



# Summer 2025

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



OSHER  
LIFELONG  
LEARNING  
INSTITUTE

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## ON THE COVER

**Front Cover Photo:** Kraus Campo - photo by CMU

Kraus Campo is a roof garden and landscape design space located on the roof of the Posner Center. The Campo was designed and created by artist Mel Bochner and landscape architect Michael Van Valkenburgh. It was commissioned by and named after Jill Gansman Kraus, a university trustee, and her husband Peter Kraus.

*Additional catalog images courtesy of Frick Park Lawn Bowling Club, Penn Forest Natural Burial Park, Matt Jacob, Scott Goldsmith for Pittsburgh Botanic Gardens, Wikimedia Commons, Pexels, Unsplash, and Carnegie Mellon University.*

# AT A GLANCE

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## SESSION DATES

Session One: *May 5 to June 27*

Session Two: *June 30 to August 22*

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

- **In-person Courses:** *pages 6 - 43*
- **Zoom Courses:** *pages 46 - 61*

**Look for the 55 **NEW!** courses  
being offered this term!**

# OSHER at Carnegie Mellon | Summer 2025

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For additional Zoom course opportunities, please see our website [cmu.edu/osher](http://cmu.edu/osher) and click on the “Courses & SIGs” tab across the top.

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

# IN-PERSON COURSES

Classes in this section will be held in-person at Carnegie Mellon University campus, Wilkins Community Center, or nearby Pittsburgh organizations.



CYERT HALL

# ARTS & HUMANITIES

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

## ART

### The Dinner Party Of 39 Famous Women

Study Leader: Bill Greenspan

- 3 Classes: May 7 – May 21
  - Wednesday, 1:00 PM - 2:30 PM
  - Cyert Hall, Osher Room A
- Class ID: 5445

**NEW!**

This course will focus on *The Dinner Party* installation artwork by American feminist artist Judy Chicago. There are 39 elaborate place settings on a table for 39 mythical and historical famous women. The installation was created with the goal to end the ongoing cycle of omission in which women were written out of the historical record. “It suggests that women have the capacity to be prime symbol-makers, to remake the world in our own image and likeness.” In addition to covering the work, we will go over contribution of a selected number of women to the society and their efforts to improve the lot of other women.

**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.”

## CINEMA/FILM

### How Filmmakers Rethink Hollywood

Study Leader: Jon Klancher

- 6 Classes: Jul. 8 – Aug. 12
  - Tuesday, 11:00 AM - 12:30 PM
  - Cyert Hall, Osher Room A
- Class ID: 5524

**NEW!**

Some of the most brilliant movies ever made have taken aim at Hollywood as the center of the worldwide film industry. Students will see films (before class) from the 1940s-2000s that open up a critical view of this multifaceted world. Billy Wilder’s *Sunset Boulevard* depicts the haunting of the silent-film star system on Hollywood filmmaking. Preston Sturges’s *Sullivan’s Travels* satirically explores the relation of movies and sociopolitical change in the 1930s. Jean-Luc Godard’s *Contempt* gorgeously depicts the struggle between art and commerce in the international film world keyed to Hollywood. Robert Altman’s *The Player* steps satirically into the conflicts among producers, directors and actors in the “New Hollywood” of the 1970s. Spike Jonze’s *Adaptation* takes on the comic paradoxes of Hollywood screenwriting. And David Lynch’s *Mulholland Drive* encapsulates these dimensions of movie history within a mythic, dreamlike and nightmarish Hollywood. Students will see films before class by streaming or rental.

**Jon Klancher** has taught literature and film at Boston University and Carnegie Mellon University, having studied the medium at UCLA’s film school. His film teaching has focused on genres (science-fiction films and film noir) and other aspects of twentieth-century cinema history. He is currently writing an article about the recent film *Poor Things* (2023) in light of the motion-picture history of Mary Shelley’s *Frankenstein*.

## Dueling Sisters: De Havilland And Fontaine

*Study Leader:* Melanie Novak

- 6 Classes: Jul. 9 – Aug. 13
  - Wednesday, 2:45 PM - 4:15 PM
  - Cyert Hall, Osher Room B
- Class ID: 5517**

**NEW!**

Born in Tokyo to British parents, sisters Olivia de Havilland and Joan Fontaine became two of classic Hollywood's most successful actresses. Only one year apart, Joan Fontaine once remarked that their legendary feud began the day she was born. Both won Oscars and had careers that spanned decades. This course will track their individual careers, their private lives (including a combined six husbands), and the sibling rivalry that fueled their ambitions. We'll discuss their unique contributions to cinema—including Olivia's upending of the studio system when she successfully sued Warner Brothers—and treat ourselves to a bit of backstage gossip. Each week we'll discuss two films—one featuring each actress. Students will view the films on their own prior to class. Study leaders will apprise students of streaming apps for each film prior to the first class.

**Melanie Novak** is a self-taught film historian who has been watching classic films her entire life. In 2020, she began a blog on classic films. Her posts are part film review, part stories of the lives of those on and off camera who made the films that dominate America's cannon. Since 2022, she's given over a dozen lectures at local Carnegie Library branches covering topics such as "Classic Hollywood's Greatest Rivals", "The Life and Films of James Stewart", and "Bogart and Bacall: Hollywood's Greatest Romance".



## Looking At Movies Like A Writer

*Study Leader:* Steven Cherry

- 5 Classes: Jul. 8 – Aug. 5
  - Tuesday, 9:15 AM - 10:45 AM
  - Cyert Hall, Osher Room B
- Class ID: 5433**

**NEW!**

All storytellers use—and have always used, from *The Iliad* to *Spiderman*—the same building blocks: plot, characters, descriptive details, dialogue, action, narrative, conflict, and subtext. This is true for all manner of stories, films or novels, long or short, fact or fiction, comedy or tragedy. Our movie-watching experience is enhanced by understanding how each of these building blocks contributes to the story. We'll see them at work in four classic films: *Thelma & Louise* (1991), *Moonlight* (2016), *Casablanca* (1942), and *Pride & Prejudice* (2005).

**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.

## LITERATURE

## Queens And She-Wolves

Study Leader: Joan Cucinotta

- 5 Classes: Jul. 9 – Aug. 6 Class ID: 5516
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

**NEW!**

Before Queen Elizabeth I, the path to the throne for a female monarch was almost impossible. Men traditionally had the natural right to kingly power, but for a woman accession to the throne required great influence, intelligence, and strategic thinking. This course will look at some of the “she-wolves” most instrumental in paving the way to the queenship for Elizabeth I: Empress Matilda, Eleanor of Aquitaine, Isabella of France (named a she-wolf by Shakespeare), Kathryn Swynford, Elizabeth York, Mary Beaufort, Elizabeth Woodville, Lady Jane, and Mary Tudor. This course will include some readings that reflect on some of these women as well as the social limitations they faced in their times. It will also include some of the wealth of artwork about women in the Middle Ages.

**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.

Harper Lee's *To Kill A Mockingbird*

Study Leader: Michael Mariani

- 6 Classes: Jul. 9 – Aug. 13 Class ID: 5470
- Wednesday, 9:00 AM - 10:30 AM
- Cyert Hall, Osher Room A

Harper Lee's compelling story *To Kill a Mockingbird* showcases an American literary master's mind at work, and a book's ability to entertain, educate, change, and remain relevant to all people at any time hence the beauty of its universality. Some say it is the great American novel. This class studies this merited acclaim by reading about six chapters assigned per week. Each set has focal points to see, share, and appreciate Harper Lee's lucidity of literary techniques, her lively, memorable, iconic characters, and her brilliant point of view told from a child and adult as she sees and experiences stark bigotry and racism, friendship and loyalty, truth and secrets - still mainstay issues today. Ms. Lee lets us, “Peak behind closed doors” to learn, live and understand as Scout, Jem, and Dill witness and demonstrate unfailing courage, understanding, and the power of truth and love.

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

## Ekphrastic Poetry III

*Study Leader:* Rebecca Carpenter, Nancy Quick Langer

- 5 Classes: May 7 – Jun. 4 Class ID: 5441
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

**NEW!**

An ekphrastic poem is written about a work of art. It can be a poem about a beautiful subject of a portrait, a dog in the field, an eavesdropping child outside the picture's frame, or a plum in the sink. Some examples you may know already are Robert Browning's *My Last Duchess*, and Anne Sexton's *The Starry Night*. In this third version of Ekphrastic Poetry, Becky Carpenter will lead discussions of various works of art, including those by Dali, DaVinci, Seurat, and Franz Marc. Nancy Langer will then take us through poems written about their works, including Taylor Johnson, Francine Witte, Percy Bysshe Shelley, and Mary Oliver. But the real fun will be on the last day of class when those who wish to can share their own ekphrastic poem about a work of art they select early in the course. (The Study Leaders will, too!)

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

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



## Children's Book: Banned Or Bought

*Study Leader:* Amy Kellman

- 4 Classes: May 6 – May 27 Class ID: 5435
- Tuesday, 12:30 PM - 2:00 PM
- Cyert Hall, Hawkins Conference Room

**NEW!**

What are books for children and teens and why are people trying to ban them. In 4 sessions we will discuss awards, censorship, non-fiction, and graphic novels. You will be asked to read and discuss four books that will be easily available.

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

## MUSIC

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

*Study Leader:* Jeffrey Swoger

- 5 Classes: May 7 – Jun. 4 *Class ID:* 5452
- Wednesday, 2:45 PM - 4:45 PM
- Cyert Hall, Osher Room B

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

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

## Creating "America" With Music

*Study Leader:* Owen Cantor

- 2 Classes: Jun. 11 and Jun. 18 *Class ID:* 5500
- Wednesday, 2:45 PM - 4:45 PM
- Cyert Hall, Osher Room B

**NEW!** TWO DAY

After first becoming an independent country, there was no "America". The United States needed an identity, a national myth. Starting with a "borrowed" national anthem, we adopted our first national song. Home-grown songs and dance helped paved the way to create an idea we call "America". Enslavement and immigration provided us with non-European music, which we call our own. Unique, evocative, descriptive and often nationalistic, music has been used to unify the rough un-homogenized United States into an idealistic identity. It's a captivating story — but not always obvious. Curious?

**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.

## Finding America's Mozarts

*Study Leader:* Daniel Muller

- 4 Classes: May 28 – Jun. 18      *Class ID:* 5518
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room B

The history of classical music is largely told as a European story, ignoring the contributions Americans have been making over the past few centuries. Only a select few — Copland, Bernstein, and Gershwin — seem to ever grace the programs of American orchestras. In this course, we will learn all about the growth of classical music in the United States. We will hear the music of Pulitzer Prize winners, women and people of color who broke barriers, and diverse talents working in the scene today, exploring a range of styles from Romanticism to postmodernism and everything in between. This course will give you pride in your country's past and excitement for its future!

**Daniel Muller**, saxophonist, has been a winner of the Pittsburgh Concert Society Major Artists Competition, a quarterfinalist in the Fischhoff National Chamber Music Competition, and a featured artist on numerous concert series in Pennsylvania. A graduate of Carnegie Mellon and Duquesne Universities, Muller studied with tenor saxophone pioneer James Houlik.

# 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*  
4490: *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](http://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 | Culinary | Dance/Exercise | Finance/Insurance | Games | Music & Drama | Self Improvement | Tours | Wellness | Writing

## ART

### Nature In Watercolor Workshop For Beginners

Study Leader: Betsy Bangle

- 1 Class: May 30 Class ID: 5447
- Friday, 9:30 AM - 4:00 PM
- Raccoon State Park, Recreation Hall, 195 Cabin Rd #15050, Georgetown

**NEW!** ONE DAY

Are you curious about painting with watercolors, but you don't know where to start? Would you like to spend a day with your Osher friends in nature being creative? Join us at Raccoon Creek State Park for this day-long workshop. We will play with our art supplies to become friendly with them, then we'll test them out in the beauty of nature.

Please note: *Mobility Requirements - Hiking 1/2 mile on uneven terrain with art supplies will be part of this full day of activities. Bring your watercolor supplies and a brown bag lunch for a day of watercolor painting adventures. The workshop will be held Friday, May 30th, 2025 from 9:30 AM to 4 PM, rain or shine!*

**Betsy Bangle** 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.

### Introduction To Pastels

Study Leader: Francine VandenBerg

Materials Fee: \$10\*

- 3 Classes: Jul. 9 – Jul. 23 Class ID: 5506
- Wednesday, 10:00 AM - 12:00 PM
- Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale

Pastels, along with pencil and charcoal are perhaps the most spontaneous of art mediums. Available in thousands of colors, the artist only needs to choose one and begin. In this 3 part course you will learn about the types of pastels and mediums available and create 3 individual works bursting with color and suitable for framing.

Please note: *A supply list will be sent before the start of classes. Expected cost should be around \$25.00*

**Francine VandenBerg's** love and lifelong involvement in art is communicated through her lively and enthusiastic teaching style. She is a member of the Pittsburgh Society of Artists, Pittsburgh Watercolor Society and exhibits with the Pittsburgh 10 group of artists at various Pittsburgh galleries. Her favorite quote is from Thomas Merton, "Art enables us to find ourselves and lose ourselves at the same time."

\*Materials fee information located on page 75.

## The Modern Art Of Flower Arranging: Sogetsu Ikebana

Study Leader: Brittany Reilly

Materials Fee: \$45\*

- 1 Class: Jun. 26
  - Thursday, 1:00 PM - 3:00 PM
  - Cyert Hall, Olmsted Activity Room
- Class ID: 5481
- ONE DAY**

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

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

*\*Materials fee information located on page 75.*

## Challenge Your Creativity!

Study Leader: Francine Vandenberg

Materials Fee: \$10\*

- 3 Classes: Jul. 30 – Aug. 13
  - Wednesday, 10:00 AM - 12:00 PM
  - Wilkins Community Center, Regent Square, 7604 Charleston Ave, Swissvale
- Class ID: 5507

**NEW!**

Stretch your imagination, think outside the box and let yourself have fun. You'll be presented with different frameworks and unique assortments of materials you must use to create 3 works. With instructor guidance and encouragement, enjoy working with other artists, trade tips and suggestions and leave with a fresh set of creative possibilities in mind.

Please note: A supply list will be sent before the start of classes. Materials should cost around \$20.00.

**Francine Vandenberg's** love and lifelong involvement in art is communicated through her lively and enthusiastic teaching style. She is a member of the Pittsburgh Society of Artists, Pittsburgh Watercolor Society and exhibits with the Pittsburgh 10 group of artists at various Pittsburgh galleries. Her favorite quote is from Thomas Merton, “Art enables us to find ourselves and lose ourselves at the same time.”

*\*Materials fee information located on page 75.*



## Intro To Acrylic Mediums

*Study Leader:* Francine VandenBerg

*Materials Fee:* \$10\*

- 3 Classes: Aug. 12 – Aug. 26 *Class ID:* 5512
- Tuesday, 10:00 AM - 12:00 PM
- Wilkins Community Center, Regent Square,  
7604 Charleston Ave, Swissvale

Confronting a dizzying array of acrylic mediums, pastes and gels at your local art supply shop can be confusing. What do they all do? Which ones do I need? This course will answer your questions. You will also receive a straight-forward guide to mediums for you to use as a future reference. In this 3 part course students will create 3 unique works. Working with mediums requires planning and including extra drying time. For example, students will use time in the first class preparing for the third project. Therefore, it is important that students commit to attending all 3 classes.

*Please note: A supply list will be sent before the start of class. Supplies should cost around \$25.00.*

**Francine VandenBerg's** love and lifelong involvement in art is communicated through her lively and enthusiastic teaching style. She is a member of the Pittsburgh Society of Artists, Pittsburgh Watercolor Society and exhibits with the Pittsburgh 10 group of artists at various Pittsburgh galleries. Her favorite quote is from Thomas Merton, "Art enables us to find ourselves and lose ourselves at the same time."

*\*Materials fee information located on page 75.*

## Acrylic Open Studio

*Study Leader:* Francine VandenBerg

*Materials Fee:* \$10\*

- 6 Classes: May 7 – Jun. 11 *Class ID:* 5503
- Wednesday, 10:00 AM - 12:00 PM
- Wilkins Community Center, Regent Square,  
7604 Charleston Ave, Swissvale

**NEW!**

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

*Please note: Material supply list will be sent before the start of class. Materials are expected to cost around \$25.00.*

**Francine VandenBerg's** love and lifelong involvement in art is communicated through her lively and enthusiastic teaching style. She is a member of the Pittsburgh Society of Artists, Pittsburgh Watercolor Society and exhibits with the Pittsburgh 10 group of artists at various Pittsburgh galleries. Her favorite quote is from Thomas Merton, "Art enables us to find ourselves and lose ourselves at the same time."

*\*Materials fee information located on page 75.*



## CULINARY

### Wines Of The Finger Lakes

*Study Leader:* Barb Pezze, Gary Pezze

*Materials Fee:* \$35\*

- 2 Classes: Jun. 3 and Jun. 10 **Class ID:** 5488
- Tuesday, 1:00 PM - 2:30 PM **NEW!**
- Cyert Hall, Olmsted Activity Room **TWO DAY**

Did you know there are excellent examples of European-style wine within a 5-hour drive of Pittsburgh? We will explore the Finger Lakes wine region by giving an overview of the area and sampling classic examples of its whites, reds, roses, and sparkling. The course will cover the history of wine in the region, key winemakers, producers, and industry leaders, and geographic factors that make this a unique wine-producing region. Join us as we explore this exciting and evolving wine region!

**Barb Pezze** retired from Alcoa after 31 years in IT, Consulting and Ethics and Compliance. During her career she was fortunate to travel around the globe where she discovered her love of wine—Italian wine in particular! Barb obtained WSET I and II and an Italian Wine Scholar certification.

**Gary Pezze** (her husband) is a retired Metallurgical engineer with a passion for Italian food, wine, and spirits. In their retirement, Barb and Gary started VinoNomad, a wine education business. Today they hold wine classes for small groups in the home or at events.

*\*Materials fee information located on page 75.*

### Italian Wine In Depth: Part II

*Study Leader:* Barb Pezze, Ken Argentieri

*Materials Fee:* \$35\*

- 4 Classes: May 6 – May 27 **Class ID:** 5490
- Tuesday, 2:15 PM - 3:45 PM **NEW!**
- Cyert Hall, Olmsted Activity Room

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 Piedmont, Valle d'Aosta, Liguria, and Emilia-Romagna. It is anticipated that 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.

*\*Materials fee information located on page 75.*

## DANCE/EXERCISE

## Cajun Dance

Study Leader: Charles Ettensohn, Patty Doody

- 3 Classes: Jul. 9 – Jul. 23 Class ID: 5519
- Wednesday, 2:45 PM - 4:15 PM
- Wilkins Community Center,  
Regent Square, Auditorium,  
7604 Charleston Ave, Swissvale

**NEW!**

Cajun music and dance are lively, fun, and distinctive parts of a vibrant culture centered in southern Louisiana. This three-session class will teach the basics of Cajun dance, with goal of getting students out on the dance floor and enjoying themselves as quickly as possible. You will learn the two basic, couples-based, Cajun dance styles (Lafayette two-step and Cajun waltz), and some of the many variations on these basic steps (Mamou two-step, Mamou waltz and, if time permits Cajun swing). These dance steps are simple to learn, even for students with no experience in couples' dancing, so don't be shy! Recorded music will be used for the first two sessions, and a Cajun ensemble will provide live music for the last class session. No experience or partner is required, but experienced dancers and couples are welcome. Comfortable shoes that slide easily on a wooden dance floor are recommended.

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.*

**Chuck Ettensohn** and **Patty Doody**, have taught Cajun dance in the Pittsburgh area for more than 25 years. Chuck has been the accordionist in several Pittsburgh-based Cajun bands, including more than 20 years with Grand Bon Rien, and currently plays with Mon Krewe.

## Hatha Yoga

Study Leader: Loretta Barone

Materials Fee: \$10\*

- 6 Classes: May 8 – Jun. 12 Class ID: 5404
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio,  
5530 Penn Ave, East Liberty

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

Please note: *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.

\*Materials fee information located on page 75.

## Get Fit: A Fun Latin Cardio Workout

Study Leader: Connie Pollack

Materials Fee: \$10\*

- 8 Classes: May 7 – Jun. 25      Class ID: 5471
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,  
2nd Fl, 5915 Beacon St, Sq. Hill

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

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

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

*\*Materials fee information located on page 75.*

## FINANCE/INSURANCE

### The Financial Journey Of Women

Study Leader: Brian Bohn

- 3 Classes: Jul. 8 – Jul. 22      Class ID: 5489
- Tuesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A

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

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

## GAMES

**Trivia *Jeopardy!* Style***Study Leader:* Howard Seltman

- 2 Classes: Jun. 24 and Jul. 1 *Class ID:* 5451
- Tuesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room B

**TWO  
DAY**

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 faculty member of the CMU Department of Statistics and Data Science.

**Bridge Basics I***Study Leader:* Jack Patzer

- 6 Classes: Jul. 8 – Aug. 12 *Class ID:* 5465
- Tuesday, 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 (BB1,2,&3) explores a progression in playing skills designed to take neophytes (never played bridge before) to confident social bridge aficionados. Participants receive some instruction and play two or more sample hands (followed by detailed analysis of the hand) at every meeting. Bridge Basics 1 (BB1) introduces the participant to Standard American Yellow Card (SAYC), the most common American bidding convention framework, and provides instruction in the structure of the game, basic hand evaluation, opening suit bids, overcalls, competitive bidding, and play of the hand. BB1 is appropriate for neophytes or beginners who want to relearn the basics.

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

## Clairvoyance — Read Your Opponents' Card

*Study Leader:* Jack Patzer

- 5 Classes: Jul. 9 – Aug. 6 Class ID: 5466
- Wednesday, 2:45 PM - 4:45 PM
- Cyert Hall, Olmsted Activity Room

**NEW!**

Ever wonder how the “expert” at your bridge table always seems to make more than her fair share of dicey contracts? Is that “expert” actually clairvoyant, using revealed knowledge to pinpoint the lay of the cards? Ever wish that you could succeed at more of your own dicey contracts? Clairvoyance is a learned skill (at least in bridge). Every bid (or lack thereof) conveys information about your opponents’ hands - high cards and distribution. Likewise, play of the cards reveals additional information. Learn to exploit this information to properly place the location of vital cards. Starting from the simple (obvious?) and progressing to the amazing, we will develop the thought processes required for bridge ESP. Each session will illustrate concepts through play of at least four hands. Please note that clairvoyance does not really involve the standard bridge techniques of safety plays, endplays, squeezes, or coups. Rather, clairvoyance in bridge is simply application of logical deductions that are available to everyone. Clairvoyance is directed toward intermediate level players, conversant with SAYC, who are looking to improve their play. At least two years of playing experience is suggested.

**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. He firmly believes that improving one’s game beyond rudimentary basic skills adds to one’s enjoyment of the game. While books abound on the subject of improving one’s bridge game, learning while doing enhances the experience.



## Frick Park Lawn Bowling

*Study Leader:* Frick Park Lawn Bowling

*Materials Fee:* \$15\*

- 4 Classes: May 6 – May 27 Class ID: 5461
- Tuesday, 1:00 PM - 3:00 PM
- Frick Park, Lawn Bowling Greens,  
7300 Reynolds St, Pittsburgh

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

**Doreen Alexander** has been playing lawn bowls at Frick Park Lawn Bowling Club (FPLBC) since 2013. She has been an active volunteer at the club and has served on the board of directors as President and Tournament Committee chair. She is currently the Membership Committee chair and will be introducing this course and its coaching team to Osher participants. She has competed in club and division tournaments. FPLBC welcomes adults of all ages and abilities and children aged 13 and older. Lawn bowling is a great way to get exercise, meet new friends and to have fun. The club has a busy schedule of leagues and tournaments as well as social events for members and their families.

*\*Materials fee information located on page 75.*

## MUSIC &amp; DRAMA

## Singing In A Choral Group

Study Leader: Constance Rapp

Materials Fee: \$10\*

- 6 Classes: May 8 – Jun. 12      Class ID: 5527
- Thursday, 1:00 PM - 2:30 PM
- Episcopal Church of the Redeemer,  
5700 Forbes Ave, Squirrel Hill, 15217

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

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

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

\*Materials fee information located on page 75.

## SELF IMPROVEMENT

## Online Dating For Seniors

Study Leader: Ginnie Farnsworth

- 5 Classes: May 6 – Jun. 3      Class ID: 5460
- Tuesday, 12:30 PM - 2:00 PM
- Cyert Hall, Olmsted Activity Room

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

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

## AARP Smart Driver 8-Hour Initial Course

Study Leader: David Zimmer

Materials Fee: \$25\*

- 4 Classes: May 20 – Jun. 10 Class ID: 5482
- Tuesday, 10:00 AM - 12:00 PM
- Cyert Hall, Olmsted Activity Room

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

Please note: *More than just saving money, the course teaches proven driving techniques to help keep you and your loved ones safe on the road. Cost: AARP Member \$20, Non AARP Member \$25. Payable by check to AARP (instructor will collect payment)*

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

\*Materials fee information located on page 75.

## AARP Smart Driver Refresher Course

Study Leader: David Zimmer

Materials Fee: \$25\*

- 2 Classes: May 6 and May 13 Class ID: 5483
- Tuesday, 10:00 AM - 12:00 PM
- Cyert Hall, Olmsted Activity Room

**TWO  
DAY**

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

Please note: *More than just saving money, the course teaches proven driving techniques to help keep you and your loved ones safe on the road. Cost: AARP Member \$20, Non AARP Member \$25. Payable by check to AARP (instructor will collect payment)*

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

\*Materials fee information located on page 75.

### Planning your trip to campus?

Detailed parking & transportation information can be found on pages 40-41 of this catalog or on our website, [cmu.edu/osher/about/parking.html](http://cmu.edu/osher/about/parking.html).

## TOURS

## A Visit To The Maridon Museum

*Study Leader:* Rebecca Carpenter

- 1 Class: Aug. 1 *Class ID:* 5514
- Friday, 11:30 AM - 1:00 PM
- Maridon Museum,  
322 N McKean St, Butler

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

This field trip is a tour of the splendid Maridon Museum in Butler, PA. This gem of a museum holds an impressive collection that focuses on Chinese and Japanese art and culture, including jade and ivory sculptures, landscapes, scrolls, and artifacts. Also, there is a large, and fascinating collection of Meissen porcelain. The Maridon is a small, beautiful museum packed with elegantly displayed, exquisite artwork, all of which are the gifts of the museum's founder, Mary Hulton Phillips.

Please note: \$3.00 payment for entrance to the museum will be at the door. Transportation to the museum is not provided.

**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.

Our Three Rivers:  
Up Close & Personal

*Study Leader:* Scott Harshman, Richard Lockwood

- 6 Classes: May 7 – Jun. 11 *Class ID:* 5522
- Wednesday, 9:00 AM - 12:00 PM
- Various Locations, TBA

The course is intended to increase awareness of the participants to the value of the major watersheds in Western Pennsylvania and their impact on the economic health of the region and the quality of life of the citizens. The course will consist of six unique weekly field site visits on Wednesdays from 9am - 1pm. On May 7, the class will be about the Inland Marine Transportation System and at the Carnegie Science Center. On May 14, we'll be at the monthly meeting of the Waterways Association of Pittsburgh for a panel discussion and a free lunch will be provided. On May 21, we'll be touring and conducting the class at a Lock & Dam facility. Additional classes will include visits to a marine terminal, a recreational facility, and an environmental site. For certain visits, charter bus transportation will be provided from the Port of Pittsburgh Commission's office.

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

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

## WELLNESS

### Caregiver Wellness: Mind, Body, Spirit

*Study Leader:* Lisa Story

- 1 Class: Jun. 26
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Hawkins Conference Room

*Class ID:* 5504

**NEW!**

**ONE  
DAY**

Are you currently or have been a family caregiver? Are you receiving care from a family member? This journey of love doesn't come with an instruction manual, so seeking assistance is critical in the overall experience. Hope Grows is a non-profit organization that supports the emotional/mental wellness of family caregivers. Lisa Story, Hope Grows Founder and Clinical Director, will introduce you to the vision of the non-profit, present to you an overview of the services Hope Grows provides, and offer up some best practices and therapeutic respite activities that will help reduce stress and improve coping skills.

**Lisa Story**, a nature therapist, is the founder of Hope Grows, a 501c3, dedicated to "Cultivating Caregiver Wellness." A Licensed Professional Counselor and Certified Thanatologist, Lisa's professional experience in grief, bereavement and the connection to nature led her to Hope Grows. An entrepreneur, she founded Hope Grows in 2010. Since then, she and her spouse have transformed their family home and property into a unique, nature-centric B&B with Healing Gardens for caregivers & those grieving. Lisa is a blogger, author, faculty member of Robert Morris University in Psychology and speaker on the topic of respite. Awards include the Jefferson Award & 2022 UPMC Caregiver Champion recipient & has been involved with Advisory Councils for Robert Morris Psychology Department, the Allegheny Area Agency on Aging, and the Senior Companion.

### From "Om..." To "Aha!"

*Study Leader:* Nancy Keebler

- 2 Classes: Jun. 25 and Jul. 2
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Olmsted Activity Room

*Class ID:* 5523

**TWO  
DAY**

Want to learn how to meditate? Some people think it is difficult to meditate, that you have to work at it, find the 'trick', and 'practice, practice, practice.' In this class, we will explore what meditation is, and isn't: Mindfulness? Prayer? A practice? A mental exercise? A physical exercise? We will sample a few of the tools available to help us meditate so that we can experience first-hand what is meaningful and helpful to us individually. We will also learn about a layman's form of Transcendental Meditation, from one long-time practitioner's point of view. Throughout, we will share our experiences and reactions with each other.

**Nancy Keebler** has practiced Transcendental Meditation every day for more than 50 years. A native San Franciscan, her first career was as a newspaper and newsletter reporter and editor for 25 years, climbing the career ladder from the Bay Area to Washington, D.C. and eventually to Boston, MA. She went back to school in her mid-forties to study occupational therapy at Tufts University. She worked in the Boston area for another 20 years happily treating older people in settings from their homes to Veterans hospitals. She and her husband moved to Pittsburgh three years ago, to be close to their daughter's young family.

## Preparing For Your End: Funeral Planning

*Study Leader:* Stephen Christian-Michaels

- 1 Class: Jun. 24
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

*Class ID:* 5440

ONE  
DAY

Most people tend to avoid thinking about their death. They tend to put off making plans for their funeral. This ends up leaving their surviving family members to deal with planning the funeral arrangement while they are grieving, traveling, and dealing with other details. This session will talk about the different funeral arrangement options including burial, cremation, green burials, composting, etc. We will also include how the use of a Death Doula can assist you and your family in the final days and after. We will talk about the services provided by the Funeral Consumers Alliance of Western PA, a non-profit, who advocates and help members select a funeral home (we have 25 participating funeral homes) to select which option works best and will assist when funeral homes close and a new selection is needed. Come learn about how a planning for your death will help your family.

**Stephen Christian-Michaels** is a social worker and worked in community mental health center and was the CEO of Family Services of Western PA. When he retired he joined the board of trustees as the Vice President of the Funeral Consumers Alliance of Western PA. Stephen also teaches at the Center for Public Service Psychiatry at Western Psychiatric. He also maintains a consulting business. Lynne Ireland-Knight is a death doula committed to making death education part of our community conversation. As the owner of Promise Me Momma LLC her focus is on end-of-life planning and support services, grief support, and green burial education. With advanced planning, if and when we know the end is near, can lay the groundwork for an easier, more meaningful transition.

## WRITING

### Writers' Workshop

*Study Leader:* Thalia Snyder

- 6 Classes: Jul. 9 – Aug. 13
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Hawkins Conference Room

*Class ID:* 5458

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.*

**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.

## ARCHITECTURE

### Domes In World Architecture

*Study Leader:* Paul Tellers

- 5 Classes: May 7 – Jun. 4 *Class ID:* 5494
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

This course will explore domed structures through history, from the ancient world to the present. Each of the lectures will present two or more domes, looking into not only their structure and construction, but also who built them and why. The lectures will be richly illustrated with photos and diagrams. Comparisons of the 10+ structures will be made regarding size (plan and volume) and construction methodology. All the domed structures in the course are extant (except one) so lectures will include current photography and current uses.

**Paul Tellers** is an architect and planner. He was the University Architect at Carnegie Mellon University, the Director of Planning at WTW Architects, Facilities Planning Director for a CUNY college in New York, and a Project Manager for the Pittsburgh Cultural Trust. In addition to teaching Osher courses, Tellers serves as a guide for historic Pittsburgh tours for Pittsburgh History & Landmarks Foundation, Rivers of Steel, Bike the Burgh, and Doors Open Pittsburgh. Tellers is currently a docent at the Carnegie Museum of Art and a member of the Bach Choir of Pittsburgh.

## MEDICAL

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

*Study Leader:* Jerome Granato

- 2 Classes: Jun. 24 and Jul. 1 *Class ID:* 5448
- Tuesday, 10:30 AM - 12:30 PM
- Cyert Hall, Hawkins Conference Room

**TWO  
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 post-doctoral 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.

## Digital Therapeutics For Health Literacy

*Study Leader:* Rema Padman

- 1 Class: Aug. 13 Class ID: 5454
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

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

Health literacy is a widely recognized challenge worldwide, with many adults lacking the requisite skills to engage successfully in the management of their health and healthcare. Affecting both individual and societal health outcomes, limited health literacy particularly exacerbates the increasing physical and psychological burden for patients with multiple health conditions as well as pediatric, elderly and disadvantaged populations. Recent developments in digital therapeutic solutions offer an opportunity to apply systems thinking combined with analytic methods to synthesize the myriad components of a multi-pronged approach to improving societal health literacy at scale. This session will highlight some of these developments with a focus on digital platforms and human-in-the-loop algorithmic artifacts in the healthcare delivery setting, recognizing the challenges of misinformation, disinformation, inclusivity and representativeness in identifying and disseminating authoritative and accurate content for educating and empowering both individuals and the population.

**Rema Padman** is Trustees Professor of Management Science and Healthcare Informatics in the Heinz College of Information Systems and Public Policy at CMU and Adjunct Professor in the Department of Biomedical Informatics at the University of Pittsburgh School of Medicine. Her research investigates healthcare informatics, analytics and operations for data-driven decision support in the context of clinical and consumer-facing IT interventions in healthcare delivery and management. Recent focus on developing and evaluating digital therapeutic approaches for addressing health literacy challenges is leveraging AI-driven mhealth games and user-generated visual social media content for educating and empowering children and adults alike. She is an elected Fellow of American Medical Informatics Association and inaugural recipient of the Bufalini Prize - Health Technologies Sector for applications of AI in Medicine.

## SCIENCE

### The Science Of Patterns

*Study Leader:* Rachel Kurchin

- 3 Classes: May 7 – May 21 Class ID: 5525
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

Repeating patterns are everywhere, both naturally occurring and human-made. A few examples include the vibrations of sound waves, stitches in fabric, bricks in a wall, and atoms in crystals. In this course, we will explore how mathematicians, scientists, and engineers classify and quantify various types of patterns, and take a hands-on approach to illuminate how the same mathematical ideas can help us understand these patterns, whether at the nanometer or kilometer scale. Feel free to bring a musical instrument to the first day of class and we'll analyze its harmonic spectrum together!

**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 from MIT in 2019. From 2019 - 2022, she was a postdoctoral fellow in the Mechanical Engineering Department at CMU, and joined the MSE faculty 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.

## TECHNOLOGY

### Semiconductor Chips: Their Global Impact

*Study Leader:* Randal Bryant

- 5 Classes: May 7 – Jun. 11\*
- Wednesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A

Class ID: 5474

**NEW!**

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

Semiconductor chips power the cellphones we carry and massive data centers supporting Google, TikTok, and the NSA. They make possible heart pacemakers, video games, and cruise missiles. With over a billion transistors patterned on a piece of silicon smaller than a postage stamp, each chip requires manufacturing technology of unprecedented precision and complexity. Their supply chain spans the world but has many vulnerabilities. The two leading chip manufacturers are located in Taiwan and South Korea, countries under direct threat by their neighbors. The leading U.S. company has fallen to a distant third. Yet, the entire world economy depends on a steady supply of chips. This course does not require a technical background. Topics include: How do chips work and how are they manufactured? What is their supply chain and who are the leaders? What are the implications for the U.S.? What about China? What does the future hold?

**Randal E. Bryant** is the Founders University Professor of Computer Science Emeritus at Carnegie Mellon University. He has been on the CMU faculty for over 40 years, having received his PhD from MIT in 1981. He served as Dean of the School of Computer Science for 10 years. Much of his research has focused on developing computer-aided design tools that enable chip designers to simulate and verify the correctness of their systems prior to manufacture. He has received numerous awards from the semiconductor industry and from professional organizations. He also spent one year at the White House Office of Technology Policy, helping to coordinate the Federal Government's investments in advanced computer technology.

## 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 and we will make sure you are*

# SOCIAL SCIENCES

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



## CONTEMPORARY TOPICS/ SOCIOLOGY

### Notebooks Through History — And Yours!

*Study Leader:* Anne Semmler

- 1 Class: Jun. 26
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

*Class ID:* 5438

**NEW!**

**ONE  
DAY**

Take a tour of notebooks and journals from the Renaissance to the present day, including explorers' sketchbooks, ships logs, artists' books, diaries and more. This class will also introduce multiple practical ideas for the highly adaptable bullet journal method for everything from science projects, crafts, travel, art, personal organization, reflection, and much more. Discover how a journal can be your new (or improved) best friend. This class will draw on diverse and entertaining sources including Roland Allen's *The Notebook: A History of Thinking on Paper*; Huw Lewis-Jones' *Explorers' Sketchbooks: The Art of Discovery & Adventure*; David Sax's *The Revenge of Analog: Real Things and Why They Matter*; and Ryder Carroll's *The Bullet Journal Method: Track the Past, Order the Present, Design the Future*, and more.

**Anne Semmler** is a bullet journal fanatic with a hefty collection of notebooks for art projects, reading lists, language learning, class notes, personal organization, and more.

### SETI At 40

*Study Leader:* Howard Seltman

- 2 Classes: Jun. 25 and Jul. 2
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room B

*Class ID:* 5450

**NEW!**

**TWO  
DAY**

The SETI Institute is a non-profit founded 40 years ago to further the search for extraterrestrial intelligence. Its current mission is "to lead humanity's quest to understand the origins and prevalence of life and intelligence in the universe and share that knowledge with the world". In this course you will learn about the background, science, technology, and cultural impact of the studies carried out by the Institute.

**Howard Seltman** is a pathologist and statistician who retired from the CMU Department of Statistics and Data Science in 2019. He has had a lifelong interest in astronomy and related fields.

### A Statistician Reads The Newspaper

*Study Leader:* Howard Seltman

- 3 Classes: May 7 – May 21
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

*Class ID:* 5449

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

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

## Dynamics Of Our Cultural Identities

Study Leader: Vincent Johnson

- 1 Class: Jun. 26 Class ID: 5475
- Thursday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A

**NEW!**

**ONE DAY**

This 90-minute course is designed to help participants to better understand, engage in conversation about, and gain awareness regarding the impacts of our cultural identities (i.e, age, race, gender, gender identity, socioeconomic status, sexual orientation, immigrant status, native language, education level, religion, military status, physical and mental ability, etc.) on oneself and others.

**Vincent O. Johnson** has over 40-years of multicultural business management experience, working with higher education institutions, banking, financial services, health care, consumer products, public utilities, religious organizations, private sector corporations, and nonprofit entities. He also has over 20-years of operations and human resources experience with the Procter & Gamble Company. He earned a bachelor's degree in economics from Harvard University and an MBA from Waynesburg University. Johnson is currently Director of Equity & Inclusive Excellence at the University of Pittsburgh School of Law, and a part-time Diversity Consultant with VISIONS, Inc. VISIONS is a 40-year-old diversity consulting firm headquartered in Dorchester, MA.

## Chestnut Farm: Ongoing Restoration Case & Tour

Study Leader: Byron Black

- 2 Classes: Jun. 24 and Jul. 1 Class ID: 5495
- Tuesday, 10:00 AM - 12:00 PM
- Cyert Hall, Olmsted Activity Room, Chesnut Farm, Washington PA

**NEW!**

**TWO DAY**

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 1,150 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: *special tour of the Chestnut Farm in Washington PA is scheduled as 2nd class on 7/1. Exact address will be sent to those registered closer to the tour.*

**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.



## Railroads: A Topical Survey

*Study Leader:* Mark Spada

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

*Class ID:* 5499

**NEW!**

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

**Mark Spada**, the course organizer, is President of Western Pennsylvanians for Passenger Rail, a volunteer group advocating for enhanced western Pennsylvania passenger rail service, and a council member of the national advocacy organization, Rail Passengers Association. Guest lecturers will bring a wealth of knowledge and expertise through a variety of backgrounds in railroad history, ownership and employment.

## Let's Keep Talking About Palestine

*Study Leader:* Tina Whitehead

- 4 Classes: May 7 – May 28
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A

*Class ID:* 5459

Palestine has been in the news this past year, but few people are aware of the history that has led up to this time. This course will begin by looking back to the late 19th Century and the rise of Zionism, the British Mandate and 1948. Subsequent classes will be divided between the West Bank, East Jerusalem and Gaza. As with previous classes, pictures and maps will be used to illustrate the current situation.

**Tina Whitehead** has been presenting courses on Palestine at Osher since 2009. A graduate of Duquesne University with an M.A. in Spiritual Formation, Tina has spent half of her time since 2006 living and working with Palestinians in East Jerusalem and the West Bank. Since Covid she has returned to the Pittsburgh area, working part-time at the Oakmont Library and living in Verona. She continues to speak at churches and organizations about her experiences.



## Green Burial: The Way To Go

Study Leader: Laura Faessel

Materials Fee: \$5\*

- 3 Classes: May 7 – May 21
- Wednesday, 1:00 PM - 2:30 PM
- Penn Forest Natural Burial Park,  
266 Kansas Street, Verona  
Cyert Hall, Olmsted Activity Room

Class ID: 5520

**NEW!**

Are you curious about green burial? Join us for a fun and enlightening course exploring the world of green burial and how eco-friendly approaches to end-of-life choices benefit our planet and those who inhabit it. In week one, we'll delve into the history of burial traditions and funeral customs, uncovering how practices have evolved over time. In week two, we'll focus on end-of-life planning, offering tools to help you envision your last wishes and create a meaningful ceremony. In week three, we'll visit Pennsylvania's first and only exclusively green cemetery, Penn Forest Natural Burial Park located in Verona. Enjoy a guided walking tour, meet members of the Penn Forest community, and see how green burial harmonizes with nature's cycles of life and renewal. This thought-provoking course provides the opportunity to reflect on our finite lives and break the taboo of discussing death and dying in a supportive, open environment.

Please note: *The last class will be at the cemetery*

**Laura Faessel**, manager of Penn Forest Natural Burial Park, holds a bachelor's in environmental studies from Slippery Rock University, where she studied burial practices across five cultures, igniting her passion for green burial. She has embraced all that running a green cemetery has to offer and has spoken at prestigious conferences such as Phipps Native Plant and Sustainability Conference and Green Burial Council Conferences. Deanna Mance, an abstract artist, began integrating her passion for art with end-of-life care in 2012 as a life enrichment coordinator. A certified death doula since 2018 and co-founder of Pittsburgh Community Deathcare, she now serves as Operations Assistant at Penn Forest Natural Burial Park. Deanna is passionate about destigmatizing death and dying as a radical form of celebrating life.

## Religion And Politics In The 2024 Election

*Study Leader:* Daniel Aleshire

- 2 Classes: Jun. 25 and Jul. 2 *Class ID:* 5462
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

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

Religious affiliation has historically been correlated with voting patterns, and the 2024 election continued this historic connection. This course will explore the relationship of religious affiliation and voting patterns in the 2024 presidential election and how the most recent votes compared to votes from 2016 and 2020. The course will also explore some issues that have both political and religious overtones, like abortion and immigration.

**Daniel Aleshire** retired after almost three decades of work with the Association of Theological Schools in the United States and Canada. ATS includes more than 280 theological schools—main-line Protestant, Evangelical Protestant, Roman Catholic, Orthodox, and Jewish—and serves as the primary accrediting agency for these post-baccalaureate theological schools. He has authored or coauthored four books on theological education and has particular interests in the intersection of American religion and culture.

## HISTORY

### The Williamstown Boys In The Civil War

*Study Leader:* Carleton Young

- 1 Class: Jun. 26 *Class ID:* 5477
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

**ONE  
DAY**

After his parents had passed away, Carleton Young was clearing out their house in Pittsburgh and was surprised to find an enormous collection of letters written by two brothers who were soldiers in the Civil War. He then spent more than a decade visiting battlefields, researching, and walking in the steps of the two soldiers. In this class he will tell the story of two brothers from Vermont who witnessed and made history by fighting in many of the most famous battles of the Civil War. They then preserved that history through their surprisingly detailed and insightful letters. The Western Pennsylvania History Journal, published by the Heinz History Center, said that “More than merely satisfying an interest in the war, the story demonstrates our surprising connections to each other both past and present.”

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

## Discovering A Family History

*Study Leader:* Carleton Young

- 1 Class: Jun. 26
  - Thursday, 1:00 PM - 2:30 PM
  - Cyert Hall, Osher Room A
- Class ID:* 5478

ONE  
DAY

After completing a career of teaching American history classes, Carleton Young began extensive research of his own family history. Through that process, he was surprised to discover that he was related to many of the famous people in American history that he had been teaching about in his own history classes for so many years. There were family connections to Teddy Roosevelt, Franklin Roosevelt, Ulysses S. Grant, Paul Revere, a Pilgrim on the Mayflower, and many other famous Americans. He also found that along with the famous and heroic, there were family connections to a few infamous rogues, murderers, and notorious criminals as well. The class will present those findings and perhaps create an interest in looking more into your own family history.

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

## "You Say You Want A Revolution?"

*Study Leader:* L Jon Grogan

- 5 Classes: May 6 – Jun. 3
  - Tuesday, 2:15 PM - 3:45 PM
  - Cyert Hall, Osher Room B
- Class ID:* 5443

NEW!

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!

## George Westinghouse — You Can Be Sure

Study Leader: David Bear

- 2 Classes: Jun. 24 and Jul. 1
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Class ID: 5468

**TWO  
DAY**

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

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

## Heroes Of WWII

Study Leader: Robert Bukk

- 1 Class: Jun. 17
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

Class ID: 5467

**NEW!**

**ONE  
DAY**

Based on a reissue of a Special Edition of *Life Magazine* hear the stories of The Word Warrior, The Daredevil of Guadalcanal, The Purple Heart Patriots, The Buffalo Soldier, The White Rose of Stalingrad and Chips the most decorated dog during WWII who put their lives on the line to rescue freedom from the throws of the AXIS powers.

**Robert Bukk** is a freelance writer and raconteur. He is a WWII Historian and former Southwest Pennsylvania WWII Memorial Fund Executive Director. He also serves as a judge for the International Science and Engineering Fair and 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.

## Swiss Fortresses: A WWII Story Of Fear And Hope

*Study Leader:* Christian Daehler

- 1 Class: Jun. 25
  - Wednesday, 1:00 PM - 2:30 PM
  - Cyert Hall, Osher Room B
- ONE DAY**

In this presentation you will discover the amazing accomplishment exemplified by Fortress A2206. Pulling back a veil of secrecy reveals intricate details previously hidden underground for more than fifty years. The story begins in the summer of 1940. After France had surrendered to Germany, Switzerland found itself in the terrifying situation of being surrounded by the Axis powers. Despite having mobilized twenty percent of the population, it became apparent that not enough troops were available to secure the borders. The military started preparing the retreat into the mountains where, under the protection from the fortresses, they hoped to be able to defend their sovereignty against the German Wehrmacht. You will get a sense of how diligently the Swiss people prepared to be able to resist a foreign invasion and learn about the events leading to the construction of many secret fortresses in the Swiss alps during World War II.

**Christian Daehler** grew up in a small tourist town at the foot of mount Rigi on the shores of lake Lucerne in Switzerland. While he was aware that there was a fortress hidden inside the mountain, he did not know any specifics as the fortress remained classified until 1998. Once decommissioned by the military a group of locals, Christian's father among them, purchased the fortress with the idea of opening it to the public. Upon entering the fortress for the first time Christian was struck by what his ancestors must have experienced at the time the fortress was built. Christian came to the US in 1997 as part of a job rotation program for Hitachi Energy and has been calling western Pennsylvania home ever since.



## The Italian Renaissance

*Study Leader:* Toby Chapman

- 3 Classes: May 6 – May 20
  - Tuesday, 12:30 PM - 2:00 PM
  - Cyert Hall, Osher Room B
- NEW!**

The renaissance started with a rediscovery of Roman and Greek thought and reached its essence in the city-states of Italy in the time period roughly between the 14th and 16th centuries CE. Here were advances in scientific thought bookmarked by Leonardo da Vinci, Galileo and Bruno, astonishing artworks still prized today by da Vinci, Michelangelo, Raphael, and numerous others, and architectural achievements such as the Florence cathedral and St. Peter's basilica. The Medici and Sforza families play a major role. The course will focus on lives and works of the giants of this time and the background that allowed and promoted the great achievements.

**Toby Chapman** is an emeritus associate professor of chemistry at the University of Pittsburgh and joined the department in 1967. He received his B. S. from the University of Illinois and Ph. D. from the Polytechnic Institute of Brooklyn. He then did post-doctoral work at Harvard Medical School before joining Pitt. After retiring he was led to Osher CMU by his wife Florence. Since then he has been an active participant in numerous Osher classes and has been a study leader. These latter include presentations on the Nobel Prizes in Chemistry and a course devoted to the life and works of Louis Pasteur.

## Liberty And No Excise!

Study Leader: Denise Cummins

Materials Fee: \$25\*

- 1 Class: Jun. 24
- Tuesday, 10:00 AM - 2:00 PM
- BHHA Meeting House,  
182 S. Main St

Class ID: 5434

ONE  
DAY

This was the rallying cry for the Whiskey Rebellion of 1794, the first test of the power of the federal government under the new U.S. Constitution, when the unpopular excise tax levied against frontier farmers incited them to violent protest. The morning session is a lecture providing an overview of this insurrection and to establish historical context. The afternoon session is a site visit to the Bradford House Museum, where participants will tour the beautifully restored and appointed National Historic Landmark home of Whiskey Rebellion leader David Bradford, and the Whiskey Rebellion Education & Visitor Center, where visitors will walk through an illustrated timeline of events and period displays. Knowledgeable docents, in period attire, will provide additional insight as well as answer questions. All sites are located on South Main Street, Washington PA.

Please note: Lunch is included in tour. Material fee of \$25 will be collected at the door.

**Denise Cummins** was born and raised in Washington, Pennsylvania, a few blocks from the Old Stone House that is now the Bradford House Museum. She began volunteering at the Bradford House following her retirement from teaching. A lifelong learner, she enjoys finding the story behind the history and sharing that story with others.

## PITTSBURGH

### Carnegie's Gift To Pittsburgh

Study Leader: Paul Tellers

- 1 Class: Jun. 26
- Thursday, 2:45 PM - 4:45 PM
- Cyert Hall, Osher Room B

Class ID: 5501

NEW! ONE  
DAY

By the end of the nineteenth century Andrew Carnegie was considered the richest man in the world. Born in poverty in Scotland, he considered himself a self-made man. He owed his wealth to the massive growth of industry after the Civil War in his adopted home of Pittsburgh. Carnegie believed that no man should die wealthy; wealth should be invested in projects that would advance science and culture. His gift to Pittsburgh in 1895 had four components: a museum of art, a museum of natural history, a central library, and a music hall. The project was massively expanded just 12 years later. This richly illustrated lecture will cover the creation and development of the Carnegie Institute, and its impact on the Oakland district and the City of Pittsburgh.

**Paul Tellers** is an architect and planner. He was the University Architect at Carnegie Mellon University, the Director of Planning at WTW Architects, Facilities Planning Director for a CUNY college in New York, and a Project Manager for the Pittsburgh Cultural Trust. In addition to teaching Osher courses, Tellers serves as a guide for historic Pittsburgh tours for Pittsburgh History & Landmarks Foundation, Rivers of Steel, Bike the Burgh, and Doors Open Pittsburgh. Tellers is currently a docent at the Carnegie Museum of Art and a member of the Bach Choir of Pittsburgh.

## Penn Brewery: Tales & Tour

*Study Leader:* Linda Nyman

*Materials Fee:* \$20\*

- 2 Classes: Jun. 24 and Jul. 1 *Class ID:* 5446
- Tuesday, 2:45 PM - 4:45 PM
- Cyert Hall, Osher Room A,  
Penn Brewery, 800 Vinial St 15212

**TWO  
DAY**

Penn Brewery launched Pittsburgh's contemporary craft beer scene in the 1980s, but this hometown stalwart traces its origins all the way back to the German immigrants who settled in the City of Allegheny on Pittsburgh's North Side in the mid-nineteenth century. Join former Penn Brewery co-owner Linda Nyman to learn about Penn's history, craft beer and brewing process, and the architecture of this fascinating building complex, which is listed on the National Register of Historic Places. This course will be taught in two sessions. In the first, we'll meet at the Osher CMU campus, and Linda will share her experiences and adventures from her thirteen years with Penn Brewery. In the second, we'll convene at Penn Brewery, where you'll meet Penn's brewmaster, tour the brewing operation, and finish with a discussion of the facility's architectural evolution. Prost!

**Linda Nyman** is a retired consumer products business and marketing manager. Linda was formerly Co-Owner and Marketing Director of Penn Brewery for thirteen years. Prior to her involvement with Penn, Linda rose through the marketing management ranks at several consumer products companies including H.J. Heinz Co., Sara Lee Corp., and GlaxoSmithKline Consumer Healthcare. She earned her MBA at the University of Chicago and her BA in English and drama at Franklin & Marshall College.

*\*Materials fee information located on page 75.*

## Four Pittsburgh Originals

*Study Leader:* Howard Voigt

- 3 Classes: Jul. 9 – Jul. 23 *Class ID:* 5444
- Wednesday, 9:00 AM - 10:30 AM
- Cyert Hall, Osher Room B

**NEW!**

Via apt slides and lucid narratives, we will take a virtual tour of four famous Pittsburgh creations. First, Forbes Field: the Pirates' move from the North Side to Oakland's Civic Center, the construction of Forbes Field, and the team's fifty-year history therein. Second, the Cultural District: the conversion of two 1920's movie venues to Heinz Hall and The Benedum, as well as a dozen other functionally and architecturally rich developments constituting the city's Cultural District. Third, Pitt: its 1908 move from downtown to Oakland, the short life of its Acropolis Campus, and the design, financing and construction of the Cathedral of Learning. Lastly, Renaissance I: after first depicting the City's unremittingly overcast Smokey City days, we will describe in detail the urban renewal component of "Renaissance I"'s creation of the Civic Arena, Mellon Square, Gateway Center, and Point Park.

**Howard Voigt** is a retired lawyer. He graduated with a BA degree in history from the University of Notre Dame, followed by a JD degree from the University of Cincinnati College of Law. As a retiree, Howard has lead numerous walking tours covering the downtown and Oakland areas, all under the auspices of the Pittsburgh History and Landmarks Foundation. He also has conducted Osher lectures on matters involving Pittsburgh history and its many notable landmarks.

### 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.

## Walking Historical Highland Park

*Study Leader:* Jay Steele

- 1 Class: Jun. 25 Class ID: 5412
- Wednesday, 9:00 AM - 11:00 AM
- Various Locations, TBA

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

Highland Park is a residential historic district in the East End of Pittsburgh. It combines a large municipal park with a beautiful residential neighborhood with large, beautiful homes. We will tour some of these homes on North Sheridan, North Highland, North Negley, and end at Elgin Court and the massive and fabulous King Mansion. This walking tour is done by an experienced tour guide of 27 years. It will give you a unique perspective of the past, present, and future of Highland Park. It's a fun way to exercise in the summer!

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

## What Style Is It?

*Study Leader:* Robert Jucha

- 6 Classes: Jul. 8 – Aug. 12 Class ID: 5485
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Have you ever walked or driven by an interesting house and wondered what style of architecture it is? This class will attempt to answer that question. The course is an overview of the different styles of American domestic architecture from the colonial period to the present day. Wherever possible the majority of the examples for each style will be drawn from the local architecture of Pittsburgh and Western Pennsylvania.

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

## Walking Historical East Liberty

*Study Leader:* Jay Steele

- 1 Class: Jun. 24 Class ID: 5413
- Tuesday, 9:00 AM - 11:00 AM
- Various Locations, TBA

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

East Liberty has been part of the city of Pittsburgh since 1868. In its prime, Penn Avenue business district rivaled Downtown Pittsburgh. It has transformed from the Penn Circle project to Bakery Square. We will check out the old and new on this exciting tour including East Liberty Presbyterian Church, Highland Building, the old YMCA, Carnegie Library, The Kelly-Strayhorn Theater, other churches, Peabody High (Obama), Pittsburgh Theological Seminary, Target, Trader Joe's, and Bakery Square and other hidden gems. This tour done by an experienced tour guide of 27 years will give you a unique view of the past, present, and future of this East End neighborhood. It's a fun way to exercise in the summer!

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

## Big Stories About Everyday Objects

*Study Leader:* Heinz History Center

- 1 Class: Jun. 26 Class ID: 5508
- Thursday, 11:00 AM - 12:30 PM
- Heinz History Center,  
1212 Smallman St, Strip District, 15222

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

Do you consider an aluminum can to be a simple object? What about a ketchup bottle? If you do, think again. Vast webs of people and ideas came together through a series of unexpected events to produce these items. Come to the Heinz History Center for a presentation about how to begin finding these “big stories” in everyday objects around you. A museum educator will demonstrate some of the converging trajectories behind ketchup bottles and aluminum cans; but these are only examples - leave prepared to think about any ‘mundane’ object with a renewed sense of wonder. Participants will be admitted free of charge to the Heinz History Center on the day of the presentation and are welcome to tour the museum afterwards.

**Lloyd Black** is a museum educator at the Heinz History Center and is passionate about telling the story of Western Pennsylvania through an interdisciplinary lens. He has degrees in Anthropology, Evolutionary Anthropology, International Relations, and a certificate in Cognitive Science.



## Designing A Deer Resistant Garden

*Study Leader:* Pgh Botanic Garden

- 1 Class: Jun. 26 Class ID: 5476
- Thursday, 10:00 AM - 12:00 PM
- Pittsburgh Botanic Garden,  
799 Pinkerton Run Rd, Oakdale, 15071

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

It happens every time! You find, buy, plant, fuss over and place all your hopes into that new plant you were dying to try in your landscape and one day you awaken to find it abused, marauded, and eaten - by deer. What's a gardener to do? Education & Exhibits Director, Dr. Mark Miller, will guide you through techniques that have proven successful over the years at preventing deer (and other critter) damage. A list of deer-resistant plants will be provided and ways of designing your garden to dissuade destruction will be discussed.

**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: Jul. 9 – Jul. 23 *Class ID:* 5493
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

**NEW!**

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 contributory, 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 flash-point 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.

**Why The US Government  
Cannot Go Bankrupt***Study Leader:* Dan Bednarz

- 6 Classes: May 6 – Jun. 10 *Class ID:* 5409
- Tuesday, 10:00 AM - 12:00 PM
- Cyert Hall, Osher Room A

**NEW!**

This class explains the public policy implications of the ensconced and dominant misunderstanding about government debt, taxes, and government spending. The US dollar is a sovereign currency, which means the government can print as much money as it desires and, therefore, can never go bankrupt. It also means that US government spending is not constrained by tax revenues; albeit, what constrains “money printing” from becoming inflationary is not the threat of “too much money floating around”; rather, it is the amount of natural resources, infrastructure, human know-how — meaning training/education/expertise — available in society when money is printed by the government. Print money without adequate resources and you get Zimbabwe and Weimar Germany. Print with adequate resources and you get the New Deal. This insight has profound implications for public policy, and it affects our understanding of the distribution of power between the government, the people and financial markets/ banks.

**Dan Bednarz** holds a Masters in Sociology from Central Michigan University and a PhD in policy Analysis from University of Pittsburgh. He also attended graduate school in Sociology at Vanderbilt University. He has coauthored (with Donna J. Wood) *Research in Teams*, Prentice-Hall, 1991; and *East German Intellectuals and the Unification of Germany: An Ethnographic View*, Palgrave/Macmillan, 2017. He has worked at the schools of public health and the business school (University of Pittsburgh) and taught sociology at several colleges and universities.

## PSYCHOLOGY

### Critical Thinking For Lazy Smart People

Study Leader: Edward Zuckerman

- 2 Classes: Jun. 25 and Jul. 2 Class ID: 5455
- Wednesday, 1:00 PM - 2:30 PM NEW! TWO DAY
- Cyert Hall, Osher Room A

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 aid at New York’s Bellevue Hospital in the 1960s and, by error, came to study, work, and live happily in Pittsburgh. He is a clinical licensed psychologist and has worked with adults in a variety of settings. 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, cognitive biases, and placebos. As you can see, he loves to show off, um, share what he knows and finds fascinating.

### The *Rashomon* Effect

Study Leader: Edward Zuckerman

- 1 Class: Jun. 24 Class ID: 5456
- Tuesday, 10:00 AM - 12:30 PM NEW! ONE DAY
- Cyert Hall, Osher Room A

The film *Rashomon*, Akira Kurosawa’s highly original masterpiece, from 1950, recounts a rape and murder in feudal Japan through four contradictory witnesses. We will examine these stories from several perspectives. Psychologically, recollection is not a simple replaying but generate unreliable eye-witness accounts. Are all our memories full of errors? Can we ever know what really happened? Forensically, courts hear multiple truths and must adjudicate the facts to mete out consequences. How do they weigh testifiers’ subjective interpretations and self-interested advocacy? Artistically, this film pioneered techniques we now take for granted and its “unreliable narrators” have often been reused. Culturally, medieval Japan had similarities to post-war Japan (when the movie was made). Because of its richness, you might want to watch it before class. It is free on YouTube.

**Edward Zuckerman** found his life’s direction while working as a psychiatric aid at New York’s Bellevue Hospital in the 1960s and, by error, came to study, work, and live happily in Pittsburgh. He is a clinical licensed psychologist and has worked with adults in a variety of settings. 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, cognitive biases, and placebos. As you can see, he loves to show off, um, share what he knows and finds fascinating.

## Psychology Of Successful Aging

Study Leader: Bruce Goldstein

- 6 Classes: Jul. 8 – Aug. 12
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

Class ID: 5463

**NEW!**

Do you have trouble remembering things, or paying attention to traffic as you're driving, or maintaining social relationships? This course is an updated version of previous OLLI courses "Cognition and Aging" and "Your Amazing Mind," which considers how aging affects cognitive and social functioning. Changes in memory, paying attention, and social relationships may occur as we age, but the amount of change differs for different people, and it is possible to optimize cognitive and social functioning by engaging in "critical lifestyle activities" such as eating right, getting sleep, exercising both your body and your mind, taking control of your mind, and being social. This course consists of lecture, short videos, and small-group discussions designed to (1) bring you up to date on what we know about the psychology of aging, (2) give you some perspective on the life-trip we are all taking, and (3) help optimize your own personal journey.

**Bruce Goldstein** has taught many OLLI courses at CMU, Pitt, and the University of Arizona over the last decade, and was on the faculty of the psychology department at Pitt. He has written two widely used college textbooks, *Sensation & Perception*, and *Cognitive Psychology*, as well as two books for general readers, *The Mind* and *Appreciating Shadows*, both of which were inspired by OLLI courses. He won the "Chancellors Distinguished Teaching Award" at Pitt based on his undergraduate teaching.

## RELIGION/PHILOSOPHY

### Concepts Of Catholic Social Teaching

Study Leader: James McCarville

- 4 Classes: May 6 – May 27
- Tuesday, 12:30 PM - 2:00 PM
- Cyert Hall, Osher Room A

Class ID: 5509

**NEW!**

Catholic Social Teaching (CST) is often called the best-kept secret in the Catholic Church. What is it? Where does it come from? Why is it such a secret, and why do we consistently fall so short? Catholics, of course, are not the only body with such teachings, and not necessarily the best at putting them into practice, but they may have the best-codified set of such teachings, and that is our starting point. We will explore the key concepts of the teachings, where did they come from, what do they mean in our lives, and, if there is such a thing as "social sin, what is it?" We'll explore examples of putting the teachings into practice, and some of the social and psychological reasons we so frequently fall short. Each class will contain about 30% discussion time. Alternative perspectives are encouraged and will enrich the discussion.

**James McCarville**, for over forty years, served in port executive or consultant positions in Pittsburgh, other US, and Latin America locations. But his passion is seeking to understand our obligations to each other and the planet. He currently serves on the Board of the Association of Pittsburgh Priests (Lay Member), Catholics for Change in Our Church, and previously served on the Thomas Merton Center Board. He has taught/co-taught several Osher courses on our waterways, foreign policy, and Pope Francis. Rev. William Headley, PhD is Adjunct Professional Faculty in Peace Studies, at the University of Notre Dame; Founding Dean and Professor, at the School of Peace Studies, at the University of San Diego; Counselor to the President charged with advancing Peace studies, Catholic Relief Services.

# CMU CAMPUS

## Parking & Transportation

### VISITOR PARKING GARAGES & LOTS

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

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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

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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**

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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.*

# ZOOM COURSES

Classes in this section will be held online via Zoom.

*Zoom access codes will be sent in the 7-day course reminder email. The same code will be used for the duration of the course. Please retain this information for use each week.*



# ARTS & HUMANITIES

Cinema/Film | Literature

## CINEMA/FILM

### A Night At The Movies: 1-2-3, 1-2-3, Dance

*Study Leader:* Jeffrey Swoger

- 6 Classes: May 6 – Jun. 10
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

*Class ID:* 5436

**NEW!**

The art form of dance has been well represented on film through the decades, beginning in the silent film era. It has been either an integral part of the story line, or inserted for the benefit of the stars, of whom there many. Dance genres vary from tap, to tango, to ballet, to sweeping ballroom, and sheer athleticism. Dance in films has also benefited from the direction of outstanding choreographers, some of whom will be included in the series. Students will view the films on their own prior to class and discuss in class. Every member of the class should participate in the discussions.

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

### A Night At The Movies: Bon Appetit

*Study Leader:* Jeffrey Swoger

- 6 Classes: Jul. 8 – Aug. 12
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

*Class ID:* 5437

**NEW!**

The preparation and consumption of food by individuals, couples, families, and the public is one for the most basic activities in our lives. In the process, ideas are exchanged, passions are exposed, and dreams are either realized or dashed. The films in this course all have food as an important determinate of the actions of the characters. They shine a light on different cultures and the different ways food is part of that culture. Students will view the films on their own prior to class and discuss in class. Every member of the class should participate in the discussions.

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

## The Italian Western

*Study Leader:* Lloyd Stires

- 6 Classes: Jul. 2 – Aug. 6
  - Wednesday, 1:00 PM - 2:30 PM
  - Online Course, Zoom
- Class ID:* 5511

**NEW!**

Although we usually think of Western movies as an American institution, some of the best examples of the genre were produced in Italy, with the Almeria province of Spain standing in for the American West. There are some clear differences between Italian and American Westerns: The “spaghetti Westerns” look is dustier, their action is more violent, their musical soundtracks are more significant, and some of their plots double as political commentary. In this course, students will watch, in advance, six classic Italian Westerns from the 1960s. We will begin and end with films by Sergio Leone (1929-1989). This will be primarily a discussion class. The study leader will provide background information about the films, the people who made them, and about the history of Italian genre cinema. Students will be encouraged to talk about 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 previously taught two classes on American Westerns for Osher at CMU.

## LITERATURE

### Wangari Maathai's Legacy Of Resistance

*Study Leader:* Chanel Williams

- 5 Classes: Jul. 8 – Aug. 5
  - Tuesday, 3:15 PM - 4:45 PM
  - Online Course, Zoom
- Class ID:* 5498

**NEW!**

In *Unbowed: A Memoir*, Nobel Peace Prize laureate Wangari Maathai recounts her extraordinary journey from rural Kenya to the global stage, where she led a powerful movement for environmental conservation, democracy, and women's rights. This course delves into Maathai's resilience in the face of political opposition and personal hardship, highlighting her role as the founder of the Green Belt Movement, which planted millions of trees across Africa. This memoir appeals to readers with an interest and passion about environmental activism, social change, feminist thought, and the history of colonialism in Kenya.

**Chanel Williams** is an international educator with 17 years of experience, a published researcher, and a dedicated human rights advocate with UNA-USA for 14 years. She has taught a diverse array of courses at the secondary and post-secondary levels, bringing a rich perspective to lifelong learning. Currently, Chanel serves as a study leader for the University of Miami's Osher Lifelong Learning Institute, where she leads engaging art courses designed for adult learners. Her teaching emphasizes creativity, cultural appreciation, and fostering a dynamic learning environment that encourages personal growth and global awareness.

## Shakespeare's Troilus And Cressida

Study Leader: William Guy

- 6 Classes: May 7 – Jun. 11 Class ID: 5484
- Wednesday, 2:45 PM - 4:45 PM
- Online Course, Zoom

**NEW!**

A study in detail of Shakespeare's astonishing takedown of the heroes of the Trojan War. Shakespeare's most cynical play? Perhaps. Certainly, his most disillusioned and unbri-dled, for which he seems to find a new language based on epic sources. And, with its anti-war and feminist material, startlingly relevant to problems which we consider (only?) modern. The sorry human spectacle ("wars and lechery") laid bare scathingly. An unsuspected Shakespeare.

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

## Great And Notable Novels Read And Revisited

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

- 6 Classes: May 15 – Jul. 24 Class ID: 5469
- Thursday, 1:00 PM - 3:00 PM
- Online Course, Zoom

With an emphasis upon earlier works and canonical selec-tions, the Great Novels study group will read and discuss significant novels of the 18th, 19th, 20th, and occasion-ally 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.

Please note: *Course will meet every two weeks on 5/15 & 29, 6/12 & 26, 7/10 & 24*

**Mary Schinhofen** earned a B.A. degree in literature and phi-losophy 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 com-mitted 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 lec-tured 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 Uni-versity. She holds a B.A. and Ph.D. in literature from the Uni-versity of Oklahoma; a master's degree in library science from the University of California, Berkeley; and an M.B.A. from the Uni-versity of Texas.

## Short Stories: Slices Of The Immediate

Study Leader: Helen-Faye Rosenblum

- 5 Classes: May 5 – Jun. 9\* Class ID: 5491
- Monday, 1:00 PM - 3:00 PM
- Online Course, Zoom

\*Note: Class will not meet on May 26

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).

## "Such Friends": Literary 1920s Women

Study Leader: Kathleen Dixon Donnelly

- 2 Classes: Jun. 24 and Jul. 1 Class ID: 5513
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

**NEW!**

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

**Kathleen Dixon Donnelly** has been involved in the creative process for over 40 years. Her dissertation for her Ph.D. from Dublin City University, "Such Friends," was on writers in early 20th century salons. Kathleen's blog about "The Literary 1920s" at [suchfriends.wordpress.com](http://suchfriends.wordpress.com) are published as "Such Friends": *The Literary 1920s*. Volumes I through V are on Amazon. Kathleen's thesis for her MBA from Duquesne University was *Manager as Muse: Maxwell Perkins' Work with F. Scott Fitzgerald, Ernest Hemingway, and Thomas Wolfe*, also on Amazon. Kathleen has done presentations to groups in the UK and US, including Osher Lifelong Learning Institutes and Southbank Center. Kathleen relocated from the UK to her hometown of Pittsburgh, where she lives with her husband and cats, Gertrude Stein and Robert Benchley.

# BUSINESS & COMMERCE

Computers | Economics | Finance

## COMPUTERS

### Identity Theft Protection

*Study Leader:* Terri Anthony

- 1 Class: Jun. 30 *Class ID: 5457*
- Monday, 11:00 AM - 12:30 PM
- Online Course, Zoom

ONE  
DAY

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

**Terri Rae Anthony**, is headed into her 24th year as a Safety Advisor for AAA East Central. Officer Bobbie Bertalan of the Allegheny County Police Department has been a Police Officer for the past 13 years.

## ECONOMICS

### After 70 Good Years, Rough Times Ahead

*Study Leader:* Stephen Blank

- 2 Classes: Jun. 24 and Jul. 1 *Class ID: 5407*
- Tuesday, 10:00 AM - 12:00 PM
- Online Course, Zoom

TWO  
DAY

Life after WWII was full of change, but life was predictable. We thought about stable institutions and long-term commitments — learning a trade, buying a home or “lifetime” jobs. We felt a sense of stability, that we could pretty much anticipate what was ahead. Now we live in a world in which change is no longer “linear” but “discontinuous”, veering toward chaotic - we are less able to anticipate what is likely to happen next. Driven by technology, climate change and demography, core assumptions about how the world works have come undone. We face rough times as we relearn how things work and make profound adjustments in how individuals and institutions try to meet the demands of this new era. Focusing on cases - automobiles, education and agriculture for example - the course examines where we have come from, and where we may be heading.

**Stephen Blank's** career has spanned the academic, business and not-for-profit communities. His work on changing patterns of business-government relations and on supply chains, infrastructure and logistics are well known. Dr Blank was a founding partner of MultiNational Strategies a consulting firm that worked with firms and government agencies on aspects of the international business environment. He taught courses on international relations in universities in the US, Japan, Mexico, Germany and Canada. He is a member of the Council on Foreign Relations and was awarded L'Ordre National du Quebec by the Government of Quebec for service to the Province. Blank was educated at Dartmouth, Cambridge University and Harvard and serves as Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa.

## FINANCE

### Fundamentals Of Personal Wealth

*Study Leader:* Peter Strobe, Drew Hanson

- 6 Classes: May 5 – Jun. 16\* *Class ID: 5472*
- Monday, 11:00 AM - 12:30 PM
- Online Course, Zoom

*\*Note: Class will not meet on May 26*

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

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

**Drew Hanson's** dedication to wealth management doesn't stop in the office. He also serves as an adjunct professor and teaches a financial planning course at the University of Pittsburgh. Outside of the office and classroom, Drew volunteers actively in the Pittsburgh community, from Toys for Tots and the Greater Pittsburgh Food Bank to youth groups at his church. In addition, he brings leadership experience to the team from his service as a program director and member of the board of AMI, a psychiatric healthcare facility in Washington and Greene County, Pennsylvania.

## National Resource Center's

### Osher Online

in collaboration with Northwestern University  
School of Professional Studies



Osher at CMU is now offering courses presented by the Osher National Resource Center (NRC) and the School of Professional Studies at Northwestern University. This collaboration presents lecture and discussion-style courses to members of select Osher Lifelong Learning Institutes (OLLIs) from around the country.

Each NRC Osher Online course will cost \$55. (*Normal Osher at CMU term registration fees will not apply for these courses.*)

You must have purchased a 2025 membership for Osher at CMU in order to register for these courses.

*For full details and a list of course offerings, please visit our website [cmu.edu/osher](http://cmu.edu/osher) and click on the "NRC's Osher Online" tab across the top.*

# LEARN BY DOING

Dance/Exercise | Self Improvement

## DANCE/EXERCISE

### Gentle Chair Yoga

*Study Leader:* Catherine Flint

- 6 Classes: May 5 – Jun. 16\* *Class ID:* 5497
- Monday, 1:00 PM - 2:00 PM
- Online Course, Zoom

**NEW!**

*\*Note: Class will not meet on May 26*

Discover the transformative power of Chair Yoga in this empowering online class designed for all abilities. Whether you're a beginner or have previous experience, this gentle practice helps improve flexibility, strength, and balance while reducing stress and promoting relaxation. Guided by an experienced instructor, you'll learn a variety of poses and techniques that can be practiced seated or with the support of a chair, making yoga accessible to everyone. This nurturing environment encourages personal growth and mindfulness, allowing you to connect with your body and breath at your own pace. Join us via Zoom to experience the joy of movement and the serenity that comes from gentle stretching and mindful breathing. Embrace your journey to wellness and unlock the benefits of yoga, no matter your physical condition. Sign up today and take the first step toward a healthier, more balanced life!

**Catherine Flint** is a certified Yoga Teacher trained at Yoga H'Om, specializing in Gentle Yoga, Chair Yoga, and Restorative Yoga. As a certified Trauma Process Yoga Group leader, she also facilitates programs that support individuals on their healing journeys. Catherine is passionate about teaching Chair Yoga, believing it empowers individuals of all abilities to experience yoga's transformative benefits. She enjoys creating a welcoming space where students can enhance their flexibility, strength, and balance. Dedicated to helping others discover mindfulness and serenity, Catherine fosters a nurturing environment that encourages personal growth and makes yoga accessible to everyone.

## SELF IMPROVEMENT

### Telling Our Stories: The Family DMZ

*Study Leader:* Pamela Monk

- 4 Classes: Jul. 8 – Jul. 29 *Class ID:* 5410
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

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

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

## Writing Your Own Obituary

Study Leader: Susan Morris

- 3 Classes: May 7 – May 21 Class ID: 5505
- Wednesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

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

**Susan Morris** spent her professional life as an award-winning broadcast reporter and a teacher. She got interested in teaching "How to Write Your Own Obituary" because the ones she saw in the newspaper were often void of personality and energy. She encourages her students to reach out to family and friends for insights into their personalities and accomplishments. Susan's goal is to have the students' obituaries be an authentic account of their lives and show what was most important to them.

## BRING A FRIEND

Members can refer a friend to Osher at CMU and allow them to join them for a class with a one-time guest pass.

Visit the "Membership" page of our website ([cmu.edu/osher](http://cmu.edu/osher)) for more information!

As an incentive, "friends" will be invited for membership once they've attended the class with a member. They will not have to wait on the waitlist at this time. Membership will be \$100 and will be valid until December 31, 2025.

*Please note: For attendance at small or discussion-based groups, the Osher office will need to obtain permission from the Study Leader before granting a guest pass. Guest Passes will not be granted for one-day courses or for courses that have collected Material Fees.*

## ARCHITECTURE

### Burnham Park By Arch. Daniel H. Burnham

*Study Leader:* Felimelia Abenes-Douglass

- 2 Classes: Jun. 25 and Jul. 2
- Wednesday, 1:00 PM - 3:00 PM
- Online Course, Zoom

*Class ID:* 5526

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

Daniel Hudson Burnham is an American architect and urban designer who was born on September 4, 1846, in Henderson, New York. This course will look into his most famous and successful work, the “Burnham Park”, which he designed for the Philippines’ Summer Capital, Baguio City. The city has a temperate climate, and it is cooler than the lowlands. D.H. Burnham’s original design of the city’s masterplan envisioned 25,000 inhabitants living in this mountain resort city. To this date, the city is a tourist haven, especially during the summer season and a home to many expats from all over the world — a retiree’s destination. Visiting Baguio is not complete without seeing Burnham Park, which is both a landscape and a structure, as it is contained in a large area of land that includes both natural elements and human-made structures.

**Felimelia (Femme) G. Abenes Douglass’** educational background - with undergraduate degrees - is in both business administration (accounting) and law. She completed her Master’s Degree in Distance Education at the University of the Philippines (12.2023). Her work experience for the past 40 years was in various fields of accounting/finance, corporate/tax laws, both in the Philippines (PH) and USA. She taught college students in the PH, various subjects in History/Constitutional Law, Tax Law, and Accounting/Business Finance, Economics. Significant work was with San Miguel Corporation (SMC) finance section of the Ilocos Beer region, SMC being PH’s largest and most diversified multinational conglomerate. Relevant work in the US includes being a duly accredited tax professional with the IRS, as a senior tax analyst with HR Block-Pittsburgh area, and as a branch Office Manager (Squirrel Office). She is married to David Standish Douglass of Pittsburgh, PA, a retired IT professional. They have 2 children, Lish (nurse) and Chief Justice (CJ), an IT professional just like his Dad. She and Dave have retired in Baguio City, Philippines, and often visit their children here in the USA.

## MEDICAL

### Whose Life Is It Anyway?

*Study Leader:* Fredric Price

- 5 Classes: Jul. 9 – Aug. 6
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

*Class ID:* 5464

**NEW!**

A foundational principle of medical ethics is patient autonomy. But when is it appropriate for the government to intervene? This course will examine medical, legal, and ethical controversies that arise when personal autonomy is perceived to be in conflict with the interests of society. We will consider the contentious issues of abortion, assisted reproduction, end-of-life care, vaccination, medical aid in dying and gender-reassignment surgery. Opinions of medical organizations, patient rights and religious groups, and recent decisions by the Supreme Court will form the basis for discussion from many points of view.

**Dr. Fredric Price** was a women’s cancer surgeon in Pittsburgh for more than 25 years. At the end of his career, he practiced inpatient end-of-life care and hospice medicine. He founded an outpatient palliative medicine clinic and an emotional support group for oncology nurses at Allegheny General Hospital. During his tenure at the University of Pittsburgh and Temple medical schools, he received national and international teaching awards. He now teaches the ethics of end-of-life care at Chatham University and is on the faculty of the Jewish Healthcare Foundation Fellowship on Death and Dying. He holds degrees from Yale University, the University of Louisville and Carnegie Mellon University.

## Protecting Yourself As A Patient

*Study Leader:* Ariana Longley, Eric Rodriguez

- 6 Classes: May 7 – Jun. 11
- Wednesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

Class ID: 5473

**NEW!**

Are you looking to take a more active role in your medical encounters and protect yourself from common errors? Medical harm—unintentional but often preventable—injures and kills hundreds of thousands of patients each year. Join our course, “Protecting Yourself as a Patient.” Healthcare 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 engineers will provide you with practical tips and insights to navigate the healthcare system confidently and safely. Through presentation, group discussions, and videos, you’ll understand the common source of error and what tactics, websites, and cautions will help you protect yourself and your loved ones.

**Ariana Longley** serves as a patient safety consultant at the Jewish Healthcare Foundation and Pittsburgh Regional Health Initiative. Longley got her start in the patient safety space while serving in leadership roles at the Patient Safety Movement Foundation. She has experienced harm as a patient, however, the harm was thankfully temporary and minor thanks to being empowered to speak up. She has presented a short course, “Be Safe in the Hospital: Learn How” dozens of times at Rotary Clubs and adjacent groups on the topic of patient safety education for the general public to help educate their members about how to stay safe when seeking care. Longley received her BS from Loyola Marymount University and her MPH from the University of Edinburgh, Scotland.

**Eric Rodriguez** is a geriatrician on faculty at the University of Pittsburgh School of Medicine. He has been engaged in patient care at the Benedum Geriatric Center, in a number of UPMC hospitals, as well as in several long-term care facilities. His chief academic focus has been evaluation and management of persons with cognitive disorders, with much of this work done at Pitt’s Alzheimer’s Disease Research Center. Combating iatrogenesis – medical harm – of all varieties has been a consistent priority. One effort in that cause involved working for several years with a team intensively reviewing medical records to identify lapses in care that led to hospital readmission. A repeated finding was that patients and their families can and should play an essential role in safely navigating the complex processes of health care.



## SCIENCE

## Great Migrations By Sky, Land & Sea

*Study Leader:* Harry Back

- 3 Classes: Jul. 1 – Jul. 15
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

Class ID: 5521

**NEW!**

Many animals travel long distances to and from a remote destination each year. They migrate thousands of miles in circular routes to where the weather is better, food is more abundant, offspring are more likely to survive, and they are less threatened by predators. There are numerous great annual migrations, and we will discuss a trio of them in three separate classes: Monarch butterflies who fly between the U.S. and Mexico. Herds of wildebeests and friends who travel overland in East Central Africa. Humpback whales who swim in the North Pacific. We will learn about the animals who travel, where and why they migrate, the challenges they face enroute, how they cooperate, and possible migratory changes in the future. These grand adventures will be illustrated with pictures, videos, recordings and maps. To preview of the kinds of topics covered you are invited to watch [youtube.com/watch?v=MI\\_ZA3M9zO0](https://www.youtube.com/watch?v=MI_ZA3M9zO0).

**Harry Back** had two concurrent careers during his working years, as a management scientist and analyst at major Pittsburgh corporations and as a faculty member teaching quantitative methods and analysis at regional business schools. But he also has had a long-term interest in the natural sciences. So when he retired in 2008, he decided to start another career: volunteering to teach science to children in Pittsburgh area schools, libraries and hospitals. Harry would like to share with other lifelong learners some of the fascinating topics about nature that he has studied and taught. Harry Back’s formal education is a B.S. in Electrical Engineering from MIT and an MSIA and PhD in System Sciences from CMU.

# SOCIAL SCIENCES

Contemporary Topics/Sociology | History | Pittsburgh

## CONTEMPORARY TOPICS/ SOCIOLOGY

### What Is North America?

*Study Leader:* Stephen Blank

- 2 Classes: Jun. 25 and Jul. 2 *Class ID:* 5408
- Wednesday, 10:00 AM - 12:00 PM
- Online Course, Zoom

**TWO  
DAY**

We rarely think of ourselves as “North Americans”, but our country was shaped by the complicated emergence of three independent but deeply interconnected North American nations. Our course will begin with a brief overview of North American history, focusing on the unlikely the emergence of these three separate nations. We will look at different ways of seeing North America, in terms of historic and ethnic, environmental and economic regions. The course will look more deeply at Mexico and Canada and examine the development of deeper continental economic ties in North America. We will compare developments in North America to Europe and now, in Asia, and finally try to step back and see where North America is now and what lies in its (our!) future.

**Stephen Blank** served as Bissell Professor of US-Canada Relations at the University of Toronto, Fulbright Distinguished Professor at the University of Montreal, Ross Distinguished Professor of US-Canada Relations at Western Washington University and Fulbright Chair of Governance and Public Administration at the University of Ottawa. He was Managing Director of an alliance of four North American business schools and headed the largest Canadian focused public affairs program in the US. A member of the Council on Foreign Relations, he was awarded L'Ordre National du Quebec by the Government of Quebec. Blank was educated at Dartmouth, Cambridge University and Harvard and serves as Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa.

### Dementia Friends PA Information Session

*Study Leader:* Stacie Bonenberger

- 1 Class: Jun. 30 *Class ID:* 5486
- Monday, 1:00 PM - 2:30 PM
- Online Course, Zoom

**ONE  
DAY**

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.

## Wine Tasting Effect Of Oak Aging

Study Leader: Ricardo Llovet

- 1 Class: Jun. 26
  - Thursday, 4:00 PM - 6:00 PM
  - Online Course, Zoom
- Class ID: 5403

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

This course will provide knowledge about the wine aging processes and their influence in its characteristics (visual, olfactive and tasting). We will start covering the chemistry of wine aging and follow through winemaker's practices to properly age wines. We will then taste one young and one aged wine discussing the differences and applying what we have learnt.

**Ricardo Llovet** is a biochemist and has built his knowledge through extensive reading, tasting, and traveling. He has harvested grapes, made wines, and visited winemakers in Spain, France, Italy, Bulgaria, Portugal, and the U.S. He has conducted wine tastings for 40 years and taught fourteen wine courses at OLLI programs. He founded and chairs the American Wine Society City of Pittsburgh chapter and posts wine reviews and trips at [wineandfriends.net](http://wineandfriends.net).

## Enjoying *The New Yorker*

Study Leader: Mary Duquin

- 6 Classes: Jul. 8 – Aug. 12
  - Tuesday, 1:00 PM - 2:30 PM
  - Online Course, Zoom
- Class ID: 5439

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

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

### 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](mailto:osher@cmu.edu) and ask for it to be resent.

Please do not share Zoom codes.

## Enjoying *The New Yorker*

Study Leader: Elinor Avigad, Susan Ambrose

- 6 Classes: May 5 – Jun. 16\* Class ID: 5479
- Monday, 1:30 PM - 3:00 PM
- Online Course, Zoom

\*Note: Class will not meet on May 26

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

**Elinor Avigad** is a retired CPA who worked in public accounting, reinsurance and capital markets. She has been an active member of Osher for about 8 years and is a regular in the *New Yorker* class. In addition to her Osher classes, Elinor loves to travel, read, cook, garden, volunteer at Children’s Hospital, tutor students through OASIS, play pickleball and attend the theatre.

**Susan Ambrose** was Senior Vice Chancellor for Educational Innovation at Northeastern University and Professor of Education and History for 8 years (2012-2020); prior to that she spent 26 years at Carnegie Mellon (where she earned her doctorate) as Associate Provost for Education, Director of the Eberly Center and Teaching Professor in the Department of History (1986-2012).

## HISTORY

### World War II Naval Battles In The Pacific

Study Leader: Peter Oleinick

- 4 Classes: May 6 – May 27 Class ID: 5515
- Tuesday, 10:30 AM - 12:00 PM
- Online Course, Zoom

This course is going to start with the December 7th attack on Pearl Harbor and look at five key naval battles that shaped the war in the Pacific. We will focus primarily on the carrier fleet battles between the US Navy and the Imperial Japanese Navy. Although the amphibious invasion became the hallmark of the WW II Allied counterattack across the Pacific, it was the aircraft carrier battles that determined the outcome of the war. Each of these five battles marked significant changes in the conduct of the naval war in the Pacific.

**Peter Oleinick** earned a Ph.D. in electrical and computer engineering from CMU in 1978. He spent the next 13 years in Silicon Valley working for high-tech companies like HP and several high-tech startup companies. Peter moved back to Pittsburgh in 1991 to work at Transarc, a startup formed by a number of CMU computer scientists. After a 40-year career at various high-tech companies, Peter retired in 2017. Peter now volunteers his time at Osher and a number of non-profits including: The Pittsburgh Zoo, the Hebrew Free Loan Association, the Moonshot Museum, and the MS Society. This will be the 10th World War II History class Peter has taught at Osher.

## Who Named it: Eponyms And Their Origins

*Study Leader:* Richard Daffner

- 5 Classes: May 5 – Jun. 16\* *Class ID:* 5411
- Monday, 9:15 AM - 10:45 AM
- Online Course, Zoom

**NEW!**

*\*Note: Class will not meet on 05/26/2025, 06/02/2025*

Eponyms are a person, place, or thing, after whom a discovery, invention, etc., is named or thought to be named. We've all heard of Alzheimer Disease, Down Syndrome, Newton's Laws, Pasteurization, Hobson's Choice, According to Hoyle, Robert's Rules of Order, Mason-Dixon Line, The Peter Principle, and Murphy's Law. But who were these people? This course will explore the lives of 16 physicians, 6 science polymaths, and 13 miscellaneous individuals, whose names became iconic eponyms. The list of 35 includes but one remarkable woman, recipient of two Nobel prizes (in two different fields).

**Dr. Richard H. Daffner** is a retired diagnostic radiologist, whose entire career was spent in academia. He is the author of nine textbooks. He is also an amateur historian.

## York, PA: Building And Burning

*Study Leader:* Tom Call

- 1 Class: Jun. 25 *Class ID:* 5496
- Wednesday, 11:15 AM - 12:45 PM
- Online Course, Zoom

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

York, Pennsylvania was not the scene of any major battle in either the Revolutionary War or the Civil War. How, then, could it have played a highly significant role in the outcomes of these two wars? This class will provide answers to that question. Those answers are stories that every Pennsylvanian should know.

**Tom Call** has had a lifelong interest in history. He was born outside the historic city of Boston, Massachusetts and raised near other famous places, such as Morristown, New Jersey and Philadelphia, PA. 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 governmental 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, visiting all seven continents and close to 60 countries. Tom resided in York County, PA for 31 years.

## Imprisoned Without Trial: Japanese Internment In WWII

*Study Leader:* Denny Kato

- 4 Classes: Jul. 8 – Jul. 29 *Class ID:* 5492
- Tuesday, 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.



## PITTSBURGH

### The History Of Pittsburgh's City Steps

*Study Leader:* Laura Zurowski

- 1 Class: Jun. 23 *Class ID:* 5405
- Monday, 11:00 AM - 12:30 PM
- Online Course, Zoom

**ONE  
DAY**

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

**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.

# ZOOM INSTRUCTIONS

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

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

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

Example Icons:



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

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

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

Example Icon:



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

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

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

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

# MONDAY | Session ONE / May 5 to June 27

[illegible]

TUESDAY | Session ONE / May 5 to June 27

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 11:00 AM	Walking Historical East Liberty	5413	In-Person	Steele	39
10:00 AM - 12:00 PM	AARP Smart Driver Refresher Course	5483	In-Person	Zimmer	22
	Why The US Government Cannot Go Bankrupt	5409	In-Person	Bednarz	41
	AARP Smart Driver 8-Hour Initial Course	5482	In-Person	Zimmer	22
	After 70 Good Years, Rough Times Ahead	5407	Zoom	Blank	51
	Chestnut Farm: Ongoing Restoration Case	5495	In-Person	Black	30
10:00 AM - 12:30 PM	The Rashomon Effect	5456	In-Person	Zuckerman	42
10:00 AM - 2:00 PM	Liberty And No Excise!	5434	In-Person	Cummins	37
10:30 AM - 12:00 PM	World War II Naval Battles In The Pacific	5515	Zoom	Oleinick	59
10:30 AM - 12:30 PM	Trivia Jeopardy! Style	5451	In-Person	Seltman	19
	What Is A “Heart Attack” And How Can I Get One?	5448	In-Person	Granato	26
11:00 AM - 12:30 PM	Heroes Of WWII	5467	In-Person	Bukk	35
12:30 PM - 2:00 PM	Children’s Book: Banned Or Bought	5435	In-Person	Kellman	10
	Online Dating For Seniors	5460	In-Person	Farnsworth	21
	The Italian Renaissance	5510	In-Person	Chapman	36
	Concepts Of Catholic Social Teaching	5509	In-Person	McCarville	43
1:00 PM - 2:30 PM	Wines Of The Finger Lakes	5488	In-Person	Pezze	16
	”Such Friends”: Literary 1920s Women	5513	Zoom	Donnelly	50
	Preparing For Your End: Funeral Planning	5440	In-Person	Christian-Michaels	25
1:00 PM - 3:00 PM	Frick Park Lawn Bowling	5461	In-Person	Alexander	20
	George Westinghouse - You Can Be Sure	5468	In-Person	Bear	35
2:15 PM - 3:45 PM	Italian Wine In Depth: Part II	5490	In-Person	Pezze	16
	”You Say You Want A Revolution?”	5443	In-Person	Grogan	34
2:45 PM - 4:45 PM	Penn Brewery: Tales & Tour	5446	In-Person	Nyman	38
3:15 PM - 4:45 PM	A Night At The Movies: 1-2-3, 1-2-3, Dance	5436	Zoom	Swoger	47

# WEDNESDAY | Session ONE / May 5 to June 27

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 11:00 AM	Walking Historical Highland Park	5412	In-Person	Steele	39
9:00 AM - 12:00 PM	Our Three Rivers: Up Close & Personal	5522	In-Person	Harshman	23
9:15 AM - 10:45 AM	The Science Of Patterns	5525	In-Person	Kurchin	27
	Let's Keep Talking About Palestine	5459	In-Person	Whitehead	31
10:00 AM - 12:00 PM	Acrylic Open Studio	5503	In-Person	VandenBerg	15
	What Is North America?	5408	Zoom	Blank	57
10:30 AM - 12:30 PM	Finding America's Mozarts	5518	In-Person	Muller	12
	SETI At 40	5450	In-Person	Seltman	29
11:00 AM - 12:30 PM	Ekphrastic Poetry III	5441	In-Person	Carpenter	10
	Writing Your Own Obituary	5505	Zoom	Morris	54
	A Statistician Reads The Newspaper	5449	In-Person	Seltman	29
	Religion And Politics In The 2024 Election	5462	In-Person	Aleshire	33
11:15 AM - 12:45 PM	York, PA: Building And Burning	5496	Zoom	Call	60
1:00 PM - 2:30 PM	The Dinner Party Of 39 Famous Women	5445	In-Person	Greenspan	7
	Domes In World Architecture	5494	In-Person	Tellers	26
	Green Burial: The Way To Go	5520	In-Person	Faessel	32
	From "Om..." To "Aha!"	5523	In-Person	Keebler	24
1:00 PM - 2:30 PM	Swiss Fortresses: A WWII Story Of Fear And Hope	5487	In-Person	Daehler	36
	Critical Thinking For Lazy Smart People	5455	In-Person	Zuckerman	42
1:00 PM - 3:00 PM	Burnham Park By Arch. Daniel H. Burnham	5526	Zoom	Abenes-Douglass	55
1:15 PM - 2:30 PM	Get Fit: A Fun Latin Cardio Workout	5471	In-Person	Pollack	18
2:45 PM - 4:15 PM	Semiconductor Chips: Their Global Impact	5474	In-Person	Bryant	28
2:45 PM - 4:45 PM	Shakespeare's Troilus And Cressida	5484	Zoom	Guy	49
	On The Wings Of Song: The Evolution Of The Requiem	5452	In-Person	Swoger	11
	Creating "America" With Music	5500	In-Person	Cantor	11
3:15 PM - 4:45 PM	Protecting Yourself As A Patient	5473	Zoom	Longley	56

THURSDAY | Session ONE / May 5 to June 27

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
10:00 AM - 12:00 PM	Hatha Yoga	5404	In-Person	Barone	17
	Designing A Deer Resistant Garden	5476	In-Person	Miller	40
11:00 AM - 12:30 PM	Caregiver Wellness: Mind, Body, Spirit	5504	In-Person	Story	24
	Notebooks Through History—And Yours!	5438	In-Person	Semmler	29
	The Williamstown Boys In The Civil War	5477	In-Person	Young	33
	Big Stories About Everyday Objects	5508	In-Person	Black	40
1:00 PM - 2:30 PM	Singing In A Choral Group	5527	In-Person	Rapp	21
	Discovering A Family History	5478	In-Person	Young	34
1:00 PM - 3:00 PM	Great And Notable Novels Read And Revisited	5469	Zoom	Schinhofen	49
	The Modern Art Of Flower Arranging . . .	5481	In-Person	Reilly	14
2:45 PM - 4:15 PM	Dynamics Of Our Cultural Identities	5475	In-Person	Johnson	30
	Carnegie’s Gift To Pittsburgh	5501	In-Person	Tellers	37
4:00 PM - 6:00 PM	Wine Tasting Effect Of Oak Aging	5403	Zoom	Llovet	58

FRIDAY | Session ONE / May 5 to June 27

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:30 AM - 4:00 PM	Nature In Watercolor Workshop For Beginners	5447	In-Person	Bangley	13

MONDAY | Session TWO / June 30 to August 22

[illegible]

TUESDAY | Session TWO / June 30 to August 22

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	Looking At Movies Like A Writer	5433	In-Person	Cherry	8
10:00 AM - 12:00 PM	Intro To Acrylic Mediums	5512	In-Person	VandenBerg	15
10:30 AM - 12:30 PM	Bridge Basics I	5465	In-Person	Patzner	19
11:00 AM - 12:30 PM	Great Migrations By Sky, Land & Sea	5521	Zoom	Back	56
	How Filmmakers Rethink Hollywood	5524	In-Person	Klancher	7
	Imprisoned Without Trial . . .	5492	Zoom	Kato	61
1:00 PM - 2:30 PM	Psychology Of Successful Aging	5463	In-Person	Goldstein	43
	Telling Our Stories: The Family DMZ	5410	Zoom	Monk	53
	Railroads: A Topical Survey	5499	In-Person	Spada	31
2:45 PM - 4:15 PM	Enjoying <i>The New Yorker</i>	5439	Zoom	Duquin	58
	What Style Is It?	5485	In-Person	Jucha	39
	The Financial Journey Of Women	5489	In-Person	Bohn	18
3:15 PM - 4:45 PM	A Night At The Movies: Bon Appetit	5437	Zoom	Swoger	47
	Wangari Maathai's Legacy Of Resistance	5498	Zoom	Williams	48

WEDNESDAY | Session TWO / June 30 to August 22

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:00 AM - 10:30 AM	Harper Lee's <i>To Kill A Mockingbird</i>	5470	In-Person	Mariani	9
	Four Pittsburgh Originals	5444	In-Person	Voigt	38
10:00 AM - 12:00 PM	Introduction To Pastels	5506	In-Person	VandenBerg	13
	Challenge Your Creativity!	5507	In-Person	VandenBerg	14
10:30 AM - 12:30 PM	Writers' Workshop	5458	In-Person	Snyder	25
11:00 AM - 12:30 PM	Queens And She-Wolves	5516	In-Person	Cucinotta	9
	Vietnam: Fatal Presidential Decisions	5493	In-Person	Goughler	41
	Digital Therapeutics For Health Literacy	5454	In-Person	Padman	27
1:00 PM - 2:30 PM	The Italian Western	5511	Zoom	Stires	48
	Whose Life Is It Anyway?	5464	Zoom	Price	55
2:45 PM - 4:15 PM	Dueling Sisters: De Havilland And Fontaine	5517	In-Person	Novak	8
	Cajun Dance	5519	In-Person	Ettensohn	17
2:45 PM - 4:45 PM	Clairvoyance - Read Your Opponents' Card	5466	In-Person	Patzner	20
FRIDAY   Session TWO / June 30 to August 22					

FRIDAY | Session TWO / June 30 to August 22

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
11:30 AM - 1:00 PM	A Visit To The Maridon Museum	5514	In-Person	<i>Carpenter</i>	23

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LAST NAME	FIRST NAME	CLASS ID	CLASS NAME	CAMPUS	PG #
Abenes-Douglass	Felimelia	5526	Burnham Park By Arch. Daniel H. Burnham	Zoom	55
Aleshire	Daniel	5462	Religion And Politics In The 2024 Election	In-Person	33
Anthony	Terri	5457	Identity Theft Protection	Zoom	51
Avigad	Elinor	5479	Enjoying <i>The New Yorker</i>	Zoom	59
Back	Harry	5521	Great Migrations By Sky, Land & Sea	Zoom	56
Bangley	Betsy	5447	Nature In Watercolor Workshop For Beginners	In-Person	13
Barone	Loretta	5404	Hatha Yoga	In-Person	17
Bear	David	5468	George Westinghouse - You Can Be Sure	In-Person	35
Bednarz	Dan	5409	Why The US Government Cannot Go Bankrupt	In-Person	41
Black	Byron	5495	Chestnut Farm: Ongoing Restoration Case	In-Person	30
Blank	Stephen	5407	After 70 Good Years, Rough Times Ahead	Zoom	51
Blank	Stephen	5408	What Is North America?	Zoom	57
Bohn	Brian	5489	The Financial Journey Of Women	In-Person	18
Bonenberger	Stacie	5486	Dementia Friends PA Information Session	Zoom	57
Botanic Garden	Pittsburgh	5476	Designing A Deer Resistant Garden	In-Person	40
Bryant	Randal	5474	Semiconductor Chips: Their Global Impact	In-Person	28
Bukk	Robert	5467	Heroes Of WWII	In-Person	35
Call	Tom	5496	York, PA: Building And Burning	Zoom	60
Cantor	Owen	5500	Creating "America" With Music	In-Person	11
Carpenter	Rebecca	5441	Ekphrastic Poetry III	In-Person	10
Carpenter	Rebecca	5514	A Visit To The Maridon Museum	In-Person	23
Chapman	Toby	5510	The Italian Renaissance	In-Person	36
Cherry	Steven	5433	Looking At Movies Like A Writer	In-Person	8
Christian-Michaels	Stephen	5440	Preparing For Your End: Funeral Planning	In-Person	25
Cucinotta	Joan	5516	Queens And She-Wolves	In-Person	9
Cummins	Denise	5434	Liberty And No Excise!	In-Person	37
Daehler	Christian	5487	Swiss Fortresses: A WWII Story Of Fear And Hope	In-Person	36
Daffner	Richard	5411	Who Named it: Eponyms And Their Origins	Zoom	60
Donnelly	Kathleen Dixon	5513	"Such Friends": Literary 1920s Women	Zoom	50
Duquin	Mary	5439	Enjoying <i>The New Yorker</i>	Zoom	58
Ettensohn	Charles	5519	Cajun Dance	In-Person	17
Faessel	Laura	5520	Green Burial: The Way To Go	In-Person	32
Farnsworth	Ginnie	5460	Online Dating For Seniors	In-Person	21
Flint	Catherine	5497	Gentle Chair Yoga	Zoom	53
Frick Park	Lawn Bowling	5461	Frick Park Lawn Bowling	In-Person	20
Goldstein	Bruce	5463	Psychology Of Successful Aging	In-Person	43
Goughler	Don	5493	Vietnam: Fatal Presidential Decisions	In-Person	41
Granato	Jerome	5448	What Is A "Heart Attack" And How Can I Get One?	In-Person	26
Greenspan	Bill	5445	The Dinner Party Of 39 Famous Women	In-Person	7
Grogan	L Jon	5443	"You Say You Want A Revolution?"	In-Person	34

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Harshman	Scott	5522	Our Three Rivers: Up Close & Personal	In-Person	23
Heinz History	Pittsburgh	5508	Big Stories About Everyday Objects	In-Person	40
Johnson	Vincent	5475	Dynamics Of Our Cultural Identities	In-Person	30
Jucha	Robert	5485	What Style Is It?	In-Person	39
Kato	Denny	5492	Imprisoned Without Trial: Japanese Internment . . .	Zoom	61
Keebler	Nancy	5523	From "Om..." To "Aha!"	In-Person	24
Kellman	Amy	5435	Children's Book: Banned Or Bought	In-Person	10
Klancher	Jon	5524	How Filmmakers Rethink Hollywood	In-Person	7
Kurchin	Rachel	5525	The Science Of Patterns	In-Person	27
Llovet	Ricardo	5403	Wine Tasting Effect Of Oak Aging	Zoom	58
Longley	Ariana	5473	Protecting Yourself As A Patient	Zoom	56
Mariani	Michael	5470	Harper Lee's <i>To Kill A Mockingbird</i>	In-Person	9
McCarville	James	5509	Concepts Of Catholic Social Teaching	In-Person	43
Monk	Pamela	5410	Telling Our Stories: The Family DMZ	Zoom	53
Morris	Susan	5505	Writing Your Own Obituary	Zoom	54
Muller	Daniel	5518	Finding America's Mozarts	In-Person	12
Novak	Melanie	5517	Dueling Sisters: De Havilland And Fontaine	In-Person	8
Nyman	Linda	5446	Penn Brewery: Tales & Tour	In-Person	38
Oleinick	Peter	5515	World War II Naval Battles In The Pacific	Zoom	59
Padman	Rema	5454	Digital Therapeutics For Health Literacy	In-Person	27
Patzer	Jack	5465	Bridge Basics I	In-Person	19
Patzer	Jack	5466	Clairvoyance - Read Your Opponents' Card	In-Person	20
Pezze	Barb	5488	Wines Of The Finger Lakes	In-Person	16
Pezze	Barb	5490	Italian Wine In Depth: Part II	In-Person	16
Pollack	Connie	5471	Get Fit: A Fun Latin Cardio Workout	In-Person	18
Price	Fredric	5464	Whose Life Is It Anyway?	Zoom	55
Rapp	Constance	5527	Singing In A Choral Group	In-Person	21
Reilly	Brittany	5481	The Modern Art Of Flower Arranging . . .	In-Person	14
Rosenblum	Helen-Faye	5491	Short Stories: Slices Of The Immediate	Zoom	50
Schinhofen	Mary	5469	Great And Notable Novels Read And Revisited	Zoom	49
Seltman	Howard	5451	Trivia <i>Jeopardy!</i> Style	In-Person	19
Seltman	Howard	5450	SETI At 40	In-Person	29
Seltman	Howard	5449	A Statistician Reads The Newspaper	In-Person	29
Semmler	Anne	5438	Notebooks Through History—And Yours!	In-Person	29
Snyder	Thalia	5458	Writers' Workshop	In-Person	25
Spada	Mark	5499	Railroads: A Topical Survey	In-Person	31
Steele	Jay	5413	Walking Historical East Liberty	In-Person	39
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Swoger	Jeffrey	5436	A Night At The Movies: 1-2-3, 1-2-3, Dance	Zoom	47
Swoger	Jeffrey	5452	On The Wings Of Song: The Evolution Of . . .	In-Person	11
Swoger	Jeffrey	5437	A Night At The Movies: Bon Appetit	Zoom	47
Tellers	Paul	5494	Domes In World Architecture	In-Person	26
Tellers	Paul	5501	Carnegie's Gift To Pittsburgh	In-Person	37
VandenBerg	Francine	5503	Acrylic Open Studio	In-Person	15
VandenBerg	Francine	5512	Intro To Acrylic Mediums	In-Person	15
VandenBerg	Francine	5506	Introduction To Pastels	In-Person	13
VandenBerg	Francine	5507	Challenge Your Creativity!	In-Person	14
Voigt	Howard	5444	Four Pittsburgh Originals	In-Person	38
Whitehead	Tina	5459	Let's Keep Talking About Palestine	In-Person	31
Williams	Chanel	5498	Wangari Maathai's Legacy Of Resistance	Zoom	48
Young	Carleton	5477	The Williamstown Boys In The Civil War	In-Person	33
Young	Carleton	5478	Discovering A Family History	In-Person	34
Zimmer	David	5483	AARP Smart Driver Refresher Course	In-Person	22
Zimmer	David	5482	AARP Smart Driver 8-Hour Initial Course	In-Person	22
Zuckerman	Edward	5456	The <i>Rashomon</i> Effect	In-Person	42
Zuckerman	Edward	5455	Critical Thinking For Lazy Smart People	In-Person	42
Zurowski	Laura	5405	The History Of Pittsburgh's City Steps	Zoom	61

# ENDOWMENT FUND

Dear member,

The Osher Lifelong Learning Institute at CMU has been an important part of my life since I retired. As a longtime member, I have enjoyed the opportunities to participate as a lifelong learner, volunteer, study leader, and board member. And, I count myself fortunate to have met so many interesting people through the Osher program. I look forward to being an active part of this organization in years to come. I hope you would say the same.

I'm writing today to ask for your continued support of our organization. Last year, we announced the creation of an endowment to help pay for rising costs in the future and to keep our Osher program affordable and exciting. Our goal is to raise \$1 million for this endowment to secure our financial future.

We're off to a good start on our campaign. Many members have made generous donations or pledges totaling almost \$30,000 by the end of last year. We're hoping to build momentum and keep moving toward our goal in 2025.

Contributing to this endowment means that your gift will be invested only for the benefit of the Osher Institute at CMU. The earnings from this endowment, once our goal is reached, will be contributed to the organization every year to help offset expenses and to fulfill its mission. A steady stream of about \$50,000 per year will go a long way to help keep membership in Osher affordable for our members in years to come.

I know that many of us schedule our charitable giving before the April 15 tax deadline and I'm hoping that you will make Osher at CMU one of the causes you support. Osher at CMU is a certified 501(c) 3 nonprofit organization; any donation made to us can be taken as a tax-deduction. If you need to take a required minimum distribution (RMD) from an IRA, please do consider directing some of it to our endowment fund.

There are several ways to donate:

1. Go into your course registration account in the Osher system and select Donate to Osher. Pick Endowment for the type of donation.
2. Write a check, or have your brokerage firm send a check, made payable to Osher at CMU with the word "Endowment" in the memo line. Mail to: Osher at CMU / 5000 Forbes Ave, Cyert Hall – B / Pittsburgh, PA 15213
3. For a donation through credit card, bank transfer, through appreciated stock, or from an IRA RMD, please call the Osher office 412-268-7489 for details.

If you have any questions about the endowment or making a donation, please don't hesitate to call the Osher office.

And, finally, many thanks to you for making our Osher Institute at CMU one of the best in the country. Your participation is sincerely appreciated.

Randy Weinberg  
Secretary, Osher at CMU Board of Directors

# 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 out.
- wearing a name tag when attending in-person classes.
- raising your hand to be recognized before speaking. On Zoom, be sure to have your full name entered so you can be appropriately called on.
- staying on topic during discussions and taking turns when speaking.
- on Zoom, staying muted when not speaking so background sound from your space won't be shared with the rest of your classmates.
- muting or turning off your phone.
- 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 cancellation from the Osher office.

## CHECK YOUR SCHEDULE

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

## NON-DISCRIMINATION

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

# READY TO REGISTER?

## CHECK YOUR CALENDAR

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

## MATERIALS FEES

Materials fees are due at the time of registration unless otherwise stated. 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](mailto: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.*

Please see the Osher at CMU website for the refund policy for the NRC's Osher Online courses.

## 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:

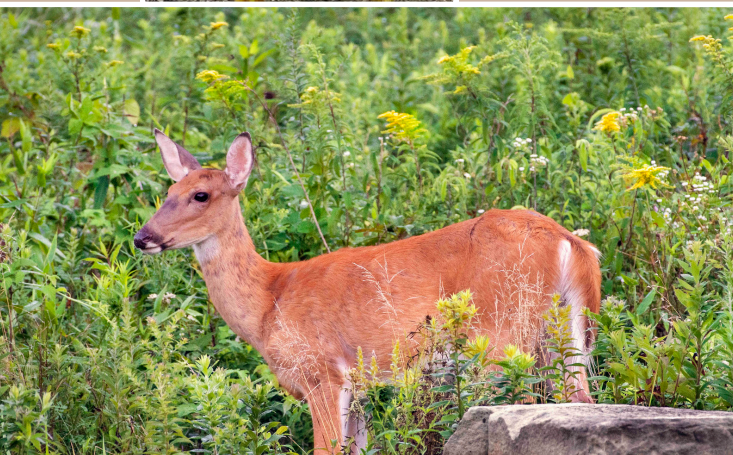
Martin Luther King Jr. Day	Jan. 20
Memorial Day	May 26
Juneteenth	Jun. 19
Independence Day	Jul. 4
Labor Day	Sep. 1
Thanksgiving Wednesday	Nov. 26
Thanksgiving Day	Nov. 27
Thanksgiving Friday	Nov. 28
Winter Break	Dec. 23 - Jan. 1

CMU Carnival will be held on April 3<sup>rd</sup> & 4<sup>th</sup>  
and no on-campus classes will be held.



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

Join us!



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



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