

Fall 2025

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ON THE COVER

Front Cover Photo: Robot made of computer parts - photo by Matt Todd

Art can be found all over the CMU campus. This robot, made of computer parts and floppy disks, can be found on the third floor of Baker Hall.

AT A GLANCE

GENERAL INFO

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SESSION DATES

Session One: Sep. 1 - Oct. 24

Session Two: Oct. 27 - Dec. 19

SKIP DATES

Class will not be held on the following dates:

Mon., Sep. 1 - Labor Day

Wed., Nov. 26 - Thanksgiving Wednesday

Thu., Nov. 27 - Thanksgiving Thursday

Fri., Nov. 28 - Thanksgiving Friday

For your convenience, this catalog is divided in two sections based on location:

- In-person Courses: pages 6 53
- Zoom Courses: pages 56 74

Look for the 66 **NEW!** courses being offered this term!

OSHER at Carnegie Mellon | Fall 2025

In-Person Courses: pgs. 6 - 53

ARTS & HUMANITIES

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Religion/Philosophy

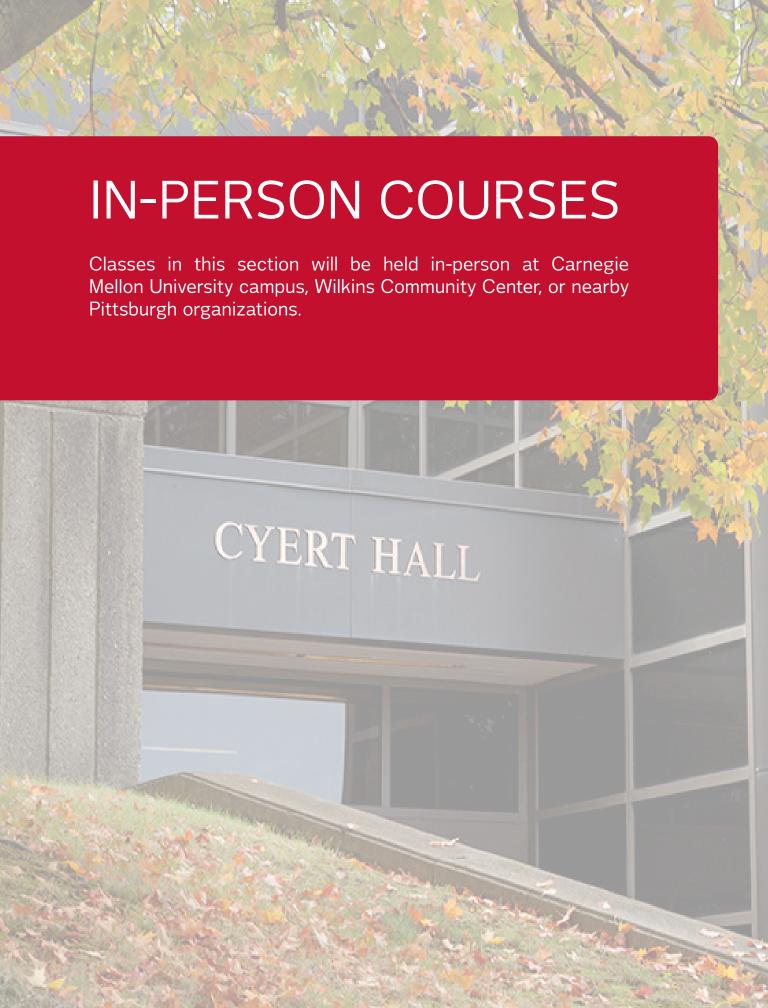
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Osher at CMU has partnered with OLLI at American University to share **Zoom courses!** These courses are available at no additional fee to those who have paid the \$60 Osher at CMU registration fee.

New courses will be offered each term and will be advertised in the *Weekly Essentials* email. To view current offerings or for more information, visit our website at cmu.edu/osher/courses-and-sigs/.

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



ARTS & HUMANITIES

Art | Cinema/Film | Drama/Theatre | Literature | Music

ART

Human History Through Fiber

Study Leader: Howard Seltman, Kathy McIntyre-Seltman

• 5 Classes: Sep. 10 – Oct. 8

Class ID: 5625

• Wed, 1:00 PM - 2:30 PM

Cyert Hall, Osher Room B

The history of textiles is really the history of human civilization; however, unlike stone or metals, fiber is poorly preserved in the archeologic record. In this class, we will explore the prehistory and history of fiber arts, looking at the cultural and economic roles of textiles throughout the world. We will visit the history and technology of flax, cotton, silk and wool agriculture, and the use of dyes. We will see how threads and fabrics are produced by braiding, spinning, knitting, and weaving. While most fiber production is industrialized, we will also look at the preservation of hand-crafted yarns and textiles today.

Howard Seltman is a pathologist and statistician who has been weaving for 5 years.

Kathy McIntyre-Seltman is a retired gynecologic surgeon who has worked with macrame, needlepoint, spinning, and crochet for 60 years.

Design Connections

Study Leader: Daniel Boyarski

• 3 Classes: Nov. 5 – Nov. 19

• Wed, 12:30 PM - 2:00 PM

• Cyert Hall, Osher Room B

Class ID: 5669



Over my four decades of teaching Communication Design, as I lectured or critiqued, I often found myself making connections to seemingly unrelated facts and anecdotes to make a point. I did this naturally and did so more and more as I matured as a designer and design teacher. With this course, I'll start a session with a topic like "Serendipity and Chance" and address it from my design perspective. When a connection—visual, conceptual, or other—presents itself, I'll address that, knowing there will be other connections to follow. The journey may be circuitous and cover a lot of ground, but the original topic will hold things together. If you're game to wander with me, learn how design connects to other creative fields, and occasionally participate with a connection of yours, let's see what happens.

Dan Boyarski is professor emeritus and former head of the School of Design at Carnegie Mellon University, where he has been for over 43 years. He taught courses in typography, information and interaction design, and time-based communication at graduate and undergraduate levels. His interests lie in visualizing complex information, interface and interaction design, and how word, image, sound, and motion may be combined for effective communication. George Bernard Shaw's words hold special meaning for Dan in retirement: "We don't stop playing because we grow old; we grow old because we stop playing."

ARTS & HUMANITIES | In-Person



CINEMA/FILM

Appreciating It's a Wonderful Life

Study Leader: Ron Backer

• 2 Classes: Oct. 21 and Oct. 28

• Tue, 12:30 PM - 2:00 PM

• Cyert Hall, Osher Room B

Class ID: 5588



TWO DAY

Almost 80 years after its initial release, *It's a Wonderful Life* remains one of the most cherished movies of all time—required viewing for many around Christmas. Surprisingly, the film was not particularly popular when it was first released in 1946. However, because of its script, cast, production, and enduring themes, *It's a Wonderful Life* eventually became recognized as a Hollywood classic. Using film clips and other visuals, this course will go into the making of the film, its director, writers, cast, locations, special effects, and underlying messages, plus the strange story as to how the film became a holiday classic. The course is being taught on the basis that the students have seen *It's a Wonderful Life* at least once and are familiar with the film.

Ron Backer, an attorney in Pittsburgh for over 45 years, has written five books on film, including two on the Hollywood mystery movie series of the 1930s and 1940s. Mr. Backer has contributed articles about baseball and the movies to publications of SABR (the Society for American Baseball Research). He has previously taught courses for Osher at CMU about movies, television, and sports.

Two Films Present A Different 1950's

Study Leader: Robert Hoover

• 5 Classes: Sep. 9 – Oct. 7

Class ID: 5642

• Tue, 1:00 PM - 2:30 PM

· Cyert Hall, Olmsted Activity Room

We'll screen and discuss *Sweet Smell of Success* and *A Face in the Crowd*, two neglected films in 1957 that presented a harsh, cynical view of 1950s America. Surprisingly, they featured actors who appeared in the "major motion pictures" of the era.

Robert Hoover was the longtime book and drama editor of the *Pittsburgh Post-Gazette* who frequently wrote about films as well. He taught CMU Osher courses on Orson Welles and Citizen Kane. Growing up in the 1950s, he saw plenty of the epic films and Westerns of that era, but only discovered these films as an adult and was impressed with their originality.

In-Person | ARTS & HUMANITIES

DRAMA/THEATRE

A Behind-The-Scenes Look At City Theatre

Study Leader: City Theatre Company

• 1 Class: Sep. 8

Class ID: 5657

• Mon, 1:00 PM - 2:30 PM



City Theatre,
 1300 Bingham St, South Side

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.

LITERATURE

Alias Grace

Study Leader: Nancy Quick Langer

• 6 Classes: Nov. 6 - Dec. 18*

Class ID: 5647

• Thu, 11:00 AM - 12:30 PM



- Cyert Hall, Osher Room A
- *Note: Class will not meet on Nov. 27

Margaret Atwood's 1996 novel Alias Grace fictionalizes a notorious true-crime Canadian tale: the murders of Thomas Kinnear and his housekeeper Nancy Montgomery. Atwood's interest in the story began years prior to writing the novel when she discovered the writings of Canadian pioneer and author Susanna Moodie. Moodie's memoir Life in the Clearings vs. the Bush contains a chapter on Grace Marks, one of the servants convicted in the Kinnear/Montgomery murders. Atwood wrote poems informed by Moodie's published works and a television script, The Servant Girl, about Grace Marks. By the time she wrote Alias Grace, Atwood had reevaluated Moodie's version: "Moodie said at the outset of her account that she was writing Grace Marks's story from memory, and as it turns out, her memory was no better than most." Join us as we read and discuss *Alias Grace* in context with select. writings from Susanna Moodie and Margaret Atwood.

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.

ARTS & HUMANITIES | In-Person

Classic And Contemporary Short Stories

Study Leader: Nancy Quick Langer

• 5 Classes: Sep. 11 – Oct. 9

Class ID: 5648

Thu, 11:00 AM - 12:30 PMCyert Hall, Osher Room B

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 (William Faulkner, Joyce Carol Oates) alongside contemporary stories (Zadie Smith, James McBride). 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.



The Iliad

Study Leader: Joan Cucinotta

• 5 Classes: Nov. 5 – Dec. 10*

Class ID: 5614

• Wed, 12:30 PM - 2:00 PM

• Cyert Hall, Osher Room A

*Note: Class will not meet on Nov. 26

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 required courses in American and World Literature. 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.

In-Person | ARTS & HUMANITIES

A Poetry Readers Workshop

Study Leader: Sharon McCarthy

• 5 Classes: Nov. 11 – Dec. 9

Class ID: 5681

• Tue, 1:00 PM - 2:30 PM

• Cyert Hall, Hawkins Conference Room



The goal of this class is to begin to demystify poetry and enjoy reading and discussing poetry together. Each week we will discuss a different aspect of poetry that shapes how we receive a poem- for example the poem's structure, content or sound. You will be asked to bring a poem to class each week that illustrates that aspect for you. In the first class we will discuss how to find poems to fit the topic. In class we will read our poems out loud, and then we will spend a bit of time discussing the poem, and how we feel about it. Together we will explore why poetry continues to captivate us, read some wonderful poems out loud, and enjoy the magic of poetry.

Sharon McCarthy is an artist and poet who has retired from a career doing research at the VAPHS and teaching organizational behavior at Carnegie Mellon University. She has authored numerous articles in peer reviewed journals and holds an MBA and PHD from Cornell University and an MSW from the University of Pittsburgh. In spite of this, she loves poetry and believes each of us can benefit from having poetry in our lives. She has taken many courses at Osher and especially enjoys classes where the discussion leads students to know one another and the topic more fully.

Meet The Wyeths

Study Leader: Rebecca Carpenter

• 5 Classes: Nov. 5 – Dec. 10*

Class ID: 5545

• Wed, 10:30 AM - 12:00 PM

• Cyert Hall, Osher Room A

*Note: Class will not meet on Nov. 26

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

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

Help Secure Our Future: Donate to the Osher Endowment Fund!

We invite you to make a meaningful difference by supporting the Osher at CMU Endowment Fund. With a goal of raising \$1 million, your contribution will have a lasting impact, ensuring the sustainability of the organization while helping to lower future operational costs. It is the generosity of others that has made Osher possible, and now you can continue that tradition.

As you register for your fall courses, please consider donating to the endowment to secure Osher at CMU's future success and growth for generations to come. Together, we can build a legacy of support and opportunity.

ARTS & HUMANITIES | In-Person



Jane Austen's Life And Legacy

Study Leader: Allison Thompson

• 3 Classes: Dec. 2 – Dec. 16

Class ID: 5620

• Tue, 2:45 PM - 4:15 PM



• Cyert Hall, Olmsted Activity Room

Celebrate Jane Austen's semiquincentennial (250th birthday) by examining her life, her times, and her legacy. We'll explore her connection to the War of 1812, the abolition of the slave trade, the Mediterranean and the Far East, the French Revolution, Trafalgar, Byron, the Prince Regent, and other events and people of her time. We'll also look at her legacy—the fanfiction, the merch (including wallpaper and thong underwear), the movies, and the sometimes hysterical worship of her (no, she did not exactly live with a vampire, but she definitely was not a senior officer in the 4th Women's Battalion, King's Royal Hussars, seeing service at Ulm in 1805, as AI claims).

Allison Thompson is a dance historian, writer, and folk musician. She has written extensively on the topic of Jane Austen and the Janeite fandom, and has taught many courses on the author and her works. Allison's most recent article was Jane Austen, DragonRider on the topic of fantasy Pride & Prejudice fanfiction, and her most recent book is Dances from Jane Austen's Assembly Rooms.

The Phenomenon Of *A Christmas Carol*

Study Leader: Mark Banister

• 4 Classes: Sep. 9 – Sep. 30

Class ID: 5547

• Tue, 1:00 PM - 2:30 PM

• Cyert Hall, Osher Room A

Charles Dicken's novella A Christmas Carol was a hit upon publication in 1843 and continues to have great popularity today. More than a good story, it helped change the public's view not only of Christmas but of many of society's problems. We will discuss the story itself, along with learning about this time of Dicken's life. We will also look at the story's effect on how we celebrate the holiday and, at least, from time to time, its great effect on understanding the life of the very poor. It will be helpful, though not essential, to read the story before class starts. (The book is in public domain and is free from many on-line sources) And finally, we will look at clips of the many adaptations of the story in both movie and TV versions.

Mark Banister has been obsessed with *A Christmas Carol* for many decades and has read and re-read it more times than can be counted. And he has no less than 15 TV or movie versions of the story! He retired in 2017 from Carnegie Mellon's Office of Environmental Health and Safety. (Where *A Christmas Carol* never entered his work there.)

ARTS & HUMANITIES In-Person



MUSIC

Gone With The Winds

Study Leader: James Gorton

• 4 Classes: Oct. 29 - Nov. 19*

Class ID: 5661

- Wed, 2:45 PM 4:15 PM
- Cyert Hall, Osher Room B
- *Note: Class will not meet on Nov. 26

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

James Gorton, formerly Co-Principal Oboist of the Pittsburgh Symphony Orchestra, currently teaches at Carnegie Mellon and Duquesne Universities.

Camille Saint-Saëns AKA "The Dinosaur"

Study Leader: James Gorton

• 3 Classes: Dec. 2 – Dec. 16

Class ID: 5662

- Tue, 2:45 PM 4:15 PM
- Cyert Hall, Osher Room B

An exploration of the music of Camille Saint-Saëns including concerti, orchestra pieces, and symphony.

James Gorton, formerly Co-Principal Oboist of the Pittsburgh Symphony Orchestra, currently teaches at Carnegie Mellon and Duquesne Universities.

Classical Composers You Think You Hate

Study Leader: Owen Cantor

· 2 Classes: Oct. 22 and Oct. 29

Class ID: 5658 • Wed, 10:30 AM - 12:30 PM

Cyert Hall, Osher Room B





In years and years of teaching, I have heard my lifelong learning students commenting about disliking composers they may not have given a fair shake. The list is usually predictable: Philip Glass, Dimitri Shostakovich, Bela Bartok, Charles Ives, Arnold Schöenberg, among others. Before our thinking becomes fossilized, lets discover together some of the wonderful music we only "think" we "hate." Enter the unknown, be curious, keep an open mind, stay challenged, and find out why these composers wrote some of the greatest music you will ever hear.

Dr Owen Cantor has had the good fortune to pursue his dual loves: classical music and clinical dentistry. Dr Cantor was founder and music director of the Summerfest Chamber Music Festival which presented fourteen summers of chamber music in Fox Chapel. Before and during his early years as a practicing dentist, Dr Cantor studied and played the French horn in countless local venues, serving as an Artist/Lecturer in the CMU School of Music. Teaching music and cultural history at Osher CMU has allowed him to give back his experiences to the city he loves.

Music Between Notes

Study Leader: Flavio Chamis

• 3 Classes: Sep. 9 – Sep. 23

• Tue, 2:45 PM - 4:45 PM

• Cyert Hall, Osher Room B

Class ID: 5688



How is it possible for music to captivate human beings in such a visceral way? How is it possible that the whole universe of Western music is built by simply combining twelve different notes, adding rhythm and coloring these sounds with instruments or voice? These lectures will embark on the quest of breaking down the elements which composers use in order to build intricate works of artistic excellence that became some of humanity's most expressive cultural treasures, as well as how interpreters add their personal input, becoming compulsory "co-composers."

Flavio Chamis, a native of Brazil, studied conducting and composition in Germany, Austria and Israel. Chamis recorded for RIAS Berlin and Radio France. In Europe he conducted concerts, among many others, at the Musikverein in Vienna, the Wiener Festwochen and the Royal Festival Hall in London. In 1985, Flavio became conducting assistant to Leonard Bernstein in preparation for tours of the Israel and London Symphony Orchestra among others. 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. "Especiaria", a CD with Mr. Chamis Brazilian Jazz compositions was nominated for a Latin Grammy. Flavio Chamis received the International Press Award as Outstanding Brazilian Musician in the U.S.

SIGs

Special Interest Groups

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

Active Osher at CMU SIGs include:

5050: Canasta

4566: Bridge for Fun: Saturday Edition 5584: Brownbag Lunch and a Movie 5376: Walking Special Interest Group

For detailed descriptions and meeting information, please visit our website cmu.edu/osher/courses-and-sigs.

If you have an idea for a SIG and are willing to get it going, please contact the Osher Office.

LEARN BY DOING

Art | Crafts/Hobbies | Culinary | Dance/Exercise | Games | Music & Drama | Tours | Wellness | Writing

ART

Using A Sketchbook To Enhance Travel

Study Leader: Rick Landesberg

• 1 Class: Oct. 28 Class ID: 5644

• Tue, 10:30 AM - 12:00 PM

• Cyert Hall, Olmsted Activity Room

ONE DAY

What if during your next trip you drew instead of taking photographs? (Okay, you can take some photographs.) This course welcomes both those who have significant and moderate drawing skills. Capturing an environment you care about in a sketchbook is a rich way to experience, and even celebrate a place. The sketchbook becomes a visual diary, responding to both the grand vista (the canyon) and the personal detail (the croissant). It's a way to be in a place. The settings we encounter when traveling (as well as when we're close to home) offer rich visual opportunities for unhurried observation. This course will present strategies for looking deeply at a place and responding to it through drawing. It will not be a studio art class nor will it be a "how-to-draw" class, but it will hand you a set of options, thought-starters, and opportunities. Recommended tools will be discussed as well.

Rick Landesberg, an artist and designer, has led sketchbook workshops in Pittsburgh, Maine, and France. His paintings have been exhibited most recently at the Artemis Gallery on Mount Desert Island in Maine and in a solo show at the Pittsburgh Cultural Trust's 707 Gallery. He's the retired founder of Landesberg Design and for many years served on the faculty at Carnegie Mellon University's School of Design. He divides his time between Pittsburgh and East Blue Hill, Maine. Feel free to check out ricklandesberg.com, particularly the section, "Travel Observations."



Watercolor Painting

Study Leader: Jane Pawlowski

Materials Fee: \$10*

• 5 Classes: Sep. 9 – Oct. 14*

Class ID: 5568

• Tue, 10:00 AM - 12:00 PM

Wilkins Community Center,
 Regent Square, 7604 Charleston Ave, Swissvale

*Note: Class will not meet on Sep. 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.

Please note: Students will purchase their own supplies

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.

LEARN BY DOING | In-Person

Nature Journaling

Study Leader: Betsy Bangley

• 3 Classes: Oct. 9 – Oct. 23

Class ID: 5654

• Thu, 10:30 AM - 12:30 PM

• Cyert Hall, Olmsted Activity Room

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.

Please note: sketch books, pencil, and color pencils are required for this course

Betsy Bangley has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently 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.

Figure Drawing

Study Leader: Betsy Bangley

Materials Fee: \$35*

• 5 Classes: Nov. 7 – Dec. 12*

Class ID: 5656

• Fri, 9:30 AM - 12:00 PM

• College of Fine Arts, TBA

*Note: Class will not meet on Nov. 28

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

Betsy Bangley has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently 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.

In-Person LEARN BY DOING

CRAFTS/HOBBIES

Jewelry Class -**Necklace And Earrings**

Study Leader: Alisa DeStefano

Materials Fee: \$25*

• 1 Class: Oct. 23

Class ID: 5650

• Thu, 1:00 PM - 3:00 PM

Cyert Hall, Olmsted Activity Room



Where did you get that beautiful necklace? Soon, your answer to this complimentary question will be "I made it!" Join us as we explore your creativity in fashion jewelry that will make others think you purchased them from a chic boutique. In this two-hour session you will learn how to create a "suspension" necklace (the beads suspend along the chain instead of gathering at the bottom) and matching earrings. A variety of glass, acrylic, wooden, or semi-precious beads will be provided to fit your style, along with gold or silver color chain, hooks, and clasps. By the end of the class, you will have used a variety of tools and be proficient in jewelry-making techniques and terminology. No previous skill is required.

Alisa DeStefano enjoys embracing new experiences, from ziplining and white-water rafting to jewelry-making and cookie decorating. In addition to her career as Associate Director of Financial Aid at IUP, she founded a jewelry-making business and teaches jewelry-making in classroom situations, and for friends and family. She has been a session and keynote speaker at workshops and conferences, including the President's Commission on the Status of Women. Alisa started taking piano lessons (after a 40-year hiatus) and played in her first recital at the age of 63. After retirement she took a cookie decorating class, just for fun, and was hooked. She began to decorate cookies for every reason and season and teaches family, friends, and neighbors in the art. She loves the joy of creating.



Manx Quilting: It's In Your Hand

Study Leader: Barbara Gengler

• 3 Classes: Sep. 8 – Sep. 22

Class ID: 5668

• Mon, 11:00 AM - 12:30 PM

• Cyert Hall, Hawkins Conference Room **NEW!**



Manx quilting is a traditional hand-sewing technique from the Isle of Man. It is characterized by a unique "quiltas-you-go" approach similar in appearance to log cabin blocks but with a distinct construction. Using only scraps of fabric, a needle, and thread — and often measured and cut by hand span or finger length — Manx quilting was developed out of necessity by islanders with limited access to supplies. In this three-session class we'll take a literal, hands-on approach to the construction of the Manx quilt block. In the first session we will use paper as the medium to understand the measuring, folding and constructing of the Manx block. In the following weeks, we'll take needle to fabric to create blocks unique to our own hands. The hand stitching is simple, the needles will be on the larger size, and the instructor will thread the needles for you if you'd like!

Barbara Gengler is a serial hobbyist who has played with fiber, glass, silver and wood to create quilts, windows, vases, jewelry and other functional art. Having found her way into the world of quilting, she has set herself up with a happy, colorful quilting studio where she quilts for herself, others and for charity.

LEARN BY DOING | In-Person

Photography: One's Own Assignment

Study Leader: Charlee Brodsky

• 5 Classes: Nov. 5 – Dec. 10* Class ID: 5632

• Wed, 12:30 PM - 2:30 PM

Cyert Hall, Hawkins Conference Room

*Note: Class will not meet on Nov. 26

This is not a photo course for beginners. It is for photographers who are comfortable with photo technique who want to pursue their own on-going project; or for those who want to explore their personal vision; or for others who want to challenge themselves with subjects or techniques that expose them to new ways of seeing and creating. Participants will produce a portfolio of work that probes one's own assignment and delves deeply into an area of personal interest. The small class size will allow for in-depth critique by class participants and the instructor.

Charlee Brodsky is a fine art/documentary photographer and emeritus professor at CMU. A selection of her awards includes an Emmy with the film team that created the documentary, *Stephanie*, based on her friend's life with breast cancer; two Pennsylvania Council on the Arts fellowships; an Honored Educator award given by the Society for Photographic Education. Among the books she's authored are *Knowing Stephanie*, and *I Thought I Could Fly*. Ms. Brodsky's new work, *The Audacity of the Mundane*, a series of still lifes, was recently exhibited at the Pittsburgh Botanic Garden and The Butler Institute of American Art. She is represented by BE Gallery in Pittsburgh and Bonfoey Gallery in Cleveland.



CULINARY

Italian Wine In Depth: Part III

Study Leader: Barb Pezze, Ken Argentieri

Materials Fee: \$35*

• 4 Classes: Nov. 13 – Dec. 18*

• Thu, 1:00 PM - 2:30 PM

• Cyert Hall, Olmsted Activity Room

NEW!

Class ID: 5686

*Note: Class will not meet on Nov. 27 & Dec. 4

Italy is comprised of 20 Regions. Each Region has its own culture, food traditions and wine. This course will take an in-depth study of each region primarily through its wines. This semester we will study the wines of Tuscany, Umbria, Marche, and Lazio. Future courses will study additional Regions until the entire country has been reviewed and we have sampled a large portion of the many wonderful Italian wines! During each of the four classes we will taste 3 wines from the region, sample some food, and dive into geeky detail about the wine industry, major producers, culture, and food.

Barb Pezze retired from Alcoa after 31 years. Since retiring, Barb obtained WSET I, II, and Italian Wine Scholar certifications. Barb and her husband have since started VinoNomad, a wine education business. Today they hold wine classes for small groups in the home or at events.

Ken Argentieri is a retired Trial Attorney and a lover of Italian wine. He has taken multiple wine education courses including WSET II and the Wine Scholar Guild's Italian Wine Essentials. Currently he is studying for an Italian Wine Scholar certificate. Ken has traveled to most of the 20 Italian Regions, enjoying the food, wine and culture of each Region.

LEARN BY DOING In-Person

Study Of The Grape

Study Leader: Barb Pezze, Gary Pezze

Materials Fee: \$35*

• 4 Classes: Sep. 11 – Oct. 9*

*Note: Class will not meet on Sep. 25

Class ID: 5689

• Thu, 1:00 PM - 2:30 PM

Cyert Hall, Olmsted Activity Room



There are over 10,000 grape varieties made into wine, but a few stand above the rest in volume, popularity and quality. In this class we will be joined by local wine experts as we study a few of the most important grapes by comparing wines from around the world. In this way we can demonstrate how climate, soil, vineyard management, and winemaking techniques can impact the taste of the final product.

Barb Pezze retired from Alcoa after 31 years in IT, Consulting and Ethics and Compliance. Since retiring, Barb obtained WSET I and II certifications and achieved highest honors as an Italian Wine Scholar.

Gary Pezze is a retired Metallurgical engineer. Together, Barb and Gary have started VinoNomad, a wine education business. Today they hold wine classes for small groups in the home or at events.

Exploring And Tasting Port

Study Leader: Daniel Kocurek

Materials Fee: \$35*

• 3 Classes: Nov. 5 - Nov. 19

Class ID: 5630

Wed, 12:30 PM - 2:00 PM

Cyert Hall, Olmsted Activity Room



We will learn about and taste different kinds of port wine and explore them with different food pairings. We will try to include white, ruby, ruby reserve, LBV, vintage, and different ages of tawny port.

Dan Kocurek is a big fan of port and enjoys exploring its various forms.

Cookie Decorating Class -Christmas

Study Leader: Alisa DeStefano

Materials Fee: \$25*

1 Class: Nov. 6

Class ID: 5649

• Thu, 1:00 PM - 3:00 PM

Cyert Hall, Olmsted Activity Room





Learn how to decorate beautiful Christmas sugar cookies in shapes and colors that will be so beautiful your family and friends will say are too pretty to eat! This course will offer two decorating techniques: 1) the royal icing outline and flood method, and 2) the shimmery sprinkle outline method. Instruction will include how to outline and flood each cookie with royal icing, use the wet-on-wet technique, and use shimmery sugar sprinkles to create a "sparkly" outline on the cookie. Baked cookies, like blank canvases, will be provided for you to decorate, along with prepared royal icing in pastry bags, tips on how to create unique designs on each cookie, and examples of decorating ideas. Tips on how to roll out a perfectly even dough, make royal icing in different consistencies, and recipes for the royal icing and delicious sugar cookies will be provided.

Alisa DeStefano enjoys embracing new experiences, from ziplining and white-water rafting to jewelry-making and cookie decorating. In addition to her career as Associate Director of Financial Aid at IUP, she founded a jewelry-making business and teaches jewelry-making in classroom situations, and for friends and family. She has been a session and keynote speaker at workshops and conferences, including the President's Commission on the Status of Women. Alisa started taking piano lessons (after a 40-year hiatus) and played in her first recital at the age of 63. After retirement she took a cookie decorating class, just for fun, and was hooked. She began to decorate cookies for every reason and season and teaches family, friends, and neighbors in the art. She loves the joy of creating.

LEARN BY DOING In-Person



Eating for Senior Eye Health

Study Leader: David Green

Materials Fee: \$45*

• 5 Classes: Sep. 9 – Oct. 7

Class ID: 5660

• Tue, 1:30 PM - 3:30 PM

· Wilkins Community Center, Regent Square, Kitchen,

7604 Charleston Ave, Swissvale

Approximately 20 million Americans are living with some form of Age-related Macular Degeneration (AMD). One in ten Americans over the age of 50 have the early form. One out of every one hundred have the vision threatening late form. Although there is no cure, one of our best tools for slowing down the progression of AMD is nutrition and healthy eating. In this class we will explore the changes we can make to our diets to improve our eye health. We will pursue ways we can upgrade our favorite recipes and look at some new recipes to add to our repertoire.

Please note: this is a cooking class, not a medical class.

David Green did his undergraduate studies in music at Carnegie Mellon University with extended studies in New York, Italy, and Austria. During his 20 year stay in New York he developed a love of culinary arts and international cuisine. Upon returning to Pittsburgh, David attended the Pennsylvania Culinary Institute and began his second career in food service. He spent time working in the kitchens of Kingsmill Resort in Williamsburg, Virginia and eventually started his own businesses; Sweetie Sweetie Bakery in Edgewood and Cafe dez Artz in Swissvale. David is now retired and greatly enjoys sharing his culinary knowledge with Osher at Carnegie Mellon.

DANCE/EXERCISE

Sacred Circle Dancing

Study Leader: Alice Carnes

• 5 Classes: Sep. 9 – Oct. 14*

Class ID: 5671

• Tue, 10:30 AM - 12:30 PM

Cyert Hall, Olmsted Activity Room

*Note: Class will not meet on Sep. 30

Many of the dances are very old and have their roots in Greece, Turkey, Romana, Bulgaria, and Macedonia. The benefits of Sacred Circle Dance include balance, coordination, flexibility, and self-acceptance. If you think you are not a dancer or that you have two left feet you might be amazed that after some practice you will experience a whole new possibility. Through the simple act of holding hands in a circle and dancing, easy to learn steps, we create a powerful connection with each other. When we hold hands, our personal energy combines and connects with everyone in the circle. Through sacred circle dance, we integrate mind, body, spirit and heart. Dancing reduces our stress, increases health and is fun. As we learn new patterns, rhythms, and music we increase the neuroplasticity in our brains. We dance to ground and center ourselves. Our sacred circle dance movements become a healing meditation.

Alice Carnes was introduced to Sacred Circle dance in 2010. When the dancers held hands to form a circle and began moving to the music, she was transported. In that moment, she knew she wanted to immerse herself in Sacred Circle Dance. When she retired in 2013, from her career as a Disability Counselor at a Community College in Charlotte, NC, she began to attend dance workshops and camps around the U.S. Her dance journey has taken her to Mexico to the Danza Circulares Festival, to Findhorn, Scotland the birthplace of Sacred Circle Dance and to Lesvos Greece to study traditional women's dances. She says, "When I dance, I continue to be transported. Sacred circle dancing allows the dancer to experience a healing meditation."

In-Person | LEARN BY DOING

Hatha Yoga

Study Leader: Loretta Barone

Materials Fee: \$10*

• 10 Classes: Sep. 11 – Nov. 13

Class ID: 5542

• Thu, 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. Fall new students MUST attend 1st class 30 minutes early

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

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

Get Fit: A Fun Latin Cardio Workout

Study Leader: Connie Pollack

Materials Fee: \$10*

• 4 Classes: Sep. 3 – Oct. 22*

Class ID: 5675

• Wed, 1:15 PM - 2:30 PM

• Beth Shalom, Hyman Ballroom, 2nd Fl, 5915 Beacon St, Sq. Hill

*Note: Class will not meet on Sep. 24, Oct. 1, Oct. 08, Oct. 15

• 5 Classes: Oct. 29 – Dec. 3*

Class ID: 5676

• Wed, 1:15 PM - 2:30 PM

 Beth Shalom, Hyman Ballroom, 2nd Fl, 5915 Beacon St, Sq. Hill

*Note: Class will not meet on Nov. 26

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: 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 classes to adults for the past 21 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.

LEARN BY DOING In-Person

GAMES

Trivia *Jeopardy!* Style

Study Leader: Howard Seltman

2 Classes: Oct. 21 and Oct. 28

Class ID: 5626

• Tue, 10:00 AM - 12:00 PM

TWO DAY

Cyert Hall, Osher Room A

This class will be in the form of the popular trivia game show Jeopardy! Students will be randomly offered the chance to be one of the three participants for each of six games over two weeks. Guessing the answers and cheering on your friends is also fun if you are not chosen. There will be real buzzers and the format will closely follow the TV show. Winning brings bragging rights, but no cash. Categories will range widely with some emphasis on the 1950s to 1970s and avoiding current popular culture.

Howard Seltman is a former faculty member of the CMU Department of Statistics and Data Science.

Learn to Play American Mah Jongg

Study Leader: Barbara Oleinick

• 6 Classes: Nov. 6 - Dec. 18*

Class ID: 5653

• Thu, 10:30 AM - 12:30 PM

Cyert Hall, Olmsted Activity Room



*Note: Class will not meet on Nov. 27

Learn the basics of American Mah Jongg including understanding the Mah Jongg card, game play, strategies for choosing a hand, variations of the game, and scoring. Each lesson provides instruction and exercises to give you the confidence to play a complete game.

Barbara Oleinick has played Mah Jongg for decades and has taught many who are now playing Mah Jongg regularly in their own groups.

A Demonstration Of **Cryptic Crossword Puzzles**

Study Leader: Cherie Maharam

Class ID: 5593 • 2 Classes: Oct. 21 – Oct. 28

• Tue, 12:30 PM - 2:00 PM

Cyert Hall, Olmsted Activity Room

Consider this clue for an 8-letter word: retiring astronaut irks NASA, showing tongue (8) The answer: SANSKRIT. Or these clues: Defer balance initially deposited in account (5) Answer: TABLE; Just clench one's teeth somewhat (6) Answer: HONEST. Obviously, this is a different breed of crosswords. Cryptic puzzles are sometimes called British crosswords because of their origin. Each clue contains a "regular" clue (the kind we're used to), plus wordplay. The wordplay could be an anagram, a hidden word, a homophone, or some other tricky construction. We'll take a look at how these clues are constructed and see how a solver might "decode" them. You will try your hand at a couple of clues. As Stephen Sondheim wrote in 1968 (yes, *that* Stephen Sondheim, who was instrumental in introducing cryptic crosswords to American puzzlers): "A good clue can give you all the pleasures of being duped that a mystery story can."

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

In-Person | LEARN BY DOING



Bridge Basics II

Study Leader: Jack Patzer

• 6 Classes: Sep. 9 – Oct. 14 Class ID: 5599

• Tue, 2:45 PM - 4:45 PM

Cyert Hall, Olmsted Activity Room

Bridge is 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 instruction on bidding and playing techniques followed by playing four sample hands constructed to illustrate the topics of the day. Bridge Basics 2 (BB2) explores slightly more advanced bidding techniques and preliminary strategies for both defender and declarer play of the hand. Topics covered include no trump bids and responses, weak 2-bids, and Jacoby 2NT. BB2 is appropriate for those who have completed BB1 or beginners familiar with Standard American 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.

Bridge Basics III

Study Leader: Jack Patzer

• 6 Classes: Nov. 11 – Dec. 16 Class ID: 5600

• Tue, 10:30 AM - 12:30 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 instruction on bidding and playing techniques followed by playing four sample hands constructed to illustrate the topics of the day. Bridge Basics 3 (BB3), the last in a series of three, provides more advanced bidding (and playing) skills that include bidding strong hands, 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.

Bridge - Beyond the Basics

Study Leader: Jack Patzer

• 6 Classes: Nov. 5 – Dec. 17* Class ID: 5601

• Wed, 2:15 PM - 4:15 PM

• Cyert Hall, Olmsted Activity Room

*Note: Class will not meet on Nov. 26

Bridge Basics 1, 2, & 3 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 make the contract while the loyal opposition is doing its best to set the contract. Beyond the Basics (BtB) 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. Defensive strategies include opening leads, signaling partner, and deceiving the declarer.

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.

Four Hands

Study Leader: Jack Patzer

• 5 Classes: Sep. 10 – Oct. 8

Class ID: 5602

• Wed, 2:45 PM - 4:45 PM

· Cyert Hall, Olmsted Activity Room

Enhance your bridge skills: we will play a potpourri of four or five bridge hands drawn from bridge columns and expert writings followed by discussion of principles illustrated by the hand. Each session will be devoted to a single topic, such as Declarer Play, Trump Management, NT Strategies, End Plays, Squeeze Plays, Maximize Your Chances, Slam Bidding and Play, Defensive Play, Defensive Signaling, Doubles (and more Doubles)... Participants are encouraged to suggest session topics. At each session, participants will bid each hand followed by a discussion of bidding. Players will then play the hand with the bidding and opening lead provided (so that everyone is playing the same contract). Afterwards, we will have a group discussion and debriefing on how "experts" might have played the hand. All participants are expected to be conversant with basic SAYC bidding and conventions, including Jacobi 2NT, Unusual 2NT, transfers, Stayman, Michaels, Gerber, and Blackwood.

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.

Planning your trip to campus?

Detailed parking & transportation information can be found on pages 54-55 of this catalog or on our website, cmu.edu/osher/about/parking.html.

In-Person | LEARN BY DOING

MUSIC & DRAMA

Singing In A Choral Group

Study Leader: Constance Rapp Materials Fee: \$10*

• 6 Classes: Sep. 11 – Oct. 16

Class ID: 5567

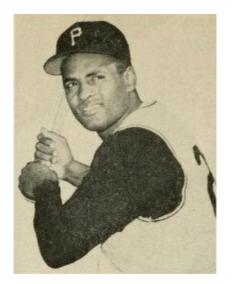
• Thu, 1:00 PM - 2:30 PM

 Episcopal Church of the Redeemer, 5700 Forbes Ave, Squirrel Hill

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.



TOURS

Osher Visits The Roberto Clemente Museum

Study Leader: Anne Semmler

• 1 Class: Oct. 27

Class ID: 5638

• Mon, 1:00 PM - 2:30 PM

NEW!

ONE DAY

• Roberto Clemente Museum, 3339 Penn Ave, Lawrenceville

Join us for a guided tour of the Roberto Clemente Museum (3339 Penn Ave., Pittsburgh 15201). Located in a historic firehouse, the Executive Director and Curator, Duane Rieder, has meticulously renovated Engine House 25 to showcase the world's largest exhibited collection of baseball artifacts, works of art, literature, photographs, memorabilia, and related materials which focus on Roberto Clemente, his teammates, his personal life, and his humanitarian causes. This tour is a moving testament to Roberto Clemente but also an extraordinary experience of Pittsburgh history. Parking is available next to the museum. Tour space is limited. You won't want to miss this one!

Anne Semmler is a Roberto Clemente fan. The tour will be conducted by a Clemente Museum docent well versed in all the artifacts and history contained in the remarkable Engine House 25

LEARN BY DOING | In-Person



Osher Goes Birding At Beechwood Farms

Study Leader: Anne Semmler, Julia Meredith

• 1 Class: Sep. 2

• Tue, 9:00 AM - 11:00 AM

Beechwood Farms,
 Audubon Society of Western PA,
 614 Dorseyville Rd, Fox Chapel

Class ID: 5590



Join us for a morning of birding and gentle hiking at Beechwood Farms Nature Reserve, the headquarters of Audubon Society of Western PA (aswp.org, 614 Dorseyville Rd., Pittsburgh, PA 15238). All levels of birding expertise are welcome! Beechwood Farms Nature Reserve has 134 acres of scenic field, forest, pond and stream habitats with 3.5 miles of trails. Depending on staff availability, expertise will be on site to discuss amateur bird photography and fall migrations in the area. Bring your binoculars (there will be a limited number of binoculars to borrow for the morning).

Study Leaders **Anne Semmler** and **Julia Meredith** are participants in the 2023 and 2025 Master Birder program at Audubon Society of Western PA.

Osher Goes To The National Aviary

Study Leader: Anne Semmler

• 1 Class: Sep. 12

• Fri, 1:00 PM - 3:00 PM

National Aviary,
 700 Arch St, North Side

Class ID: 5637





Join us for an on-site tour and "We Do Conservation" education program at the National Aviary on Friday, Sept. 12 at 1 PM. The presentation with the National Aviary staff will take approximately 45 minutes followed by the guided tour. America's only independent indoor nonprofit zoo dedicated to birds, the Aviary is home to more than 500 birds and other animals representing more than 150 species from around the world, many of them listed as threatened or endangered in the wild. If you have never been to the Aviary, or even if you have visited multiple times, this program and tour promises to be an extraordinary and unforgettable afternoon! Parking is available in the Aviary parking lot at 700 Arch Street, Pittsburgh 15212.

Anne Semmler is a member and huge fan of the National Aviary. The Conservation program and tour will be presented by Aviary staff, who are educators, researchers and conservationists with worldwide expertise in ornithology.

In-Person | LEARN BY DOING

Tour of Allegheny Observatory

Study Leader: Diane Turnshek

• 1 Class: Sep. 9

Class ID: 5639

• Tue, 8:00 PM - 10:00 PM

,, NE



Allegheny Observatory,
 159 Riverview Ave, North Side

An 8-10 pm tour of Allegheny Observatory on Tuesday, September 9 focuses on its rich history and the science performed there. We'll talk about past comets, eclipses and aurora viewings. The 13-inch telescope is available for viewing if it's clear. We'll see the 30-inch refractor (third largest in the country), the three-story, glass-roofed library, marble halls, foot-tall mahogany crown molding, stained glass window, brass statue, antique fireplaces and the crypt with remains of astronomers. Allegheny Observatory is in Riverview Park on the Northside and is listed in the National Register of Historic Places, has a Pennsylvania state historic marker, and is a Pittsburgh History and Landmarks Foundation Historic Landmark.

Please Note: There are 100 stairs in the building (we'll move slowly). A ramp makes the first floor accessible for those with mobility challenges, but the domes and the sub-basement are not accessible. Parking is free.

Diane Turnshek (dianeturnshek.com) is an astronomer in the Department of Physics at Carnegie Mellon University and the Department of Physics and Astronomy at the University of Pittsburgh. Her light pollution research focuses on measuring the light of cities with drones, aircraft, satellites and astronauts aboard the ISS. Kerry Handron is the Allegheny Observatory Outreach Specialist. She has been with the University of Pittsburgh for two years and regularly sets up activities for K-12 students, community events, college tours, Scout merit badges, public tours, an astronomy lecture series and research with the High School Astronomy Club whose members have won top science fair awards. In 2024, Kerry arranged to have an American Sweetgum "Moon Tree" planted, which was grown from seeds that flew around the Moon.

WELLNESS

Religion/Spirituality And Health

Study Leader: Bruce Rabin

2 Classes: Oct. 21 and Oct. 28

• Tue, 10:00 AM - 12:00 PM



Class ID: 5540



• Cyert Hall, Osher Room B

There is a relationship between an individual's participation in religious or spirituality activities (R/S) and the quality of their health. This 2 session Osher class will provide the best scientific information documenting the effect of R/S on mental and physical health and engage in discussion of interesting and unexplainable testimonies that suggest there may be something beyond our understanding. The term for this is 'transcendence.' I will include several concepts, but my primary focus will be on R/S as a countermeasure to stress and a factor that encourages healthy lifestyle behaviors. The information discussed will be applicable to all faiths. When we finish, do not anticipate any consensus other than that there is a relationship between R/S and health and that awareness of this can benefit those who recognize its existence.

Bruce Rabin, is Emeritus Professor at the University of Pittsburgh. With a career that spanned 45 years his work has advanced awareness of the interaction between the mind and body. He has developed programs designed to help people identify, learn and adhere to behaviors that will maintain their wellness and lower their risk of developing serious and potentially life-threatening diseases. As a result of his work, people of all ages, socioeconomic levels, educational backgrounds and lifestyle - are learning how to effectively cope with the stress in their lives; new approaches to disease have been understood; mind-body connections are more widely and universally recognized; and innovative approaches to health care management have emerged.

LEARN BY DOING | In-Person

WRITING

How To Tell Your Own Story

Study Leader: James Hagerty

• 3 Classes: Nov. 6 – Nov. 20

Class ID: 5541

• Thu, 11:00 AM - 12:30 PM

• Cyert Hall, Hawkins Conference Room

Having written more than 1,000 obituaries for the *Wall Street Journal* and the *New York Times*, Hagerty can tell you why and how to write your own story, in long or short form. Don't leave that project to family members or friends. They lack the details and insights that only you can provide. Generalities and platitudes won't do. You probably have told them many stories, but they weren't taking notes and won't get everything right. So, let's figure out how to write at least a brief summary of what mattered most to you. Then we can consider going on to a longer story about what you are trying to do with your life, why and how it's working out. We will discuss what to include, what to leave out, and how to make your story fun and readable. That's right, fun. Hagerty's motto: If obituaries can't be fun, what's the point of dying?

James R. Hagerty, known to friends as Bob, has been a reporter and editor for the *Wall Street Journal* for more than 40 years. During that period, he has lived in London, Brussels, Hong Kong, New York, Atlanta and (saving the best for last) Pittsburgh. For the past eight years, he has specialized in obituaries. He also has contributed articles to the *New York Times* and *Washington Post*, among other publications. He grew up in North Dakota and studied economics at the University of North Dakota. In recent years he has served as a senior softball coach and English-language tutor for immigrants. He is the author of Yours Truly, a guide to writing life stories, which won praise from the *Washington Post* and *New York Times*.

A Plan That Works

Study Leader: Anita Kulina

• 1 Class: Sep. 4

Class ID: 5659

Ciussii

NEW! ON

• Thu, 9:00 AM - 12:00 PM

Cyert Hall, Hawkins Conference Room

Have you been meaning to write your memoir or your family story for some time now? Do you have a novel or nonfiction book halfway done, or sleepily residing in your mind rather than on the page? Maybe you've even taken a class or two, gotten started, and then become sidetracked. If so, this workshop is for you. While in class, you will make a series of decisions that will change the way you approach telling your story, thereby transforming your intentions into reality. Even if you don't consider yourself a writer, you never seem to have enough time, or you don't know where to begin, you will leave this workshop with a well-thought-out plan that makes telling your story something you not only enjoy but actually look forward to. This one-day workshop includes group exercises as well as one-on-one instruction.

Anita Kulina has been writing family histories for over thirty years. Her books include the Pittsburgh history Millhunks and Renegades and two mysteries set in Pittsburgh, A Question of Devotion and Reason for Concern. She's currently hard at work on her next book, Write Your Family Story, Even If You're Not a Writer, You Don't Have Time, and You Don't Know Where to Start.

In-Person | LEARN BY DOING

Proof Positive

Study Leader: Helen Fallon

• 2 Classes: Oct. 22 and Oct. 29

Class ID: 5690

• Wed, 1:00 PM - 2:30 PM

TWO DAY

• Cyert Hall, Olmsted Activity Room

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. She is active in journalism professional organizations, serving currently on the Press Club of Western Pennsylvania board and the Pennsylvania NewsMedia Association Foundation board. Fallon also currently serves on the Jefferson Regional Foundation's board.

Writers' Workshop

Study Leader: Thalia Snyder

• 6 Classes: Nov. 5 – Dec. 17*

Class ID: 5627

• Wed, 10:00 AM - 12:00 PM

• Cyert Hall, Hawkins Conference Room

*Note: Class will not meet on Nov. 26

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.

Please note: This course requires that a piece of writing, limited to 1200 words, be submitted to the study leader each week. Please register only if you can attend 5 of the 6 sessions and can limit your weekly writing submission to 1200 words. The study leader will email you prior to the start of the course. You must reply to this email to confirm your participation and receive the first assignment.

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.

Osher at CMU - Members' Directory

Share your photo and information on our member directory so that other members may get to know you better! To access the directory, sign into your account on our registration website.

SCIENCE

Architecture | Environment | Math | Medical | Science

ARCHITECTURE

Sir John Soane: **Hoarder Or Hero?**

Study Leader: David Schwing, Howard Seltman

• 1 Class: Sep. 3

Class ID: 5685

• Wed, 10:30 AM - 12:30 PM

Cyert Hall, Osher Room B

Sir John Soane (1753-1837) was an English architect and collector. In addition to exploring his private life, we will discuss the origins of the Neo-Classical Movement, its principles and application. Then we will see how he employed the elements of the past while creating some of the most dynamic architecture of the day. We will take a look at his home and studio in London as an example of his creative architectural style and innovative spirit. We will see how Soane transformed a trio of lackluster loft buildings by carving out interior volumes, bringing natural light into the center of the house, and adding a refined, stacked entrance element to become his home—and later a National museum — filled with his possessions and collections. We will also see his designs for the expansive and impressive Bank of England and photographs of other Soane buildings that still stand.

David "Chip" Schwing, a retired architect, is enjoying a renewed sense of discovery in the classroom. After a career of looking down at a drafting board, he now focuses his attention on the architectural treasures (and oddities) around us and digs into historical research to shine a light on the contributions and creations of others.

Howard Seltman is a retired clinical pathologist and statistician who enjoys learning a wide variety of subjects and sharing them at Osher.



What's New In Architecture

Study Leader: Jeffrey Swoger

• 5 Classes: Nov. 5 - Dec. 10*

• Wed. 2:15 PM - 3:45 PM

• Cyert Hall, Osher Room A

*Note: Class will not meet on Nov. 26

Class ID: 5572



Since the Masters of Modern Architecture course was created, many new, and exciting buildings have been built, are in the process of being built, or have been proposed. In addition to the architects covered in the MMA courses, we will meet an array of firms from around the globe, both large and small. New techniques in construction will be explored, including mass timber, polycarbonate, and planted buildings. A lively discussion of the architecture will be encouraged

Jeffrey Swoger, a graphic designer, has had a lifelong fascination with all aspects of design - architecture, furniture, household items and fabrics. The modernism movement that began in Europe after WWI (especially at the Bauhaus), gained recognition in the United States during the 1950s and 1960's, and formed the basis for his approach to design.

ENVIRONMENT

Geology Of The National Parks II

Study Leader: Barbara Manner

• 5 Classes: Nov. 11 – Dec. 9

Class ID: 5596

• Tue, 11:00 AM - 12:30 PM

Cyert Hall, Osher Room B

The national parks provide accessible and protected examples of important geologic processes. Volcanism, mountain building, tectonic activity, glaciation, reefs, and erosion are represented. Geologic history and features of selected national parks will be presented using photos, supplementary reading material, and, if possible, geologic and topographic maps. This course presumes little or no geologic or scientific background. No text purchase is required.

Barbara Manner received her B.S. degree in biology from the College of Wooster and her M.S. degree in earth science, Ph.D. degree in geology, and secondary education from the University of Akron. She taught science in the Akron public schools and geology classes at the University of Akron before moving to Pittsburgh and joining the faculty of Duquesne University. Before her retirement in 2008, Dr. Manner taught geology classes at both the undergraduate and graduate levels in the Bayer School of Natural and Environmental Sciences and science methods in classes in the School of Education. She has traveled extensively and has spent time in the 40 national parks.



Where Do You Think You Are?

Study Leader: Randy Weinberg

• 3 Classes: Nov. 11 – Nov. 25

Class ID: 5613

• Tue, 1:00 PM - 2:30 PM

• Cyert Hall, Osher Room B

Maps have been used for thousands of years to tell stories, present geographic information, and provide insight into culture, history and society. Maps help us visualize geographic information in accessible ways - whether through study of history, finding routes, investigating natural or human conditions around us, or simply for reference. Making effective maps involves science, geography and design. Map making technology has evolved from early hand-drawn maps to high-tech digital maps derived from sensors, GPS, census data, public health records, satellites and many other sources of data. This course will consider the history, philosophy, applications and technologies of modern map making through illustrative examples, discussion and stories in many domains.

Randy Weinberg is an active member of Osher at CMU. He has taught a variety of Osher courses and has served on various Osher committees and the Board of Directors. He served as teaching professor in Information Systems at Carnegie Mellon for over 20 years, retiring in 2019. He is originally from Minnesota and completed his undergraduate and graduate studies in Mathematics and Operations Research at the University of Minnesota.



Introduction To Beekeeping

Study Leader: Daniel Kocurek

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• 2 Classes: Oct. 21 and Oct. 28 Class ID: 5629

• Tue, 2:15 PM - 4:15 PM

Cyert Hall, Olmsted Activity Room

EW! TWO DAY

We will learn about bees, hives, and beekeeping in a classroom meeting the first week, then make a visit to Hope Grows in Moon Township to view an observation hive and briefly explore an active hive. You will be provided with protective equipment as we explore the hives.

Dan Kocurek started beekeeping 20 years ago, managing up to 50 hives at a time in Texas before moving to Pittsburgh 3 years ago.

MATH

The Mathematics Of Modern Architecture

Study Leader: Richard Wertheimer

• 5 Classes: Nov. 5 – Dec. 10*

• Wed, 10:30 AM - 12:00 PM

• Cyert Hall, Osher Room B

*Note: Class will not meet on Nov. 26

Class ID: 5557



Modern Architecture has been driven by the genius of forward-thinking architects and enabled by break-throughs in both mathematics and technology. Starting in the 20th century with Frank Lloyd Wright, Phillip Johnson, Le Corbusier, Mies van der Rohe, etc. and moving into the 21st century with Frank Gehry, Zaha Hadid, Santiago Calatrava, etc., modern architecture has become more fluid, more organic and quite spectacular. This course will study modern architecture and design from around the world and provide a basic understanding of the mathematics and technology that enabled it to be built. No background in mathematics or architecture is required, just a thirst for beauty and science. All are welcome.

Richard Wertheimer retired as the Co-Founder, CEO and Principal of City Charter High School in 2012. He 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 the Pittsburgh Public Schools. Dr. Wertheimer has a B.A. in Mathematics from Carnegie Mellon University (1975) and an M.Ed. in Rehabilitation Counseling (1978) and an Ed.D. in Instruction and Learning (2001) from the University of Pittsburgh. In retirement, his areas of interest vary from the future of public education to the application of mathematics and technology in art, architecture and bridges.

MEDICAL

Living With **Coronary Heart Disease**

Study Leader: Jerome Granato

2 Classes: Oct. 23 and Oct. 30

Class ID: 5651

• Thu, 1:00 PM - 3:00 PM

TWO Cyert Hall, Osher Room A DAY

This will be two-day series of adult education lectures designed to provide Osher students with a better understanding of the causes and treatment options for a myocardial infarction, commonly known as a "heart attack". The course will be loosely based on my book Living With Coronary Heart Disease: A Guide For Patients and Families. There are no prerequisites for the course. In lay terms, the course would address the following topics: Day 1: a) An introduction to cardiac structure and function and b) The presentation and consequences of a heart attack. Day 2: a) How blocked coronary arteries are diagnosed and b) Medical and surgical treatment options. At the conclusion of the course, students should be better informed about maintaining better health and, when necessary, become better consumers of healthcare. Each lecture would be 60 minutes with an appropriate amount of time for questions.

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. He then attended the Johns Hopkins University School of Medicine, receiving the MD degree. This was followed by a 3-year residency in Internal Medicine at the Johns Hopkins Hospital. He then pursued a postdoctoral fellowship in Cardiovascular Disease at the University of Virginia in Charlottesville, Virginia, remaining there an additional year as a research fellow of the American Heart Association. Dr. Granato also holds a Master of Business Administration degree from the J.L. Kellogg School of Graduate Management at Northwestern University. He is board certified in Internal Medicine, Cardiovascular Disease, and Interventional Cardiology. He is a Fellow of the American College of Cardiology and a Fellow of the Council on Clinical Cardiology of the American Heart Association.

Brain-Computer Interface: Mind Control

Study Leader: Bin He

• 1 Class: Sep. 2

• Tue, 2:45 PM - 4:15 PM

Cyert Hall, Osher Room B



Class ID: 5628



This course will teach the basic concepts and fundamentals of brain-computer interface (BCI) - a neurotechnology that enables direct brain-based communication between an individual and the rest of the world. BCI is a system that decodes the user's mental state or intention and maps such information to the action of a device that interacts with the surrounding environment. This course will present the basic concepts and cover state-of-the-art of invasive and noninvasive BCI. Focus will be on noninvasive BCI techniques where brain intention is decoded from noninvasive brain wave signals recorded over an individual's scalp. The lecture will introduce the recent research at CMU on developing noninvasive BCI technology from scalp-recorded EEG signals for controlling a computer cursor and robotic arm using only the "thought" of human subjects. The effect of mindfulness meditation on BCI learning will also be discussed.

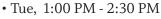
Bin He is a Trustee Professor of Biomedical Engineering at Carnegie Mellon University. Dr. He has made significant contributions to the field of neuroengineering. His lab develops novel neurotechnologies, and conducts mechanistic investigations and translational and clinical studies towards establishment of the neurotechnologies for eventual human adoption. Current research interests include: noninvasive brain computer interface for brain-controlled robotics and communications; transcranial focused ultrasound neuromodulation techniques and its application to treat pain; and electrophysiological neuroimaging to image brain activation from noninvasive electrophysiological measurements, with applications to aid epilepsy presurgical planning. Dr. He's work has been recognized by prestigious awards including the IEEE Biomedical Engineering Award, the IEEE EMBS William J. Morlock Award, the IEEE EMBS Academic Career Achievements Award, and the AIMBE Earl Bakken Lecture Award.

SCIENCE | In-Person

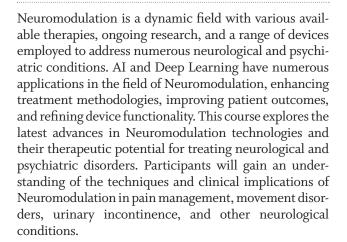
Improving Life with Neuromodulation: Treating Pain, Parkinson's, and More

Study Leader: Wendy Ye

• 1 Class: Sep. 2



· Cyert Hall, Osher Room A



Wendy Ye is the Managing Editor of IEEE Reviews in Biomedical Engineering. She began her career at the Harvard-MIT Division of Health Sciences and Technology and later worked at the Harvard Medical School VA Medical Center. Wendy also served as a Principal Specialist at Medtronic Neuromodulation and was the Managing Editor for IEEE Transactions on Biomedical Engineering. She has extensive knowledge and experience in reviewing and analyzing Neuromodulation devices across various therapy areas, including pain management, Parkinson's disease, urinary incontinence, and other neurological disorders.

SCIENCE

Experimental Particle Physics

Study Leader: John Alison

• 4 Classes: Sep. 10 – Oct. 1

• Wed, 11:00 AM - 12:30 PM

• Cyert Hall, Osher Room B

Class ID: 5621



The Standard Model of particle physics is a spectacularly successful theory of the fundamental constituents of the Universe and their interactions. The discovery of the Higgs boson at the Large Hadron Collider is, on one hand, the final missing piece of the Standard Model and, on the other, a window into what lies beyond. In this lecture series we will discuss the how the Higgs Boson was discovered at the LHC and discuss what we are doing next.

John Alison is a High-Energy Particle Physicist working on the CMS experiment at the CERN Large Hadron Collider in Geneva Switzerland. He was part of the team that discovered the Higgs boson in 2012. John grew up in Pittsburgh; he graduated from Baldwin-Whitehall high-school and then studied physics and philosophy at the University of Pittsburgh. He went on to earn a PhD in physics at the University of Pennsylvania and won several thesis awards for his dissertation on the discovery of the Higgs boson. John was then a fellow at UChicago, before joining the physics faculty at Carnegie Mellon in 2018. John is currently building particle detectors at CMU which will be installed at CERN for upgrade to the LHC. These detectors are all being built and tested in Pittsburgh, with local CMU students and engineers, before being sent to Geneva.

Is Renewable Energy The Future?

Study Leader: Rachel Kurchin

• 4 Classes: Nov. 6 – Dec. 4*

• Thu, 9:15 AM - 10:45 AM

Cyert Hall, Osher Room A

*Note: Class will not meet on Nov. 27

Class ID: 5678



What is energy? What makes it renewable? Should I get a heat pump or put solar panels on my house? Will fusion energy ever become a reality? While I can't promise to answer all of these questions definitively, in this course, I CAN promise to define some basic terms and give you a framework for thinking about those buzzwords you might see in the news from time to time. We will cover some basic physics of energy production (and even why "energy production" as a phrase doesn't entirely make sense from a physics perspective!) and a bit about how our energy system works. Then, we will dive into renewable energy sources in particular: how they work; what engineering, economic, and policy challenges do (and don't!) stymie their spread; and, where things might go in the future.

Rachel Kurchin is an Assistant Research Professor of Materials Science and Engineering (MSE) at Carnegie Mellon. She received her BS in Physics (Intensive) from Yale in 2013, her MPhil in Materials Science and Metallurgy from Cambridge in 2014, and her PhD in Materials Science and Engineering (MSE) from MIT in 2019, where she focused on new materials for solar cells. From 2019–2022, she was a postdoctoral fellow in the Mechanical Engineering Department at CMU working on the fundamental science of batteries and fuel cells. She joined the MSE faculty at CMU in Fall of 2022. She oversees a research group focused on next-generation materials for clean energy applications and teaches the first-year undergraduate introductory course in MSE.

Weekly Essentials

The weekly email for all things Osher at CMU!

Every Friday, our electronic newsletter the Weekly Essentials, or "The WE" is sent to you.

This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

- Catalog and registration announcements
- Events and lectures by Osher and CMU
- Participation in CMU research projects
- 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.

SOCIAL SCIENCES

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

ARCHEOLOGY

Archaeological Myths, Frauds, and Hoaxes

Study Leader: Sarah Neusius

• 3 Classes: Sep. 16 – Sep. 30

• Tue, 9:15 AM - 10:45 AM

Cyert Hall, Osher Room B

Class ID: 5580



This course tells the story of several cases of pseudoscience related to archaeology in detail and explains how each hoax or fraud was discovered or why we know each myth is not truly believable. Some of these cases are historical, but others are part of contemporary popular culture. Cases may include mysterious artifacts, fantastic giants, lost races, lost continents, ancient aliens, and ancient apocalypses. The time, place and historical context for each case will be part of what we consider as well. This approach will allow us to discuss why archaeological hoaxes and frauds are so attractive as well as why they are problematic. I hope that discussing the details of these myths, frauds, and hoaxes will be a fun way to increase everyone's critical thinking skills and improve our understanding of the history and practice of archaeological science.

Sarah Neusius is Professor Emeritus of Anthropology, Indiana University of Pennsylvania, where she taught archaeology and anthropology for over 30 years, and a Research Associate in Anthropology at the Carnegie Museum of Natural History. She is the current President of the Allegheny Chapter of the Society for Pennsylvania Archaeology, Book Review Editor for the journal *The Pennsylvania Archaeologist*, and Past President of both the Pennsylvania Archaeological Council and the Society for Pennsylvania Archaeology (statewide). Her training is in North American archaeology and zooarchaeology. In Pennsylvania, her research has focused on the period between ca. AD 1000-1650 before Europeans arrived. Both the archaeological story about the past and the practice of archaeology as it intersects with ethical and human rights issues fascinate her.

CONTEMPORARY TOPICS/ SOCIOLOGY

Senior Living Simplicity

Study Leader: Wendy Zinkone, Jennifer Thayer

• 5 Classes: Nov. 6 – Dec. 11*

Class ID: 5691

• Thu, 1:00 PM - 2:30 PM

Cyert Hall, Hawkins Conference Room

*Note: Class will not meet on Nov. 27

Explore the complexities of senior living decision-making in this comprehensive course. Delve into the myriad options available, from staying in your home, to independent living or assisted care, and master the art of financial planning tailored to senior living. Understand the crucial intersection of wellness and healthcare within these communities. Navigate the intricate legal and contractual landscape surrounding senior living arrangements. Uncover the emotional and social dynamics that play a pivotal role in the well-being of seniors. Equip yourself with the knowledge and skills needed to make informed decisions that prioritize the holistic needs of older individuals, ensuring a thoughtful and supportive transition into their next phase of life.

Wendy Zinkone RN, MPH, has spent a decade in the home care industry and has developed a passion about providing quality care to individuals who wish to remain in their homes as they age. In her previous roles as a public health nurse and an inhome nurse assessor, she acquired the skills to provide compassionate and high-quality care to her clients.

Jennifer Thayer, RN, CSA, CDC is passionate about enriching the lives of seniors and brings a multifaceted skill set as a Registered Nurse, Certified Senior Advisor®, and Certified Dementia Care® professional. With a focus on senior living options, she conducts thorough assessments, ensuring tailored and optimal living arrangements for individuals.



My Career As An FBI Agent

Study Leader: Julia Meredith

• 2 Classes: Oct. 22 and Oct. 29

• Wed, 1:00 PM - 2:30 PM

· Cyert Hall, Osher Room B

Class ID: 5674

TWO DAY

Despite the Federal Bureau of Investigation's high profile and frequent presence in popular culture, there are currently fewer than 14,000 FBI special agents -the highest number ever. Few people therefore have the opportunity to meet a current or retired agent and hear what the job actually entails. This class will afford participants the occasion to learn from a retired female special agent what the hiring process is like, the training new agents receive, the types of casework the FBI handles, and how the Bureau conducts its investigations. Overviews of several high-profile public corruption cases and methamphetamine trafficking investigations will be presented. There will also be time for Q & A. This course is expanded from a previous offering with additional investigation synopses and training of other law enforcement officers in crime scene investigation best practices.

Julia Meredith retired from the FBI in 2021 after 20 years as a special agent. She joined the Bureau in February 2001 and was assigned to Chicago from 2001 until 2015. In Chicago, Agent Meredith worked primarily public corruption cases. Concurrently, she was team leader for an Evidence Response Team and conducted scores of searches of crime scenes ranging from multiple homicide to the campaign office of a sitting governor. She then volunteered for a two-year stint in eastern Montana, leading a four-person task force disrupting meth trafficking. In 2018, she was promoted to a liaison position between the Bureau and the National Cyber-Forensics & Training Alliance in Pittsburgh, where she helped FBI case agents link with international law enforcement partners until her retirement.

The World Is A Mess! Why? Fix?

Study Leader: Art Sales

• 5 Classes: Sep. 9 – Oct. 14*

Class ID: 5645

• Tue, 11:00 AM - 12:30 PM

• Cyert Hall, Osher Room B

*Note: Class will not meet on Sep. 23

That the world is a mess is not news. The questions related to that are why it is a mess supported with data to back that up. That will open the topic up to your input and insights and perhaps flesh out the problems even better. Then we can look for possible solutions to those problems. I'm guessing that 4-5 class sessions will be required and have suggested 5. Please join us in exploring what should be a very interesting investigation.

Arthur Sales has been an Osher member since 2013 and a study leader since 2020. His approach has always been to address difficult issues or questions and see if there are possible solutions. Courses given have included The Palestinian - Israeli Conflicts and solving the U S National Debt problems. Solutions to these problems were found in almost all cases. His life's work history includes being an assay chemist for a local drug manufacturer, a CPA with specialties in Computers and Statistical Sampling, serving as a Controller, Treasurer and CFO of local businesses and a Computer Specialist in Security, Data Warehousing, Data Mining and Report Writing.

Chestnut Farm: Ongoing Restoration Case & Tour

Study Leader: Byron Black

• 2 Classes: Oct. 21 and Oct. 28 Class ID: 5551

• Tue, 10:00 AM - 2:00 PM

 Cyert Hall, Olmsted Activity Room, Chestnut Farm, Washington



This class will present the extraordinary story of Chestnut Farm in Washington, PA with a subsequent tour of the 90-acre historic property. It will address environmental challenges and practical solutions and resources that anyone can use to help improve habitats and conditions where they live. Owners Byron and Jean Black's ongoing efforts include planting over 1,400 trees to date; restoring pollinator friendly meadows; reducing and "managing" invasive species; and documenting over 1150 species of flora and fauna including 19 IUCNR Red List critically endangered, endangered, vulnerable, and near threatened species. The farm has become a remarkable resource for academic and citizen science initiatives, including the Pennsylvania Master Naturalist, Audubon Master Birding, and Penn State Extension programs. The class includes an optional field day walkabout at the farm to see first-hand the challenges and opportunities discussed in the classroom session. It will also include a bag lunch.

Please note: class on 10/28 will be a special tour of the Chestnut Farm in Washington PA.

Byron Black retired in 2018 and since then, he and his wife Jean have actively worked to enhance their certified tree farm's varied habitats. They are passionate environmental advocates, educators and citizen scientists who routinely host events to help others learn about environmental challenges and opportunities, promote science, and learn to be better stewards. Byron and Jean are active PA Forest Stewards, PA Master Naturalists, and Audubon Master Birders. Byron is also an Associate Director of the Washington County Conservation District, a member of the Penn State Center for Private Forests advisory Council, and was recently selected to serve on the Audubon Society of Western Pennsylvania Board of Directors. Byron's 35+ year Coast Guard career focused on marine safety, environmental protection and disaster response, and included multiple commands.



Rebirth Of The Public Library

Study Leader: Jon Klancher

• 6 Classes: Nov. 11 – Dec. 16

• Tue, 1:00 PM - 2:30 PM

· Cyert Hall, Osher Room A

Class ID: 5666



Since 2000, American public libraries have been undergoing a huge makeover—the most ambitious change since urban public libraries were founded from the 1880s to the 1920s. In this course we'll examine three dimensions of the new public library world: (a) the integration of books with digital technologies; (b) the strong new "community" focus as public libraries become active hubs for community-building; (c) the reading spaces enabled by architectural design, from the classic models used by the Carnegie libraries to innovative space-and-light configurations at newly-built libraries. We will first explore the Carnegie Libraries of Pittsburgh as a baseline to understand these transformations, with guest speakers from the CLP and an in-person, behind-the-scenes tour of the Oakland main library. Then we'll turn to library transformations in Philadelphia, Baltimore and Cleveland, which all benefited from the Carnegie model yet have been transformed in unforeseen ways.

Jon Klancher taught book and reading history at Boston and Carnegie Mellon universities for 40 years before retiring in 2022. Now he is especially interested in new 21st-century innovations and inclusive community-building of the American public library as it redoubles its classic 20th century mission to make reading "free to all." He has also been consulting with library directors and curators at the Carnegie Libraries of Pittsburgh, the Philadelphia Free Library, the George Peabody Library in Baltimore, and the Cleveland public libraries. Previously he has taught Osher courses on book design, Romantic poetry, and film history.

The Magic Of Rails: Great Rail Journeys

Study Leader: Sankar Seetharama

• 1 Class: Oct. 30

Class ID: 5677

• Thu, 11:00 AM - 12:30 PM

ONE DAY

• Cyert Hall, Osher Room A

The joy of train travel has been unsurpassed over the ages. In the comfort of a Vista car or a retro carriage pulled lazily by a steam locomotive or zipping along on a high-speed electric train, one can watch majestic cities and vistas roll by. Great rail journeys from short lasting a few hours to long lasting weeks are available for the travel lover around the world. In this class we will review some of the fascinating train journeys in Asia, Americas, Australia and Europe that one can experience.

Sankar Seetharama, a Pittsburgher since 1977, was born in India and has spent over forty years in the environmental control systems and services industry. During his career he has worked in senior management roles in a variety of marketing, business development, contract negotiation, international business, product development and project management functions. Mr. Seetharama earned his BS in Mechanical Engineering from Banaras Hindu University, India and MBA majoring in Marketing from the University of Pittsburgh. Enjoying retirement since 2018, he stays active as a volunteer & Board member at Osher at Carnegie Mellon University and Friends of the Library, Upper St. Clair. He also enjoys traveling, hiking, photography, cooking and model railroading.

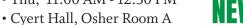
A Bucket List For The Casual Hiker

Study Leader: Sankar Seetharama

• 1 Class: Oct. 23

Class ID: 5693

• Thu, 11:00 AM - 12:30 PM





Ansel Adams once said, "I believe the world is incomprehensibly beautiful – an endless prospect of magic and wonder." There are countless incredible landscapes around the world from sky piercing mountains to red deserts to see. One just needs a spirit of adventure and to hike a little. In this class we will journey around the world and view some the mainly day hikes that a casual hiker like the instructor has experienced over the years.

Sankar Seetharama, a Pittsburgher since 1977, was born in India and has spent over forty years in the environmental control systems and services industry. During his career he has worked in senior management roles in a variety of marketing, business development, contract negotiation, international business, product development and project management functions. Mr. Seetharama earned his BS in Mechanical Engineering from Banaras Hindu University, India and MBA majoring in Marketing from the University of Pittsburgh. Enjoying retirement since 2018, he stays active as a volunteer & Board member at Osher at Carnegie Mellon University and Friends of the Library, Upper St. Clair. He also enjoys traveling, hiking, photography, cooking and model railroading.

SAVE THE DATE!

33rd Annual Meeting

Thursday, Sep. 25th 3:30 pm – 5:00 pm

Details available on page 63 of this catalog and in the Weekly Essentials email.

Urban Planning Choices

Study Leader: Ruth Cooper Reidbord, Barb Siegel

• 6 Classes: Sep. 4 – Oct. 16*

Class ID: 5543

• Thu, 1:00 PM - 2:30 PM

· Cyert Hall, Osher Room B

*Note: Class will not meet on Sep. 25

The class will focus on current projects and issues affecting the city, county, and region. Emphasis is on the relationship among the public, private, non-governmental agencies, and, of course, residents, in the planning and development of projects and proposals. Focus will be on governance issues as they affect urban planning. Class participation is welcome and is always spirited.

Ruth Cooper Reidbord is a retired urban planner who worked in local government and consulted with the Southwestern Pennsylvania Commission as well as local governments and developers. She is a graduate of Carnegie Mellon University, Margaret Morrison College and of the University of Pittsburgh Graduate School of Public and International Affairs from which she received a Masters in Urban and Regional Planning. She is a resident of Pittsburgh.

Barb Siegel received both her liberal arts degree and master's degree in Library and Information Science from the University of Pittsburgh. She followed a completely different career path as co-owner of Forbes Travel Service. When Forbes was sold, she worked at Gulliver's Travels. For forty-six years as a travel consultant, she fulfilled her clients' dreams of traveling to exotic destinations. Barb traveled the world examining every inch of this wondrous planet and played golf at some of the most noted courses. In retirement, Barb finally utilizes her master's degree by volunteering at Temple Sinai's Falk Library. She has helped with the automation of the library's catalogue and assists with the ongoing maintenance of the library. Never giving into the aging process, Barb continues to excel in athletics. In addition to golf, she has played tennis and racquetball, was an enthusiastic skier, and presently plays an aggressive game of pickleball.

HISTORY

field of honor.

The Last Recorded Duel In Pittsburgh

Study Leader: L Jon Grogan

• 5 Classes: Sep. 9 – Oct. 7

• Tue, 9:15 AM - 10:45 AM

· Cyert Hall, Osher Room A

In early 1806, Tarleton Bates was killed in Pittsburgh's last recorded duel. This course will describe how Bates arrived in Pittsburgh, his involvement with local and state politics, and the circumstances that led to his tragic and untimely death. It will also analyze why newly minted republican men like Bates, Alexander Hamilton, and others opted to settle their differences with other men on the

Class ID: 5562

L. Jon Grogan has a BA in Political Science from Tufts University, an MA in Public History from the University of San Diego, and a PhD in American History (with a minor concentration in African colonial history) from Loyola University, Chicago. He is also a retired U.S. Marine Corps officer who has served in various command and staff assignments in the United States and overseas. His Osher portfolio includes classes on a variety of topics in American, African, and military history.



Film Photography Past And Future

Study Leader: David Bangley

· 2 Classes: Oct. 22 and Oct. 29

• Wed, 1:00 PM - 2:30 PM

• Cyert Hall, Osher Room A

Class ID: 5655



TWO DAY

Remember flashbulbs and roll film? For most of our lives photographs were taken with film. Take a look back at film photography, and discover how it carries on today with relevance in a world of artificial images. Old cameras will be demonstrated, taking new photographs on modern film stock. Digital darkroom techniques will be used to view the images. Learn about renewed interest in film, modern film stocks, and processing services.

David Bangley is a former television producer/director. David has worked with film, analog television, digital television, and digital photography.

Perle Mesta: The Hostess With The Mostest

Study Leader: Robert Bukk

• 2 Classes: Oct. 21 and Oct. 28

• Tue, 12:30 PM - 2:00 PM

• Cyert Hall, Osher Room A

TWO DAY

Class ID: 5559

Someone once quipped that Perle Mesta was born with the complete silver service in her mouth, not just the spoon! Students will learn the history of her rise from humble beginnings in Sturgis, Michigan, and her marriage to Pittsburgh industrialist George Mesta that led her to be known in Washington D.C. and around the world as THE "Hostess with the Mostest" for her lavish parties. She was appointed Ambassador to Luxumberg by Harry Truman. Students will learn of the smash Broadway play that was turned into a movie that she claimed was not about her and how she was interred in a Pittsburgh Cemetery despite her disdain for The Steel City! Our two class sessions will consist of a lecture about Perle Mesta's life followed by a viewing of Irving Berlin's Call Me Madam which is based on Ms. Mesta's time as Ambassador to Luxembourg.

Robert Bukk is a freelance writer and raconteur. He is a World War II historian and former Executive Director of the Southwest Pennsylvania World War II Memorial Fund. He also serves as a judge for the Pittsburgh Regional Science and Engineering Fair. Bob holds an associate degree in journalism from the Community College of Allegheny County - South Campus and a bachelor's degree in library and information science from the University of Pittsburgh. He resides in Squirrel Hill with his wife, Jane, and their English Cocker Spaniel, Spanky.



Mount Rigi: Queen Of The Mountains

Study Leader: Christian Daehler

• 1 Class: Sep. 3

ning Alpine views.

Class ID: 5640

• Wed, 1:00 PM - 2:30 PM • Cyert Hall, Osher Room A





This lecture explores the rich history of Mount Rigi, from its first mention in 1353 to its status today as a premier Swiss tourist destination. It traces Rigi's role as a 17th-century pilgrimage site, the rise of wellness tourism at Rigi Kaltbad, and visits by notable figures like Mark Twain. The talk highlights the 19th-century tourism boom, initiated by the construction of iconic hotels and Europe's first mountain railway in 1871, engineered by Niklaus Riggenbach. The lecture concludes with modern developments, including infrastructure improvements and Rigi's continued appeal for hiking, wellness, and stun-

Christian Daehler was born and raised at the foot of Mount Rigi. He grew up captivated by steamboats, mountain railways, and the steady stream of tourists passing through his small village. Like many locals, he was largely unaware of the striking natural beauty around him—seeing it as just part of daily life. Years later, after relocating to western Pennsylvania for work, he began seeing his hometown through the eyes of an outsider. He now understands what draws so many visitors to this remarkable corner of Switzerland.

Aftermath Of World Trade Center Attacks

Study Leader: Richard Lee

• 1 Class: Sep. 3

Class ID: 5646

• Wed, 1:00 PM - 2:30 PM • Cyert Hall, Osher Room B

ONE DAY

This one-day course examines the immediate and longterm aftermath of the September 11, 2001, terrorist attacks on the World Trade Center. Participants will explore the extensive destruction caused by the collapse of the Twin Towers, which resulted in approximately 1.8 million tons of debris. The course covers the hazardous substances released, including asbestos, lead, PCBs, cement dust, VOCs, heavy metals, and combustion byproducts. Special focus is given to the investigative work conducted by the RJ Lee Group, commissioned by Deutsche Bank, to assess the impact on the former Bankers Trust building. Learn about the innovative sampling and testing methods developed, the identification of WTC dust, and the broader contamination found up to five miles away. Advanced techniques used in this investigation, such as automated scanning electron microscopy, optical microscopy and mass spectrometry, will also be discussed.

Dr. Richard Lee has over 40 years' experience specializing in forensic problem solving and technology development. He has managed laboratory operations, designed and developed novel electron microscopes, laboratory automation and information management systems, and the first commercially viable process to recover carbon black from waste tires. He serves as a consultant to a wide range of industrial and governmental organizations and was an advisor to the EPA regarding laboratory methods for analysis of asbestos, and the evaluation of contamination in NYC following the events on 9/11. He served on the ASTM to define analytical methods, and as an expert witness in state and federal courts. He holds six patents and has published over 250 scientific articles and publications.



Shackleton: Heroic Antarctic Explorer

Study Leader: Barbara Manner

• 1 Class: Dec. 16

• Tue, 11:00 AM - 12:30 PM

· Cyert Hall, Osher Room B

Class ID: 5597





From the late 19th century until the end of WWI, Antarctica was the focus of international and scientific exploration. Among the explorers was Ernest Shackleton, an Ireland-born explorer who led three British expeditions to Antarctica. This class will focus on his life and the ill-fated Trans-Antarctic Expedition of 1914-1917 aboard his ship the Endurance.

Barbara Manner received her MS and PhD from the University of Akron in Geology and Secondary Education. She taught geology and environment classes at the University of Akron and Duquesne University. She has had a long-time interest in Sir Ernest Shackleton and taught a class about his exploration at Duquesne. Recently, during a trip to Antarctica, she visited Grytviken on South Georgia Island where he is buried.

The Korean War

Study Leader: David Albert

• 6 Classes: Sep. 10 – Oct. 15

Class ID: 5565

• Wed, 10:45 AM - 12:30 PM

• Cyert Hall, Osher Room A

The Korean War was the first military conflict involving the newly created United Nations. It's been called the Forgotten War, despite the fact that over 36,000 American soldiers died in it, and many tens of thousands more were wounded or captured. Fought in some of the most inhospitable weather and terrain Americans have ever fought in, it went on for three years. The course will cover both the political and military aspects of the conflict. We'll look at the causes of the war, its most important battles and campaigns, and the ultimate outcome. The current situation in Korea makes this a timely subject.

David Albert is a retired Air Force officer. He was stationed in Berlin from 1990 to 1993 at Tempelhof Airport, which was the end point of the Berlin Airlift. His interest in the airlift led him to develop a course to inform others about an event that many people have heard of but know little about. He also teaches various courses on the Civil War, the Korean War, and other historical events.

Women In American Religion

Study Leader: Joan Gundersen

• 5 Classes: Sep. 9 – Oct. 7

Class ID: 5618

• Wed, 2:45 PM - 4:15 PM

• Cyert Hall, Osher Room B

This course explores the roles women have played in American religions from the Colonial period until the present. Long before women were admitted to formal roles as clergy, women's activities and participation helped to shape the patterns of American religious life both in the family and the institutional church. We will look at a variety of faith traditions and how women were active participants over time in the United States. Beginning with a session on the colonial period and women's roles in family religion and revivals; as patrons, preachers, and founders of religions. Later sessions will look at women as the founders of religious organizations, at congregational life, at benevolent societies, the reaction to "feminization" of religion, and women clergy, among other topics.

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

PITTSBURGH

Who Knew? Part 1

Study Leader: Rebecca Carpenter

• 1 Class: Sep. 4

Class ID: 5573

• Thu, 11:00 AM - 12:30 PM



• Cyert Hall, Osher Room B

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

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

Growing Up Yinzer

Study Leader: Richard Roberts

• 1 Class: Sep. 2

Class ID: 5643

ONE

• Tue, 2:45 PM - 4:45 PM

Cyert Hall, Osher Room A

The term "Yinzer" is more than just a quirky nickname for the citizens of Pittsburgh, it is a badge of honor that represents the unique culture, history, and spirit of this vibrant city. With a blend of proud steel traditions, a distinct dialect, a deep loyalty to neighborhoods, and a love for local sports teams, the Yinzer identity stands out as an integral part of Pittsburgh's heritage. While the Pittsburghese accent is a key element, Yinzer culture encompasses a broader sense of identity and shared experiences. Many Pittsburghers, regardless of whether they speak with a thick accent, use the term "Yinzer" to self-identify and express their connection to the city and its culture. Yinzer culture is captured in the best-selling book, Growing Up Yinzer, that chronicles how the city shaped the very character of 50 well-known native Pittsburghers including Mark Cuban, Bill Cowher, Jeff Goldblum, Joe Namath, and John Calipari.

Dick Roberts grew up hooked on TV news. Growing up in Ligonier, Pennsylvania, his favorite TV shows were newscasts, and over the years, this obsession with news media evolved into a passion for storytelling, public relations and corporate communications, and its potential to help shape how people perceive the world. Following graduation from Duquesne University with a B.A. Degree in Journalism, Roberts began his career as an entertainment promoter with Dick Clark Concerts. On the belief that a company's most important asset is its reputation, he became a trusted adviser and strategic communications professional with the J. Walter Thompson Company and his name-sake firm, Roberts Communications USA. Roberts authored his first book, Growing Up Yinzer, in 2023.



We're From Pittsburgh, Couldn't Be . . .

Study Leader: David Fortun

• 5 Classes: Sep. 10 – Oct. 8

• Wed, 9:15 AM - 10:45 AM Cyert Hall, Osher Room B

Class ID: 5619

Pittsburghers. They've won Oscars (F. Murray Abraham), Super Bowls (Joe Montana), Pulitzer Prizes (George Kaufman), World Boxing championships (Harry Greb). They've alerted us to the environmental dangers of pesticides (Rachel Carson), designed bridges (John Roebling), pioneered children's TV programming (Fred Rogers), and transformed Art (Andy Warhol). They've also invented the Mr. Yuk sticker, the Ferris Wheel...and the Big Mac. Pittsburghers. They've done it all. We'll explore stories of 200 of them. And you'll also be introduced (in person) to a contemporary Pittsburgher who is also changing lives. Join us as we celebrate - Pittsburgh.

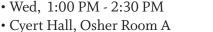
Dave Fortun has been a docent at PNC Park for 15 seasons and has led The History of Professional Baseball in Pittsburgh class in the Osher at CMU program multiple times. In addition, Dave has taught nine Etymologies classes for Osher, as well as discussion classes on Our Town and The Five People You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

3 Neighborhoods: Places, Tales, Tours

Study Leader: David Schwing, Rebecca Carpenter

• 3 Classes: Sep. 10 – Sep. 24

Class ID: 5569





Three Neighborhoods: Oakland, McKees Rocks, and Munhall-Homestead. Three unique places with different topographies, built environments, and fascinating people and events. Three in-class presentations will include a brief history of each community and its people, details about specific buildings and their architects, and stories about the communities. On the Saturday following each in-class presentation, we will go on a walking tour in the associated community to see what we talked about in the classroom. Each tour will follow a path that allows us to see a range of civic, religious, cultural, and educational institutions, and businesses and residences that define these three distinct places.

Please note: Neighborhood walks will be scheduled for Saturday, Sept. 13th, Sept. 20th, and Sept. 27th from 11:00 am - 12:30 am and will average a mile each. Transportation is not included.

David (Chip) Schwing grew up near the town of Accident. How's that for an icebreaker? He attended architecture school at the University of Minnesota for three years before finishing his degree at Carnegie Mellon. He has worked here in Pittsburgh, Philadelphia, San Francisco and boomeranged back to Pittsburgh during Lockdown. His forty-year professional experience includes renovations, new construction, masterplans, retail and branding projects for chains, flagships, mom and pops, cultural and educational institutions — nationwide and internationally. Since returning to Pittsburgh, he has devoted much of his time to researching Pittsburgh's rich architectural heritage and digging up the details and the stories behind the stories.

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.

Leading Osher Into The Future

Study Leader: Osher Leadership Committee

• 1 Class: Oct. 23

Class ID: 5571

• Thu, 1:00 PM - 2:30 PM

• Cyert Hall, Hawkins Conference Room





The great Osher program that we love, and rely upon for enlightening courses, and social opportunities, must accomplish two critical goals in the next few years: we need to sustain and grow our membership; and, we need to identify, and nurture the leadership teams that will guide it on the path forward. Doing so will ensure that current and future members will continue to enjoy the benefits of belonging to our program. Both tasks will take dedication, and time. This seminar-style course will explore the issues of Osher leadership. Current and past leaders of Osher will share their personal experiences serving on a committee, our board, and as an officer. A discussion around the topics raised during their talk will be directed toward ways we might encourage and inspire, members to step up and volunteer to help lead our program in the coming years.

Jeffrey Swoger is currently Vice President of the Osher at CMU Board of Directors. In that capacity, he chairs the Leadership Committee, which created this course. He also serves as a team leader on the Curriculum Committee, a member of the Study Leader Suport Group, and a member of the Membership/Social Committee. In addition, he is a Study Leader who has taught more than 30 courses.

Sankar Seetharama has been a volunteer, study leader and committee chair. He has also served on the Board of Directors as a member, Secretary, Vice President and, currently, as President.

Marcia Taylor has been a member of Osher since 2017, currently serving on the Board in the position of Treasurer. She had a past term on the board during which she served as Treasurer, Vice-President, and President. Marcia is chair of the Finance Committee and a member of the Human Resources Committee. She has taught two courses for Osher at CMU.

Jan Hawkins is an active member and volunteer with Osher at CMU. Since joining Osher in 2016, Jan has served on the Board of Directors as Secretary, Vice-President, and President. She is a member of the HR Committee and has twice chaired the Nominating Committee. Jan also chaired the Study Leader Support Group and is currently leading the new Osher travel initiative.

Allegheny County Courthouse And Jail Museum Tour

Study Leader: Patricia DiRienzo, Sandy Preuhs

• 1 Class: Nov. 7

Class ID: 5594

• Fri, 10:00 AM - 12:00 PM

 Allegheny County Courthouse, 436 Grant St, Pittsburgh



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, "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, we will visit the old Allegheny County Jail Museum to see an original 19th century cellblock and other 19th and 20th Century jail-related artifacts and hear some of the fascinating stories the jail has to tell us.

Please note: This is a walking tour and there will be steps. Also, we must pass through security at both places, so be prepared to carry as little as possible with you.

Patricia DiRienzo spent her working career in social services and public education. She worked in drug and alcohol prevention programs, schools, Pennsylvania Department of Education, and Allegheny Intermediate Unit. She holds a BA from Marywood University, M.Ed. from Penn State, and Ed.D. from Temple. She has been a docent for Pittsburgh History & Landmarks Foundation since 2016, leading tours for children and adults, and developing new tours.

Sandy Preuhs earned a B.A. from Carnegie-Mellon, M.A. from Pitt, and J.D. from Duquesne. She joined the Allegheny County District Attorney's Office in 1986, retiring in 2018. Her practice was exclusively in the Pennsylvania Superior and Supreme Courts. She achieved two retirement goals: let her hair go grey and became a docent for Pittsburgh History & Landmarks Foundation.



Overview And Lab Tour Of MWRI

Study Leader: Magee Womens Hospital

• 1 Class: Oct. 8

Class ID: 5673

• Wed, 5:30 PM - 7:30 PM

 Magee-Womens Research Institute, 1st Floor Conference Rm, 204 Craft Ave, Pgh



During a behind-the-science tour at Magee-Womens Research Institute, attendees will tour the laboratories, learn about our transformative research directly from the scientists, and hear the latest from Magee-Womens Leadership. Attendees will learn how we are solving real-world problems, impacting better outcomes, and driving the future of women's health. Complimentary valet parking and refreshments will be provided.

Magee-Womens Research Institute are leaders in research that informs women's health care all over the world. We are fighters for more women in clinical trials and more research dedicated to women's health and reproductive biology. We are changemakers, transforming women's lives and creating a better future for us all. Our Research spans a women's lifetime, from the first 9 months to 90-plus years. The understanding of the very beginning of life fuels and informs every area of our research—and will change lives and create a better future for us all.

Visit The Bayernhof Museum

Study Leader: Dorothy Gracey

Materials Fee: \$10*

• 1 Class: Sep. 5

Class ID: 5605

• Fri, 9:45 AM - 12:30 PM

NEW!



• Bayernhof Museum,

225 St Charles Pl, O'Hara Township

The Bayernhof museum is the the former residence of Charles B. Brown, III, and houses a world-class collection of music boxes and other antique automatic music machines, as well as many other fascinating items. The house (19,000 sq ft) sits along the Allegheny River between Sharpsburg and Aspinwall, just off of Rte 28 and is in itself a fun place to visit, with hidden doorways and secret passageways.

Please note: \$10.00 will be collected at the door. It is extremely important for you to arrive by 9:45AM.

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



How To Survive The Zombie Apocalypse

Study Leader: Pgh Botanic Garden

• 1 Class: Sep. 3

Class ID: 5574

• Wed, 10:00 AM - 12:30 PM

NFWI



Pittsburgh Botanic Garden,
 799 Pinkerton Run Rd, Oakdale

Have you ever wondered if you could survive the zombie apocalypse? In reality there is nearly a zero chance of that happening; however, could you survive something slightly more plausible, such as the loss of all electricity? Join Dr. Mark Miller, Education & Exhibits Director at Pittsburgh Botanic Garden in exploring safe foraging, edible wild plants, fundamentals of homesteading and easy self-care. Common plants you may consider weeds in your backyard are often not only edible but packed with vitamins and minerals, plus delicious if prepared in specific ways. Resources will be featured.

Mark A. Miller is the Education & Exhibits Director for Pittsburgh Botanic Garden. He completed a B.S. in Horticulture, an M.S. in Agricultural Education, and a Ph.D. in Environment & Natural Resources at The Ohio State University. Mark has enjoyed a long and varied work history: landscape designer in DC, San Antonio and Ohio; educator in the US Peace Corps; vocational horticulture instructor at the Ohio Reformatory for Women; program associate for the Ohio Cooperative Extension Service; Director of Horticulture/Co-Director of Education for the American Horticultural Society (AHS); Content Director for gardening websites: learn2grow.com and growums.com and Outreach Education Manager at Franklin Park Conservatory & Botanical Gardens. His current position allows him to create and manage education programs, garden-wide interpretation, and artist exhibitions at the Garden.

POLITICS/GOVERNMENT

Vietnam: **Fatal Presidential Decisions**

Study Leader: Don Goughler

• 3 Classes: Nov. 11 – Nov. 25 Class ID: 5667

• Tue, 1:00 PM - 2:30 PM

Cyert Hall, Olmsted Activity Room

Politics can be the cause and opportunity for addressing conflict and building peace. But sometimes, politics can act as the cause of conflict and precipitate violence which, left unresolved, can escalate to war. This course examines pressures and conditions that influenced significant political decisions made by six American Presidents over a 30-year time span. These decisions were contributary, and sometimes causative, to America's historical growing involvement in the Vietnam War. We will study the power impact of international changes such as the decline of colonialism, growth of communism, and American belief in its invincibility all blended on a pallet of dramatic flashpoint decision options that stymied the best and brightest leaders of diverse backgrounds and political persuasions.

Don Goughler has enjoyed a fifty-year career of management in the field of social services, dealing with both government and nonprofit sectors. This included President/CEO roles over 26 years with Southwestern Pennsylvania Human Services and Family Services of Western Pennsylvania. Goughler earned degrees from both Westminster College and the University of Pittsburgh, where he later served as an Adjunct Professor of Social Work for twenty-five years and taught graduate courses in social services management. Most recently, Goughler was Executive in Residence for the Forbes Funds, a supporting organization of the Pittsburgh Foundation, where he co-developed and operated an executive coaching program that served local nonprofit executives and board leaders. Goughler served in the U.S. Army from 1968-71.

Who Were The American "Founding Fathers"

Study Leader: David Chambers

• 4 Classes: Nov. 5 - Dec. 3*

Class ID: 5665

• Wed, 10:30 AM - 12:00 PM

Cyert Hall, Olmsted Activity Room



*Note: Class will not meet on Nov. 26

Americans look upon the events surrounding the founding of our Republic with reverence and awe. The men responsible for that founding are revered for their extraordinary vision, wisdom, and sagacity. But do we truly "know" these men? This course will explore the lives, philosophies, and interpersonal dynamics of the "Founding Fathers", with the goal of gaining a deeper appreciation for who they were, how they behaved and what they accomplished. Class members will read three books by modern historians that analyze the complexities of the founding era and take part in discussions of key themes. We will consider: 1) What life-experiences shaped the thinking of the founders? 2) What philosophical orientations did they bring to the Republic's founding? 3) How did their relationships with each other influence their actions? A few class volunteers will lead the discussions for each book.

Dr. David D. Chambers has a Ph.D. in Political Science with a specialization in American Public Policy from the University of Illinois at Champaign-Urbana (1990) and a Master of Arts degree in Public Administration from Idaho State University (1980). He recently retired from Indiana University of Pennsylvania after 35 years of service. While at IUP he served as chair of the Political Science department for twelve years. Dr. Chambers' teaching and research interests include: the American Presidency, the behavioral foundations of public policy, public perceptions of bureaucracy, and, more recently, the importance of civil discourse in a democratic society.

Reinhold Niebuhr: Philosophy, Politics, and Race

Study Leader: Ronald Stone

• 6 Classes: Sep. 10 – Oct. 15 Class ID: 5664

Wed, 2:45 PM - 4:15 PM
 Cyert Hall, Osher Room A

This course will examine through lecture, discussion, and readings Reinhold Niebuhr's intellectual and political development into the current renaissance of his influence. 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 30 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

• 3 Classes: Nov. 11 – Nov. 25 Class ID: 5622

• Tue, 11:00 AM - 12:30 PM

• Cyert Hall, Hawkins Conference Room

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 negotiation, readjustment of expectations and rebuilding of trust. Really good apologies (with all seven components) lessen the hurt, improve trust, and support forgiveness, all necessary for repairing the damaged relationship. Most apologies lack several of the seven core components. This program will describe and explain each element of a complete and satisfactory apology. Each will be practiced until clear enough to be recalled and implemented when needed. Specific resistances to offering some components are to be expected and will be explored and addressed. We will look at some "non-apologies" offered by public figures, after their crimes have become public to better understand the core elements. 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. He's a clinical licensed psychologist and has worked with adults in a variety of clinical contexts. He has created effective practice tools for clinicians on writing reports, operating an independent practice, HIPAA and the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU and has presented dozens of workshops to mental health professionals on topics like electronic medical records, HIPPA compliance, and placebos. As you can see he loves to show off, um, share what he knows.

Agnotology: The Production Of Ignorance

Study Leader: Edward Zuckerman

• 3 Classes: Sep. 11 – Sep. 25

Class ID: 5623

• Thu, 11:00 AM - 12:30 PM

Cyert Hall, Osher Room A

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. He's a clinical licensed psychologist and has worked with adults in a variety of clinical contexts. He has created effective practice tools for clinicians on writing reports, operating an independent practice, HIPAA and the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU and has presented dozens of workshops to mental health professionals on topics like electronic medical records, HIPPA compliance, and placebos. As you can see he loves to show off, um, share what he knows.

Critical Thinking For Lazy Smart People

Study Leader: Edward Zuckerman

• 2 Classes: Oct. 21 and Oct. 28

Class ID: 5624

• Tue, 2:15 PM - 3:45 PM

• Cyert Hall, Osher Room A

TWO DAY

Critical thinking is a huge topic with many approaches such as identifying errors of logic and the misuse of rhetorical arguments, spotting cognitive biases in making judgments, adopting more skeptical and reflective thinking, etc. Our focus will be smaller. We will study and practice using about ten likely unfamiliar insights to help you surface faulty methods and conclusions. These are easy to recall and practical so you can apply them to your daily encounters with people and media. Using them can be fun and will make you even smarter (although perhaps less popular). Topics may include the Survivorship and Confirmation Biases, WYSIATI, apophenia and pareidolia, vulnerabilities of memory, visual risk assessment from statistics, "overconfident fools," and the Barnum/Forer Effect.

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. He's a clinical licensed psychologist and has worked with adults in a variety of clinical contexts. He has created effective practice tools for clinicians on writing reports, operating an independent practice, HIPAA and the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU and has presented dozens of workshops to mental health professionals on topics like electronic medical records, HIPPA compliance, and placebos. As you can see he loves to show off, um, share what he knows.

The Joy Of Creative Thinking

Study Leader: John McCarthy

• 1 Class: Sep. 2

Class ID: 5683

- Tue, 10:30 AM 12:30 PM
- Cyert Hall, Olmsted Activity Room



Creative thinking (CT) and problem-solving (CPS) can be immensely helpful in life, yet it is an area where few people have likely been trained. Just how did that inventive idea come to life? Is CT only about ideas that suddenly pop into mind? This interactive course focuses on definitions of creative thinking, types of thinking, and CT/CPS benefits before covering obstacles that stymie us. Various ways to become better creative thinkers/problem-solvers will be discussed and practiced. The class will use several exercises, videos, and small-group activities.

John McCarthy, Ph.D., is an international speaker, author, and facilitator. In addition to writing two books on creative thinking and problem-solving, he blogs for *Psychology Today* and has over 60 professional presentations throughout the world. He taught for 30+ years both in the US and internationally and has professional interests in innovation, strengths- and solution-based approaches, international mental health, and hope-fostering.

RELIGION/PHILOSOPHY

Discussing Ethical Perspectives

Study Leader: Joseph Givvin

- 6 Classes: Sep. 9 Oct. 14*
- Tue, 2:45 PM 4:45 PM
- Cyert Hall, Osher Room A
- *Note: Class will not meet on Oct. 23





This is a discussion and lecture class. The first half of class will be lecture and questions. This part of the class will cover classical ethical theories both religious and philosophical and also theories of moral psychology. The second part of the class will be open discussion of theories, problems, and cases. All members of the class will be asked to participate in the discussion. The discussion will be non-judgmental, every opinion will be respected. The objective is to discuss thoughtfully and respectfully ethical theories and issues.

Joe Givvin, Ph.D., returned to live in the Pittsburgh area after 33 years of teaching at Mount Mercy University, Iowa and where he is Professor Emeritus. He has been teaching for 40 years. He has been a member of the American Association of Philosophy Teacher (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 especially enjoys opportunities to engage with the curious minds of the members of OLLI with the important ethical questions of today.

One Persons' East Is Another's West

Study Leader: Tom Jakab

• 4 Classes: Sep. 9 – Sep. 30

• Tue, 11:00 AM - 12:30 PM



Class ID: 5587

Cyert Hall, Osher Room A

Have you ever wondered why you make the choices you do in relationships or social situations? What influences your perspective on ethical responsibilities, and why do others often make decisions that seem so different from yours? In this 4-week interactive course, we'll delve into the complexities of ethical decision-making and explore how philosophical theories shape the way we approach moral dilemmas. Through lively discussions and practical exercises, we will examine major ethical frameworks, drawing on the work of influential philosophers to understand the strengths and challenges of each approach. The course aims to help you reflect on your own ethical views, gain clarity on your decision-making process, and consider how different perspectives can lead to varied choices in similar situations. By the end of the class, you will have a deeper understanding of the ethical theories that guide our decisions while also appreciating why others may think and act differently.

Tom Jakab is a retired business consultant with extensive experience in the software technology industry. He holds a master's degree in optical engineering from the Rochester Institute of Technology. Throughout his career, Tom worked internationally, specializing in leadership and management development. His approach combined behavioral psychology, business strategy, and organizational management to drive success. A skilled workshop facilitator, Tom has led numerous sessions on communication, emotional intelligence, organizational design, and career development. His passion for philosophy began during his undergraduate studies and has since evolved into a lifelong pursuit of philosophical inquiry, which continues to influence his work and perspective today.

TRAVEL

Travelogue Six: Italy Beyond Renaissance

Study Leader: Bill Greenspan

• 5 Classes: Nov. 6 – Dec. 11*

• Thu, 1:00 PM - 2:30 PM

Cyert Hall, Osher Room A



*Note: Class will not meet on Nov. 27

We will be visiting Emilia-Romagna, a region in Northern Italy. It is famed for its culinary delights with pastas like Tortellini, Tagliatelle, and the green Lasagna Verdi. Add to the eats Parmigiano Reggiano and Parma cheeses, Mortadella, Ragu, Prosciutto di Parma, and many other delights. Unfortunately, the tasting of those delicacies are not part of this presentation but visiting Bologna - a historic city famous for the oldest university in the western world and the largest amount of porticoes than any other city is. Next to Ferrara - beautiful city with various medieval buildings that are a UNESCO World Heritage Site. Modena, our next stop, is a picturesque town mixing medieval and renaissance architectures that are a UNESCO World Heritage Site. And finally to Ravennaonce the capital of the Roman Empire and a principal center of Byzantine civilization with 8 early Christian monuments considered a UNESCO World Heritage Site. Bellissimo!

Bill Greenspan immigrated 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

Parking & Transportation

VISITOR PARKING GARAGES & LOTS

Up-to-date parking rates and garage hours can be found on the CMU Transportation Website here: cmu.edu/environment/transportation/

East Campus Garage: 5040 Forbes Ave., Pittsburgh, PA 15213.

The CMU East Campus Garage is usually not a good option. It fills up early, and it may close on days when the University hosts special events. It is also closed to "Non-leaseholders" until 9AM. The garage is no longer free after 5pm and weekends.

CIC Garage: 594-598 Boundary St., Pittsburgh, PA 15213.

At the entrance, take the ramp to the left.

Gates Garage: 409 S. Neville St., Pittsburgh, PA 15213.

Continue right on access road past the CIC Garage.

Dithridge Street Garage: 252 S Dithridge St., Pittsburgh, PA 15213.

Morewood Lot: 1048 Morewood Ave., Pittsburgh, PA 15213.

Is free daily after 5PM and on weekends.

CMU SHUTTLE SERVICE

Your Osher membership card entitles you to ride the CMU shuttles. It is important to check out their schedule at: https://andysbuses.com/routes.

DROP OFF AREA

A drop off location is available on Forbes Ave. in front of Cyert Hall. From there, the building is accessible by stairs or ramp. You will enter on Floor A. To get to the Osher Cyert Learning Center, take the stairs or elevator down one floor to Floor B.

Access to the parking lot behind Cyert Hall is no longer accessible for parking or drop off.

CMU CAMPUS

Parking & Transportation

PUBLIC TRANSPORTATION

If you are 65 or older, you can use all Pittsburgh Regional Transit busses and the "T" at no cost. A transit card is required to do so. It can be obtained from the Transit Authority downtown or from any state representative's office.

Several bus routes serve the campus, stopping either at Morewood and Forbes, across from Cyert Hall, or Morewood and Fifth Avenue — just a short walk from Cyert Hall.

Most residential streets in Pittsburgh have weekly street cleaning from early Spring to late Fall. Signs are posted on every street, but may be hard to find. Be sure that you locate those signs to be certain you are not parking in a restricted area. Fines are steep!!!!

Several bus routes serve the campus:

From Point Breeze/Shadyside

Route #71B runs along Fifth Avenue from Penn Avenue to Morewood. 1 block walk to Osher on Morewood.

From Highland Park/Shadyside

Route #71D runs along Highland Avenue to Fifth Avenue to Morewood. 1 block walk to Osher

From Squirrel Hill

Routes # 61A, B, C, D run along Forbes Avenue to Morewood, across from Osher.

From Point Breeze/Squirrel Hill

Route #67 runs along Dallas to Wilkens to Beeler to Forbes to Morewood. Route #69 runs along Reynolds to Dallas to Wilkins to Beeler to Forbes to Morewood.

From the North Hills

Consider taking a bus downtown, then any #61 bus to Cyert Hall. The 01 Ross Flyer, the 012 McKnight Flyer, and the 05 Thompson Run Flyer run during AM (inbound) + PM (outbound) rush hours, and make fewer stops.

From the South Hills

Those who live within a reasonable distance from a "T" stop should consider taking it downtown, and taking one of any #61 buses to Cyert hall.

Route 28X - Airport Flyer - stops in Robinson Town Center, Carnegie, and Crafton.



ARTS & HUMANITIES

Art | Cinema/Film | Literature | Music

ART

Art From The Smithsonian American Art Museum

Study Leader: Smithsonian AAM

• 4 Classes: Sep. 9 – Sep. 30 • Tue, 2:30 PM - 4:00 PM

· Online Course, Zoom

Class ID: 5585



The Smithsonian American Art Museum is home to one of the largest and most inclusive collections of American art in the world. Its holdings capture the aspirations, character, and imagination of the American people throughout three centuries. Drawing from the Museum's extensive collections, join study group leaders as they shine a light on the contributions of artists from diverse backgrounds working in a variety of media who have contributed to the nation's rich visual heritage. There will be four discussion-based sessions: (1) Seeing Is Thinking: Learn the languages of art and consider the many choices artists make when creating their works. (2 & 3) History, Culture, Identity: two sessions reflecting on and exploring how artists express the multiple and varied perspectives which shape American culture today. (4) This is Art?: Bring an open mind to discuss artworks that some might not expect to find in the collection of an art museum.

Smithsonian American Art Museum study group leaders are seasoned volunteer videoconference presenters deeply familiar with the Museum's collections and how to facilitate conversations about artworks. Their professional experiences, paired with Museum-provided training, have prepared them to be facile leaders of artwork-based discussions who are responsive to participants' interests.

Art And Monuments With SAAM And ABMC

Study Leader: Smithsonian AAM

• 1 Class: Oct. 20

• Mon, 11:00 AM - 12:30 PM

· Online Course, Zoom





Honor, sacrifice, and service are themes that artists and war memorial designers have brought to life using many different forms of symbolism and allegories. During this interactive program, representatives of the American Battle Monuments Commission and the Smithsonian American Art Museum help contextualize the history of memorials, monuments, and art in their collections. Participants will compare what specific artworks and cemeteries meant when first created versus what they mean now. Explore the visual elements of sculpture, architecture, and 2-dimensional works to understand how the design of their respective compositions work together to convey these themes.

Join SAAM study group leader Susan Linden, a seasoned volunteer videoconference presenter deeply familiar with the Museum's collections, along with Ben Brands, a former Army officer turned military historian (Ph.D. in process) from ABMC, for an engaging conversation.

ARTS & HUMANITIES | Zoom



CINEMA/FILM

A Night At The Movies: Lemmons

Study Leader: Jeffrey Swoger

• 6 Classes: Nov. 11 – Dec. 16

• Tue, 3:15 PM - 4:45 PM

· Online Course, Zoom

Class ID: 5553



Jack Lemmon was best known for his lighter roles in romantic comedies, but he had enormous range that earned him two academy awards, and seven nominations for his work on the big screen. His work on the small screen earned him a Primetime Emmy award, and 4 nominations for best actor. And, he won two Tony awards for his work on the Broadway stage. The course will examine several movies for which Lemon received recognition from the Academy, ranging from the light to the heavy. Students will watch the movies on their own prior to each class and be prepared to discuss during the zoom class. A list of where to stream each film will be provided before the first class.

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

A Night At The Movies: This & That

Study Leader: Jeffrey Swoger

• 6 Classes: Sep. 9 – Oct. 14

• Tue, 3:15 PM - 4:45 PM

· Online Course, Zoom

Class ID: 5554



Taking a break from courses with a theme, this course consists of films the Study Leader thinks are important, and or, worthy of discussion. Some are classics. Most contain academy-award-winning performances, direction, or artistry. A few may be just pure entertainment. All deserve to be watched, and appreciated, on their own terms. Students will watch the movies on their own prior to each class and be prepared to discuss during the zoom class. A list of where to stream each film will be provided before the first class.

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

Zoom | ARTS & HUMANITIES

Redefining Masculinity: Movie Westerns

Study Leader: Steven Cherry

• 6 Classes: Nov. 11 – Dec. 16 • Tue, 1:00 PM - 2:30 PM

Class ID: 5577



• Online Course, Zoom

Can the Western, a genre almost as old as cinema itself and as iconically American as our founding myths, still be relevant in our modern age? Apparently yes. For almost a century, film directors, from John Ford and Howard Hawks to John Sayles and Chloé Zhao, have used the Western to question American culture even as they celebrate it. The Western is a natural genre to investigate our notions of justice, freedom, history, and, most especially, masculinity, for which it has been both a reflection and a driver of our culture's evolving understanding.

Steven Cherry has been an editor and journalist for most of his career, earning several awards for feature writing and podcasting. He teaches Seminars in Composition at the University of Pittsburgh's English Department and previously was an adjunct professor at NYU. He holds a B.A. from Geneseo College and an M.F.A. in Creative Writing from The New School. Previous Osher courses include "Film Noir in the 1940s" and "5 x Stanwyck," which covered nine Barbara Stanwyck films in five weeks. He is currently working on a book about the history of rock climbing.

The Films Of Akira Kurosawa

Study Leader: Lloyd Stires

• 6 Classes: Sep. 10 – Oct. 15

Class ID: 5679

• Wed. 1:00 PM - 2:30 PM



· Online Course, Zoom

Japan is home of one of the world's oldest and most respected film industries. Many of its contemporary themes originated with the post-war work of Akira Kurosawa (1910-1998), one of the 20th century's greatest directors. In this course, students will watch, in advance, six of Kurosawa's most important and entertaining movies of the 1950s and 1960s. Illustrating the extraordinary breadth of his filmography, three selections will be historical dramas featuring violent samurai action. The others are powerful contemporary stories, two of which are films noir. "Running through all Kurosawa's work is a tough, humane, and profoundly ethical concern for the painful, beautiful, frequently ridiculous ambiguities of human life." This will be primarily a discussion class. The study leader will provide background information about Kurosawa's life and the making of the films. Students will be encouraged to give their reactions to the major themes and distinctive characteristics of each movie.

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. He has previously served as study leader for several classes on films noir, Westerns, and international films.

ARTS & HUMANITIES | Zoom

LITERATURE

Genius And Madness: Great Writers

Study Leader: Judith Robinson

• 4 Classes: Nov. 11 – Dec. 2

Class ID: 5595

• Tue, 11:00 AM - 12:30 PM

NEW!

Online Course, Zoom

There may be connections between genius and madness. This course will examine and discuss works by literary greats with a focus on evidence of mental illness in the writings.

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; edited or co-edited eleven poetry collections: Newest poetry collection is *Buy A Ticket*, WordTech Editions, April 1, 2022; Newest edited collection is "Speak, Speak," poetry of Gene Hirsch, Cyberwit.com 2020; Latest Gallery Exhibit: The Art of Friendship, Jewish American Museum, Pgh. Pa. 2024; Latest Award: First Prize, The Reuben Rose International Poetry Competition, Voices Israel, 2024.

Great And Notable Novels Read And Revisited

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

• 6 Classes: Sep. 11 – Nov. 20

Class ID: 5564

• Thu, 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 will meet every two weeks on Sept 11 & 25, Oct 9 & 23, Nov 6 & 20

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

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

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

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

Zoom | ARTS & HUMANITIES

Short Stories: Slices Of The Immediate

Study Leader: Helen-Faye Rosenblum

• 5 Classes: Nov. 3 – Dec. 1

Class ID: 5615

• Mon, 1:00 PM - 3:00 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

Deeper Dive Into Lesser Knowns

Study Leader: Larry Gondelman



- 5 Classes: Sep. 11 Oct. 9
- Thu, 11:00 AM 12:30 PM
- Online Course, Zoom
- 5 Classes: Nov. 6 Dec. 11*

Class ID: 5582

Class ID: 5581

- Thu, 11:00 AM 12:30 PM
- Online Course, Zoom
- *Note: Class will not meet on Nov. 27

There are lots of significant artists and albums about whom I did not know a lot beyond their "hit" songs and about whom I wanted to learn more. So I came up with the idea for this class to give me an excuse to do a deeper dive into these artists and albums. Some of the names you may recognize; others you may not. Join me for a deeper dive into these artists and a handful of overlooked albums. Each week I'll dig into the life and work of two artists or the story of three lesser-known albums.

Larry Gondelman was born in Pittsburgh, attending Taylor Allderdice High School and ultimately practicing law in Washington DC. He has loved rock 'n roll his whole life and has developed and taught 13 classes at the OLLI in DC. This is his sixth class at CMU.

Zoom Codes

Zoom codes are sent out in the 7-day class reminder emails. If you can't find this email, please contact the Osher Office by emailing osher@cmu.edu and ask for it to be resent.

Please do not share Zoom codes.

ARTS & HUMANITIES | Zoom



Literary Connections To Opera

Study Leader: Pittsburgh Opera

4 Classes: Sep. 3 – Sep. 24
Wed, 1:00 PM - 2:30 PM

• Online Course, Zoom

Class ID: 5604



Many great operas have been inspired by literature. When Donizetti was at the peak of his career, the public was interested in Scottish history and culture, so he chose Walter Scott's novel as the basis for his 1835 bel canto opera, Lucia di Lammermoor. When Puccini was creating verismo operas in the 1890s that portrayed the struggles of everyday life, he adapted Henri Murger's Scènes de la vie de bohème, which portrayed a poor seamstress and her artist friends. Has any opera used the exact words from a play? Benjamin Britten's 1960 opera, A Midsummer Night's Dream, has a libretto based almost entirely on Shakespeare's play. In contrast, Daniel Catán used elements of magical realism in the style of Gabriel García Márquez in the opera Florencia en el Amazonas. In this course, we will explore four distinct operatic styles while examining the written words that inspired great music.

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

BUSINESS & COMMERCE

Law

LAW

Elder Law - Being Prepared As One Grows Older

Study Leader: Carol Sikov Gross

• 5 Classes: Nov. 11 – Dec. 9

Class ID: 5583

• Tue, 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, as well as Physicians' Orders for Life Sustaining Treatment (POLSTs). The course will provide an explanation of the process of probate and estate administration. There will be a discussion of long-term care planning and asset protection planning to help individuals and their families if long term care is needed as well as a review of health insurance coverage for long-term care.

Carol Sikov Gross is the president of the Pittsburgh law firm of Sikov and Love, P.A. She is a certified elder law attorney (CELA) through the National Elder Law Foundation as authorized by the Supreme Court of Pennsylvania and was admitted as a Fellow to the American College of Trust and Estate Council (ACTEC) in 2012 as well as founding chair of the ACBA Elder Law Committee and a past chair of the ACBA Probate and Trust Law Section Council. Carol is a member of NAELA and a past VP of PAELA. She is listed as an elder law attorney in Best Lawyers in America and included in Pennsylvania Super Lawyers®.

SAVE THE DATE!

Join us for the 33rd Annual Meeting.

Thursday, Sep. 25th 3:30 pm – 5:00 pm

This meeting is open to Osher at CMU members only and can be attended either in-person or via Zoom. Registration is required.

To register, sign into your member profile and register for one of the following:

IN-PERSON course ID: 5697

ZOOM course ID: 5698

Zoom codes will be sent via email to only those registered the morning of the meeting.

LEARN BY DOING

Art | Self Improvement | Writing



ART

Creating The Juvenile Justice Model

Study Leader: Gerry Florida

• 1 Class: Sep. 3

Class ID: 5560

• Wed, 1:00 PM - 2:30 PM

ONE DAY

• Online Course, Zoom

During this course, Study Leader Gerry Florida will discuss Studio Blue, a resident-run art space within the confines of a Pittsburgh area detention center. Studio Blue uses art and the creative power of its residents to inspire both the detainee and the public via exhibitions and on public transportation, and through artist sales. Studio Blue offers its resident artists opportunities to give back to their communities while detained in the criminal justice system and in doing so are awarded community service credit. Through a vast and growing network of partners, Studio Blue creates cutting edge interactive projects that reach thousands in our Pittsburgh community while changing delinquency stereotypes.

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

SELF IMPROVEMENT

The Enneagram

Study Leader: Kerry O'Donnell

• 6 Classes: Nov. 6 – Dec. 18*

• Thu, 10:00 AM - 12:00 PM

• Online Course, Zoom

*Note: Class will not meet on Nov. 27

Would you like to gain a better understanding of yourself and the others in your life? Would you like to learn what motivates our habitual ways of thinking, feeling, and acting- and to expand beyond these automatic patterns? The Enneagram is an extraordinarily accurate and powerful tool used for psychological and spiritual growth, beginning with identifying our personality type structures. It allows us to recognize (with compassion!) and work with the protective mechanisms we developed, along with our virtues and intuitive gifts. This class will include optional experiential exercises.

Class ID: 5544

Kerry O'Donnell, M.A., SHRM-SCP, SEP is a certified and accredited Enneagram teacher and coach with the International Enneagram Association, as well as a Somatic Experiencing Practitioner and Conflict Management Coach. Throughout her career, Kerry worked for the Council for International Exchange of Scholars, American University, and the United States Institute of Peace in Washington, D.C. From 2001-2014 she served as President of the Maurice Falk Medical Fund and Falk Foundations in Pittsburgh.

WRITING

Write Your Own Legacy

Study Leader: Christine Michael

• 6 Classes: Nov. 11 - Dec. 16

Class ID: 5546

• Tue, 9:15 AM - 10:45 AM

· Online Course, Zoom

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.

Weekly Essentials

The weekly email for all things Osher at CMU!

Every Friday, our electronic newsletter the *Weekly Essentials*, or "*The WE*" is sent to you.

This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

- Catalog and registration announcements
- Events and lectures by Osher and CMU
- Participation in CMU research projects
- 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.

SCIENCE

Medical | Science

MEDICAL

Protecting Yourself As A Patient

Study Leader: Jewish Healthcare Foundation

• 6 Classes: Nov. 5 – Dec. 17*

Class ID: 5575

• Wed, 2:45 PM - 4:15 PM

Online Course, Zoom

*Note: Class will not meet on Nov. 26

Are you looking to take a more active role in your medical encounters and protect yourself from common errors? Join our course, "Protecting Yourself as a Patient." Medical harm—unintentional but often preventable—injures and kills hundreds of thousands of patients each year. Health care today is more complex, technical, and volatile than ever. In this course, you'll learn how to prevent the five most common types of medical harm—medication errors, patient care accidents, procedural and surgical complications, infections, and diagnostic mistakes. Patient safety experts and advocates will provide you with practical tips and insights to navigate the healthcare system confidently and safely. Through presentations, group discussions and videos, you'll understand the common sources of error and what tactics, resources, and cautions will help you protect yourself and your loved ones.

The Jewish Healthcare Foundation is the course host. The Pittsburgh-based non-profit's mission is to advance healthcare innovation, advocacy, collaboration, and education in the interest of better health through a unique brand of activist philanthropy. The Foundation has become a leading voice in the patient safety arena, advocating for federal action to address harms in health care, supporting innovations that make patient care safer while alleviating the burdens on an already-strained healthcare workforce, training healthcare workers in safe and efficient practices, promoting the potential for the Pittsburgh region to lead in developing patient safety tech solutions, and empowering consumers to protect themselves when seeing care.

Naked To The Bone: A History Of Medical Imaging

Study Leader: Richard Daffner

• 5 Classes: Sep. 8 – Oct. 6

Class ID: 5563

• Mon, 11:00 AM - 12:30 PM

· Online Course, Zoom

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

Dr. Richard Daffner is a retired diagnostic radiologist, whose entire career was spent in academic practice. He is also an amateur historian.

Stress Fractures: Occurrence & Diagnosis

Study Leader: Richard Daffner

• 1 Class: Oct. 27

Class ID: 5589

• Mon, 9:15 AM - 10:45 AM

NFWI



• Online Course, Zoom

Stress fractures occur commonly and are specific in location as a result of certain activities. This course will cover the relationships of those activities and the stress fractures they may induce. I will be using layman's terms in making generous use of X-ray, CT scanning and MRI images to illustrate the detection and follow-up of these common injuries. The course will conclude with common sense recommendations for prevention of these injuries.

Dr. Richard Daffner is a retired diagnostic radiologist, whose entire career was spent in academic practice. He is also an amateur historian.



SCIENCE

Fermenting Food: A Global Exploration

Study Leader: Trevor Ring

• 1 Class: Sep. 2

• Tue, 3:00 PM - 5:00 PM

· Online Course, Zoom

NEW!



Class ID: 5682

Enter the fascinating world of fermentation in this introductory class that explores how humans have developed tradition, culture and cuisine around this ancient form of food preservation. Trevor Ring, owner of Community Cultures, will explain how fermentation is a significant ancient process, and is still relevant today. He will introduce participants to an array of significant fermented products, representing different regions of the world. Additionally, he will do a hands-on demo on how to ferment vegetables at home, providing participants with everything they need to know to preserve any type of vegetable safely at home with confidence and creativity.

Trevor Ring received an MBA and MA in food studies from Chatham University and has been teaching on the topic of fermentation for over a decade. His business, Community Cultures, aims to make fermentation accessible and inspiring for everyone. He is passionate about using fermentation to build community, create a more resilient food system, and harness creativity.

SOCIAL SCIENCES

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

CONTEMPORARY TOPICS/

SOCIOLOGY

Infrastructure: Holding Things Together

Study Leader: Stephen Blank

• 2 Classes: Oct. 21 and Oct. 28

Class ID: 5548

• Tue, 2:45 PM - 4:45 PM

TWO DAY

Online Course, Zoom

Promises, promises, promises. Everyone promises more, better infrastructure. (What is infrastructure?) What has happened? Every few years, the American Association of Civil Engineers issues a report card on US infrastructure. If you haven't heard, we've moved up from a D- to a C+. What's wrong with our infrastructure? What forces are shaping infrastructure needs and possibilities and why can't we do better? President Trump introduced a major infrastructure plan in his first administration and President Biden made infrastructure a central element of his program, passing the largest infrastructure bill in US history. Join this class to learn how the United States has dealt with infrastructure in the past, our successes and failures, and outlook for the future.

Stephen Blank has enjoyed a long career in academics, business and not-for-profits. Blank taught at Harvard, Pitt and Pace University, and was a visiting and Fulbright professor at universities in Canada, Japan, Germany and the US. Blank was Managing Director of The North American Transportation Competitiveness Research Council which examined issues central to the existence of an efficient and secure continental freight transportation system that would enhance North American competitiveness in the 21st century. He participated in major studies of North American rail, highways, energy and ports and on greening freight trucks. Infrastructure fact: Blank lives on Roosevelt Island in New York and commutes to Manhattan on the Roosevelt Island Aerial Tramway.

Demographics: An Emerging Global Crisis

Study Leader: Stephen Blank

• 2 Classes: Oct. 23 and Oct. 30 Class ID: 5549

• Thu, 10:00 AM - 12:00 PM

· Online Course, Zoom



Changes in demographics are creating a global crisis. Countries with declining, aging populations are stressed by rising demands on medical and social systems while younger nations struggle to find jobs and opportunities for a growing population. Younger, larger and poorer nations and older, smaller, richer nations make different demands on the international system. More people are on the move, seeking economic opportunities or fleeing political disruption, and more nations resist migrants. Climate change intensifies these movements within and among nations. Developments in the United States mirror global patterns. Our course will seek to illuminate these developments, 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. Blank began teaching international business at Pitt in 1967 and had the opportunity to follow changing patterns of international business issues at teaching gigs in Japan, Germany, Mexico, Canada and the US where at Pace from 1985 to 2007, he headed the International Business Center. He was the co-founder of MultiNational Strategies, a consulting firm that worked with international firms and government agencies. 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.

Zoom | SOCIAL SCIENCES

Dementia Friends PA Information Session

Study Leader: Stacie Bonenberger

• 1 Class: Sep. 2

Class ID: 5641

• Tue, 1:00 PM - 2:30 PM

ONE DAY

• Online Course, Zoom

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. The goal of the program is to educate community members across the Commonwealth about dementia, break down stigma surrounding dementia, and encourage individuals to implement practical changes to best support people living with dementia.

Stacie Bonenberger, MOT, OTR/L is a program manager at the Jewish Healthcare Foundation (JHF), with a primary focus on initiatives related to the aging population. Ms. Bonenberger is one of the statewide coordinators for Dementia Friends Pennsylvania, a global initiative that is changing the way people think, act, and talk about dementia and Dementia Friendly Pennsylvania, helping to build inclusive communities for persons living with dementia in Pennsylvania. Prior to joining JHF, she was the assistant facility director of occupational therapy at UPMC Passavant and has 17 years of clinical experience as an occupational therapist in Colorado and Pennsylvania. Ms. Bonenberger received her bachelor's in psychology from the University of Massachusetts and her master's in occupational therapy from Chatham University.



Theories Of Justice

Study Leader: Jack Ochs

• 2 Classes: Oct. 21 and Oct. 28

• Tue, 1:00 PM - 2:30 PM

Online Course, Zoom

Class ID: 5576

NEW!

TWO DAY

What does "justice" require when one wishes to "promote the general welfare"? In this course we will consider two opposing views. The first is that of John Rawls, as espoused in his book, "A Theory of Justice. In his view, justice requires government policies to promote equality of opportunity. It also requires that inequalities of income, however generated, be tolerate only insofar as they do not imply inequality of opportunity to improve any person's chances of material improvement. An opposing view is espoused by Robert Nozick in "Anarchy, State and Utopia. His basic argument is that "Justice" involves a judgement of individual behavior, not an assessment of the statistical properties of the distribution of income. The objective of the course is to consider their respective arguments in light of contemporary events.

Jack Ochs retired as Professor of Economics, Emeritus from Pitt. He has offered many Osher courses on a variety of topics of interest to him and, hopefully, to those who have taken them.

SOCIAL SCIENCES | Zoom

Telling Your Personal Story

Study Leader: Norton Gusky

• 5 Classes: Sep. 11 – Oct. 16*

• Thu, 11:00 AM - 12:30 PM

• Online Course, Zoom

*Note: Class will not meet on Oct. 2

Class ID: 5663



How can you use multimedia to tell your story? In this class you'll have a chance to hear from a variety of experts on how to use a variety of digital media - text, photos, slides, and video - to share a story. Subjects will include producing documentaries, telling stories combining text and graphics, creating personal stories about family and personal travels, and sharing a personal interest or passion. The experts will provide insights that work for any digital platform. For the final class you'll have an option to share your own creation.

Norton Gusky has demonstrated in his teaching the power of technology as a tool for empowering kids, educators, and communities for over forty years. Norton worked as a classroom teacher then a technology coordinator. For over ten years, Norton has been an educational technology broker. He works on a variety of educational projects with schools, non-profits, and small businesses. Norton believes in empowering educators and adults. Norton has taught graduate level courses at West Virginia University, the University of Pittsburgh, and Carnegie Mellon University. Norton has served as a study leader for Osher classes at both Carnegie Mellon and the University of Pittsburgh. During Covid, Norton returned to his love for photography and film. His work can be seen online at his website - https://nlg-consulting.net/norton-gusky-gallery/

HISTORY

"You Say You Want A Revolution?"

Study Leader: L Jon Grogan

• 5 Classes: Nov. 11 – Dec. 9

• Tue, 9:15 AM - 10:45 AM

· Online Course, Zoom





Thomas Jefferson once wrote to James Madison, "I hold it that a little rebellion now and then is a good thing and is as necessary in the political world as storms in the physical." The American Revolution changed the course of world history and was a model for others. However, other revolutions have had similar effects. We will examine five of them for answers to why societies seek change, whether through violent or non-violent means.

L. Jon Grogan has a BA in Political Science from Tufts University, an MA in Public History from the University of San Diego, and a PhD in American History (with a minor concentration in African colonial history) from Loyola University, Chicago. He is also a retired U.S. Marine Corps officer who has served in various command and staff assignments in the United States and overseas. His Osher portfolio includes classes on a variety of topics in American, African, and military history.

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 students 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!

Zoom | SOCIAL SCIENCES

Imprisoned Without Trial: Japanese Internment In WWII

Study Leader: Denny Kato

• 4 Classes: Nov. 3 – Nov. 24

Class ID: 5579

• Mon, 11:00 AM - 12:30 PM

· Online Course, Zoom

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.

The Gales Of November

Study Leader: Tom Call

• 1 Class: Oct. 21

• Tue. 11:00 AM - 12:30 PM

Online Course, Zoom

Class ID: 5631





The "Gales of November" is not just a lyric from a famous song by Gordon Lightfoot. It is a real meteorological phenomenon known as the "November witch." There have been thousands of shipwreck disasters on the Great Lakes, and the vast majority of them have occurred in the late fall. Join us as we look at why this happens. We will also look at America's deadliest maritime disaster, the 4-day "White Hurricane" of 1913. To make the story complete, we will examine the Edmund Fitzgerald sinking of 50 years ago.

Tom Call was born outside Boston, Massachusetts and raised in New Jersey and Pennsylvania. He received a BA in governmental administration from Shippensburg University and a MA in history from Notre Dame of Maryland University. After a stint in the U.S. Army, Tom spent most of his work life creating and organizing analytical studies. In retirement, Tom has taught at the Institute for Learning in Retirement at Slippery Rock, PA. He and his wife have traveled extensively, including a 2-week cruise tour on the five Great Lakes. As a boy, Tom spent summers at Lake Winnipesaukee, NH. He has loved lakes ever since.

SOCIAL SCIENCES | Zoom

World War II in the Arctic

Study Leader: Cynthia Weisfield

• 4 Classes: Nov. 11 – Dec. 2

Class ID: 5603

• Tue, 11:00 AM - 12:30 PM

NFWI

· Online Course, Zoom

Many of the events of World War II are well known. D-Day is one of the best examples. But how did the military planners get the weather information on which to base an invasion date? The bombing of Hiroshima is another top example. But what if Hitler had gotten the bomb first? That was a supreme concern that led to the sabotage of a hydroelectric plant in Norway. Russia might have been defeated by Germany for lack of materiel. Convoys braving an arctic supply route solved that problem. How was it accomplished? The answers to those questions, plus more gripping information, will be presented in this four class course about a too often overlooked area of an all encompassing world war.

Cynthia Weisfield is an art historian with a parallel interest in American history. A graduate of the University of Chicago, she is a freelance writer, lecturer and avid collector of works on paper. This course is the result of inspiration from travel in arctic and sub-arctic areas.

French And Indian War In Western PA

Study Leader: Chris Kubiak

• 1 Class: Sep. 2

• Tue, 10:30 AM - 12:30 PM

· Online Course, Zoom

Class ID: 5684





This lecture will cover the French and Indian War (Seven Year's War) period in Western Pennsylvania from 1748 to 1758. We will discuss French, British, and Native American claims of ownership for the region known as the Ohio Country. Specifically, how these competing claims of several sub-groups among both the British and Native Americans gave the French a head start militarily, and ultimately led to war. This lecture covers French military pressure in the region leading up to Jumonville Glen massacre, George Washington's defeat at Fort Necessity, Braddock's defeat, and General John Forbes ultimate success in capturing The Point in 1758. A large focus of this lecture is on how the Ohio Indians fought for their own designs and autonomy, both for and against the French, British, and the Haudenosaunee.

Chris Kubiak is the Director of Education at the Audubon Society of Western Pennsylvania. Before joining Audubon, Chris worked as an independent historical researcher and as an adjunct history professor at both CCAC and Robert Morris University. Chris earned a Bachelor of Arts in History from the University of Pittsburgh, and a Master of Arts in History from Slippery Rock University. His Master thesis "The Enemy Will be Informed of Our Weakness" follows the creation and evolution of Pennsylvania's provincial military forces during the Seven Year's War, ending with Pontiac's Uprising.

Zoom | SOCIAL SCIENCES

WW2 Los Alamos And Its Impact Today

Study Leader: Galina Vromen

• 1 Class: Sep. 3

Class ID: 5692

• Wed, 11:00 AM - 12:30 PM

ONE DAY

• Online Course, Zoom

What was it like to live in WW2 Los Alamos NM where the world's first atomic bomb was built? What were the considerations that went into using the bomb on Hiroshima and Nagasaki, 80 years ago? Based on research for her historical novel, *Hill of Secrets*, author Galina Vromen will bring alive that momentous period and discuss its impact on nuclear policy today as the last U.S.-Russian non-proliferation agreement expires in early 2026.

Galina Vromen spent more than a decade as a foreign correspondent, mostly for Reuters News Agency — in the Netherlands, UK, France, Mexico and Israel. After retiring, she harnessed her research and writing skills to recently release her debut historical novel, *Hill of Secrets*, based in WW2 Los Alamos. Her research sparked her interest in nuclear proliferation today and she has become well-versed on the topic. For more about Vromen and her book see www.galinavromen.com.

PITTSBURGH

The History Of Pittsburgh's City Steps

Study Leader: Laura Zurowski

• 1 Class: Sep. 2

Class ID: 5592

• Tue, 1:00 PM - 2:30 PM

ONE

• Online Course, Zoom

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

Laura Zurowski is co-author of *The City Steps of Pittsburgh*: A *History & Guide*. Since 2017, she has written about and studied the history of Pittsburgh's city steps and their neighborhoods and offers vigorous yet entertaining walking tours of these unique infrastructure constructions.

Help Secure Our Future: Donate to the Osher Endowment Fund!

We invite you to make a meaningful difference by supporting the Osher at CMU Endowment Fund. With a goal of raising \$1 million, your contribution will have a lasting impact, ensuring the sustainability of the organization while helping to lower future operational costs. It is the generosity of others that has made Osher possible, and now you can continue that tradition.

As you register for your fall courses, please consider donating to the endowment to secure Osher at CMU's future success and growth for generations to come. Together, we can build a legacy of support and opportunity.

POLITICS/GOVERNMENT

Pennsylvania Government And Politics

Study Leader: Susan Hansen

5 Classes: Nov. 11 – Dec. 9
Tue, 1:00 PM - 2:30 PM

· Online Course, Zoom

Class ID: 5687



This course will review the political history of Pennsylvania since its founding by William Penn. We will explore the state's structure of government and compare its major public policies (taxation, welfare, reproductive rights, environmental regulation, direct democracy, and criminal justice) with those of other states in our federal system. We will analyze the impact of the state's political culture, political parties, interest groups, and demographic trends on public policy and on recent elections to state and federal office.

Susan B. Hansen is professor emerita of political science at the University of Pittsburgh, where she taught courses in American politics and Women's Studies from 1980 to 2012. She received her Ph.D. in political science from Stanford University in 1972, and has also taught at the universities of Washington State, Illinois-Urbana, Michigan, Glasgow, and Stanford. She has worked in survey research at the National Opinion Research Center at the University of Chicago and the Institute for Survey Research at the University of Michigan. She is the author of numerous articles in professional journals and four books, most recently *The Politics of Sex: Public Opinion, Parties, and Presidential Elections* (Routledge, 2014). Since retirement she has taught several Osher courses for both Pitt and CMU.

RELIGION/PHILOSOPHY

Where Is Pope Leo XIV Heading?

Study Leader: James McCarville

• 5 Classes: Sep. 9 – Oct. 7

• Tue, 1:00 PM - 2:30 PM

• Online Course, Zoom



Class ID: 5670

Early indications are that Pope Leo XIV plans to follow the footsteps of Pope Francis but also to revive and update a body of teaching called, Catholic Social Doctrine (CSD). CSD is not a static body nor talking points to be memorized but "real evaluative criteria and ethical principles" entrenched in Hebrew and Christian scriptures and notions of Justice. Doctrine, he writes, is not about "quick answers" or "imposing truth" but a serious, structured way of approaching the world. It has resonance for today's chaotic political order. Leo's namesake, Leo XIII, wrote about "New Things," the abuses, challenges, and polarization of the 19th Century Industrial Revolution. Many compare today's turbulence to it. While we will explore what we can learn from the still valid teachings of the old "New Things" we'll also keep a keen eye on what Leo might say about the new "New Things" like Climate Change, AI, and Bioengineering.

Jim McCarville has been teaching Osher courses for ten years on a variety of subjects. In his professional career he worked with ports, waterways, and local governments in the US and Latin America. In Latin America he became familiar with the same "theology of the people" that motivated Pope Francis. He serves on the the Board of the Association of Pittsburgh Priests (Lay Member) and of Catholics for Change in Our Church.

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: zoom.us/join
- 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 Workplace app from the App store or Google Play store.
- 2. Open the App. When you open Zoom, you'll click "Join."

Example Icon:



- 3. Next, you'll put in the Meeting ID, and click on "Join."
- 4. A pop up will appear asking for the meeting passcode.
- $5. \ \ A\,second\,pop\,up\,with\,appear\,asking\,you\,to\,Register\,or\,Sign\,In.\,You\,need\,to\,click\,Register.$
- 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 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 the Osher office with a description of the issue.

MON | Session ONE / September 1 – October 24

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
11:00 AM - 12:30 PM	Manx Quilting: It's In Your Hand	5668	In-Person	Gengler	17
	Naked To The Bone: A History Of Medical Imaging	5563	Zoom	Daffner	66
	Art And Monuments With SAAM And ABMC	5591	Zoom	Fulcher	57
1:00 PM - 2:30 PM	A Behind-The-Scenes Look At City Theatre	5657	In-Person	Graham	9

TUE | Session ONE / September 1 – October 24

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
9:00 AM - 11:00 AM	Osher Goes Birding At Beechwood Farms	5590	In-Person	Semmler	26
9:15 AM - 10:45 AM	The Last Recorded Duel In Pittsburgh	5562	In-Person	Grogan	40
	Archaeological Myths, Frauds, and Hoaxes	5580	In-Person	Neusius	36
10:00 AM - 12:00 PM	Watercolor Painting	5568	In-Person	Pawlowski	15
	Trivia Jeopardy! Style	5626	In-Person	Seltman	22
	Religion/Spirituality And Health	5540	In-Person	Rabin	27
10:00 AM - 2:00 PM	Chestnut Farm: Ongoing Restoration Case & Tour	5551	In-Person	Black	38
10:30 AM - 12:30 PM	The Joy Of Creative Thinking	5683	In-Person	McCarthy	52
	French And Indian War In Western PA	5684	Zoom	Kubiak	72
	Sacred Circle Dancing	5671	In-Person	Carnes	20
11:00 AM - 12:30 PM	The World Is A Mess! Why? Fix?	5645	In-Person	Sales	37
	One Persons' East Is Another's West	5587	In-Person	Jakab	53
	The Gales Of November	5631	Zoom	Call	71
12:30 PM - 2:00 PM	Appreciating It's a Wonderful Life	5588	In-Person	Backer	8
	A Demonstration Of Cryptic Crossword Puzzles	5593	In-Person	Maharam	22
	Perle Mesta: The Hostess With The Mostes	5559	In-Person	Bukk	41
1:00 PM - 2:30 PM	Improving Life with Neuromodulation	5616	In-Person	Ye	34
	Dementia Friends PA Information Session	5641	Zoom	Bonenberger	69
	The History Of Pittsburgh's City Steps	5592	Zoom	Zurowski	73
	Two Films Present A Different 1950's	5642	In-Person	Hoover	8
	The Phenomenon of A Christmas Carol	5547	In-Person	Banister	12
	Where Is Pope Leo XIV Heading?	5670	Zoom	McCarville	74
	Theories Of Justice	5576	Zoom	Ochs	69
1:30 PM - 3:30 PM	Eating for Senior Eye Health	5660	In-Person	Green	20
2:15 PM - 3:45 PM	Critical Thinking For Lazy Smart People	5624	In-Person	Zuckerman	51
2:15 PM - 4:15 PM	Introduction To Beekeeping	5629	In-Person	Kocurek	32
2:30 PM - 4:00 PM	Art From The Smithsonian American Art Museum				
2:45 PM - 4:15 PM	Brain-Computer Interface: Mind Control		T D	7.7	33
2:45 PM - 4:45 PM	Growing Up Yinzer	5643	In-Person In-Person	Roberts	45
	Music Between Notes	5688	In-Person	Chamis	14
	Bridge Basics II	5599	In-Person	Patzer	23
	Discussing Ethical Perspectives	5617	In-Person	Givvin	52
	Infrastructure: Holding Things Together	5548	Zoom	Blank	68
3:00 PM - 5:00 PM	Fermenting Food: A Global Exploration	5682		Ring	
3:15 PM - 4:45 PM	A Night At The Movies: This & That	5554	Zoom	Swoger	58
8:00 PM - 10:00 PM	Tour of Allegheny Observatory		In-Person	Turnshek	27

WED | Session ONE / September 1 – October 24

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	We're From Pittsburgh, Couldn't Be	5619	In-Person	Fortun	45
10:00 AM - 12:30 PM	How To Survive The Zombie Apocalypse	5574	In-Person	Miller	48
10:30 AM - 12:30 PM	Sir John Soane: Hoarder Or Hero?	5685	In-Person	 Seltman	30
	Classical Composers You Think You Hate	5658	In-Person	Cantor	13
10:45 AM - 12:30 PM	The Korean War	5565	In-Person	Albert	43
11:00 AM - 12:30 PM	WW2 Los Alamos And Its Impact Today	5692	Zoom	Vromen	73
	Experimental Particle Physics	5621	In-Person	Alison	34
1:00 PM - 2:30 PM	Mount Rigi: Queen Of The Mountains	5640	In-Person	 Daehler	42
	Aftermath Of World Trade Center Attacks	5646	In-Person	Lee	42
	Literary Connections To Opera	5604	Zoom	Egan	62
	Creating The Juvenile Justice Model	5560	Zoom	Florida	64
	Human History Through Fiber	5625	In-Person	Seltman	7
	3 Neighborhoods: Places, Tales, Tours	5569	In-Person	Schwing	46
	The Films Of Akira Kurosawa	5679	Zoom	Stires	59
	Proof Positive	5690	In-Person	 Fallon	29
	My Career As An FBI Agent	5674	In-Person		37
	Film Photography Past And Future	5655	In-Person	Bangley	41
l:15 PM - 2:30 PM	Get Fit: A Fun Latin Cardio Workout	5675	In-Person	Pollack	21
2:45 PM - 4:15 PM	Reinhold Niebuhr: Philosophy, Politics, and Race	5664	In-Person	Stone	50
	Women In American Religion	5618	In-Person	Gundersen	44
2:45 PM - 4:45 PM	Four Hands	5602	In-Person	 Patzer	24
5:30 PM - 7:30 PM	Overview And Lab Tour Of MWRI	5673	In-Person	Shorthouse	47

THU | Session ONE / September 1 – October 24

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG :
9:00 AM - 12:00 PM	A Plan That Works	5659	In-Person	Kulina	28
0:00 AM - 12:00 PM	Hatha Yoga	5542	In-Person	Barone	21
	Demographics: An Emerging Global Crisis	5549	Zoom	Blank	68
0:30 AM - 12:30 PM	Nature Journaling	5654	In-Person	Bangley	16
1:00 AM - 12:30 PM	Who Knew? Part 1	5573	In-Person	Carpenter	44
	Classic And Contemporary Short Stories	5648	In-Person	Langer	10
	Agnotology: The Production Of Ignorance	5623	In-Person	Zuckerman	51
	Deeper Dive Into Lesser Knowns	5581	Zoom	Gondelman	61
	Telling Your Personal Story	5663	Zoom	Gusky	70
	A Bucket List For The Casual Hiker	5693	In-Person	Seetharama	39
1:00 PM - 2:30 PM	Urban Planning Choices	5543	In-Person	Reidbord	40
	Singing In A Choral Group	5567	In-Person	Карр	25
	Study Of The Grape	5689	In-Person	Pezze	19
	Leading Osher Into The Future	5571	In-Person	Swoger	46
1:00 PM - 3:00 PM	Great And Notable Novels Read And Revisited	5564	Zoom	Schinhofen	60
	Jewelry Class - Necklace And Earrings	5650	In-Person	DeStefano	17
	Living With Coronary Heart Disease	5651	In-Person	Granato	33

FRI | Session ONE / September 1 – October 24

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
9:45 AM - 12:30 PM	Visit The Bayernhof Museum	5605	In-Person	Gracey	48
1:00 PM - 3:00 PM	Osher Goes To The National Aviary	5637	In-Person	Semmler	26

MON | Session TWO / October 27 – December 19

IME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG
15 AM - 10:45 AM	Stress Fractures: Occurrence & Diagnosis	5589	Zoom	Daffner	67
:00 AM - 12:30 PM	Imprisoned Without Trial: Japanese Internment In WWII		Zoom	Kato	71
00 PM - 2:30 PM	Osher Visits The Roberto Clemente Museum	5638	In-Person	Semmler	25
00 PM - 3:00 PM	Short Stories: Slices Of The Immediate	5615	Zoom	Rosenblum	61
ZIN J.OVIIVI		3013	ZOOII	Noenblum	

TUE | Session TWO / October 27 – December 19

COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
Elder Law - Being Prepared As One Grows Older	5583	Zoom	Sikov Gross	63
	5546	Zoom	Michael	65
"You Say You Want A Revolution?"	5443	Zoom	Grogan	70
•••••	5644	In-Person	••••••	15
	5600	In-Person	Patzer	23
	5596	In-Person	Manner	31
	5622	In-Person	Zuckerman	50
Genius And Madness: Great Writers	5595	Zoom	Robinson	60
World War II in the Arctic	5603	Zoom		72
Shackleton: Heroic Antarctic Explorer	5597	In-Person	Manner	43
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	Elder Law - Being Prepared As One Grows Older Write Your Own Legacy C87 "You Say You Want A Revolution?" Using A Sketchbook To Enhance Travel Bridge Basics III Geology Of The National Parks II How To Apologize: When "I'm Sorry" Is Not Enough Genius And Madness: Great Writers World War II in the Arctic Shackleton: Heroic Antarctic Explorer A Poetry Readers Workshop Where Do You Think You Are? Rebirth Of The Public Library Vietnam: Fatal Presidential Decisions Redefining Masculinity: Movie Westerns Pennsylvania Government And Politics Jane Austen's Life And Legacy Camille Saint-Saens aka "The Dinosaur"	Elder Law - Being Prepared As One Grows Older Write Your Own Legacy C87 5546 "You Say You Want A Revolution?" 5443 Using A Sketchbook To Enhance Travel 5644 Bridge Basics III 5600 Geology Of The National Parks II 5596 How To Apologize: When "I'm Sorry" Is Not Enough 5622 Genius And Madness: Great Writers 5595 World War II in the Arctic 5603 Shackleton: Heroic Antarctic Explorer 5597 A Poetry Readers Workshop 5681 Where Do You Think You Are? 5613 Rebirth Of The Public Library 5666 Vietnam: Fatal Presidential Decisions 5667 Redefining Masculinity: Movie Westerns 5587 Pennsylvania Government And Politics 5682 Camille Saint-Saens aka "The Dinosaur" 5662	Elder Law - Being Prepared As One Grows Older Write Your Own Legacy C87 "You Say You Want A Revolution?" 5443 Zoom Using A Sketchbook To Enhance Travel Bridge Basics III 5600 In-Person Geology Of The National Parks II 5596 In-Person How To Apologize: When "I'm Sorry" Is Not Enough Genius And Madness: Great Writers 5595 Zoom World War II in the Arctic 5603 Zoom Shackleton: Heroic Antarctic Explorer A Poetry Readers Workshop 5681 In-Person Where Do You Think You Are? 5613 In-Person Rebirth Of The Public Library Vietnam: Fatal Presidential Decisions Redefining Masculinity: Movie Westerns 5687 Zoom Jane Austen's Life And Legacy Camille Saint-Saens aka "The Dinosaur" 5662 In-Person Toom Toom 5744 In-Person 5757 Zoom Toom Fennsylvania Government And Politics 5687 In-Person Toom Toom Toom 5662 In-Person Toom Toom	Elder Law - Being Prepared As One Grows Older Sikov Gross Write Your Own Legacy C87 S546 Zoom Michael "You Say You Want A Revolution?" S443 Zoom Grogan Using A Sketchbook To Enhance Travel Bridge Basics III S600 In-Person Patzer Geology Of The National Parks II How To Apologize: When "I'm Sorry" Is Not Enough Genius And Madness: Great Writers S595 Zoom Robinson World War II in the Arctic Shackleton: Heroic Antarctic Explorer A Poetry Readers Workshop S681 In-Person Manner MecCarthy Where Do You Think You Are? S666 In-Person Klancher Vietnam: Fatal Presidential Decisions S687 Zoom Cherry Pennsylvania Government And Politics S682 In-Person Thompson Camille Saint-Saens aka "The Dinosaur" S662 In-Person Gorton

WED | Session TWO / October 27 – December 19

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
.0:00 AM - 12:00 PM	Writers' Workshop	5627	In-Person	Snyder	29
.0:30 AM - 12:00 PM	Meet The Wyeths	5545	In-Person	Carpenter	11
	The Mathematics Of Modern Architecture	5557	In-Person	Wertheimer	32
	Who Were The American "Founding Fathers"	5665	In-Person	Chambers	49
12:30 PM - 2:00 PM	Design Connections	5669	In-Person	Boyarski	7
	The Iliad	5614	In-Person	Cucinotta	10
	Exploring And Tasting Port	5630	In-Person	Kocurek	19
2:30 PM - 2:30 PM	Photography: One's Own Assignment	5632	In-Person	Brodsky	18
:15 PM - 2:30 PM	Get Fit: A Fun Latin Cardio Workout	5676	In-Person	Pollack	21
:15 PM - 3:45 PM	Gone With The Winds	5661	In-Person	Gorton	13
:15 PM - 4:15 PM	Bridge - Beyond the Basics	5601	In-Person	Patzer	24
	Protecting Yourself As A Patient	5575	Zoom	Longley	66
:15 PM - 3:45 PM	What's New In Architecture	5572	In-Person	Swoger	30

THU | Session TWO / October 27 – December 19

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG#
9:15 AM - 10:45 AM	Is Renewable Energy The Future?	5678	In-Person	Kurchin	35
10:00 AM - 12:00 PM	The Enneagram	5544	Zoom	O'Donnell	64
10:30 AM - 12:30 PM	Learn to Play American Mah Jongg	5653	In-Person	Oleinick	22
11:00 AM - 12:30 PM	The Magic Of Rails: Great Rail Journeys	5677	In-Person	Seetharama	39
	Alias Grace	5647	In-Person	Langer	9
	How To Tell Your Own Story	5541	In-Person	Hagerty	28
	Deeper Dive Into Lesser Knowns	5582	Zoom	Gondelman	61
1:00 PM - 2:30 PM	Senior Living Simplicity	5691	In-Person	Zinkone	36
	Travelogue Six: Italy Beyond Renaissance	5652	In-Person	Greenspan	53
	Italian Wine In Depth: Part III	5686	In-Person	Pezze	18
1:00 PM - 3:00 PM	Cookie Decorating Class - Christmas	5649	In-Person	DeStefano	19
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FRI | Session TWO / October 27 – December 19

TIME	COURSE TITLE	CLASS ID CAMPUS		PRIMARY SL	PG#
9:30 AM - 12:00 PM	Figure Drawing	5656	In-Person	Bangley	16
10:00 AM - 12:00 PM	Allegheny County Courthouse And Jail Museum Tour	5594	In-Person	DiRienzo	47

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For detailed information and pricing, please visit: gateway.gocollette.com/link/1357967



LAST NAME	FIRST NAME	CLASS ID	CLASS NAME	CAMPUS	PG#
Albert	David	5565	The Korean War	In-Person	43
Alison	John	5621	Experimental Particle Physics	In-Person	34
Backer	Ron	5588	Appreciating It's a Wonderful Life	In-Person	8
Bangley	David	5655	Film Photography Past And Future	In-Person	41
Bangley	Betsy	5654	Nature Journaling	In-Person	16
Bangley	Betsy	5656	Figure Drawing	In-Person	16
Banister	Mark	5547	The Phenomenon of A Christmas Carol	In-Person	12
Barone	Loretta	5542	Hatha Yoga	In-Person	21
Black	Byron	5551	Chestnut Farm: Ongoing Restoration Case & Tour	In-Person	38
Blank	Stephen	5548	Infrastructure: Holding Things Together	Zoom	68
Blank	Stephen	5549	Demographics: An Emerging Global Crisis	Zoom	68
Bonenberger	Stacie	5641	Dementia Friends PA Information Session	Zoom	69
Botanic Garden	Pittsburgh	5574	How To Survive The Zombie Apocalypse	In-Person	48
Boyarski	Daniel	5669	Design Connections	In-Person	7
Brodsky	Charlee	5632	Photography: One's Own Assignment	In-Person	18
Bukk	Robert	5559	Perle Mesta: The Hostess With The Mostes	In-Person	41
Call	Tom	5631	The Gales Of November	Zoom	71
Cantor	Owen	5658	Classical Composers You Think You Hate	In-Person	13
Carnes	Alice	5671	Sacred Circle Dancing	In-Person	20
Carpenter	Rebecca	5569	3 Neighborhoods: Places, Tales, Tours	In-Person	46
Carpenter	Rebecca	5573	Who Knew? Part 1	In-Person	44
Carpenter	Rebecca	5545	Meet The Wyeths	In-Person	11
Chambers	David	5665	Who Were The American "Founding Fathers"	In-Person	49
Chamis	Flavio	5688	Music Between Notes	In-Person	14
Cherry	Steven	5577	Redefining Masculinity: Movie Westerns	Zoom	59
City Theatre	Pittsburgh	5657	A Behind-The-Scenes Look At City Theatre	In-Person	9
Cucinotta	Joan	5614	The Iliad	In-Person	10
Daehler	Christian	5640	Mount Rigi: Queen Of The Mountains	In-Person	42
Daffner	Richard	5563	Naked To The Bone: A History Of Medical Imaging	Zoom	66
Daffner	Richard	5589	Stress Fractures: Occurrence & Diagnosis	Zoom	67
DeStefano	Alisa	5650	Jewelry Class - Necklace And Earrings	In-Person	17
DeStefano	Alisa	5649	Cookie Decorating Class - Christmas	In-Person	19
DiRienzo	Patricia	5594	Allegheny County Courthouse And Jail Museum Tour	In-Person	47
Fallon	Helen	5690	Proof Positive	In-Person	29
Florida	Gerry	5560	Creating The Juvenile Justice Model	Zoom	34
Fortun	David	5619	We're From Pittsburgh, Couldn't Be	In-Person	45
Gengler	Barbara	5668	Manx Quilting: It's In Your Hand	In-Person	17
Givvin	Joseph	5617	Discussing Ethical Perspectives	In-Person	52
Gondelman	Larry	5581 & 5582	Deeper Dive Into Lesser Knowns	Zoom	61
Gorton	James	5662	Camille Saint-Saens aka "The Dinosaur"	In-Person	13

LAST NAME	FIRST NAME	CLASS ID	CLASS NAME	CAMPUS	PG#
Gorton	James	5661	Gone With The Winds	In-Person	13
Goughler	Don	5667	Vietnam: Fatal Presidential Decisions	In-Person	49
Gracey	Dorothy	5605	Visit The Bayernhof Museum	In-Person	48
Granato	Jerome	5651	Living With Coronary Heart Disease	In-Person	33
Green	David	5660	Eating for Senior Eye Health	In-Person	20
Greenspan	Bill	5652	Travelogue Six: Italy Beyond Renaissance	In-Person	53
Grogan	L Jon	5562	The Last Recorded Duel In Pittsburgh	In-Person	40
Grogan	L Jon	5443	"You Say You Want A Revolution?"	Zoom	70
Gundersen	Joan	5618	Women In American Religion	In-Person	44
Gusky	Norton	5663	Telling Your Personal Story	Zoom	70
Hagerty	James	5541	How To Tell Your Own Story	In-Person	28
Hansen	Susan	5687	Pennsylvania Government And Politics	Zoom	74
Не	Bin	5628	Brain-Computer Interface: Mind Control	In-Person	33
Hoover	Robert	5642	Two Films Present A Different 1950's	In-Person	8
Jakab	Tom	5587	One Persons' East Is Another's West	In-Person	53
Jewish Healthcare	Foundation	5575	Protecting Yourself As A Patient	Zoom	66
Kato	Denny	5579	Imprisoned Without Trial: Japanese Internment	Zoom	71
Klancher	Jon	5666	Rebirth Of The Public Library	In-Person	38
Kocurek	Daniel	5629	Introduction To Beekeeping	In-Person	32
Kocurek	Daniel	5630	Exploring And Tasting Port	In-Person	19
Kubiak	Chris	5684	French And Indian War In Western PA	Zoom	71
Kulina	Anita	5659	A Plan That Works	In-Person	28
Kurchin	Rachel	5678	Is Renewable Energy The Future?	In-Person	35
Landesberg	Rick	5644	Using A Sketchbook To Enhance Travel	In-Person	15
Langer	Nancy Quick	5648	Classic And Contemporary Short Stories	In-Person	10
Langer	Nancy Quick	5647	Alias Grace	In-Person	9
Lee	Richard	5646	Aftermath Of World Trade Center Attacks	In-Person	42
Magee Womens	Hospital	5673	Overview And Lab Tour Of MWRI	In-Person	47
Maharam	Cherie	5593	A Demonstration Of Cryptic Crossword Puzzles	In-Person	22
Manner	Barbara	5596	Geology Of The National Parks II	In-Person	31
Manner	Barbara	5597	Shackleton: Heroic Antarctic Explorer	In-Person	43
McCarthy	John	5683	The Joy Of Creative Thinking	In-Person	52
McCarthy	Sharon	5681	A Poetry Readers Workshop	In-Person	11
McCarville	James	5670	Where Is Pope Leo XIV Heading?	Zoom	74
Meredith	Julia	5674	My Career As An FBI Agent	In-Person	37
Michael	Christine	5546	Write Your Own Legacy C87	Zoom	65
Neusius	Sarah	5580	Archaeological Myths, Frauds, and Hoaxes	In-Person	36
O'Donnell	Kerry	5544	The Enneagram	Zoom	34
Ochs	Jack	5576	Theories Of Justice	Zoom	69
Oleinick	Barbara	5653	Learn to Play American Mah Jongg	In-Person	22

LAST NAME	FIRST NAME	CLASS ID	CLASS NAME	CAMPUS	PG#
Opera	Pittsburgh	5604	Literary Connections To Opera	Zoom	62
Osher	Leadership	5571	Leading Osher Into The Future	In-Person	46
Patzer	Jack	5599	Bridge Basics II	In-Person	23
Patzer	Jack	5602	Four Hands	In-Person	24
Patzer	Jack	5600	Bridge Basics III	In-Person	23
Patzer	Jack	5601	Bridge - Beyond the Basics	In-Person	24
Pawlowski	Jane	5568	Watercolor Painting	In-Person	15
Pezze	Barb	5689	Study Of The Grape	In-Person	19
Pezze	Barb	5686	Italian Wine In Depth: Part III	In-Person	18
Pollack	Connie	5675 & 5576	Get Fit: A Fun Latin Cardio Workout	In-Person	21
Rabin	Bruce	5540	Religion/Spirituality And Health	In-Person	27
Rapp	Constance	5567	Singing In A Choral Group	In-Person	25
Reidbord	Ruth Cooper	5543	Urban Planning Choices	In-Person	40
Ring	Trevor	5682	Fermenting Food: A Global Exploration	Zoom	37
Roberts	Richard	5643	Growing Up Yinzer	In-Person	45
Robinson	Judith	5595	Genius And Madness: Great Writers	Zoom	60
Rosenblum	Helen-Faye	5564	Great And Notable Novels Read And Revisited	Zoom	60
Rosenblum	Helen-Faye	5615	Short Stories: Slices Of The Immediate	Zoom	61
Sales	Art	5645	The World Is A Mess! Why? Fix?	In-Person	37
Schinhofen	Mary	5564	Great And Notable Novels Read And Revisited	Zoom	60
Schwing	David	5569	3 Neighborhoods: Places, Tales, Tours	In-Person	46
Seetharama	Sankar	5693	A Bucket List For The Casual Hiker	In-Person	39
Seetharama	Sankar	5677	The Magic Of Rails: Great Rail Journeys	In-Person	39
Seltman	Howard	5626	Trivia Jeopardy! Style	In-Person	22
Seltman	Howard	5685	Sir John Soane: Hoarder Or Hero?	In-Person	30
Seltman	Howard	5625	Human History Through Fiber	In-Person	7
Semmler	Anne	5590	Osher Goes Birding At Beechwood Farms	In-Person	26
Semmler	Anne	5637	Osher Goes To The National Aviary	In-Person	26
Semmler	Anne	5638	Osher Visits The Roberto Clemente Museum	In-Person	25
Sikov Gross	Carol	5583	Elder Law - Being Prepared As One Grows Older	Zoom	63
Smithsonian	Museum	5591	Art And Monuments With SAAM And ABMC	Zoom	57
Smithsonian	Museum	5585	Art From The Smithsonian American Art Museum	Zoom	57
Snyder	Thalia	5627	Writers' Workshop	In-Person	29
Stires	Lloyd	5679	The Films Of Akira Kurosawa	Zoom	59
Stone	Ronald	5664	Reinhold Niebuhr: Philosophy, Politics, and Race	In-Person	50
Swoger	Jeffrey	5554	A Night At The Movies: This & That	Zoom	58
Swoger	Jeffrey	5553	A Night At The Movies: Lemons	Zoom	58
Swoger	Jeffrey	5572	What's New In Architecture	In-Person	30
Thompson	Allison	5620	Jane Austen's Life And Legacy	In-Person	12
Turnshek	Diane	5639	Tour of Allegheny Observatory	In-Person	27

LAST NAME	FIRST NAME	CLASS ID	CLASS NAME	CAMPUS	PG#
Vromen	Galina	5692	WW2 Los Alamos And Its Impact Today	Zoom	73
Weinberg	Randy	5613	Where Do You Think You Are?	In-Person	31
Weisfield	Cynthia	5603	World War II in the Arctic	Zoom	72
Wertheimer	Richard	5557	The Mathematics Of Modern Architecture	In-Person	32
Ye	Wendy	5616	Improving Life with Neuromodulation	In-Person	34
Zinkone	Wendy	5691	Senior Living Simplicity	In-Person	36
Zuckerman	Edward	5624	Critical Thinking For Lazy Smart People	In-Person	51
Zuckerman	Edward	5623	Agnotology: The Production Of Ignorance	In-Person	51
Zuckerman	Edward	5622	How To Apologize: When "I'm Sorry" Is Not Enough	In-Person	50
Zurowski	Laura	5592	The History Of Pittsburgh's City Steps	Zoom	73

GENERAL INFORMATION & POLICIES

CLASSROOM LOCATIONS

If you are not familiar with the Carnegie Mellon campus, we strongly advise you to plan a visit to locate parking and the Osher Institute in Cyert Hall 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

Photos and videos are taken at many Osher events/classes to be used on the website and in promotional materials. If you do not wish to have your photo taken, please advise the photographer before the picture is taken, otherwise your picture will be included. If you are taking pictures in class, please ask permission first.

For privacy and copyright laws, we do not allow our Zoom courses to be recorded by anyone.

CLASSROOM ETIQUETTE

All of Osher's instructors are volunteering their time and talents. We are respectful of our course Study Leaders 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
- 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.
- · dressing appropriately when in Zoom classes.

BAD WEATHER DAYS

All in-person classes will be canceled if Pittsburgh Public Schools are closed for inclement weather. No notice will be sent out. Zoom classes will still be held. Staff assistance may be limited.

If the Pittsburgh City Schools have a 2-hour delay, classes will operate as normal unless a study leader chooses to cancel their 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. 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

Osher at CMU welcomes everyone regardless of gender, race, religion, sexual orientation, political affiliation, socio-economic status, or other identification markers. We respect all beliefs, perspectives, abilities, and experience. Actions such as bullying, hateful comments, or disrespectful behaviors are never tolerated.

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 Weekly Essentials newsletter is sent every Friday to notify you of upcoming Osher and CMU activities. Please do not opt out.
- The Osher office will send email notices for important course changes. If the change has been made less than 24 hours before the scheduled event, a robo call/text will also be sent.
- 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 friend and that they want to receive what you want to share. Using Osher members' emails for non-Osher stuff is not appropriate. Please ask permission first; to not do so goes against the Osher Privacy Policy.

OSHER EMAIL ADDRESSES

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

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

READY TO REGISTER?

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. For many off campus course, a \$10 material fee is charged to help cover the cost of the rental space.

ZOOM CODES

Zoom codes are sent out in the 7-day class reminder emails. If you can't find this email, please check your junk or spam folder. If you still cannot locate the email, please contact the Osher Office by emailing osher@cmu.edu and ask for it to be resent.

REFUND POLICY

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 in the term, 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.

CONFIRMATION LETTERS

A "confirmation of class registration" will be automatically emailed to you for each course you enroll 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.

ATTENDANCE POLICY

Your attendance in class is very important. Attendance is automatically recorded for Zoom classes. For in person courses, please sign in for each class attended. If you find you have signed up for a course you can no longer attend, please drop the course by using the "Drop My Course" button on your registration account. By failing to drop courses you don't attend, you risk the chance to register for courses when registration opens.

OBSERVED 2025 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:

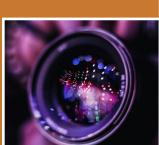
Martin Luther King Jr. Day Jan. 20 Memorial Day May 26 Juneteenth Jun. 19 Independence Day Jul. 4 Labor Day Sep. 1 Thanksgiving Wednesday Nov. 26 Thanksgiving Day Nov. 27 Thanksgiving Friday Nov. 28 Winter Break Dec. 23 - Jan. 4

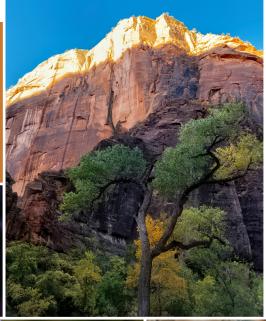
CMU Carnival will be held on April $3^{\rm rd}$ & $4^{\rm th}$ and no on-campus classes will be held.



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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