

Blaze a New Trail

— Winter 2022 —

VISUAL ARTS · POLITICS · HISTORY · STEM
· FITNESS · LITERATURE · MUSIC

Registration Opens December 10
Join or Register at osher.utah.edu



Osher staff members

Jill E. Meyer, Emily Q. Miller,
and Sheila Jacobsen



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*Cover photo: Marion Johnson,
Osher member and UMFA volunteer*

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Registration and Billing Questions
801-581-6461 extension 8
Registration Desk 21, second floor
M-Th, 8:00 AM - 8:00 PM, F, 8:00 AM - 5:00 PM

Osher and Registration Offices
540 Arapeen Drive, SLC, UT 84108



Letter from the Director

Inspiring Winter

Ignite your passion for lifelong learning this winter. Resist the urge to hibernate as the weather turns cold. Learn something new and continue your personal growth!

Welcoming a fresh New Year in 2022, we move forward with the power of community and the spark of connection. Our distinguished curriculum committee volunteers have been hard at work with instructors on your behalf: 62 wonderful instructors created 70 courses to engage and inspire you. We have 31 brand new courses and nine esteemed instructors new to our program.

The past two years gave us new insight into how valuable our beloved Osher Lifelong Learning Institute really is. We stayed connected over Zoom when it was deemed unsafe to gather, discovering the benefits of online learning. We began resuming in-person meetings in fall 2021 with small class sizes. We experienced the joy of being physically together again in our learning community. The Osher staff loved having you back!

For those who are aching to gather in person, we offer classes at our beautiful Continuing Education building at 540 Arapeen Drive, the 10th East Senior Center, the Thomas S. Monson Center, and the Sandy Center. Join us for an introduction to Flamenco, inspiring information about how to grandparent with purpose, Photoshop, an introduction to improvisation, the history of Utah's national parks, travel journal sketching, painting like an Impressionist, and more.

You can venture out or stay cozy inside in your pajamas! Our popular Zoom classes continue for those who like to teach and learn in the comfort and safety of their own homes. These include an exciting lecture series on the latest research in biomedical engineering, the history of the American Civil War, environmental policymaking, and mindful movement on Zoom with Osher members in other states, to name just a few.

Congratulations to dedicated Osher volunteer Sandy Clark who arranged another engaging series of Lunch and Learn lectures. Together we will learn about Utah's water, diversity at national parks, local politics from a seasoned reporter, and scientific research

and architectural history on our very own campus. Zoom continues to provide the best format for large gatherings, as well as for the ease of our outstanding presenters. With Zoom, we are able to reach hundreds of Osher and community members each term.

Special Events are continuously added to our website as venues open up to group visits. If you love to attend Special Events and have ideas for new virtual or in-person tours, please send your suggestions to us. And please consider joining this fun committee of energetic volunteers who create our Special Events each term through their own creativity and community connections.

As one of the largest Osher Institutes in the country, we are proud to offer more opportunities to learn than ever before. We hope you enjoy hibernating while staying connected via Zoom or venturing out to forge new connections and friendships, or perhaps a combination of the best of both worlds. Thank you for being a valuable part of this vital, active, inspiring, engaged, and much-needed community!

- Jill E. Meyer, Osher Director

The Talk of the Town

Osher classes are renowned for lively discussions that spill out into the hallways and even into coffee shops after class. These conversations provide an opportunity to analyze topics from different perspectives and often send your curiosity into exciting new directions. One thing is certain, after spending time with Osher members, you will leave energized and eager to continue the conversation in the next class.

Stacey Cole

Osher Member & Instructor



Winter 2022 Courses

A Soldier's View

Chip Guarente

Consider this course a “show and tell” of a soldier’s uniform, taking a look at the equipment and weapons that a soldier wore in the American Civil War, World War I, and World War II. This three-week course will bring lecture and historical artifacts together. You will be glad you signed up!

OSHER 821-001 | Thursday 11:30 AM-2:30 PM
Jan 20-Feb 3, 2022
3450 S. Main Street, Salt Lake City 84115



All You Wanted to Learn about Water

Alan Eastman

In the evolutionary sense, humans are still creatures of the ocean: We are made mostly of water! Yet we in Utah live in a desert; water is at a premium, and the sources of our water are becoming ever more uncertain. This class will discuss all aspects of water, from why water is so important to life to how it is collected, transported,

stored, and used. Perhaps even more importantly, we will examine the present and future of water in the West, looking at what the future might bring for good or ill, and how we can influence that future.

OSHER 417-001 | Thursday 11:30 AM-1:00 PM
Jan 20-Feb 24, 2022
ZOOM



America After Columbia

Bernadette Brown

This course will explore changes that transformed the lives of American Indian tribes and their future after the arrival of Europeans. We will try to understand the impact Europeans had on American Indians and the complications that interactions between these groups had on the American Indians’ way of life that continue to the present. We will examine political and social institutions and the establishment and location of tribal groups. What are tribes, and how are they defined? We will also look at reservations and the impact of the school system on American Indian societies.

OSHER 447-001 | Tuesday 9:30-11:00 AM
Jan 18-Feb 22, 2022
540 Arapteen Drive, Salt Lake City 84108



American Civil War

Walter Jones

This course will cover the causes, battles, and consequences of the American Civil War. It will include the armies and leaders who faced each other, emphasizing facts about significant events, people, and places involved in armed conflict. The course will provide important details concerning the war’s theaters and specific battles. Maps, drawings and photographs will highlight each subject and elucidate the war’s tragic experiences. We will reflect upon the Civil War as an important watershed period in American history.

OSHER 418-001 | Tuesday 3:30-5:00 PM
Jan 18-Feb 22, 2022
ZOOM

Courses

American Presidents and the Intelligence Community

Frank "Fuzzy" Furr

We will study the relationships of U.S. presidents with the U.S. Intelligence Community or IC. We will look at how presidents worked with, endured, used, tolerated, managed, their intelligence gathering agencies and certainly will discuss various operations carried out by the IC at the direction of the presidents. As part of these studies, we will trace the history of our intelligence gathering capabilities and the various agencies that make up what is today's IC.

OSHER 283-001 | Tuesday 1:30-3:00 PM

Jan 25-Mar 1, 2022

540 Arapeen Drive, Salt Lake City 84108

American Songbook

Wayne Egan

Discover the appeal and longevity of American music created from 1925 to 1955, drawn mostly from the Tin Pan Alley, musical theater, and jazz repertoires. The course is designed for a broad spectrum of music lovers, emphasizing the music and lyrics of such master song writers as Jerome Kern, Irving Berlin, George and Ira

Gershwin, Cole Porter, Richard Rodgers and Lorenz Hart, Harry Warren, Johnny Mercer, and Duke Ellington. The format of this cultural appreciation course will be a mixture of lecture, demonstration, and performance, defining what lends a song permanence and highlighting the elements one so admires in a great song. The teacher will frequently perform and students will be invited to sing along. A songbook created expressly for this course will be available for purchase but is not mandatory. The cost of the songbook is approximately \$20.

OSHER 479-001 | Wednesday 10:30 AM-12:00 PM

Jan 19-Feb 23, 2022

The Thomas S. Monson Center,
411 E. South Temple, Salt Lake City 84111



Art of Our Own Time: Movements of the Second Half of the Twentieth Century and Beyond

Colleen W. Wood

World War II, with its global devastation and the threat of atomic war, set the stage for the second half of the twentieth century. In the wake of the war, the global center of art shifted from Paris to New York. This helps explain the predominance of American artists in world art markets until the last decades of the century. The persistence of social and political upheaval and

technological change is reflected in the dominance of modernism and the avant-garde. We will explore abstract expressionism, painterly abstraction, color field, minimalism, pop art, feminist art, earth and site-specific art, post modernism, and architecture.

OSHER 449-001 | Thursday 9:30-11:00 AM

Jan 20-Feb 24, 2022

ZOOM

Beginning Ukulele

Marci Villa

Learning to play the ukulele is fun and easy. This versatile instrument can be played in any style from rock and roll to gospel, old classics to new songs. This course is for soprano, alto, and tenor C-tuned ukuleles. We will learn the various parts of the ukulele and their functions, how to play 12 ukulele chords, and how to strum simple songs. Music is provided.

OSHER 595-001 | Wednesday 1:30-3:00 PM

Jan 19-Feb 23, 2022

540 Arapeen Drive, Salt Lake City 84108

Calligraphy: Introduction to the Italic Hand

Chris Dyson

One of the most popular styles used in contemporary Western calligraphy, the elegant Italic script was developed from antique Latin texts and inscriptions during the Italian Renaissance. Class members will learn variations on the alphabet and ideas for layout and design to create beautiful lettered art. Supplies list: Speedball C-2 nib (students can purchase the set of nibs, which includes the C-2), calligraphy ink (Speedball or Eternal), nib handle, and plain paper (copy paper is fine). Supplies can be purchased at Blick in Sugarhouse or on Amazon.

OSHER 615-001 | Wednesday 11:30 AM-1:00 PM

Jan 19-Feb 23, 2022

540 Arapeen Drive, Salt Lake City 84108

Citizen Governance, the Judiciary, and Global Rule of Law

Wayne McCormack

It is not possible to have a functioning society without some assurance that norms will be observed in everyday life. In Western societies, that need is met by what we know as the “rule of law.” After the Enlightenment period, that system has been implemented through democratically chosen government with an independent judiciary. Although the system of justice in the United

States remains the prototype for both citizen governance and judicial independence, the U.S., along with the rest of the world, is in the throes of a governance crisis as democracy is threatened by various tribalism and anti-government movements. We will examine both U.S. Supreme Court cases and global trends, all in the context of citizenship, alienage, and democracy.

OSHER 426-001 | Thursday 3:30-5:00 PM

Jan 20-Feb 24, 2022

540 Arapeen Drive, Salt Lake City 84108

Civilization: The West and the Rest

Mark Rothacher

This course is based upon an excellent six-episode video series, *Civilization: The West and the Rest*, by Niall Ferguson and the BBC, which aired in 2011 on PBS and is now available via YouTube. This series explores how the “West” (the U.S. and Europe) came to dominate the world economically, socially, and politically over the past 500 years and questions whether we will continue this dominance, given that China and possibly other countries are coming on strong. Prospective class members are encouraged to view Episode #1 prior to the first day and as inspiration to enroll. Class members will watch a 45-minute episode before each meeting, take notes on what they hear, and make a list of questions to discuss

with the class. The instructor will do the same and project the questions and portions of the video in class to help everyone stay focused. A lively but respectful discussion of these big thoughts is encouraged! Our goal is to learn from the video and each other.

OSHER 429-001 | Tuesday 9:30-11:00 AM

Jan 18-Feb 22, 2022

ZOOM

Cultural Geography

Chris Dyson

The world has become a global society in which various cultures and belief systems must coexist with each other. Understanding these cultures makes us more accepting and enriches our own life experience. This course will help us comprehend how humans shape their lives and their environments because of their geography. Geography teaches “the why of the where” through both physical and cultural aspects. Although both are important, this course will focus on the cultural elements that define societies, such as identity, ethnicity, gender roles, religions, and language.

OSHER 24-001 | Tuesday 11:30 AM-1:00 PM

Jan 18-Feb 22, 2022

540 Arapeen Drive, Salt Lake City 84108

Courses

Current Issues in American Public Affairs and Politics

Tim Chambliss

Examine current political and governmental issues breaking that day and week—locally, nationally, and internationally! This class is highly interactive. Controversial questions are scrutinized. Group discussions are encouraged. Readings from *The New York Times* and NPR, as well as local newspapers and Internet sources, will be provided. News articles and videos seed the discussion, but often grow into entirely different topics based on student interest and participation. Students are encouraged to ask hard questions, and to participate actively and respectfully in class discussion.

OSHER 630-001 | Tuesday 1:30-3:00 PM
Jan 18-Feb 22, 2022
540 Arapeen Drive, Salt Lake City 84108

Current Issues in American Public Affairs and Politics

Tim Chambliss

OSHER 630-002 | Thursday 1:30-3:00 PM
Jan 20-Feb 24, 2022
ZOOM



Democracy in Peril: Is America Undergoing a Constitutional Crisis?

Bruce Landesman

Consider the following recent events in our country: the unconventional presidency of Donald Trump and the development of a “Trumpist” movement; the false claim (believed by many) that the 2020 presidential election was “stolen”; the intensive gerrymandering by Republicans, making it very difficult for Democrats to be able to be competitive in state and federal elections; targeted efforts to make voting more difficult, especially for specific population groups and political parties in certain voting districts; the turning over of election oversight in many of those states to partisan officials, threatening the validity of election results; the January 6, 2021, attack on the U.S. Capitol and continuing threats of that sort; the stalemate in Congress; the role of media groups like Facebook in spreading false information believed by many; and the sense of the Supreme Court as no longer an independent branch of government. Many have seen these events and more as exhibiting a constitutional crisis that threatens to guarantee the power of one particular party to maintain political rule—an undemocratic process common to authoritarian states. Many are worried, and much has

been written. We will look at relevant texts and hear lectures by experts to help us think through and analyze the current political situation.

OSHER 446-001 | Thursday 9:30-11:00 AM
Jan 20-Feb 24, 2022
540 Arapeen Drive, Salt Lake City 84108

Digital Treasures at the Salt Lake County Library

Tina Bartholoma

Discover digital treasures available at The County Library that will make a positive difference in your everyday life. From eMagazines with adjustable font sizes to online classes available at any time on your device, libraries are more than just books, although our eBook collection is incredible. Going digital is not always easy, but librarians will show you exactly where to click to access the reading, listening, and viewing premium resources that are just right for you. All resources are free to Salt Lake County residents. Out-of-county cards are available for a moderate monthly fee.

OSHER 392-001 | Thursday 9:30-11:00 AM
Jan 20-Feb 24, 2022
ZOOM



Discover Travel Sketching

Bessann Swanson

Whether you sit on your porch or travel the world, a sketchbook can record your experience, catch your mood, and make vivid memories. A sketchbook is a personal record, so expression is emphasized over accuracy.

Classes will guide you through the basics of line, figure, perspective, nature, and composition. Bessann Swanson will share pages from her own sketchbooks, made in diverse locations ranging from the canyonlands of Utah to well-known cities in Europe. Get ready for your own trip by picking up your pen and feeling confident.

OSHER 413-001 | Monday 11:30 AM-1:00 PM

Jan 24-Mar 7, 2022 (No class on Feb 21)

540 Arapeen Drive, Salt Lake City 84108



Discovering Your Third Act: How to Fire Up Your Passion for an Encore Career after Age 55+

Steve Wrigley

This course is designed to not only inspire you to explore your goals and passions for your Third Act but also to give you an actionable plan on how to navigate a new and evolving phase of life. It is designed to support you in moving from your current career to a Third Act career after your initial retirement, re-energizing your current

employment as you use it as a Bridge career, or helping you discover a new Third Act career that brings you more meaning and more reward during your Encore years. This course will help you integrate your Encore career into your overall desired lifestyle. Retirement is not a one-time event or a destination; it is a transition on a journey. As you enter your Third Act years, it is more important to think about what you are retiring TO, rather than what you are retiring FROM. Your Third Act is an opportunity for new goals, dreams, adventures, contributions, and personal reinvention with new interests, careers, opportunities, exploration, relationships, and ways of life. The instructor will help class members navigate change and inspire them with new life and career possibilities.

OSHER 436-001 | Wednesday 3:30-5:00 PM

Jan 19-Feb 23, 2022

540 Arapeen Drive, Salt Lake City 84108

Don't Just Retire ... Refire! An In-Depth Discovery of Your Third Act of Life

Steve Wrigley

This class is designed not only to inspire people to explore their goals and passions, but also to give them an actionable plan on how to navigate a new and evolving life phase. Retirement is no longer a destination, it's now a transition on a journey. It's more important to

think about what you're retiring TO, rather than what you're retiring FROM. Your third act is an opportunity for new goals, dreams, adventures, contributions, and personal reinvention with new interests, opportunities, explorations, relationships, and a new way of life. This class will help you move from a retired life to an inspired life. In the class, you will design a third act of life that is right for you by setting meaningful, attainable goals, and you will learn how to take simple steps to reach them. The instructor, a board-certified life coach and certified retirement-transition, career, and relationship coach, will help class members navigate change and inspire them with new possibilities.

OSHER 650-001 | Friday 11:30 AM-1:00 PM

Jan 21-Feb 25, 2022

Sandy Center 10011 Centennial Pkwy, Sandy, UT 84070

Drawing: Two-Point Perspective

Bill Laursen

Continue with what you learned in Fundamentals of Drawing and/or branch out to explore two-point perspective. Perspective drawing will be approached at a beginning level. A small textbook, *Perspective Made Easy*, by Ernest Norling, will be required. Used copies are easy to obtain on line. Other supplies will be addressed during the first session of the class.

Courses

OSHER 617-001 | Tuesday & Thursday 12:30-2:00 PM
Jan 18-Feb 24, 2022

10th East Senior Center, 237 South 1000 East
Salt Lake City, UT 84102

Easy Guitar Jam

Bim Oliver

Expand your campfire repertoire! Each week, we will play simple, familiar tunes, such as “Brown-Eyed Girl,” “Country Roads,” “Jambalaya,” and others. Along the way, we’ll explore some fundamental technique elements (to enrich your playing) and dabble in a little elementary music theory (to help you understand how to play any song). But the emphasis will be on playing and singing in a relaxed setting. You should be comfortable with basic chords. Song charts will be provided digitally in PDFs.

OSHER 455-001 | Thursday 1:30-3:00 PM
Jan 20-Feb 24, 2022
540 Arapeen Drive, Salt Lake City 84108



Environmental Policymaking in the United States

Jane Yager

Environmental policymaking incorporates many approaches to address the effects of human activities on the natural world upon which all life depends. Every day, environmental policy is made, knowingly or ignorantly, by a variety of stakeholders: individuals, groups, communities, nongovernmental organizations, tribes, governments, and businesses. The purpose of this course is to introduce the history, concepts, and analytical methods of environmental policymaking in the United States. This information will be presented using real-world examples of environmental policymaking, from global warming to species extinction. This course will also explore how environmental policymaking can be a deliberative process, a fluke, a sin of omission or commission, an unintended consequence, a tragedy, a success, or *c’est pire q’un crime, c’est un faute* (it’s worse than a crime, it’s a mistake). A policymaking framework will be provided to assist participants in applying the skills and concepts learned in this course to identify, discuss, analyze, and address a variety of environmental concerns.

OSHER 452-001 | Wednesday 9:30-11:00 AM
Jan 19-Feb 23, 2022
ZOOM

Everyday Mindfulness

Julie Howell

Osher members will experience the two complementary ways to practice mindfulness: learning the formal practice of meditation and the informal experience of letting mindfulness spill over into everyday life. This course will introduce the concept of mindfulness and will cover its history and benefits, as well as the science behind this age-old practice. When a practitioner pays attention to the present moment, mindfulness unfolds a whole new level of awareness. Meditation has been shown to have many beneficial effects, both mental and physical.

OSHER 62-001 | Wednesday 3:30-5:00 PM
Jan 19-Feb 23, 2022
540 Arapeen Drive, Salt Lake City 84018

Examining the Criminal Mind

Jennifer Johnson and Georgette Leventis

Popular American culture feeds our seemingly insatiable appetite for stories of crime and pathological behavior. There are dozens of podcasts about true crime that keep us hooked. At the end of the day, the underlying question is always WHY do people commit crime. This course will explore the psychology of criminal thinking and behavior, the interaction of mental illness and crime

(including legal concepts of insanity and incompetence), the role of drugs and addiction, and the growing problem of cybercrime. Additionally, we will examine the question of nature vs nurture in the psychopathology of the criminal mind. We will review high profile cases as a means to understanding the etiology of criminal behavior. The course will also provide an overview of how the federal and state criminal court processes address criminal behavior.

OSHER 778-001 | Wednesday 3:30-5:00 PM
Jan 19-Feb 23, 2022
540 Arapen Drive, Salt Lake City 84108

Fabrics in History and Art

Margaret Landesman, Mary Lambert, and Jill E. Meyer

Why the Iron Age or the Bronze Age, rather than the Pottery Age or the Flax Age? The development of fabric technologies and trade has influenced human history perhaps more than any other technology. But little evidence survives, and there is a tendency to regard the study of this history as frivolous. It is a fascinating story. This course will use works of art—paintings, sculptures, costumes, and decorative arts—to serve as discussion points in exploring the history of textiles, including linen, silk, wool, and cotton, and how they are represented by

artists from ancient days in Egypt to today in the West. One class session will be devoted to examining actual textiles from the instructors' and class members' own personal collections.

OSHER 174-001 | Monday 1:30-3:00 PM
Jan 24-Mar 7, 2022 (No class on Feb 14 or 21)
ZOOM



Geologic Treasures of Utah

Brian K. Jones

Discover some of the great geological treasures of Utah, many in our own backyard. This course will consist of six geologic photo workshops. Utilizing a framework of the geology of Utah, we will look at Big Cottonwood Canyon and Little Cottonwood Canyon, discovering how the Pleistocene glaciation in North America created outstanding skiing terrain. We will explore the Island Mountains, extending from western Utah into eastern Nevada. Once connected by Lake Bonneville, each range is now an isolated ecosystem—lonesome, isolated jewels in the desert. Finally, we will explore the geology and archeological treasures of Bears Ears National Monument, the home of the Ancestral Puebloans. Each workshop will change the way you see your world in Utah.

OSHER 437-001 | Tuesday 11:30 AM-1:00 PM
Jan 18-Feb 22, 2022
ZOOM

Google Maps: Become a Custom Mapmaker

Pat Lambrose

Discover tips and tricks for using Google Maps. Create and save custom maps to share with friends and family. Learn to map your favorite restaurants, fishing holes, bike routes, golf courses, trail heads, etc. Explore the variety of features available in Google Maps through demos, hands-on activities, and discussion. Download off-line maps to use to navigate on mobile devices. Locate indoor maps and digital directories. Bring your laptop or tablet to class.

OSHER 469-001 | Wednesday 1:00-3:30 PM
Jan 26-Feb 2, 2022
540 Arapen Drive, Room 249, Salt Lake City 84108



Grandparenting on Purpose

M. Winston Egan

This course uncovers essential principles and practices that contribute to the development of loving and enduring relationships with your grandchildren and their parents. Class explorations and discussions will

Finding Yourself

Osher classes are a great way to meet new people and to learn about exciting new topics, but the most important part of continuing your education may just be that it allows you to find yourself. As you continue to expand your mind, you realize that who you are is different than what you do as a job or in your role with family and friends. This knowledge gives you the foundation to shape the person you want to be going forward.

Paul Cunningham

Osher Member & Instructor



center on discovering the needs of grandchildren and their parents; determining what grandchildren want from grandparents; connecting with grandchildren; addressing estranged children and their spouses; understanding and building family traditions and routines; creating, developing, and pursuing family themes; and nurturing spirituality in your grandchildren.

OSHER 433-001 | Wednesday 1:30-3:00 PM

Jan 19-Feb 23, 2022

The Thomas S. Monson Center,
411 E. South Temple, Salt Lake City 84111

How to Change the World

Warner Woodworth

The objective of this course is to strengthen one's capacity to change the world by learning and then applying Social Entrepreneurship (SE) skills to empower the poor. We will first gain an understanding of the current global context of suffering, conflicts and other human struggles. A brief analysis of several paradigms including the socio-economics of social change will be taught. Other emerging conceptual constructs that lead to societal change will be utilized such as the following: third sector, positive deviance, the archaeology of social change, stewardship, new social inventions, bottom-of-the pyramid tools, the

"tipping point" for making an impact, social capital, Gross National Happiness, appreciative inquiry, social enterprise creation, capacity-building, sustainability, and building civil society. Innovative methods and tools will be studied for expanding economic self-reliance in Latin America, Africa, Asia, and more.

OSHER 147-001 | Wednesday 1:30-3:00 PM

Jan 19-Feb 23, 2022

540 Arapeen Drive, Salt Lake City 84108



How to Paint like an Impressionist

Barbara Taylor

This is a new course designed for Osher members who have taken an art class before and have supplies ready to paint in their favorite medium. Class members may choose to paint in watercolor, gouache, pastel, acrylic, watercolor pencil, or colored pencil. All media are welcome except oil, because of the fumes of turpentine. Oil painters are welcome to attend class and complete their oil paintings at home. We will study the Impressionists, understand their philosophy, and then paint in their style. Impressionists are the bridge from the Renaissance to modern art. We will learn the new painting techniques they developed. By studying Cezanne, Van Gogh, Monet, Renoir, Pissarro, Morisot, and Seurat, we will learn techniques with picture planes,

soft edges, medium values, and more. For those who like adventure, we will risk giving up our traditional painting style to try something new.

OSHER 419-001 | Tuesday 11:30 AM - 1:00 PM

Jan 18-Feb 22, 2022

540 Arapeen Drive, Salt Lake City 84108



Introduction to Flamenco

Solange Gomes

Flamenco is a dance from the Andalucian region of Spain, with roots in Indian, Arabic, and Romani music. This class includes active physical participation. Lose your inhibitions as we explore the history, culture, basic dance elements, and evolution of this passionate art form. Each class session will focus on different movements and percussion, such as brazeos (armwork), taconeos (footwork), palmas (claps), and jaleos (shouts to cheer on the singers, guitarists, or dancers). We will also study some palos (rhythms) and choreographies. Hard, heeled shoes or boots are highly recommended in this class designed for both men and women.

OSHER 440-001 | Thursday 3:30-5:00 PM

Jan 20-Feb 24, 2022

540 Arapeen Drive, Salt Lake City 84108

Courses



Introduction to Improvisation

Rebecca Lea McCarthy

This course will outline the fundamentals of improvisation, character development, effective communication, listening skills, and storytelling techniques. We will engage in popular improv games to create characters and virtual scenes, based on class members' suggestions. We will explore how these tools help create personal narratives for insight, conflict resolution, and performance. Rebecca McCarthy is a professional actress and improv artist. She trained extensively with Roberta Maguire, one of the original members of Second City, and Klauniada, a European improv clowning duo who helped train Cirque du Soleil performers. Rebecca McCarthy's research in improv has been used internationally for conflict management.

OSHER 412-001 | Monday 11:30 AM-1:00 PM
Jan 24-Mar 7, 2022 (No class on Feb 21)
540 Arapeen Drive, Salt Lake City 84108



iPad and iPhone Basics for Beginners

Debbie White

People who find smartphones and tablets daunting will find this class a perfect introduction to connecting with our changing world of technology. This is a hands-on

class with a focus on having fun with your iPad and/or iPhone. We will explore key features within the iOS, the Apple operating system, while also highlighting some of the multi-faceted capabilities of your device. This class will be on Zoom, allowing you to join the class on a computer while exploring your iPad or iPhone at the same time.

OSHER 443-001 | Wednesday 9:30-11:00 AM
Jan 19-Feb 23, 2022
ZOOM

Islamic Civilization

Abdulnaser Kaadan

The evolution and practice of the Islamic civilization, during the Islamic Golden Ages, from origins until the fall of the Islamic civilization. The goal of this course is to encourage the student to think about Islamic golden age from an historical perspective, and to appreciate how Islamic civilization can inform the study of history.

OSHER 113-001 | Thursday 5:00-6:30 PM
Jan 20-Feb 24, 2022
ZOOM

Journalism in the Crosshairs

Rob Branch

Killing the messenger? This course is a chance for lively discussion centering on news you can use, or not, and/or why not. What are alternative facts? "There are no facts; that's why we call them 'stories'." How did we get to this place in our history? One story, two points of view. What ethics do today's journalists actually have, if any? "If it bleeds it leads," is the way. We will have an editorial newspaper editor answer our questions.

OSHER 822-001 | Thursday 1:30-3:00 PM
Jan 20-Feb 24, 2022
540 Arapeen Drive, Salt Lake City 84108



Korean Ink Painting: Create Your Own Greeting Cards

Joon Bae

Painting is a meditation on creating your own world. When you put brush to rice paper, each brushstroke transforms your image and leaves a mark like a peaceful dream. You feel a new breath emerging from body and heart. Outside thoughts fade away. You begin speaking the language of appreciating life. The brushwork remains in the heart as a story and a symbol

of things. In this three-session class, Osher members will learn to create their own greeting cards as a fun way to share their ink paintings.

OSHER 438-001 | Wednesday 9:30-11:30 AM
Feb 9-23, 2022
540 Arapeen Drive, Salt Lake City 84108

Live Free of Clutter and Get Organized at Last!

Marla Dee

How would it feel to have your home free of clutter & disorganization? In today's world we are bombarded with information and stuff! So, there is clutter everywhere—on our phones and computers, desktops and countertops, bedrooms and basements, closets and cupboards. We crave being free of the clutter and fantasize about being organized but it feels impossible. As a professional organizer for 22 years, Marla Dee has seen the pain and she's here to help. With contagious enthusiasm and stories from real clients, Marla will show you that living organized is a skill anyone can learn. Why bother learning the skill? Because getting organized frees you to be present for what matters most. Her Clear and Simple Steps teach where to start, what to do, and how to keep it up. If you are ready for a change, come get what you need to make it happen!

OSHER 380-001 | Tuesday 1:30-3:00 PM
Jan 18-Feb 22, 2022
ZOOM

Lon Chaney, Sr.: The World's First Character Actor

Chris Stockslager

For those who even know of Lon Chaney, people simply assume he was “just” a horror actor. In his 18-year career (and short life) with over 150 films to his credit, Chaney played pirates, clowns, cripples, criminals, priests, ventriloquists dressing up in drag in order to burgle (I'm not making that up....), and so many other colorful characters – besides certain beloved Hunchbacks and Phantoms. Chaney was the master creator of his characters and makeups. But why is he only remembered as a horror star? The Man of a Thousand Faces has secrets to tell. Find out within.

OSHER 11-001 | Wednesday 5:00-7:00 PM
Jan 19-Feb 23, 2022
540 Arapeen Drive, Salt Lake City 84108

Marcie's Movie Club

Marcie Collett

Each week, Marcie's movie club will meet in person at the Broadway Centre Cinemas to watch a film offered by Salt Lake Film Society and then discuss it together. Class fee includes ticket charge for film. If in-person viewing is not feasible given COVID conditions during winter session, classes may revert to watching film on slfsathome.org platform with discussions by Zoom.

OSHER 325-001 | Monday 12:00-2:30 PM
Jan 24-Mar 7, 2022 (No class on Feb 21)
Broadway Centre Cinemas, 111 E 300 S,
Salt Lake City 84111

Note: Validated parking offered in the parking garage east of theater, in between Copper Onion and Copper Common. BRING PARKING TICKET INTO CLASS FOR VALIDATION STAMP.



Mindful Movement: Stretching and Qigong

Nando Raynolds

This class is an introduction to qigong and simple stretching patterns. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. No special clothing or experience

Courses

is required, come as you are, and be ready to move about comfortably in your home space. We will be meeting over Zoom, and the class will include social time with other class members. A signed liability waiver will be required prior to the first class. The instructor will offer supporting resources of a suggested DVD available for purchase, free videos to view on YouTube, and ongoing virtual classes between Osher terms. This course is offered in conjunction with several other Osher Institutes across the country.

OSHER 432-001 | Tuesday 8:00-9:30 AM

Jan 18-Feb 8, 2022

ZOOM

Most Common Health Problems in the Elderly (Part 1)

Abdulnaser Kaadan

The average lifespan of humans has dramatically increased in the last decade due to the advance in medicine. According to the United Nations, the world population of individuals aged 60 years or above will triple by 2050. In the UK alone, approximately 22% of the population will be 65 years or older by 2031, exceeding the number of those aged less than 25 years.

However, the fast-growing aging population also increases the likelihood of some diseases. Geriatrics, or geriatric medicine, is a branch of science that focuses on health care of elderly people.

OSHER 205-001 | Monday 5:00-6:30 PM

Jan 24-Mar 7, 2022 (No class on Feb 21)

ZOOM



Museums Behind the Scenes: From Cabinets of Curiosities to Modern Sites

Candice Cravins

Go behind the scenes with an experienced educator and museum professional as you explore the fascinating history of museums. How did museums come to be as we know them today? How do museums work? Learn about exhibition development, collections management, educational programming, and more through virtual tours, activities, and presentations.

OSHER 416-001 | Wednesday 3:30-5:00 PM

Jan 19-Feb 23, 2022

ZOOM



Olive Kitteridge Revisited

Sally Smith

If you have read *Olive Kitteridge*, you will want to revisit her because you have missed her crankiness, her unexpected compassion, and above all her honesty. If you have not yet read *Olive*, she will make you remember why you love to read. This “novel in stories” was awarded the Pulitzer Prize for Fiction in 2009. Ten years later, the glorious Elizabeth Strout gifted us with *Olive Again*, as the indomitable Olive continues to struggle to understand herself and those around her. Just as Olive’s self-awareness and empathy develop over the course of these books, so does the reader’s.

OSHER 451-001 | Thursday 11:30 AM-1:00 PM

Jan 20-Feb 24, 2022

540 Arapeen Drive, Salt Lake City 84108

Photos & iMovie for Beginners

Debbie White

Expand your ability to enjoy your photos and movies by learning the basics of Photos (iPhoto) and iMovie on your Mac computer. We’ll start with importing and managing your digital photos. Then we will learn basic photo editing techniques that you can use to turn good shots

into magnificent ones. After we are all organized, we'll move on to iMovie, learning how to combine photos and video clips to make your own movie to share with family and friends. This is a hands-on class, everyone using their own computer while on Zoom. The agenda will keep to the basics, yet with flexibility depending on those participating in the class.

OSHER 573-001 | Thursday 11:30 AM-1:00 PM

Jan 20-Feb 24, 2022

ZOOM

Photoshop One

Lynne Bennett

Come join a photographic adventure in Photoshop One! In this course, we will learn how to “become one” with the basic tools of Adobe Photoshop. We will learn to use these tools to manipulate images, blend and touch up, and turn your photographs into works of art. This class is a beginning-level Photoshop course taught in a computer lab. All photos are provided for each lesson. *PREREQUISITE: Students must be proficient in the use of computers and have used software, such as Word or PowerPoint, to take this course.*

OSHER 308-001 | Monday 11:30 AM-1:00 PM

Jan 24-Mar 7, 2022 (No class on Feb 21)

Sandy Center 10011 Centennial Pkwy, Sandy, UT 84070



Presenting Stories through Puppetry

Shelby Rickart

This is a fun class developed to explore storytelling through puppetry. Participants will use puppetry to present a fiction or non-fiction story of their choice. They will develop a short narrative story and choose from a variety of hand-puppet styles and build a character and a puppet to present their story. No previous experience in any of the course topics is necessary. All materials will be provided. Class members will take home their puppet and their story.

OSHER 427-001 | Thursday 9:30-11:00 AM

Jan 20-Feb 24, 2022

540 Arapeen Drive, Salt Lake City 84108



Queens of Mystery

Jeffrey Walker

Play the sleuth and investigate murder, seduction, and unusual mayhem from four great female writers, known as the “Queens of Mystery”: Agatha Christie, Dorothy Sayers, Phoebe Atwood Taylor, and P.D. James. We will even enlist the help of a fifth “queen,” Ellery Queen himself. Reading *Toward Zero*, by Christie; *Strong Poison*, by Sayers; *Death Lights a Candle*, by Taylor; and *The Murder*

Room, by James, we will follow the trail of the sleuth (amateur or professional) on the page, use our powers of logic and deductive reasoning (elementary, really), solve the most difficult of puzzles (including crossword), and discover who did what to whom, when, why, and how.

OSHER 422-001 | Thursday 1:30-3:00 PM

Jan 20-Feb 24, 2022

Sandy Center 10011 Centennial Pkwy, Sandy, UT 84070

Rhetoric of Exclusion: The Magdalenes and Beyond

Rebecca Lea McCarthy

This six-week course looks at the rise of the Magdalene Laundries from the Middle Ages to modernity. Examining the Magdalene Laundries allows us to further identify rhetoric and other devices used to marginalize groups of people in society. We will look at the Magdalenes and how they came to be, while comparing those occurrences to current events in the United States. The ultimate goal is to become aware of how rhetoric, hegemony, domination, and economics converge to bring certain groups to power, or maintain the status quo, while marginalizing others. Rebecca McCarthy is a leading expert in the history of the Magdalene Laundries, and a professor of communication studies and ethics.

Courses

OSHER 206-001 | Tuesday 9:30-11:00 AM
Jan 18-Feb 22, 2022
540 Arapeen Drive, Salt Lake City 84108



Russian Short Fiction

Gene Fitzgerald

Russian authors are generally known for their lengthy novels, but those same authors were excellent short-story fiction writers as well. In this course, we will examine works by Karamzin, Pushkin, Gogol, Tolstoy, (perhaps Dostoevsky), and Chekhov.

OSHER 424-001 | Thursday 9:30-11:00 AM
Jan 20-Feb 24, 2022
540 Arapeen Drive, Salt Lake City 84108

Six Lectures on Biomedical Engineering

Various Speakers

This course will spotlight some of the current research being conducted at the University of Utah in the field of engineering, medicine, and genetics. Professors from the internationally recognized faculty of the Biomedical Engineering, Huntsman Cancer Institute, and Genetics departments will present their work. We will hear from Dr. Jessica Kramer on the role of mucous in coronavirus infectivity, Dr. David Grainger on stem cell therapy

– what is to be believed, Dr. Jan Kubanek on targeted personalized treatments of brain disorders, Dr. Alana Welm on patient-derived organoids for precision medicine in breast cancer, Dr. Hamid Ghandehari on controlled drug delivery - the right place at the right time, and Dr. Dana Carroll on genetic engineering in the clinic - CRISPR therapies.

OSHER 456-001
Thursday 11:30 AM-1:00 PM
Jan 20 to Feb 24, 2022
ZOOM

The Ancient Maya

Richard Paine

The ancient Maya have an enduring fascination for both anthropologists and the public, ever since the rediscovery of their pyramids and sculpture left shrouded in the rainforests of Yucatan and Guatemala. We will explore the archaeology of the ancient Maya: how they lived, who ruled them, their religion, and why Classic lowland Maya civilization declined, leaving vast areas devoid of population for hundreds of years.

OSHER 172-001 | Wednesday 3:30-5:00 PM
Jan 19-Feb 23, 2022
The Thomas S. Monson Center, 411 E. South Temple,
Salt Lake City 84111

The Geography of Buddha

Jonathan Duncan

This course introduces Buddhist philosophy through the lens of the landscapes, history, and culture that inspired it. Students will trace the emergence of Buddhism in northern India and examine the role that the geography and culture of the Himalayas have played in its evolution. The class will explore the representation of mountains in Eastern mythology, as well as the art, literature, and ethnogeography of the Himalayan region. Through slide-illustrated lectures, readings, and open discussion, students will gain intimate knowledge of a region that is held sacred to five of the world's great religions.

OSHER 965-001 | Tuesday 3:30-5:00 PM
Jan 18-Feb 22, 2022
540 Arapeen Drive, Salt Lake City 84108



The Idea of Wilderness

Jonathan Duncan

The idea of wilderness preservation is one of America's great gifts to the world. The first national parks on the planet were created in the United States. This tradition of preserving wild country has grown into a vast network of parks, preserves, and sanctuaries. Wallace Stegner called these spaces "the geography of hope." This seminar will

explore the history and the evolution of America's wild lands. Each week we will meet the pivotal characters, encounter the literature, and explore through words and images many of North America's most spectacular wild places. This program will incorporate slide-illustrated lectures, videos, readings, and open discussion into an immersive learning experience opening a portal into the heart of America's spectacular wilderness.

OSHER 428-001 | Thursday 3:30-5:00 PM
Jan 20-Feb 24, 2022
540 Arapeen Drive, Salt Lake City 84108



The Life and Works of J.S. Bach

Geraldine Johnson

Johann Sebastian was only one of many musical Bachs, and yet his music has remained culturally current in a time when many of his relatives are forgotten. Why? Who was this man, what were his life circumstances, and what makes his music so unforgettable? In this course, we will explore the life and oeuvre of this influential, culture-shaping composer. Come join us to put names to many familiar tunes, and perhaps to learn a few new ones!

OSHER 431-001 | Wednesday 1:30-3:00 PM
Jan 19-Feb 23, 2022
Sandy Center 10011 Centennial Pkwy, Sandy, UT 84070

The Wasness of the Is

William Christiansen

This course will provide the tools necessary to learn the language the Earth uses to tell her story. Class members will be able to use minerals, rocks, fossils, land forms, structures, and processes to reveal the geological history of the Salt Lake Valley. We will also use geological principles/laws to describe the geological history of the area. The first two classes will meet in the classroom. The final four classes will be various outdoor field trips in the Salt Lake City area. Some field trips may last longer than 90 minutes. Must be able to walk about two miles round trip. Special fee of \$10 provides class members with extensive handouts.

OSHER 107-001 | Wednesday 11:30 AM-1:00 PM
Jan 19-Feb 23, 2022

First two classes will be held at 540 Arapeen Drive, Salt Lake City 84108. Four field trip locations in the Salt Lake area will be announced to registered class members.



West Side Stories: Utah History through Salt Lake City's Oldest International Neighborhood

Brad Westwood

Through presentations, guest lecturers, readings, and recommended sites to visit independently, this course

will delve into the history of Salt Lake City's oldest international, transportation, and industrial district. Inhabited first by Utah's ancient and Native peoples, the area served as a base camp or distribution hub for nearly every immigrant group that settled in Utah or the Intermountain West, up until the 1970s. In 1847, Mormon settlers laid claim to the region by first camping on Salt Lake City's original west side. Thereafter, other immigrants joined, including Jews from Germany and Russia, Chinese, Africans, Italians, Greeks, Eastern Europeans, Japanese, Syrians and other refugees from the crumbling Ottoman Empire, Mexicans, and Latinx peoples. All made, or were pressured to make, the original west side their home. The area became a bastion of other religionists, mutual aid societies, and counterculture groups and a gathering place for LGBTQ+ communities. It has also served as a place for beleaguered travelers and the homeless, ever since the first train entered the city. One of a three-part series, this course will tell the story, with your help, of one of Salt Lake Valley's most unique neighborhoods, a microcosm of Utah's not-so-often-told history, from its beginnings to the present. Fall term will cover up to the 1880s, winter term will cover up to World War I, and spring term will cover to the present.

OSHER 337-001 | Thursday 3:30-5:00 PM
Jan 20-Feb 24, 2022
540 Arapeen Drive, Salt Lake City 84108



White Identity, Fragility, and Anti-Racism

David Derezotes

The intention of this class is to create a brave space for interested participants where we can explore our own racial identities, understand what white privilege and fragility are, and begin to practice anti-racism in our own lives. We will explore such related topics as critical race theory and systemic racism, as well as how racism directed toward people of color also harms white people. The purpose of this class is not to make white people feel more guilt and shame about racism, or to learn to hate our country and its history; if guilt, shame, and hatred could transform racism, we would already have a country without racism. The class is especially designed to be a place where we can get to know each other and ourselves. There will be time for discussion and reflection, and for exploring questions we have been pondering. Each class will have a check-in, a short didactic segment related to the literature, an experiential learning segment, and a check-out. This class is designed to be helpful regardless of how much you already know and do. You are welcome to join whether you have just become interested in the topic or you have thought about it for a long time.

OSHER 411-001 | Wednesday 1:30-3:00 PM

Jan 19-Feb 23, 2022

ZOOM



Wonderland in the Desert: A History of Utah's National Parks

Frederick Swanson

From Delicate Arch to the Zion Narrows, Utah's five national parks and nine national monuments display some of America's most amazing scenic treasures. There are fascinating human stories behind each of these protected places, which we will explore using a variety of historical journals and contemporary accounts. We will witness the awe-struck experiences of explorers, scientists, artists, and travelers who encountered the landscapes of the Colorado Plateau, and we will see how visionary park advocates opened these unique places to modern tourism. Expect lively discussion about current park management issues, and come prepared to share your own stories of adventures in places like Zion, Bryce Canyon, Arches, and Canyonlands!

OSHER 414-001 | Monday 9:30-11:00 AM

Jan 24-Mar 7, 2022 (No class on Feb 21)

540 Arapen Drive, Salt Lake City 84108

World War II in Western Europe

Stephen C. Hall

Retrace the steps of the Allied campaigns and actions that began in North Africa and ended at the Elbe River. We will explore the decisions that were made and the factors that went into these decisions. In addition to covering D-Day, the breakout and race across France, and Bastogne to Berlin, we will address less well-known contributions to winning the war in Europe by the 8th Air Force, women, and African-Americans.

OSHER 599-001 | Tuesday 9:30-11:30 AM

Jan 18-Feb 22, 2022

ZOOM

Yoga for All Bodies

Roz Newmark

Roz Newmark brings over 25 years of experience in teaching yoga oriented toward individuals with injuries, those recovering from injuries, or those with other special needs. The perfect recipe for stability, easeful movement, and a calmer nervous system varies for each individual. Working from the ground up, we will begin to personalize a practice for each Osher member's specific needs. Drawing from the Iyengar yoga tradition, attention will be focused on alignment and the therapeutic uses

of various asanas, or poses. This course is accessible to students with any body type. Please wear clothing appropriate for moving. In order to ensure safety and proper alignment, everyone taking this class will need to attend with their Zoom camera videos turned ON. We will use props to help customize the asanas and to create a more balanced condition for the body. Each class member will be required to have one yoga mat, two blankets, two yoga blocks, one strap, an armless chair, and a good sense of humor. The props can be ordered from Hugger Mugger. As this company is located locally, delivery of orders should be pretty prompt.

OSHER 881-001 | Tuesday 5:30-7:00 PM
Jan 18-Feb 22, 2022
ZOOM



Yoga Foundations

Kelley Ingols

Yoga has become a great way to ease the mind and body. In this class, we will cover the basic, foundational yoga postures that are practiced to align, strengthen, and promote flexibility in the body. Full-body relaxation and balance are the goals, as we make a circuit of the body's range of motion with standing postures, twists,

backbends, forward folds, and hip openers.

OSHER 425-001 | Wednesday 5:00-6:00 PM
Jan 19-Feb 23, 2022
ZOOM

Canvas

Women, Diversity, and the U.S. Supreme Court

Lauren Andersen

Follow the stories of four extraordinary women who pursued legal careers, justice, and equality and became Supreme Court Justices. This course will examine the lives and careers of Justice Sandra Day O'Connor, Justice Ruth Bader Ginsburg, Justice Sonia Sotomayor, and Justice Elena Kagan. Understand how their lives influenced their careers and why they sought a position on the highest court in the nation.

OSHER 286-001
INDEPENDENT LEARNING VIA CANVAS



Lectures

Instructors present individual lectures on a single topic for one session only.

Digitizing Your Memories

Debbie White

Do you want to know what can be done with all your print photos, negatives, slides, and videos? This single three-hour Zoom class will teach you how to preserve, archive, and even restore your non-digital media. Find out how easy it is to share your memories with family and friends. Learn tips and tricks, along with answers to frequently-asked questions regarding how to “do-it-yourself.” Don’t want to do it yourself? The class will also cover what to look for in a vendor so you get the most for your money while protecting your irreplaceable memories.

OSHER 25-001 | Monday 1:30-4:30 PM
Feb 7, 2022
ZOOM

Have You Checked Your “Personality” Lately?

Douglas Stowell

Are you the same person you think you are? Are you the same person everyone else thinks you are? This Special Event will try a few very short personality “quizzes” just for fun. There will be absolutely no real attempt to analyze you. And, you do not have to divulge the outcomes. Over an hour or so, we will do four or five exercises. These include the Sherwin Williams Color Preference, the short-form Enneagram, and even an old Meyers-Briggs initial quiz. The classic Myers-Briggs profile can be complete PRIOR to the event, via a link to their website for an additional fee. Participation in this is strictly OPTIONAL but those who pay the fee will receive a very detailed report and analysis. We will discuss participants’ reactions to the findings. The Myers-Briggs test is not mandatory, as we will conduct other exercises during the 90-minute session. We will poll the class to see the range of personas indicated. What fun!

OSHER 404-001 | Friday 9:30-11:00 AM
Feb 18, 2022
ZOOM



History and Literature: *Hamnet*

Diane and Stan Henderson

Historical novels tell interesting stories about a time and its people, requiring authors to do extensive research so their writing accurately reflects the history. Using *Hamnet*, by Maggie O’Farrell, as the launching point, this class will offer a one-hour look at the history of England in the time of Shakespeare. We will continue with a one-hour discussion of the novel as contemporary literature. Readers and history buffs are welcome! Participants should read *Hamnet* before class begins.

OSHER 439-001 | Monday 9:30-11:30 AM
Feb 7, 2022
ZOOM

Utah Opera Preview: *Flight*

Carol Anderson and Paula Fowler

Utah Opera presents an overview of Jonathan Dove’s *Flight* and Utah Opera’s January 2022 production. The class will be held in the Utah Opera Production Studios so that interested attendees can sit in for a while in the afternoon’s staging rehearsal. The class is intended as an excellent way to prepare for attending one of the evening performances of the opera. Osher members will learn the story of the opera’s creation, listen carefully and discuss some of the major musical moments in the opera, and learn more about artistic choices made about costuming

and set for this production. The opera’s plot: Described as a *Marriage of Figaro* for today, *Flight* provides the comedic yet touching story of a refugee who lives in the airport, surrounded by a colorful cast of characters who find themselves delayed in the terminal. As the delay drags on, the group learns that their overnight stay will be both physically and emotionally challenging as they navigate relationships, deception, and eventual reconciliation.

OSHER 454-001 | Tuesday 1:30–2:30 PM
Jan 4, 2022

Utah Opera Production Studios 3rd floor Learning Center
336 North 400 West, Salt Lake City 84103

Note: Participants will be required to follow all health and safety protocols established by the Utah Opera. For more information please visit utahopera.org

Utah Opera Preview: Puccini’s *Tosca*

Carol Anderson and Paula Fowler

Utah Opera presents an overview of Puccini’s *Tosca* and of the company’s March 2022 production of this beloved grand work. The class will be held in the Utah Opera Production Studios so interested attendees can visit a staging rehearsal at the end of class. The class is intended as preparation for attending one of the evening performances of the opera in the Janet Quinney Lawson Capitol Theatre. Osher members will learn the story of the opera’s creation, listen carefully, discuss

major musical moments in the opera, and learn more about artistic choices made regarding the costumes and the set for this production. The opera's plot: Fiery young diva Floria Tosca is forced to play a role she never imagined when she becomes trapped between her freedom-fighting lover and a ruthless police chief whose lust for her overrides his duty to his country. This explosive predicament comes to a heart-stopping conclusion in one of opera's most intense dramas. The opera is sung in Italian with English supertitles.

OSHER 441-001 | Tuesday 1:30-2:30 PM

Mar 1, 2022

Utah Opera Production Studios 3rd floor Learning Center
336 North 400 West, Salt Lake City 84103

Note: Participants will be required to follow all health and safety protocols established by the Utah Opera. For more information please visit utahopera.org

Utah Symphony Finishing Touches Preview: Mozart's Piano Concerto No. 12

Sally Humphreys

Flautist Sally Humphreys will present a half-hour overview before the Finishing Touches rehearsal of the Utah Symphony concert offered the weekend of March 3 to March 5. On the program are Gabriela Lena Franck's *Escaramuza*, Mozart's *Piano Concerto No. 12*,

and Shostakovich's *Symphony No. 5*. Guest conductor Francesco Lecce-Chong conducts, featuring guest pianist Louis Schwizgebel. The Osher class will take place in the First Tier Room of Abravanel Hall at 9:00 a.m., with the rehearsal beginning afterward at 10:00 a.m. Tickets for the symphony rehearsal are purchased separately and can be obtained at the box office after the Osher class.

Special note: This Finishing Touches rehearsal is on a Thursday, rather than the usual Friday.

OSHER 444-001 | Thursday 9:00-9:30 AM

Mar 3, 2022

Abravanel Hall, First Tier Room
123 W South Temple, Salt Lake City 84101

Note: Participants will be required to follow all health and safety protocols established by the Utah Symphony. For more information please visit utahsymphony.org

What in the World Is Going On? A Top 10 Summary of 2021

Douglas Stowell

This lecture will present a comparison of the U.S. rankings in over 25 key global categories for 2021. We will consider economic factors like incomes, deductions and taxes; the environment and pollution; energy sources; healthcare costs and outcomes; marriage, divorce, and birth rates;

education levels and achievement; life expectancy and paid vacations; population trends; an index on religiosity and atheism; immigration populations and trends; a national prosperity index; murder and crime rates; a change readiness index; happiest and most competitive countries; "best" countries ranked; and "where best" to be born in 2021. All charts and links to data sources will be provided to participants. This is year number four for the compilation of such rankings and is the most comprehensive yet. This will be a fast-paced 90 minutes with lots of information leading to interesting discussions!

OSHER 405-001 | Friday 9:30-11:00 AM

Jan 14, 2022

ZOOM

Special Events

Special Events are a fantastic way to dip your toes into the eclectically exciting world of Osher. All of the events are created on a volunteer basis by dedicated Osher members willing to share their passions, talents, and community connections with their fellow members to facilitate unique opportunities and unforgettable experiences.

Libby Peterson

Osher Member & UMFA Volunteer



Special Events

New events are continually scheduled by our committee of dedicated volunteers

*Visit our website frequently for the latest updates at **osher.utah.edu***

Free Special Events

Art Tours for Book Lovers at the Utah Museum of Fine Arts: *The Midnight Library*

Friday 2:00-3:00 PM

Jan 14, 2022

ZOOM

Adib's Rug Gallery - Tour and Intro to Hand-woven Rugs

Wednesday 10:30 AM-12:30 PM

Jan 26, 2022

3092 Highland Drive, Salt Lake City 84106

How to Look at a Work of Art with UMFA Docents

Friday 2:00-3:00 PM

Feb 11, 2022

ZOOM

Guadalupe School Visit

Friday 9:30-10:30 AM

Mar 4, 2022

1385 North 1200 West, Salt Lake City 84116

Special Events with Fees

Balloon Garlands - Learn How to Make Your Own

Monday 2:00-4:00 PM

OSHER 173-001 | Jan 24, 2022

540 Arapeen Drive, Salt Lake City 84108

Magician and Mentalist Experience

Monday 5:00-6:00 PM

OSHER 173-002 | Jan 31, 2022

ZOOM



Lunch & Learn

Winter 2022, via Zoom

The Current and Future State of Water in Utah January 19, 2022

Todd Stonely, Assistant Director, Division of Water Resources
John Mackey, Assistant Director, Utah Division of Water Quality

Todd Stonely will look at our water supply in Utah and the challenges we will face in the future. He will examine where Salt Lake Valley's water comes from and how the growing needs of the valley will be satisfied. He will also discuss water councils and programs that are being developed throughout the state to address water-use planning and water conservation.

John Mackey will review how Utah implements the Clean Water Act to preserve and protect our waters for their many uses. He will discuss challenges the state faces in pursuit of clean water and some emerging water quality concerns as our needs continue to expand. The presentation will conclude by outlining the tools the State of Utah will be using to ensure that we will continue to

have clean water in the coming decades for a healthy and prosperous Utah.

Telling Diverse Stories: Examples from Our National Parks January 26, 2022

Ephriam D. Dixon III, Chief of Interpretation, Yosemite National Park and Osher Instructor

At national parks and monuments across the country, interpretive staff are striving to diversify the stories presented to the public in an effort to become more inclusive of all people. Ephriam Dixon will explore examples from the Little Bighorn Battlefield in Montana, Yosemite National Park in California, and the Attu Island Battlefield in Alaska. His presentation will highlight struggles and successes as the National Park Service broadens its interpretive narratives and interweaves multiple perspectives.

Utah Politics, Religion, and Morals

February 2, 2022

Rod Decker, Author and Former Reporter for KUTV and the Deseret News

Utah votes Republican. The majority of Latter-day Saints vote Republican. Most other religious groups vote Democratic. Why do so many members of the Church of Jesus Christ of Latter-day Saints vote Republican? How do these various groups define the American family, moral values, and what social scientists call “social issues”? The disagreement over families and morals can explain Utah demography, Utah politics, and a few other things about the state.

Scientific Research and Discoveries from University of Utah Health That Are Making a Difference

February 9, 2022

Julie Kiefer, Associate Director, Science Communications at University of Utah Health

University of Utah Health is home to world-class scientists who seek to better understand health and disease in order to improve lives. In this talk, you will

learn about the types of research being done at U of U Health and recent discoveries that have made an impact. This includes a number of projects aimed at mitigating the COVID-19 pandemic and its wide-ranging effects.

Wills and Trusts 101: What You Need to Know

February 16, 2022

Alan Ossrmsby, State Director, AARP Utah

The coronavirus pandemic caused people to panic and rush to plan their wills, trusts, and other estate planning documents. Sales of online wills and legal documents have absolutely exploded. Such panic can cause us to make uninformed decisions against our best interests. It is important to have your estate planning affairs in order in any stage of life. Most people have property that they want to pass on to their family or others. This presentation will help inform you of your options and provide clarity around your most pressing issues.

The Most Significant Building in the History of the University of Utah

February 23, 2022

Bim Oliver, Architectural Historian, Writer, Consultant, and Osher Instructor

Since it moved to its present location in the 1890s, the University of Utah has designed and constructed dozens of buildings to house its diverse activities—learning, research, athletics, etc. From the stately Park Building to the monumental Marriott Library to the abstracted Student Life Center, each of the buildings on campus serves an important function in the life of the U while displaying a distinct architectural identity. Ironically, though, the most nondescript of all the buildings has at the same time arguably played the most significant role in the history of the university. In this discussion, we'll reveal which building it is and delve into why such a modest structure became so important.

State of the Art

The quality of a civilization can be measured through its art, because art is a universal language that transcends ideological barriers and helps us see the beauty in the world around us. And in today's world of highly charged politics and propaganda, art is more essential than ever. This term, you will find a diverse slate of art classes available, all guaranteed to add color and meaning into your life.

Joon Bae

Osher Member & Instructor



Instructor Bios

Abdulnaser Kaadan

Islamic Civilization

Most Common Health Problems in Elderly (Part 1)

Dr. Abdulnaser Kaadan arrived in the U.S. in 2016 as a refugee from the Syrian crisis. He was an orthopedic surgeon and a professor of the history of medicine at Aleppo University. He now teaches as a visiting international professor at Weber State University's Department of History. His courses include the History of Medicine, the History of Science, the History of the Middle East, the History of the Syrian Crisis, and the Islamic Renaissance. Professor Kaadan founded the International Society for the History of Islamic Medicine and still serves as its president and editor of its journal. His work and writing led him to be nominated for the Nobel Prize in 2012.

Alan Eastman

All You Wanted to Learn about Water

Alan Eastman has a PhD in chemistry from the University of Utah. During his nearly 30 years working in the research department of a major oil company, Alan acquired some 35 patents in refinery processes and on-line process control. After taking an "early retirement," he established a startup geothermal energy company. Alan's experience in several facets of the energy industry has given him a unique perspective about energy issues, and his dedication to continued research and staying informed has made him a subject matter expert on a variety of timely topics.

Barbara Taylor

How to Paint like an Impressionist

Barbara Taylor received a BA from the University of Utah and taught art in public schools. She then earned an MEd from University of Illinois and later an MSW

from the University of Utah. She is a retired LCSW who has discovered the thrill of color. She has taught art at the Rescue Mission and recently won a blue ribbon in watercolor at the Utah State Fair.

Bernadette Brown

America After Columbia

Bernadette Brown worked as the curator of African, Oceanic, and New World Art at the Utah Museum of Fine Arts. She earned an MA in anthropology and a certificate in museum studies from New York University and a BA in anthropology with a minor in art history and archaeology from Hunter College.

Bessann Swanson

Discover Travel Sketching

Although primarily a watercolor artist, Bessann Swanson's special hobby is travel sketching. She has been teaching a monthly sketching class with the Utah

Instructor Bios

Watercolor Society for the past several years. She has sketched in Europe and throughout Utah and the western United States.

Bill Laursen

Drawing: Two Point Perspective

Bill Laursen, a well-known Salt Lake-area artist and educator, has been painting and teaching for his entire career. His art credits include Best of Show from the Brigham City Museum Gallery, the Oneta J. Thorne Memorial Art Award for Outstanding Watercolor, and an Award of Merit from the Park City Arts Festival. Bill is a member of the Salt Lake County Art Selection Committee.

Bim Oliver

Easy Guitar Jam

Bim Oliver has taught guitar to a variety of students with diverse backgrounds. He has taught classes in beginning guitar and swing guitar for the Osher program and in swing guitar for Salt Lake Community Education. He has also provided personal instruction for interns with the Music Therapy program at Primary Children's Hospital, where he plays music as a volunteer. Bim's teaching style is structured but casual, with an emphasis on playing

songs as a way to learn basic techniques and the theory behind the music.

Brad Westwood

West Side Stories: Utah History through Salt Lake City's Oldest International Neighborhood

Brad Westwood is the senior public historian with the Utah Department of Culture and Community Engagement. He was formerly the director of the Utah State Historical Society and was Utah's State Historic Preservation Officer.

Brian K. Jones

Geologic Treasures of Utah

Brian K. Jones is a consulting geologist. He worked as a field geologist in North and South America for over 40 years. He has explored the Brooks Range, the Alaska Range, the Talkeetna Mountains, and the rainforests of Southeast Alaska. He has also explored most of Mexico, parts of Nicaragua, the Atacama Desert of Northern Chile, and the Amazon rainforest in Colombia and Bolivia. Brian has written over a dozen scientific articles, two dozen articles about fishing, and three geo-novels, where the geologist always wins. He taught courses on geology for the Island Institute of Sitka in isolated communities

in Southeast Alaska. He taught skiing at Alta Ski Area for 18 years, and he has taught numerous courses on the geology and history of Alta to the staff and visitors.

Bruce Landesman

Democracy in Peril: Is America Undergoing a Constitutional Crisis?

Bruce Landesman received a BA and a PhD in philosophy and spent most of his career as a faculty member in the Department of Philosophy at the University of Utah, retiring in 2012. His specialties are moral philosophy and political philosophy. He regularly teaches Osher courses on the general nature of democracy and how it fails. Bruce has been teaching for Osher since 2016.

Candice Cravins

Museums Behind the Scenes: From Cabinets of Curiosities to Modern Sites

Candice L. Cravins is an archaeologist and a museum professional currently serving as the executive director of the John Wesley Powell River History Museum in Green River, Utah. She has been designing and implementing in-person and online educational programs for K-12 students and teachers, undergraduate university students, and adults in university museums located in Utah, Texas, and

Alabama since 2012. She taught introductory courses in biological anthropology, museums, and museum methods in archaeology for undergraduates in the departments of sociology, anthropology, and social work, as well as a course called Southeastern Archaeology and Museums for the Odyssey USA Lifelong Learning Program at the University of South Alabama. Candice holds a BA in anthropology from California State University, Bakersfield, and an MS in archaeology and cultural resource management from Utah State University.

Chip Guarente

A Soldier's View

Chip, although an American, grew up in the United Kingdom. Subsequently, he served in the US Army in the 1970s. His interest in history expanded over the years as he participated in premier UK reenactment societies covering the American Civil War, WWI, and WWII. He became an expert on the clothing and equipment of US soldiers during those wars. Dressed in period costume on the beach at Normandy for the 65th anniversary of the D-Day landings, he met a World War II Congressional Medal of Honor recipient. Chip said he hoped the veteran was not insulted by the fact that Chip was dressed in a replica of the uniform worn in the assault on the beach. "No, son", the veteran replied. "You are keeping our

history alive." Chip has taken those words as his personal mantra, and hopes to honor those who served through his teaching and sharing.

Christine Dyson

Calligraphy: Introduction to the Italic Hand

Chris became fascinated with calligraphy over 40 years ago and has studied with international master calligraphers from across the U.S., Canada, and England. Her experience includes studying at St. John's University in Minnesota under Donald Jackson, who is the official scribe and calligrapher to Queen Elizabeth II. Chris focuses on ancient alphabets and illuminated letters. She has taught calligraphy classes in the public schools and also through community education. Her pieces have received Best of Show and Honorable Mention awards in juried exhibitions.

Cultural Geography

Chris Dyson received a BA in English and a master's degree in education from the University of Utah. Before retiring in 2016, she worked for the Granite School District for 16 years as a classroom geography teacher and as a teacher specialist at the district office for 11 years. While working at the district office, she coordinated a Character

Education/Service Learning Program for 90 schools and also served as a national trainer for the Community of Caring Program. She began teaching Cultural Geography for Osher in 2017.

Chris Stockslager

Lon Chaney, Sr.: The World's First Character Actor

Chris Stockslager graduated from Westminster College in 2015 with a BA in classical voice. He then earned his MM from the Manhattan School of Music in classical voice in 2017. Besides actively pursuing performing careers in opera and jazz, Chris's interests include film history, music history, and vintage automobiles.

Colleen W. Wood

Art of Our Own Time: Movements of the Second Half of the Twentieth Century and Beyond

Colleen Wood taught in the Granite School District for over 40 years, including 29 years of Advanced Placement art history. She also taught French, world history, anthropology, and financial literacy. For 25 years, Colleen led students on tours in Europe and has recently led student tours in San Francisco to study art.

Instructor Bios

She is convinced of the importance of art within societies and appreciates how art reflects social values, culture, religious beliefs, and political and economic conditions of the times.

David Derezotes

White Identity, Fragility, and Anti-Racism

David Derezotes earned his MSW at San Diego State University and his PhD at the University of California, Berkeley. He worked as a social worker in inner city locations in Chicago, Boston, Oakland, San Francisco, and San Diego, providing counseling to youth, couples, and families and community mental health work to institutions and neighborhoods. Fondly known as Dr. Dave, he accepted a position in the College of Social Work (CSW) at the University of Utah. His scholarship has included advanced generalist social work practice, community mental health, spirituality, deep ecology, and global survival. He was appointed director of the Peace and Conflict Studies program in 2013, later becoming director of the Transforming Classrooms into Inclusive Communities program. He was given the CSW Teacher of the Year Award six times and was awarded the University Distinguished Teaching Award in 2015.

Debbie White

Digitizing Your Memories

iPad and iPhone Basics for Beginners

Photos & iMovie for Beginners

Debbie White has over 40 years of teaching experience (30 years in public education). Following her retirement, Debbie spent four years as an Apple product professional repairing computers and teaching classes. She enjoys helping adults get the most out of their Apple electronic devices, which is why she loves teaching technology classes for the Osher program.

Diane and Stan Henderson

History and Literature: Hamnet

Diane and Stan Henderson are avid readers—Stan reads history; Diane reads fiction. In other lives, Stan would have been a history professor and Diane an English professor. They have teamed up to share their passion for history and literature with the Osher community. In their previous worlds, Stan was the vice chancellor for Enrollment Management and Student Life at the University of Michigan-Dearborn, and Diane was an educational program planner and consultant. Both earned baccalaureate and degrees at Michigan State University. Stan earned an MA in Government at Cornell. Diane earned an MA in Communication at MSU.

Douglas Stowell

Have You Checked Your “Personality” Lately?

How Does the U.S. Rank? A Top 10 Summary!

Doug Stowell has been a national Osher Lifelong Learning Institute instructor since 2018. He was previously a director of market research for Xerox, U.S. director for the U.K. firm National Opinion Polling, Ltd., and a senior consultant with Wirthlin Worldwide in Washington, D.C. Since opening his own firm in 2002, Doug has continued to conduct global surveys about consumer issues as well as political polls.

Frank “Fuzzy” Furr

American Presidents and the Intelligence Community

Frank “Fuzzy” Furr is a retired USAF colonel and a former pilot of the famous U-2 Dragon Lady spy plane. Having retired from working for the Air Force and a leading defense contractor, Frank has been providing enrichment lectures on military intelligence history to audiences around the world, including as an Osher instructor. He has over 47 years of experience in intelligence-related activities and served in the high levels of our nation’s intelligence community. He holds a BS from North Carolina State University and an MS from the University of Northern Colorado.

Frederick Swanson

Wonderland in the Desert: A History of Utah's National Parks

Frederick Swanson is a freelance writer specializing in Western and environmental history. He is the author of *Wonders of Sand and Stone: A History of Utah's National Parks and Monuments* (University of Utah Press, 2020) as well as other works on Utah and Western history. He and his family have spent more than thirty years exploring southern Utah's national parks.

Gene Fitzgerald

Russian Short Fiction

Gene Fitzgerald has been a professor of Russian language and literature at the University of Utah since 1969. He has also taught courses in the Honors, Liberal Education, and Comparative Literature programs. He has principally concentrated on the fiction of Dostoevsky, Gogol, Tolstoy, Chekhov, and the poetry of Aleksander Pushkin. His teaching awards over the years include the U's Distinguished Teaching Award, the Hatch Prize in Teaching, and the Presidential Scholar Award.

Georgette Leventis and Jennifer Johnson

Examining the Criminal Mind

Georgette Leventis has worked in the state and federal criminal justice systems for the past 28 years. She has been employed as a courtroom deputy clerk, Third District Juvenile Court intake officer, U.S. Probation and Pretrial Services officer, an investigator and mental health/mitigation specialist for the Federal Public Defender's Office, and in her current position as an assistant deputy chief U.S. probation officer. She is also an LCSW and has taught previously for the Osher Institute and the College of Social Work at the University of Utah. She is excited to be teaching at Osher again with her friend Jennifer Johnson and looks forward to exploring criminal thinking and behavior with their class members.

Jennifer Johnson, LCSW, is a clinician in private practice in Salt Lake City, where she works with both individuals and couples. In December 2020, she retired after 23 years of service from the U.S. Probation and Pretrial Services Office as a supervisory probation officer. She worked in the federal criminal justice system on cases involving white-collar crimes, firearms violations, robbery, immigration, Internet sex crimes, sex trafficking, Reservation offenses, and drug trafficking. Her roles included completing presentence investigations for the court utilizing the

Federal Sentencing Guidelines, preparing sentencing recommendations, supervising offenders who were reentering the community after incarceration, and completing sentencing mitigation assessments. In addition to her work with federal courts, she has taught at Westminster College in justice studies and psychology, focusing on the impact of drugs on society. She teaches at the Osher Lifelong Learning Institute and has previously taught at Salt Lake Community College. She completed her undergraduate work at the University of Utah and her MSW from Smith College.

Geraldine Johnson

The Life and Works of J.S. Bach

Geraldine Johnson holds a master's degree in music from Boston Conservatory and a bachelor's degree in music from BYU. She is a professional musician with a passion for amateur music-making. Geraldine teaches piano, oboe, organ, and saxophone, and loves to attend the symphony. She recently moved to Utah from Boston, where she taught privately and performed regularly, including with the Claflin Hill Symphony Orchestra on English horn. Come join Geraldine on a musical adventure!

Instructor Bios

Jane Yager

Environmental Policymaking in the United States

Formerly senior economist for the White House Council on Environmental Quality, Dr. Jane Yager has held several senior environmental conservation positions in the public and private sectors, as well as adjunct faculty positions in mid-career graduate programs with Johns Hopkins University and the University of Maryland University College. Currently, Jane is volunteering with the STEM Lab/Schools Program at the Natural History Museum of Utah. She has a PhD and an MS in marine-estuarine-environmental sciences from the University of Maryland and a BS in ecology and evolutionary biology from the University of Arizona.

Jeffrey Walker

Queens of Mystery

Jeffrey Walker, emeritus professor of English at Oklahoma State University, authored a critical study of Revolutionary poet and traitor Benjamin Church, edited collections of essays on James Fenimore Cooper, co-edited the annual journal *Literature in the Early American Republic* and the first scholarly edition of Cooper's 1821 bestseller *The Spy*, and is completing an edition of Cooper's unpublished letters. A Fulbright lecturer in Norway and Belgium, he won the Phoenix Award for

outstanding graduate teaching, the A&S Outstanding Professor Award, and the Regents Distinguished Teaching Award. His teaching interests include Charles Dickens, the history of the book, comedy, mystery, film, and radio, and American literature in general.

Jonathan Duncan

The Geography of Buddha

The Idea of Wilderness

Jonathan Duncan has over 20 years of experience working as a professional adventure photographer and digital storyteller. His work has taken him through many of the world's most remote landscapes and cultures. He is driven by a passion for wild places and for understanding and communicating the way different people relate to the natural world. He has served on the faculty of The Art Institute of Portland, Western Washington University, and Westminster College, where he is currently an adjunct professor teaching Adventure Media and Photography.

Joon Bae

Korean Ink Painting: Create Your Own Greeting Cards

Joon Bae received her BFA in visual arts with an emphasis in painting and drawing from the University of Utah. She began learning traditional Korean ink painting methods during her childhood. After a lifetime of practice and an exploration into Western forms of painting through her studies, she has found her rhythm as an East Asian ink painter. Her work has been collected internationally and exhibited in Utah at the Salt Lake City Library, the University of Utah, the Springville Museum, the Jewish Community Center, and more. She has given countless demonstrations and was featured in the 2019 edition of *Sunshine Artist* magazine. She is excited to continue teaching and learning through storytelling by putting brush to rice paper.

Julie Howell

Everyday Mindfulness

Julie Howell is a certified mindfulness facilitator who trained at the Mindful Awareness Research Center within the Semel Institute for Neuroscience and Human Behavior at UCLA. She continues to enjoy a decades-long meditation practice. She works at the Huntsman Cancer Institute and facilitates mindfulness-based classes for

patients and staff. Having personally experienced the benefits of a mindfulness practice, she delights in teaching the experiential practice of meditation and the practical application of mindfulness to everyday life.

Kelley Ingols

Yoga Foundations

Kelley Ingols has been teaching yoga since 2004. She brings elements of joy through heart-themed classes, while paying close attention to how we align our bodies and minds through yoga practice. Kelley enjoys incorporating nature and the natural world into her classes, and teaching outdoors is one of her favorite practices. Her first years of teaching yoga took place on the South Rim of the Grand Canyon, which led to developing a variety of workshops, including guiding students to Phantom Ranch. She taught yoga and elementary school students in her hometown of Flagstaff, Arizona, and she has been teaching in Utah for the past several years. A lifelong outdoors enthusiast, Kelley is deeply guided by the rhythms and flow of nature and the seasons, along with a deep reverence for Earth Wisdom.

Lauren Andersen

Women, Diversity, and the U.S. Supreme Court

Lauren Andersen is the director of the Utah Judicial Institute. For two and a half years, Lauren practiced appellate law in the state of California and presented arguments to the California Supreme Court and the U.S. Supreme Court. During this time, Lauren closely studied the Roberts Court. She has lectured about the Supreme Court and the death penalty. Her opinions were quoted by *The New York Times* as well as the *ABA Journal*. She was previously the director of the Osher Lifelong Learning Institute at the University of Utah for four years.

Lynne Bennett

Photoshop One

Lynne has been involved in computer-mediated communications for over 30 years while being employed in the advertising, publishing, and graphic design professions in Salt Lake City. She uses Adobe and Microsoft Office Suites software on a daily basis. Lynne has taught classes in page layout design and graphic design on the college level, and she has taught private computer classes.

M. Winston Egan

Grandparenting on Purpose

M. Winston Egan completed his PhD at the University of Florida in special education and early childhood education. He has taught students of all ages—preschool through graduate school. His specialties include behavior disorders in children and youth, service-learning, and distance education. He has been honored by students and colleagues with several university teaching awards.

Marci Villa

Beginning Ukulele

Marci Villa is a self-taught ukulele player with a passion for the cheery little instrument whose Hawaiian name translates as “jumping flea.” She enthusiastically shares with others her affection for this small guitar and her passion for music. Twenty years of experience as a corporate trainer have honed her understanding of how people learn and have given her an exceptional ability to teach new skills to anyone who wants to learn.

Instructor Bios

Marcie Collett

Marcie's Movie Club

Moving to Salt Lake City from Denver in 2005, Marcie has spent her professional and volunteer life working to advance film programs, the arts, health, and educational causes that serve the community. Her work includes organizations such as the American Cancer Society, the Leukemia and Lymphoma Society, the University of Utah, Utah Film Center, and the Utah Museum of Fine Arts. Since 2017, Marcie has been associate director of the Salt Lake Film Society, thrilled to advance their mission and programs through the Broadway and Tower cinemas, slfsathome.org, and the Studio Backlot Motor Cinema.

Margaret Landesman, Mary Lambert, and Jill Meyer

Fabrics in History and Art

Margaret Landesman is emeritus faculty at the University of Utah, where she served as the head of Collections Development at the Marriott Library for many years. She has a BA in philosophy from Oberlin College and a master's degree in library science from the University of Southern California. Margaret spent two years as a graduate student in art history at Stanford University.

Mary Lambert has taught metalsmithing for Continuing Education at the University of Utah since 2016. She began learning metalsmithing in a community education class, and it is a passion she is happy to share and continue to learn.

Jill E. Meyer has a BA from the University of Utah and an MA from the University of Delaware in art history. She enjoyed presenting public lectures and gallery talks while employed at the Metropolitan Museum of Art, the Cooper-Hewitt National Design Museum, and the IBM Gallery in New York City, as well as the Winterthur Museum in Wilmington, Delaware. She currently serves as the director and curriculum coordinator of the Osher Lifelong Learning Institute at the University of Utah.

Margaret, Mary, and Jill volunteer together as docents at the Utah Museum of Fine Arts.

Mark Rothacher

Civilization: The West and the Rest

Mark Rothacher has a BS in finance from the University of Utah. He enjoyed a forty-year banking career in Salt Lake City specializing in commercial and residential real estate lending. Mark is an avid student of history, the economy, and politics. He has read countless books and articles,

watched numerous videos, and taken multiple Osher courses relating to these topics.

Marla Dee

Live Free of Clutter and Get Organized at Last!

Marla Dee is an international speaker who has trained students from nine countries. With contagious enthusiasm and stories from real clients, Marla shares her belief that living organized is a skill anyone can learn. Marla has appeared on numerous TV, radio, and podcast programs. She is the author of *Get Organized, the Clear & Simple Way*; *The ART of Letting Go*; and many other publications.

Nando Raynolds

Mindful Movement: Stretching and Qigong

Nando Raynolds, MA, has studied and taught tai chi, karate, Kenpo, escrima, qigong, massage, and contact improvisation dance over the last 30 years. He is a bestselling author in the martial arts field. He works in private practice as a psychotherapist with couples and adults. His classes through various Osher Lifelong Learning Institutes across the United States have an enthusiastic following.

Pat Lambrose

Google Tools: Become a Custom Mapmaker

Pat Lambrose has a BA in recreation and youth leadership, a BA in education, and a Master of Education in technology and computers, all from the University of Utah. She taught in middle and high schools and was an instructional technology facilitator with the Salt Lake City School District. Pat coordinates statewide geospatial technology opportunities.

Paula Fowler and Carol Anderson

Utah Opera Preview: Puccini's Tosca

Utah Opera Preview: Flight

Paula Fowler is the director of Education and Community Outreach for Utah Symphony | Utah Opera, a position she has held since the two companies merged in 2002. She was the education director for Utah Opera for five years before the merger. She helps oversee Utah Opera's resident artist program, manages outreach to schools and communities around the state, runs the company's classroom operas program, and enjoys creating music events for special populations.

Carol Anderson has been principal coach since 2003 for the Utah Symphony | Utah Opera, where her duties include presenting the popular Opera Preludes before

every Utah Opera performance. She serves as the official accompanist for both the Utah District Metropolitan Opera National Council Auditions and the MONCA Southeast Regional Auditions in Atlanta, and spends her summers on the music staff of the Santa Fe Opera.

Rebecca Lea McCarthy

Introduction to Improvisation

Rhetoric of Exclusion: The Magdalenes and Beyond

Rebecca Lea McCarthy has a PhD in comparative studies (communication/rhetoric, philosophy and sociology) from the Florida Atlantic University Intellectual Foundation Program . McCarthy also holds a master's degree in liberal studies and literature from Rollins College, and a BFA in acting from Cornish College of the Arts . McCarthy has taught communication, philosophy, ethics, and theatre for several colleges and universities, including Florida Atlantic University, South Seattle College, and Purdue University Global. She is one of the world's leading experts on the Magdalene Laundries, having authored *The Origins of the Magdalene Laundries*, an *Analytical History*. Her other book publication is *Writing the Diaphragm Blues and Other Sexual Cacophonies*. Besides her academic interests, McCarthy is a professional actress (stage and film), voiceover artist, and playwright, as well as a roller skating and ukulele enthusiast.

Richard Paine

The Ancient Maya

Rick Paine has been introducing University of Utah students to the wonders of Mesoamerican archaeology since 1995. Rick is an experienced Maya scholar and has conducted fieldwork at several Maya sites, as well as excavations in Turkey and the United States. Rick is currently a member of the Mirador Basin archaeological project. El Mirador is a colossal pre-Classic Maya site, located deep in the Petén rainforest of northern Guatemala. El Mirador is a key to understanding the rise of Maya civilization.

Rob Branch

Journalism in the Crosshairs

Rob Branch spent 40 years as a practicing journalist, primarily in radio and television. Winner of a Golden Mike for a series dealing with battered children. Following a stint as a disc jockey in Salt Lake City, Rob worked in San Diego. Rob taught journalism, along with radio and television classes, retiring from Palomar College in San Marcos, CA, after teaching for 20 years, while at the same time working as a reporter for a local San Diego radio news station. He operated in San Diego, Los Angeles, San Francisco, and Santa Barbara, California, and as a news reporter/anchor in Boise, Idaho.

Instructor Bios

Roz Newmark

Yoga for All Bodies

Roz Newmark was first introduced to transcendental meditation and Swami Vishnudevananda's yoga in 1972. She studied with many senior Iyengar, Anusara, and Para instructors, completing several teachers' training sessions. Donna Farhi's work has been a strong influence, with its clarity on how to integrate the richly informed studies of body-mind centering (BMC) with yoga. In her own teaching, Roz enjoys blending the concise structure of the Iyengar tradition with BMC and her own kinetic insights developed as a professional dancer. She has served a wide range of populations, from children to seniors, athletes to injured, corporate to casual. It is her belief that, through merging breath with asana while listening to the body's deeper wisdom, one can prevent injuries and find greater ease in movement and stasis.

Sally Humphreys

*Utah Symphony Finishing Touches Preview:
Mozart's Piano Concerto No. 12*

Sally Humphreys loves to keep a busy schedule as a freelance musician, playing flute and piccolo with the Ballet West Orchestra, the Utah Symphony, and the woodwind quintet Aspen Winds. She

maintains a private flute studio and also teaches at Westminster College. She is president of the Utah Flute Association and acted as the local arrangements chair for the National Flute Association's annual convention in Salt Lake City in 2019.

Sally Smith

Olive Kitteridge Revisited

Sally Smith owned and operated A Woman's Place Bookstore for 10 years. She taught English literature for 22 years at Judge Memorial Catholic High School and West High School. She graduated from the University of Utah with a major in English and minors in history and French. Sally received the Brooke Hopkins Award for Excellence in Adult Teaching at the Osher Lifelong Learning Institute in 2018.

Shelby Rickart

Presenting Stories through Puppetry

Shelby Rickart is the director of Puppets in the City, a nonprofit puppet company based in Salt Lake City. She spent twenty-seven years teaching English and creative writing, including ten years as a consulting educator assisting other teachers. Shelby fell in love with puppets

at an early age, making her first puppet at the age of six. Over the last several years, she has studied puppetry in depth, as an art, as a way of communicating stories and ideas, and as a way to present theatre for all ages. Her happy place is anywhere she can share the magic of puppetry with others.

Solange Gomes

Introduction to Flamenco

Solange Gomes was born in Sao Paulo, Brazil, where she received fine arts training to become a musician and a professional dancer. She received an AAS in music and a BS in physical education. In 2001, Solange founded the Tablado Dance Company, where she is the artistic director and a dancer and choreographer. She was an adjunct instructor at Weber State University and the University of Utah School of Dance. She has been a guest teacher in colleges and schools in Utah, Idaho, and California. She is member of the International Dance Council at UNESCO, and she currently teaches at RDT's Dance Center on Broadway, Central Utah Ballet, and her own studio.

Stephen C. Hall

World War II in Western Europe

Stephen C. Hall (Col., USAF, retired) is a former senior fellow at L-3 Communications Systems-West, in Salt Lake City. He is a 1967 graduate of the Georgia Institute of Technology and received his master's degree in management from Troy State University in 1976. Col. Hall lectures on World War II history at Georgia Tech, Morehouse College, BYU, and Osher at the University of Utah.

Steve Wrigley

Discovering Your Third Act: How to Fire Up Your Passion for an Encore Career after Age 55+

Don't Just Retire.... Refire! An In-Depth Discovery of Your Third Act of Life

Steve Wrigley is a board-certified life coach and certified retirement-transition, career, and relationship coach. He says his life has always been purpose-driven, giving dedicated effort to his family, employment, community, and a life of service. Six years ago, as he was considering retirement from an executive position within the Utah state government, he had a desire to create his own fulfilling Encore Life. In his quest to discover how to do this, he started reading every book he could find about purpose-driven retirement. He became certified as an

AARP Life Reimagined group leader, helping people age 50 and over prepare for transitioning into their later years. He loved this work and found that was what he wanted to do, as part of his own Encore Life.

Tim Chambless

Current Issues in American Public Affairs and Politics

Tim Chambless, PhD, has taught seven different courses for the University of Utah's Department of Political Science since 1987. He has also taught courses for the U's departments of Communication and History, as well as the English Language Institute. Tim has worked for a mayor, a governor, a senator, and a congressional representative. He served for over 20 years on Salt Lake City's Planning Commission and Board of Adjustment, and he has participated in more than 30 political campaigns. Tim emphasizes current events and contemporary world problems in the study of American government as both an experiment in democracy and as a tool for solving societal problems. He has taught for Osher since 2007.

Tina Bartholoma

Digital Treasures at the Salt Lake County Library

Tina Bartholoma (MLS, MEd) is a community engagement senior librarian from Salt Lake County Library. She will be leading a team of professional librarians in co-teaching the classes for this course.

Walter Jones

American Civil War

Walter Jones, retired head of Western Americana at the University of Utah J. Willard Marriott Library, teaches history at Salt Lake Community College. He has master's degrees in library science from BYU and in history from the University of Utah. Walter was a Korean linguist in the U.S. Army (four years on active duty and 23 years in the Reserves) and in the National Guard. He has presented papers and written about the Vietnam War.

Warner Woodworth

How to Change the World

Warner Woodworth is a social entrepreneur and professor emeritus at the Brigham Young University Marriott School of Business, where he has taught Third World Development, Microcredit, and Social Entrepreneurship.

Instructor Bios

An author of 10 books and over 250 articles, Warner has been engaged in empowering the poor for over three decades. He holds an MA and a PhD in organizational behavior from the University of Michigan. He has helped found and/or served on the boards of some 41 NGOs and projects, including Mentors International (eight countries), Ouelessebougou Alliance (Mali), Unitus (23 nations), and HELP International (16 countries), among others. In 2019 alone, the NGOs and MFIs he helped launch during past decades grew to over 8.2 million clients and raised some \$24 million, while training more than 365,000 microentrepreneurs.

Wayne Egan

American Songbook

Kenneth Wayne Egan has a PhD in German from the University of Texas at Austin. He taught at the University of Texas, Westminster College, and the University of Phoenix. His avocation is traditional jazz piano. He is an adept improviser and is well-versed in basic jazz harmony and the songbook that will be the subject of his course. He has lectured on the great American songbook for private groups for several years and has recorded and produced three CDs on the Nuance label.

Wayne McCormack

Citizen Governance, the Judiciary, and Global Rule of Law

Wayne McCormack received a BA from Stanford University and a JD from the University of Texas. He joined the faculty at the University of Utah S.J. Quinney College of Law in 1978 and also served as associate dean for Academic Affairs. Prior to joining the U, he taught at the University of Georgia School of Law and served as associate director of the Association of American Law Schools.

William Christiansen

The Wasness of the Is

William J. Christiansen holds a BA in anthropology and an MS in geology. He spent 30 years teaching physics, astronomy, and geology, primarily at East High School and Salt Lake Community College. Winner of several teaching awards, Bill has led students on field trips to Yellowstone, Zion National Park, the Grand Canyon, Bryce Canyon, Moab, Catalina Island, and San Diego.





THE MAGIC OF OSHER

Bernard and Barbro Osher, our wonderful and generous founders, wisely designed Osher Lifelong Learning Institutes across the country to be member-driven and member-led.

We are a community of peers, seasoned adults who bring a wealth of life experience and knowledge to the classroom and to this program. Sharing our joy of learning with each other creates a magical win/win/win for everyone.

Osher is built on special relationships, from passionate instructors who give their time and expertise, to curious classmates who ask illuminating questions, to dedicated volunteers who recruit instructors, create engaging activities for their fellow members, and help spread the word about this life-changing program.








































We rely on the help of people like you to make Osher a success!

































If you are looking for a chance to become more actively involved, Osher has an opportunity for you. From serving on a committee, to volunteering as a classroom assistant, to distributing catalogs to your favorite haunts around town, there are many ways to meet new friends and make a difference.





Please call or email the Osher offices to find out more about our open volunteer positions:

801-585-5442 or osher@utah.edu

WINTER 2022 CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday	Canvas
8:00 am		- Mindful Movement 				
9:00				- Utah Symphony 3/3 		
9:30	- History & Lit - Hamnet 2/7 	- America After Columbia 	- Environmental Policy 	- Democracy in Peril 	- Have You Checked Personality 2/18 	- Women & Supreme Court 
	- Wonderland Desert 	- Civilization 	- Korean Ink Cards 2/9-23 	- Digital Treasures 	- What in World 1/14 	
		- Magdalene Experience 	- iPad/iPhone 	- Puppetry 		
		- World War II in the Western Europe 		- Russian Short Fiction 		
				- Twentieth Century Art II 		
10:00			- American Songbook @ Monson Ctr 			
11:30	- Intro to Improv 	- Cultural Geography 	- Calligraphy 	- A Soldier's View  - Olive Kitteridge 	- Don't Just Retire @ Sandy Ctr 	
	- Photoshop One @ Sandy Ctr 	- Geologic Treasures of Utah 	- Wasness of the Is 	- All You Wanted/Water 		
	- Travel Sketching 	- How to Paint/Impressionist 		- Photos & iMovie 		
				- Six Lectures on Biomedical Eng 		
12:00 pm	- Marcie's Movie Club @ SLFS 		- LUNCH & LEARN LECTURES 12-1pm 			
12:30		- Drawing @ 10th East Sr Ctr 		- Drawing @ 10th East Sr Ctr 		
1:00			- Google Maps 1/26-2/2 			

	Monday	Tuesday	Wednesday	Thursday
1:30	- Fabrics in History & Art 	- Current Issues 	- Beginning Ukulele 	- Current Issues 
	- Digitizing Your Memories 2/7 	- Live Free of Clutter 	- Grandparenting @ Monson Ctr 	- Easy Guitar 
		- US Presidents & Intelligence 	- How to Change World 	- Journalism 
		- Utah Opera 1/4 	- Life & Works JS Bach @ Sandy Ctr 	
		- Utah Opera 3/1 	- White Identity / Anti-Racism 	
3:30				- Queens of Mystery @ Sandy Ctr 
		- American Civil War 	- Ancient Maya @ Monson Ctr 	- West Side Stories 
		- Geography of Buddha 	- Discover Third Act/Career 	- Intro to Flamenco 
			- Examining Criminal Mind 	- The Idea of Wilderness 
			- Museums Behind Scenes 	- Citizen Governance 
5:00			- Everyday Mindfulness 	
	- Most Common Health Problems 		- Lon Chaney 	- Islamic Civilization 
			- Yoga Foundations 	
5:30		- Yoga for All Bodies 		

Key	
	In-person
	Zoom
	Offsite Location
	Canvas

Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.

Share Osher

Invite a friend to class

What better way to show someone how great Osher is than inviting them to join you? Sharing the Osher experience is a win-win-win. The new member gains access to an amazing array of learning opportunities, the program becomes stronger with each new member, and you have the satisfaction of making a difference in someone's life (and possibly even gaining a companion with whom to take classes and attend special activities). Invite your friends to feel the energy of the members and catch a glimpse of the interesting classes and life-enhancing experiences that await them when they join the dynamic Osher community.

Note: Some people may like to sample the Osher experience before joining. Guests are welcome to sample Special Events and Courses on a space available basis with prior approval of the Osher office. E-mail the Osher office at osher@utah.edu to learn more.



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