Catholic Church, **NEW!**  
24 Maryland Ave, Millvale

ONE  
DAY

This course will lead participants through the awe-inspiring murals of Croatian artist Maxo Vanka and the ongoing conservation process through a 90-minute guided tour with Executive Director Anna Doering and a member of the Vanka Murals Conservation Team. Even if you've seen the Murals before, this is an opportunity to learn about them from a different perspective. Participants will discover how these striking works, covering the walls and ceiling of the sanctuary of St. Nicholas Croatian Catholic Church, were painted over two intense periods in 1937 and 1941 and reflect the lived experiences of the church's working-class, immigrant congregation and the timeless themes of struggle, faith, and hope. In addition to stories of the artist and his murals, Anna will introduce the conservation process and the work that has been completed. There will be an opportunity to watch the Conservators at work and ask questions about the preservation process.

**Anna Doering** is the Vanka Murals' Executive Director. She has nearly 35 years of experience in the non-profit sector working at the executive level as well as in staff, volunteer, and consultant roles. Prior to opening her own consulting practice, she was the Vice President for Development and Alumnae Affairs at Chatham University. Through her consulting, she supports small to mid-size non-profit organizations to build and strengthen infrastructure, capacity and Board engagement in fundraising. She joined the Vanka Murals project in 2009 and became the Executive Director in 2021.

\*Materials fee information located on page 101.



### Maxo Vanka Murals In Millvale

Study Leader: Maxo Vanka Murals

Materials Fee: \$13\*

- 1 Class: Aug. 29 Class ID: 4843
- Tuesday, 11:00 AM - 12:30 PM
- St. Nicholas Croatian Catholic Church, **ONE  
DAY**  
24 Maryland Ave, Millvale

This course will introduce participants to the awe-inspiring murals of Croatian artist Maxo Vanka through a 90-minute guided tour with Director of Education & Interpretation, Becky Gaugler. Participants will discover how these striking works, covering the walls and ceiling of the sanctuary of the St. Nicholas Croatian Catholic Church, were painted over two intense periods in 1937 and 1941 and reflect the lived experiences of the church's working-class, immigrant congregation and timeless themes of struggle, sacrifice, faith, and hope. During this tour, Becky will share the stories behind the artist himself, the murals, and the history of the church and its Croatian immigrant congregation. This unique site is at the intersection of history, art, and social justice -there is something for everyone.

Please note: This course is also being taught on Zoom. See page 53 for more information.

**Becky Gaugler** is the Director of Education & Interpretation at the Society to Preserve the Millvale Murals of Maxo Vanka. She holds degrees in art history and has been working in museum education for almost 20 years. Becky previously worked as the Manager of School & Teacher Programs at Carnegie Museum of Art and most recently as a freelance consultant with a variety of area museums and nonprofits, including the Heinz History Center, the Arts Education Collaborative, and the Children's Museum of Pittsburgh.

\*Materials fee information located on page 101.

## DRAMA/THEATRE

### A Behind-The-Scenes Look At City Theatre

Study Leader: City Theatre Company

- 1 Class: Oct. 9 Class ID: 4782
- Monday, 1:00 PM - 2:30 PM
- City Theatre, , ONE DAY  
1300 Bingham St., South Side, 15203

This course is a behind-the-scenes look at City Theatre Company. City Theatre Company is a mid-size regional theatre in Pittsburgh that is committed to producing five bold, contemporary plays every year. The course will focus on a particular aspect of theater production and provide an in-depth look into our creative process. Students will meet a member of the creative team and participate in a Q&A.

**Melva Graham** is the Artistic Assistant & Community Coordinator at City Theatre. She has a background in acting, writing, and teaching. She has performed at City Theatre in their production of *Paradise Blue*, and her book *Your Black Friend Has Something to Say* was published in 2020. Her writing has also appeared on *Medium* and in *Poets & Writers*. She received her BFA from NYU's Tisch School of the Arts. She is a Pittsburgh native.

## MUSIC

### First Fridays At Redeemer

Study Leader: First Fridays

- 4 Classes: Sep. 1 – Dec. 1 Class ID: 4768
- Friday, 12:00 PM - 1:00 PM
- Episcopal Church of the Redeemer,  
5700 Forbes Ave, Squirrel Hill, 15217

September 1: Piano: Nathen Carterette

October 6: Brass Ensemble conducted by James Gourley

November 3: Vocal: Amy Stabnau and friends

December 1: Clarinet, voice and piano with Paul Shepard, Giulia Golinelli and Ann Labounsky

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

Check us out on Facebook!

[www.facebook.com/osheratcmu](http://www.facebook.com/osheratcmu)

# LEARN BY DOING

Art | Crafts/Hobbies | Culinary | Dance/Exercise | Music/Drama

## ART

### Continuing Painting In Acrylics

*Study Leader:* Francine Vandenberg

*Materials Fee:* \$15\*

- 6 Classes: Sep. 5 – Oct. 10 *Class ID:* 4638
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

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

Please note: *There is a potential need for about \$25.00 in supplies to be paid to the study leader in addition to the material fee.*

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

*\*Materials fee information located on page 101.*

### Beginning Painting In Acrylics

*Study Leader:* Francine Vandenberg

*Materials Fee:* \$35\*

- 6 Classes: Sep. 5 – Oct. 10 *Class ID:* 4640
- Tuesday, 10:30 AM - 12:30 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

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

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

*\*Materials fee information located on page 101.*



## CRAFTS/HOBBIES

### Sew, Do You Want To Take Up Quilting?

*Study Leader:* Barbara Gengler, Andrea Christian-Michaels

- 6 Classes: Sep. 5 – Oct. 10 *Class ID:* 4805
- Tuesday, 10:45 AM - 12:15 PM
- Gengler's Studio, Barbara Gengler's Art Studio

**NEW!**

Wondering if you'll ever take your sewing machine out of the closet again? Thinking you might make quilts for charity? This survey course will cover the basics of quilt making from pattern and fabric selection through cutting, piecing, quilting and binding. Demonstrations and hands-on activities be used to complete a group quilt for charity. Students will be encouraged to take what they are learning and work on a personal project at home. This course is not for the experienced quilter but rather aimed at those who have a bit of sewing background. The course will have two study leaders to help ensure individual attention. With limited space, we ask that participants commit themselves to the full term.

Please note: *The course will be held at the study leader's personal quilting studio located near Penn and Braddock avenues. Its location requires students climb a 25-step staircase (no elevator).*

**Barbara Gengler** began quilting after retiring from a career in database and software development. With each new quilting pattern or technique, she sees herself as a kid in the candy store -wanting to get a taste of everything to offer. That's how she has become known as the CandyStore Quilter.

**Andrea Christian-Michaels** had been quilting for over 40 years in between raising a family and work. Since retirement, she's been trying her hand with new patterns and art quilts.

## CULINARY

### Creating Your Own Rijstaffel

*Study Leader:* David Green *Materials Fee:* \$45\*

- 5 Classes: Sep. 5 – Oct. 3 *Class ID:* 4806
- Tuesday, 1:00 PM - 3:00 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

As the interest in ethnic cuisines is spreading in the US, the Dutch Indonesian banquet known as Rijstaffel is appearing more and more. Rijstaffel or Rice Table is made up of platters of seasoned rice served with as many as 30-40 small dishes consisting of entrees, salads, and condiments. In this class you will learn the history of the Rijstaffel and, although we won't be able to cover 30-40 recipes, you will learn enough Indonesian specialties to create your own Rijstaffel at home.

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

*\*Materials fee information located on page 101.*

## DANCE/EXERCISE

## Hatha Yoga

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

- 10 Classes: Sep. 14 – Nov. 16    Class ID: 4702
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio,  
5530 Penn Ave, East Liberty

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

Please note: *New students welcome; Must attend the yoga orientation, 30 minutes before the first class.*

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

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

*\*Materials fee information located on page 101.*

## Get Fit: A Fun Latin Cardio Workout

Study Leader: Connie Pollack

Materials Fee: \$10\*

- 8 Classes: Aug. 30 – Oct. 18    Class ID: 4807
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom, 2nd Fl,  
5915 Beacon St, Sq. Hill

- 7 Classes: Oct. 25 – Dec. 13\*    Class ID: 4808
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom, 2nd Fl,  
5915 Beacon St, Sq. Hill

*\*Note: Class will not meet on Nov. 22*

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

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

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

*\*Materials fee information located on page 101.*

## Let's Square Dance!

Study Leader: Maddy Grodin

Materials Fee: \$10\*

- 2 Classes: Oct. 9 and Oct. 16      Class ID: 4742
- Monday, 3:15 PM - 4:45 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

**NEW!**  
**TWO DAY**

Square Dancing is a type of folk dance that can be traced back to England and brought to North America by way of European settlers. One can also see African and Native American influences in this dance. Square Dance requires eight people to form the “square”. We are very fortunate to have several clubs in our area as well as some of the finest callers. Osher has obtained one of these premier callers to introduce you to this wonderful activity. Doctors recommend Square Dance for both physical and brain health. A win-win for all! Hope to see you in “the square”!

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.*

**Maddy and Marty Grodin** discovered the pleasures and benefits of Square Dancing over 15 years ago. They are pleased to coordinate and bring Jim Yoest to Osher. Jim is a retired accountant who has been Square Dancing for over 53 years and calling for 52 of them. He has called in over 14 states as well as Canada. He met his beautiful wife Judy, you guessed it... Square Dancing! Friendships and more could be in your future. Come join us!

*\*Materials fee information located on page 101.*

## Tamburitzan Folk Dancing

Study Leader: George Schexnayder

Materials Fee: \$10\*

- 6 Classes: Sep. 6 – Oct. 11      Class ID: 4773
- Wednesday, 10:00 AM - 11:30 AM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

- 6 Classes: Nov. 1 – Dec. 13\*      Class ID: 4774
- Wednesday, 10:00 AM - 11:30 AM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

*\*Note: Class will not meet on Nov. 22*

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 fee information located on page 101.*



## MUSIC &amp; DRAMA

## Singing In A Choral Class

Study Leader: Constance Rapp

Materials Fee: \$15\*

- 6 Classes: Sep. 7 – Oct. 12      Class ID: 4693
- Thursday, 1:00 PM - 2:30 PM
- Episcopal Church of the Redeemer,  
5700 Forbes Ave, Squirrel Hill, 15217

- 6 Classes: Nov. 2 – Dec. 14\*      Class ID: 4718
- Thursday, 1:00 PM - 2:30 PM
- Episcopal Church of the Redeemer,  
5700 Forbes Ave, Squirrel Hill, 15217

\*Note: Class will not meet on Nov. 23

In an atmosphere of collegiality, the class learns choral music spanning the centuries. No experience is necessary; however, the class does learn 2- and 3-part music. Reading music is helpful. The desire to participate and learn is essential!

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

**Connie Rapp** has been in Pittsburgh for many years, participating in teaching Osher classes at CMU and Pitt, piano teaching at Duquesne University and CMU Prep Division. Prior to coming to Pittsburgh, she taught choral music in public schools. She holds a M.Sci in piano from Juilliard, and a B.Music degree from the University of Michigan. Teaching choral classes at CMU and PITT for over 15 years has been a joyful experience.

\*Materials fee information located on page 101.

## DAY TRIP

## America's Heroes

Friday, October 6, 2023

Depart 7:00 AM and Return 7:30 PM

\$149 per person\*



Somerset County has been called “America’s County” because of two life changing events in 2001 and 2002. With a local step-on-guide we will visit the Flight 93 National Memorial including the Memorial Plaza, Memorial Chapel, The Wall of Names, The Visitor Center, and The Tower of Voices. We will then take a break for a delicious lunch at the Coal Miners Cafe. Following lunch, we will make a visit to the site of the Quecreek Mine disaster where nine miners were miraculously rescued from 240 feet beneath the earth. Our last stop will be at a Mennonite store with a cool treat to finish the day.

Please Note: *This tour includes walking on uneven surfaces and visits to some facilities which are NOT handicapped accessible.*

Reservations are due by Thursday, August 31, 2023. The last day to withdraw to receive a full refund (less \$10 processing fee) is Friday, September 1, 2023. **After that date, there will be no refunds.**

\*Fee includes transportation, all entrance fees, lunch, and gratuities.

Full details can be found at [cmu.edu/osher](http://cmu.edu/osher).

To attend, register for Course ID 4865.

## MEDICAL

### Regenerative Medicine

Study Leader: Bryan Brown

- 1 Class: Oct. 19 Class ID: 4730
- Thursday, 1:00 PM - 2:30 PM
- UPMC Bridgeside Point II Building, Room 503, 450 Technology Drive, 15219

ONE DAY

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

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

## THIS FALL A Night at the Movies In-Person SIG

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

Lunch and social time 11:30  
Movie 12:15

Osher membership required  
Sign up for Course #4490



Third Thursday of August, September,  
October and November

# SOCIAL SCIENCES

Contemporary Topics/Sociology | Pittsburgh

## CONTEMPORARY TOPICS/ SOCIOLOGY

### Enrich Life With Improv Comedy!

Study Leader: Chris Leone, Brian Gray

Materials Fee: \$10\*

- 4 Classes: Oct. 31 – Nov. 28\* Class ID: 4810
- Tuesday, 3:00 PM - 5:00 PM
- Wilkins Community Center, Regent Square,  
7604 Charleston Ave, Swissvale

\*Note: Class will not meet on Nov. 7

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

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

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

\*Materials fee information located on page 101.

## PITTSBURGH

### Allegheny County Courthouse And Jail Museum Tour

Study Leader: Jim Aiello

- 1 Class: Oct. 16
- Monday, 9:00 AM - 10:30 AM
- Allegheny County Courthouse,  
436 Grant St, Pittsburgh

Class ID: 4827

**NEW!** **ONE DAY**

Designated a National Historic Landmark in 1973, Henry Hobson Richardson’s Allegheny County Courthouse and Jail remain the most important of Pittsburgh’s great buildings. We will tour this iconic 19th century structure which Richardson himself considered one of his greatest architectural masterpieces. On the very day of his death, April 27, 1886, he said to his doctor, “If they honor me for the pigmy things I have already done, what will they say when they see Pittsburgh finished.” In addition to touring the Courthouse itself, we will visit the old Allegheny County Jail Museum to see an original 19th century cellblock and other 19th and early 20th century jail-related artifacts and hear some of the fascinating stories the jail has to tell us.

Please note: We will pass through security at the courthouse and the jail museum, so be prepared to carry as little as possible with you.

**Jim Aiello** is the former Executive Vice President of Treatment Programs for Gateway Rehabilitation Center. He was with Gateway for over 25 years in various supervisory and direct service capacities. After leaving Gateway he joined the staff of the Institute for Research, Education and Training in Addictions (IRETA) as the Director of the Northeast Addiction Technology Transfer Center. Over the years, Jim has spoken on a variety of topics to diverse groups, including business professionals, high school and college students, pharmacists, medical students, nurses, clergy, mental health, addiction and criminal justice professionals, transportation specialists and the Pittsburgh Steelers. He is currently retired and serves on the board of directors for Devereaux TCV Community Services and is a docent for the Pittsburgh History and Landmarks Foundation.



## Section 12 Of The Homewood Cemetery: In Depth

*Study Leader:* Homewood Cemetery

*Materials Fee:* \$10\*

- 2 Classes: Oct. 17 and Oct. 24 *Class ID:* 4734
- Tuesday, 9:15 AM - 10:45 AM
- Homewood Cemetery, **NEW!** **TWO DAY**  
1599 S Dallas Ave, Pittsburgh

Section 12 is one of the oldest parts of The Homewood Cemetery and one of the easiest to miss. Rising up the sides of a small, natural valley, Section 12 is an amalgamation of late 19th and early 20th century progressive institutions, military veterans, and fascinating individual stories. This class will consist of an illustrated talk about Section 12 and some of the people at rest there, followed by a guided tour around the rim of 12's valley (which, incidentally, offers great views deep into many other areas of The Homewood Cemetery.)

**Jennie Benford** has been affiliated with The Homewood Cemetery for over 25 years and currently serves as the Cemetery's historian. If she looks familiar, you probably met her giving tours at The Frick, Pittsburgh (that was a long time ago, but still...), working as the University Archivist at Carnegie Mellon University, or hosting events with Ladies United for the Preservation of Endangered Cocktails (LUPEC), a guerilla women's history action collective of which she was a co-founder.

*\*Materials fee information located on page 101.*

## Find Your Place In Space At Moonshot Museum

*Study Leader:* Cathleen Richards

*Materials Fee:* \$8\*

- 1 Class: Aug. 29 *Class ID:* 4836
- Tuesday, 1:00 PM - 2:30 PM
- Moonshot Museum, **NEW!** **ONE DAY**  
1016 N Lincoln Ave, North Side

Moonshot Museum is Pennsylvania's first space museum and the first museum in the world to focus on career readiness for the modern space industry. It's also Pittsburgh's newest museum, having opened in October 2022. Come take a behind-the-scenes tour with Interim Executive Director, Cathleen Richards. Beyond working with students, Moonshot Museum offers visitors of all ages an opportunity to engage firsthand with the cutting-edge work of space happening right here in Pittsburgh. Located within the headquarters of Astrobotic Technology, the largest lunar logistics facility in the world, Moonshot Museum invites visitors to learn about the 21st century space industry, and watch through the glass wall into Astrobotic's clean room lab as the largest Moon lander since the Apollo LEM is assembled, right on the Northside.

Please note: *This course is also being taught on Zoom. See page 71 for more information.*

**Cathleen Richards** is currently Interim Executive Director of Moonshot Museum after serving on the board of directors throughout the museum's design and fabrication. She holds a MA in International Education from the George Washington University and is passionate about creating experiential learning opportunities for lifelong learners of all ages.

*\*Materials fee information located on page 101.*

## Walking Tour Of East Liberty

*Study Leader:* Bette Landish, Jim Aiello

- 1 Class: Sep. 1
- Friday, 10:00 AM - 12:00 PM
- Various Locations

*Class ID:* 4831

**NEW!** **ONE DAY**

East Liberty was once the third largest commercial district in the Commonwealth but suffered devastating losses through the 1960s during the heyday of urban “renewal.” On a route that is largely flat and compact, we’ll discover striking 19th and 20th century buildings from East Liberty’s boom and bust cycles, along with new construction that connects with the old in surprising ways.

**Bette Landish** is a native Pittsburgher and a graduate of Peabody High School. For the last couple decades, Bette has lead walking tours with children and adults all over town as a docent with the Pittsburgh History and Landmarks Foundation.

**Jim Aiello** is also a docent with the Pittsburgh History and Landmarks Foundation.

## Walking The Historical Suburbs Of Allegheny County

*Study Leader:* Jay Steele

- 5 Classes: Aug. 29 – Sep. 26
- Tuesday, 9:15 AM - 11:15 AM
- Various Locations

*Class ID:* 4709

**NEW!**

This historical walking tour is done by an experienced tour guide of 25 years. It will give you the unique perspective of the past, present, and future of these suburbs of Allegheny County — Mt. Lebanon, Oakmont, Thornburg, Sewickley, and Carnegie. This will be highlighted by a brief history, architectural design, and hidden gems. It is a fun way to also get some exercise!

**Jay Steele** is a retired adjunct professor of Health and Physical Education at CCAC. He is a Pittsburgh native born and raised in the Observatory Hill section of the North Side. He currently lives in Ross with his wife Carol and pug Charlie. He has also taught community education historical walking courses for CCAC, CMU, and Pitt Osher since 1998 and more recently Doors Open Pittsburgh. He has developed these walking tours/classes throughout the city of Pittsburgh/Allegheny County which combines his love of exercise, and Pittsburgh/Allegheny history and architecture.

# MONDAY | Session ONE / August 28 – October 6

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Allegheny County Courthouse And Jail Museum . . .	4827	Community	<i>Aiello</i>	83
11:00 AM - 12:30 PM	Blockchain Beyond Cryptocurrencies	4817	Zoom	<i>Schneider</i>	65
1:00 PM - 2:30 PM	A Behind-The-Scenes Look At City Theatre	4782	Community	<i>City Theatre</i>	76
	Virtually Visit The Maxo Vanka Murals	4712	Zoom	<i>Maxo Vanka</i>	53
3:15 PM - 4:45 PM	Let's Square Dance!	4742	Community	<i>Grodin</i>	80
3:15 PM - 5:15 PM	The Beatles: From Rubber Soul To Abbey Road	4708	CMU	<i>Schultz</i>	15

# TUESDAY | Session ONE / August 28 – October 6

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #	
9:15 AM - 10:45 AM	What's New In The World Of Agatha Christie?	4756	CMU	Banister	12	
	Elder Law - Being Prepared As One Grows Older	4723	Zoom	Sikov Gross	60	
	Making Sense Of Medicare	4732	Zoom	McKendree	68	
	Section 12 Of The Homewood Cemetery: In Depth	4734	Community	Homewood	84	
9:15 AM - 11:15 AM	Walking The Historical Suburbs Of Allegheny . . .	4709	Community	Steele	85	
10:30 AM - 12:30 PM	Beginning Painting In Acrylics	4640	Community	VandenBerg	77	
10:45 AM - 12:15 PM	Sew, Do You Want To Take Up Quilting?	4805	Community	Gengler	78	
10:45 AM - 12:45 PM	Drawing In Color	4735	CMU	Pawlowski	17	
11:00 AM - 12:30 PM	Mother, Daughter, Citizen: A Woman's Life In Poetry	4694	CMU	Rubin	10	
	Chinese Medicine: Health And Harmony	4707	CMU	Gray	31	
	Maxo Vanka Murals In Millvale	4843	Community	Maxo Vanka	75	
	Introduction To Political Economy	4716	Zoom	Borghese	66	
	Where In The World Is The US? A Top 10 Summary	4818	Zoom	Stowell	67	
	Declutter/Downsize/Organize	4722	Zoom	Averbach	61	
	Exploring Poet Mary Oliver	4814	CMU	Carnes	9	
	Scams, Schemes And Cyber Ripoffs	4792	CMU	Weinberg	32	
	Overcoming Alexithymia: Naming More Feelings	4752	CMU	Zuckerman	47	
	1:00 PM - 2:30 PM	Find Your Place In Space At Moonshot Museum	4836	Community	Richards	84
	1:00 PM - 2:30 PM	Understanding Chinese Culture	4845	CMU	Hooker	33
Enjoying <i>The New Yorker</i>		4797	Zoom	Duquin	68	
Your Vote Counts. Doesn't It?		4759	CMU	Weinberg	43	
1:00 PM - 3:00 PM		Emergency! What You Should Know	4820	Zoom	Stoy	64
1:00 PM - 3:00 PM	Continuing Painting In Acrylics	4638	Community	VandenBerg	77	
	Creating Your Own Rijstaffel	4806	Community	Green	78	
	"Supply Chains": Getting Stuff From There To Here	4770	Zoom	Blank	59	
2:00 PM - 3:30 PM	The Violins Of Hope: Exhibit Tour	4840	CMU	Hurwitz	40	
2:45 PM - 4:45 PM	Let's Play Some Bridge	4786	CMU	Olmsted	22	
3:00 PM - 4:30 PM	Failure: Coping And Causes	4696	CMU	Tipton	48	
3:00 PM - 5:00 PM	Introduction To Islam In India	4699	CMU	Asenjo	49	
3:15 PM - 4:45 PM	A Night At The Movies: Early Hitchcock In America	4698	Zoom	Winikoff	54	
3:15 PM - 5:15 PM	Environmental	4834	CMU	PA Resources	30	

# WEDNESDAY | Session ONE / August 28 – October 6

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:45 AM	Grant's Vicksburg Campaign	4736	CMU	Albert	38
9:15 AM - 10:45 AM	Pittsburgh Rising: From Frontier Town To Steel City	4822	CMU	Ruck	41
	Return To Maycomb: A Homage To Harper Lee	4804	CMU	Mariani	10
9:15 AM - 10:45 PM	Ethical Issues In Healthcare	4778	CMU	Reilly	37
10:00 AM - 11:30 AM	Tamburitza Folk Dancing	4773	Community	Schexnayder	80
10:30 AM - 12:30 PM	How To Handle The Bully In Your Life	4811	Zoom	Morris	61
	Say What!?	4825	CMU	McDaniel	24
	Planning And Development In Allegheny County	4816	CMU	O'Loughlin	34
10:45 AM - 12:15 PM	Reinhold Niebuhr: Philosophy, Politics, And Race	4728	CMU	Stone	45
10:45 AM - 12:45 PM	Seasoned Investors	4713	CMU	Pechersky	20
11:00 AM - 12:30 PM	Verbal Self Defense For Women	4701	CMU	Umans	25
	Ekphrastic Poetry: Poems About Art	4788	CMU	Carpenter	11
	The Palestinian Story: Hope And Sumud	4747	CMU	Whitehead	35
	Look For The Helpers	4725	CMU	Fortun	42
	Reading <i>The Deluge</i>	4842	Zoom	Stires	55
	Proof Positive	4793	CMU	Fallon	27
	Meritocracy And Affirmative Action	4729	Zoom	Ochs	67
1:00 PM - 2:30 PM	Curses And Blessings In Opera	4762	Zoom	Pgh Opera	58
	Find Your Place In Space At Moonshot Museum	4837	Zoom	Richards	71
	So Soon: All About Sassoons	4765	CMU	Greenspan	39
	The United States Constitution	4823	CMU	Harris	44
	How To Apologize: When "I'm Sorry" Is Not Enough	4749	CMU	Zuckerman	45
	The Global Challenge Of Demographic Change	4771	Zoom	Blank	59
1:00 PM - 3:00 PM	Storytelling For Fun And Profit	4838	CMU	Vendeland	26
1:00 PM - 3:30 PM	Nature Journaling	4795	CMU	Bangley	19
1:15 PM - 2:30 PM	Get Fit - A Fun Latin Cardio Workout	4807	Community	Pollack	79
2:45 PM - 4:45 PM	Bridge Basics III	4800	CMU	Patzer	22



# THURSDAY | Session ONE / August 28 – October 6

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	The Face Of Racism	4826	CMU	McDaniel	7
	A Design Journey	4766	CMU	Boyarski	7
10:00 AM - 12:00 PM	Hatha Yoga	4702	Community	Barone	79
11:00 AM - 12:30 PM	The Campaign To “Fix Harrisburg”: A 2023 Update	4733	CMU	Webster	44
	Some Big Ideas Quickly	4753	CMU	Zuckerman	47
	Understanding And Managing Your Personal Finances	4724	CMU	Semper	20
	Saving Taxes In Retirement	4717	CMU	Kahn	21
	Mars: Science And Engineering	4779	CMU	Seltman	29
	What Is A “Heart Attack” And How Can I Get One?	4746	CMU	Granato	31
	Sacred Circle Dancing	4812	CMU	Carnes	19
	Missed Connections With Pittsburgh’s City Steps	4697	Zoom	Zurowski	70
1:00 PM - 2:30 PM	City Of Asylum At Alphabet City	4780	Zoom	Alphabet City	71
	What’s In An Interpretation?	4781	CMU	Chamis	15
	Railroads: A Topical Survey	4844	CMU	Roth	34
	Singing In A Choral Class	4693	Community	Rapp	81
	Regenerative Medicine	4730	Community	Brown	82
	1:00 PM - 3:00 PM	The Modern Art Of Flower Arranging: Sogetsu Ikeban	4828	CMU	Reilly
Great And Notable Novels Read And Revisited		4711	Zoom	Schinhofen	56
The Monuments Men		4764	CMU	Reid	38
2:45 PM - 4:15 PM	Humor And Human Life	4767	CMU	Givvin	35
	”Such Friends”: Women Of Bloomsbury And The . . .	4796	CMU	Donnelly	12

# FRIDAY | Session ONE / August 28 – October 6

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:00 AM - 11:00 AM	Tribute To Sondheim	4777	CMU	<i>Thomas</i>	14
10:00 AM - 12:00 PM	Walking Tour Of East Liberty	4831	Community	<i>Landish</i>	85
10:45 AM - 12:15 PM	Cover Me 1: Tales Of Songwriters And Their Songs	4726	Zoom	<i>Gondelman</i>	57
11:00 AM - 12:30 PM	Conservation On The Maxo Vanka Murals In Millvale	4720	Community	<i>Maxo Vanka</i>	75
1:00 PM - 2:30 PM	Andy Warhol And Catholicism	4790	Zoom	<i>Warhol</i>	53
	The A To Z Of Urban Sustainability	4835	Zoom	<i>PA Resources</i>	64
3:15 PM - 4:45 PM	3 Steps To Sort Out Boxes Of Photographs	4703	Zoom	<i>Novak</i>	62
12:00 PM - 1:00 PM	First Fridays At Redeemer	4768	Community	<i>First Fridays</i>	76

# MONDAY | Session TWO / October 23 – December 5

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 11:00 AM	Imprisoned Without Trial: Japanese Internment . . .	4821	Zoom	<i>Kato</i>	69
9:15 AM - 10:45 AM	History's Villains 1: Ancient Rome To 1800	4706	Zoom	<i>Daffner</i>	69
11:00 AM - 12:30 PM	My Father, My Mother, Myself: Poems	4738	Zoom	<i>Robinson</i>	56
1:00 PM - 3:00 PM	Short Stories: The Manageable Masterpiece	4846	Zoom	<i>Rosenblum</i>	57
2:45 PM - 4:45 PM	Shakespeare's <i>Measure For Measure</i>	4757	Zoom	<i>Guy</i>	55
3:15 PM - 4:45 PM	A Night At The Movies: Asian Style	4866	Zoom	<i>Swoger</i>	54
3:30 PM - 5:30 PM	Short Stories: The Manageable Masterpiece	4847	Zoom	<i>Rosenblum</i>	57

# TUESDAY | Session TWO / October 23 – December 5

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	Understanding Health And The Immune System	4705	CMU	Rabin	30
	The Dawn Of Everything: Humans Before Agriculture	4802	CMU	Hier	37
10:45 AM - 12:15 PM	The Politics Of Reproduction	4776	Zoom	Hansen	72
11:00 AM - 12:20 PM	Mental Training For Peak Performance	4754	CMU	Mead	13
11:00 AM - 12:30 PM	Perry Mason: Defense Counsel And Pop Culture Icon	4772	CMU	Backer	8
	Archaeological Perspectives On Pittsburgh's Past	4824	CMU	Neusius	33
	Declutter/Downsize/Organize	4721	Zoom	Averbach	61
	Strategic Bombing Campaigns Of WWII	4809	Zoom	Oleinick	70
11:30 AM - 12:30 PM	It's Never Too Late To Play Violin	4803	CMU	Roelofs	23
1:00 PM - 2:30 PM	Reading Poetry Aloud	4745	CMU	Wainwright	9
	Sensational Stravinsky!	4815	CMU	Gorton	14
	Online Dating For Seniors	4832	CMU	Farnsworth	25
	Enjoying <i>The New Yorker</i>	4798	Zoom	Duquin	68
1:00 PM - 3:00 PM	Let's Play Some Bridge	4787	CMU	Olmsted	22
3:00 PM - 5:00 PM	Enrich Life With Improv Comedy!	4810	Community	Leone, Gray	83

# WEDNESDAY | Session TWO / October 23 – December 5

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:00 AM	Eden Energy Medicine - Introduction	4819	Zoom	Griffin	62
9:15 AM - 10:45 AM	<i>The Iliad</i>	4830	CMU	Cucinotta	11
	Introduction To Real Estate Law	4739	CMU	Miller	16
	Cultural Awareness In 2023: Issues & Jargon	4731	Zoom	Pugh	66
	Pittsburgh's East End: An Architectural History	4763	CMU	Jucha	42
10:00 AM - 11:30 AM	Tamburitzan Folk Dancing	4774	Community	Schexnayder	80
11:00 AM - 12:30 PM	Classic And Contemporary American Short Stories	4755	CMU	Langer	13
	Contemporary Asian Architects - Part 3	4695	CMU	Swoger	29
	Remedies To Help Save Democracy In America	4775	CMU	Presutti Jr	43
	Journeying Through The Gospels - Luke	4748	CMU	Whitehead	48
12:45 PM - 2:30 PM	Soulcollage: For New And Returning Students	4813	CMU	Carnes	26
1:00 PM - 2:30 PM	Welles After Kane	4758	CMU	Hoover	8
	Preserving Pittsburgh's Architecture And History	4833	CMU	Myers	41
1:15 PM - 2:30 PM	Get Fit - A Fun Latin Cardio Workout	4808	Community	Pollack	79
2:00 PM - 3:30 PM	The Violins Of Hope: Exhibit Tour	4841	CMU	Hurwitz	40
2:45 PM - 4:15 PM	Senior Health Insurance, Health Care	4710	CMU	Veazey	21
2:45 PM - 4:45 PM	Bridge Basics IV	4801	CMU	Patzer	23

# THURSDAY | Session TWO / October 23 – December 5

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	Engineering Beauty	4719	CMU	<i>Wertheimer</i>	38
9:30 AM - 11:00 AM	Write Your Own Legacy	4692	Zoom	<i>Michael</i>	63
10:30 AM - 12:30 PM	Writers' Workshop	4700	CMU	<i>Snyder</i>	28
10:45 AM - 12:45 PM	Painting In Watercolors	4740	CMU	<i>Pawlowski</i>	18
11:00 AM - 12:30 PM	Church, State, And Christian Nationalism	4737	CMU	<i>Aleshire</i>	36
	Agnotology And Other Ways Of Not-Knowing	4750	CMU	<i>Zuckerman</i>	46
	From Memory To Story: The Big Picture	4789	Zoom	<i>Kulina</i>	63
	Stupidity: The Scientific Study Of A Folk Concept.	4751	CMU	<i>Zuckerman</i>	46
1:00 PM - 2:30 PM	End Of Life Matters	4784	CMU	<i>Price</i>	24
	Travelogue Four: Circumnavigating Japan	4783	CMU	<i>Greenspan</i>	49
	Singing In A Choral Class	4718	Community	<i>Rapp</i>	81
	Orthodox Christian Iconography In Context	4829	Zoom	<i>Sochka</i>	72
1:00 PM - 3:00 PM	Making Images: The Evolution Of Photography	4839	CMU	<i>Bangley</i>	39
2:45 PM - 4:15 PM	Who Is Ayn Rand?	4769	CMU	<i>Givvin</i>	36

# FRIDAY | Session TWO / October 23 – December 5

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:30 AM - 12:00 PM	Figure Drawing	4794	CMU	<i>Bangley</i>	17
10:45 AM - 12:15 PM	Cover Me 2: Tales Of Songwriters And Their Songs	4727	Zoom	<i>Gondelman</i>	58

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LAST NAME	FIRST NAME	CLASS ID	CLASS NAME	CAMPUS	PG #
Aiello	Jim	4827	Allegheny County Courthouse and Jail Museum Tour	Community	83
Aiello	Jim	4831	Walking Tour of East Liberty	Community	85
Albert	David	4736	Grant's Vicksburg Campaign	CMU	38
Aleshire	Daniel	4737	Church, State, And Christian Nationalism	CMU	36
Alphabet	City	4780	City Of Asylum At Alphabet City: Pittsburgh Worldwide	Zoom	71
Asenjo	Christine	4699	Introduction To Islam In India	CMU	49
Averbach	Rosa Barnett	4721/4722	Declutter/Downsize/Organize	Zoom	61
Backer	Ron	4772	Perry Mason: Defense Counsel And Pop Culture Icon	CMU	8
Bangley	Betsy	4794	Figure Drawing	CMU	17
Bangley	Betsy	4795	Nature Journaling	CMU	19
Bangley	David	4839	Making Images: The Evolution Of Photography	CMU	39
Banister	Mark	4756	What's New In The World Of Agatha Christie?	CMU	12
Barone	Loretta	4702	Hatha Yoga	Community	79
Blank	Stephen	4770	"Supply Chains": Getting Stuff From There To Here	Zoom	59
Blank	Stephen	4771	The Global Challenge Of Demographic Change	Zoom	59
Borghese	Ken	4716	Introduction To Political Economy	Zoom	66
Boyarski	Daniel	4766	A Design Journey	CMU	7
Brown	Bryan	4730	Regenerative Medicine	Community	82
Carnes	Alice	4812	Sacred Circle Dancing	CMU	19
Carnes	Alice	4813	SoulCollage® for New And Returning Students	CMU	26
Carnes	Alice	4814	Exploring Poet Mary Oliver	CMU	9
Carpenter	Rebecca	4788	Ekphrastic Poetry, AKA, Poems About Art	CMU	11
Chamis	Flavio	4781	What's In An Interpretation?	CMU	18
Christian-	Andrea	4805	Sew, Do You Want To Take Up Quilting?	Community	78
City Theatre	Company	4782	A Behind-The-Scenes Look At City Theatre	Community	76
Cucinotta	Joan	4830	<i>The Iliad</i>	CMU	11
Daffner	Richard	4706	History's Villains 1: Ancient Rome To 1800	Zoom	69
Davis	Sherri	4786/4787	Let's Play Some Bridge	CMU	22
Donnelly	Kathleen Dixon	4796	"Such Friends": Women Of Bloomsbury And The Left	CMU	12
Duquin	Mary	4797/4798	Enjoying <i>The New Yorker</i>	Zoom	68
Fallon	Helen	4793	Proof Positive	CMU	27
Farnsworth	Ginnie	4832	Online Dating for Seniors	CMU	25
First Fridays	Church of the	4768	First Fridays At Redeemer	Community	76
Fortun	David	4725	Look For The Helpers	CMU	42
Gengler	Barbara	4805	Sew, Do You Want To Take Up Quilting?	Community	78
Givvin	Joseph	4767	Humor And Human Life	CMU	35
Givvin	Joseph	4769	Who Is Ayn Rand?	CMU	36
Gondelman	Larry	4726	Cover Me 1: Tales Of Songwriters And Their Songs	Zoom	57
Gondelman	Larry	4727	Cover Me 2: Tales Of Songwriters And Their Songs	Zoom	58
Gorton	James	4815	Sensational Stravinsky!	CMU	14
Granato	Jerome	4746	What Is A "Heart Attack" And How Can I Get One?	CMU	31



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Gray	Brian	4810	Enrich Life With Improv Comedy!	Community	83
Green	David	4806	Creating your own Rijstaffel	Community	78
Greenspan	Bill	4765	So Soon: All About Sassoons	CMU	39
Greenspan	Bill	4783	Travelogue Four: Circumnavigating Japan	CMU	49
Griffin	Kathryn	4819	Eden Energy Medicine: Introduction	Zoom	62
Grodin	Maddy	4742	Let's Square Dance!	Community	80
Guy	William	4757	Shakespeare's <i>Measure For Measure</i>	Zoom	55
Hansen	Susan	4776	The Politics of Reproduction	Zoom	72
Harris	Gary	4823	The United States Constitution	CMU	44
Hier	Charles	4802	The Dawn Of Everything: Humans Before Agriculture	CMU	37
Homewood	Cemetery	4734	Section 12 of The Homewood Cemetery: In Depth	Community	84
Hooker	John	4845	Understanding Chinese Culture	CMU	33
Hoover	Robert	4758	Welles After Kane	CMU	8
Hurwitz	Linda	4840/4841	The Violins Of Hope – Exhibit Tour	CMU	40
Joseph	Ken	4711	Great And Notable Novels Read And Revisited	Zoom	56
Jucha	Robert	4763	Pittsburgh's East End: An Architectural History	CMU	42
Kahn	Bud	4717	Saving Taxes In Retirement	CMU	21
Kato	Denny	4821	Imprisoned Without Trial: Japanese Internment in	Zoom	69
Kulina	Anita	4789	From Memory To Story: The Big Picture	Zoom	63
Landish	Bette	4831	Walking Tour of East Liberty	Community	85
Langer	Nancy Quick	4755	Classic And Contemporary American Short Stories	CMU	13
Langer	Nancy Quick	4788	Ekphrastic Poetry, AKA, Poems About Art	CMU	11
Leone	Chris	4810	Enrich Life With Improv Comedy!	Community	83
Mariani	Michael	4804	Return To Maycomb - A Homage To Harper Lee	CMU	10
Maxo Vanka	Murals	4712	Virtually Visit The Maxo Vanka Murals	Zoom	53
Maxo Vanka	Murals	4720	Conservation On The Maxo Vanka Murals in Millvale	Community	75
Maxo Vanka	Murals	4843	Maxo Vanka Murals in Millvale	Community	75
McDaniel	Charlotte	4825	Say What!?	CMU	24
McDaniel	Charlotte	4826	The Face Of Racism	CMU	7
McKendree	William	4732	Making Sense Of Medicare	Zoom	68
Mead	Monique	4754	Mental Training For Peak Performance	CMU	13
Michael	Christine	4692	Write Your Own Legacy	Zoom	63
Miller	Errol	4739	Introduction To Real Estate Law	CMU	16
Morris	Susan	4811	How To Handle The Bully In Your Life	Zoom	61
Myers	Tracy	4833	Preserving Pittsburgh's Architecture And History	CMU	41
Neusius	Sarah	4824	Archaeological Perspectives On Pittsburgh's Past	CMU	33
Novak	Jamie	4703	3 Steps To Sort Out Boxes Of Photographs	Zoom	62
O'Loughlin	David	4816	Planning and Development in Allegheny County	CMU	34
Ochs	Jack	4729	Meritocracy And Affirmative Action	Zoom	67
Oleinick	Peter	4809	Strategic Bombing Campaigns Of WWII	Zoom	70
Olmsted	John	4786/4787	Let's Play Some Bridge	CMU	22

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PA Resources	Council	4835	The A To Z Of Urban Sustainability	Zoom	64
Patzer	Jack	4800	Bridge Basics III	CMU	22
Patzer	Jack	4801	Bridge Basics IV	CMU	23
Pawlowski	Jane	4735	Drawing In Color	CMU	17
Pawlowski	Jane	4740	Painting in Watercolors	CMU	18
Pechersky	Brett	4713	Seasoned Investors	CMU	20
Pgh Opera	Pittsburgh	4762	Curses And Blessings In Opera	Zoom	58
Pollack	Connie	4807/4808	Get Fit: A Fun Latin Cardio Workout	Community	79
Presutti Jr	Bill	4775	Remedies To Help Save Democracy In America	CMU	43
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# GENERAL INFORMATION & POLICIES

## CLASSROOM LOCATIONS

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

## PHOTOS AND VIDEOS

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

## CLASSROOM ETIQUETTE

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

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

## BAD WEATHER DAYS

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

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

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

## CHECK YOUR SCHEDULE

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

## NON-DISCRIMINATION

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

## SCHOLARSHIPS

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

## CONTROVERSIAL SPEAKERS

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

## EMAIL NOTIFICATIONS

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

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

## OSHER EMAIL ADDRESSES

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

- [osher@cmu.edu](mailto:osher@cmu.edu)
- [osher-email-to-students@andrew.cmu.edu](mailto:osher-email-to-students@andrew.cmu.edu)
- [osher-general@andrew.cmu.edu](mailto:osher-general@andrew.cmu.edu)

# Ready to register?

## CHECK YOUR CALENDAR

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

## MATERIALS FEES

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

## REFUND POLICY

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

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

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

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

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

## ZOOM CODES

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

## CONFIRMATION LETTERS

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

### OBSERVED 2023 OFFICIAL OSHER SKIP DAYS

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

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

Martin Luther King Jr. Day	Jan. 16
Memorial Day	May 29
Juneteenth	Jun. 19
Independence Day	Jul. 4
Labor Day	Sep. 4
Election Day	Nov. 7
Thanksgiving Wednesday	Nov. 22
Thanksgiving Day	Nov. 23
Thanksgiving Friday	Nov. 24
Winter Break	Dec. 22 - Jan. 2, 2024

*CMU Carnival will be held on April 13<sup>th</sup> & 14<sup>th</sup>  
and no on-campus classes will be held.*



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

Join us!



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

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[osher@cmu.edu](mailto:osher@cmu.edu)