

Cover: **Jody Andes**, Osher member and instructor and UMFA docent

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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 Dr, SLC, UT 84108



Osher Staff Members, from left to right: Jill E. Meyer, Sheila Jacobsen, Sandy Richards, Emily Q. Miller

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LETTER from the DIRECTOR

Welcome to Winter!

At the Osher Lifelong Learning Institute, winter is the perfect time to continue pursuing your interests, passions, and growth. Rather than staying inside to hibernate, Osher members leave our classes energized and eager to continue the conversation in their next class. Each member brings a lifetime of unique experiences to the classroom. Ideas are shared, friendships are formed, and newfound passions are ignited.

Please join us! We proudly offer 86 remarkable courses this term, the most since pre-pandemic programming in winter 2020. A whopping 53 of our winter courses are brand new to Osher! For nine of these, we are pleased to welcome nine instructors new to teaching in our wonderful program. If you are a longtime returning member, this term's offerings are sure to whet your appetite anew.

Inside the pages of this catalog, you will find 60 in-person courses for those who love face-to-face classroom experience, socialization, and comradery. For those who continue to enjoy the convenience of learning—and teaching—from home, we have 26 classes meeting online via Zoom. And once again, we will host three lucky instructors and class members who get to meet at the lovely and historic Thomas S. Monson Center on South Temple.

Our beautiful Sandy Center will hold nine classes at that location. For Osher members and instructors who live in the south end of the Salt Lake Valley or in Utah County, this is a wonderful option. Please tell your friends, share a catalog, and help us spread the word about the life-changing magic that is Osher!

December 7 marks the triumphant return of our annual member luncheon and instructor preview at the splendid Little America Hotel ballroom. After two long years since we've had the luxury of gathering together as a very large group, this will surely be a party to remember. Spaces are limited so please reserve



early. Fittingly, since our luncheon date coincides with Pearl Harbor Day, Stephen C. Hall, Col., USAF, retired, will present a brief but compelling after-lunch lecture entitled *Pearl Harbor: The Conspiracy Myth*.

Continuing to celebrate the joy of being together, we will offer free coffee and tea service again this term at our Arapeen Drive location. Please warm up your winter bones with us and enjoy a complimentary cup of your favorite hot beverage. We dedicated Room 233 as the Osher member lounge Monday through Thursday from 9:00 AM to 2:00 PM during the term. Stop by to say hello before or after class and enjoy chatting with other Osher members and our dedicated staff.

For those who love online learning, we are proud to announce *Osher Online with Northwestern University*. We are excited to be selected to participate in this limited pilot project, run by the National Resource Center (NRC) for Osher Lifelong Learning Institutes located at Northwestern University. The project will involve eight of the 125 Osher Institutes during two terms in the winter and spring of 2023 to test a model for shared online courses. Please read more on page 32. Courses will feature popular and high-quality instructors with online teaching experience from Osher Institutes all across the country.

Our free Lunch and Learn Lectures will continue on Zoom Webinar this term and we will reserve

a classroom at our 540 Arapeen location for those who want to watch and lunch together. We meet at noon on Wednesdays. Registration is open to everyone, members and non-members alike.

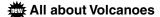
Join me in heartily thanking our devoted volunteer Sandy Clark for coordinating this robust series of distinguished speakers. It's no easy job! Sandy has planned exciting new topics to expand our minds and encourage discussion as we entertain different perspectives this winter. The learning continues, even over our lunches.

Are you willing to share your own passions, talents, and community connections? If so, please consider volunteering your time for Osher. Send your curiosity into exciting new directions as you help us plan special events, teach a course, or serve as an assistant. Please contact an Osher staff member if you are interested in finding out more about the unique opportunities and unforgettable experiences volunteering provides.

We look forward to seeing you in class!

—Jill E. Meyer, Director

Winter 2023 Courses



Brian Iones

Some volcanoes are fantastic and dangerous. Others are passive and quiet. Plate tectonics is the driving force behind volcanoes and that is where this course will begin. We will study the mechanism of explosive volcanoes, like Krakatoa, Pompeii, Mount Saint Helens, and Crater Lake. We will explore the more passive volcanoes of Hawaii, Iceland, and the Columbia flood basalts. We will also look at the volcanoes of Utah. There is a lot to see. All of this will allow us to understand volcanoes here and throughout the world.

OSHER 714-001 | Tuesday 1:30-3:00 PM January 17-February 21, 2023 ZOOM | \$99

American Songbook Hits, 1920-1960

Wayne Egan

This course offers participants a thorough and lively introduction to a vital American art tradition. Wayne Egan, an established local jazz pianist, will explain

and perform the popular songs of Broadway, movies, concert halls, and nightclubs—some jazz, the best show tunes, Academy-Award-winning movie themes, and just plain swinging and sophisticated songs, starting with Gershwin, Irving Berlin, and Jerome Kern and running through the songs of Richard Rodgers, Cole Porter, Harry Warren, Johnny Mercer, et al. Performing in tandem with an accomplished bassist, the instructor will analyze the melodies, lyrics, and harmonic structures of well-known songs that have influenced countless lives with entertainment and excitement since 1900.

OSHER 749-001 | Wednesday 1:30-3:00 PM January 18-February 22, 2023 The Thomas S. Monson Center, 411 E S Temple St, SLC, UT 84111 | \$99

An Epic Friendship

Sally Smith

At the Iowa Writers' Workshop in 1981, Ann Patchett and Lucy Grealy began a friendship that would be as defining to both of their lives as their work. In Grealy's critically acclaimed memoir, Autobiography of a Face, she wrote about losing part of her jaw to childhood cancer, years of chemotherapy and radiation, and endless reconstructive surgeries. In Truth & Beauty: A Friendship, the story isn't Lucy's life or Ann's life, but the parts of their lives they shared. This is a portrait of unwavering commitment that spans twenty years--through love, fame, drugs, and despair. It shows what it means to be part of two lives that are intertwined... and what happens when one is left behind.

OSHER 734-001 | Thursday 11:30 AM-1:00 PM January 19-February 23, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$99

Approaching the Inner Work of Aging: The "Higher Education" in Our Life Curriculum

David Derezotes

If we think about life as a curriculum, then aging is like enrolling in life's higher education program. As we age, we are challenged to learn some of life's most advanced

skills, including dealing effectively with loss, intimacy, spirituality, life review, life repair, preparation for death, self-forgiveness, and conscious acceptance of what is. In this class, participants will learn more about these advanced life skills and have the opportunity to practice them. We will use Connie Zweig's book, *The Inner Work of Age: Shifting from Role to Soul*, as our text.

OSHER 740-001 | Thursday 9:30-11:00 AM January 19-February 23, 2023 ZOOM | **\$99**

Beginning Pickleball Level 2

Kathleen Taylor

Continue to practice and refine skills learned in the beginning session. Learn strategies such as drop shots, lobs, and groundstrokes. Practice dinking strategies. Practice strategies for volleying. Learn good pickleball sportsmanship.

OSHER 597-001 | Wednesday 12:00-2:00 PM February 1-8, 2023 Club Pickleball USA, 203 W 9000 S, Sandy, UT 84058 \$89

OSHER 597-002 | Wednesday 12:00-2:00 PM March 1-8, 2023 Club Pickleball USA, 203 W 9000 S, Sandy, UT 84058 \$89

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 | Thursday 3:30-5:00 PM January 19-February 23, 2023 Room 238, 540 Arapeen Dr, SLC, UT 84108 \$99 + \$5 special fee

Book Review: The Rise and Fall of the Third Reich - Part One

Stephen C. Hall

The purpose of this two-part course is to provide those serious students of World War II in Europe the opportunity to examine at the post-graduate level what is arguably the greatest single book written on the causes, decisions, personalities, campaigns, and conclusion of that war. The William L. Shirer tome is unsurpassed in readability and content. We spread this book review over two terms to allow sufficient time to

give the book the attention it so richly deserves. *RAFTR* is 1,200 pages long, too many to cover in one course. Simple math tells us we will discuss 100 pages each week. The book nicely divides itself into two major sections: pre-war and at-war. Each class member will be expected to carefully read each 100-page section of *RAFTR* (no abridged copies, please) and then participate in the penetrating discussions that will mark this unique course. We will NOT compare events and personalities of pre-World War II with current events. Completion of Part 1 is a required condition to participate in Part 2.

OSHER 741-001 | Tuesday 9:30-11:30 AM January 17-February 21, 2023 Room 160, 540 Arapeen Dr, SLC, UT 84108 | **\$129**

Classical Guitar

Gabino Flores

Learn classical guitar techniques, beginner and intermediate repertoire, and how to read musical notation. Even if you know music theory, you will learn how to apply it to the guitar. We will also explore classical guitar history and composers.

OSHER 504-001 | Thursday 9:30-11:00 AM January 19-February 23, 2023 Room 152, 540 Arapeen Dr, SLC, UT 84108 | \$99

Classical Music Guided Listening Series

Geraldine Johnson

In this guided listening series, we will listen to classical music and follow along with written program notes telling what to listen for. We will be able to identify when themes appear, are developed, and reappear to form a complete musical arc. Selections include the Fourth Symphony by Peter Tchaikovsky, First Symphony by Gustav Mahler, New World Symphony by Antonin Dvorak, Scheherazade by Nikolai Rimsky-Korsakov, Ein Heldenleben by Richard Strauss, and Romeo and Juliet by Sergei Prokofiev. Come hear the musical stories unfold!

OSHER 718-001 | Wednesday 1:30-3:00 PM January 18-February 22, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$99



Debbie White

This interactive class will cover the basics of both Apple's iMovie and Final Cut Pro on your Mac computer. We will touch on the foundations for a quality video before we jump into the navigation of creating exciting videos. This is a hands-on class, with everyone using

their own computers while on Zoom. The agenda will keep to the basics, yet with flexibility depending on those participating in the class, and includes two hours of one-on-one time for each student. Students must have their own copy of Final Cut Pro. The instructor can help with how to obtain a student version.

OSHER 733-001 | Monday 9:30-11:00 AM January 23-March 6, 2023 (no class on Feb. 20) ZOOM | **\$99**

Current Issues in American Public Affairs and Politics

Tim Chambless

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 January 17-February 21, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$99

OSHER 630-002 | Thursday 1:30-3:00 PM January 19-February 23, 2023 ZOOM | **\$99**

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, **Energy in America** career, and relationship coach, will help class members navigate change and inspire them with new possibilities.

OSHER 650-001 | Thursday 3:30-5:00 PM January 19-February 23, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$99

Dungeons and Dragons 101 for Grownups!

Andrea Uehling

Have you seen Dungeons and Dragons in the media and are interested but confused or unsure of how to play or even how to start? Dungeons and Dragons is a tabletop dice-based game that can take as much time as needed to tell the tale of players in a setting created by the Game Master. Within the theater of the player's mind, participants battle evil, meet characters, and solve puzzles in an improvisational and creative solutionbased storytelling format. Learn about the player's character and the world-building involved in telling a collaborative story using the game format of Dungeons and Dragons. Create, explore, and collaborate to tell a fantastical story with your friends, and family!

OSHER 644-001 | Tuesday 4:00-5:30 PM January 17-February 21, 2023 Room 154, 540 Arapeen Dr, SLC, UT 84108 | \$99

Alan Eastman

This course will bring you up to date on the energy sources that make things happen in the United States: where our energy comes from, where it goes, what's happening with alternative energies, and how energy, water issues, and climate change are interconnected. In short, we will cover what everyone needs to know to make sense of a complex situation. We will answer any questions you might have. For example: Can we really replace coal and oil with power from wind and solar? What is "the grid" and why should I care? What is the place of nuclear power in the future? How about fusion? We will also deal with some issues you might not have thought of before, such as: Is there any danger of Utah's power grid shutting down as the Texas grid did in 2021? How is it that drought can shut down power plants? Never fear: You do not need a technical background for this class; all that's required is curiosity and a willingness to learn about the fascinating energy infrastructure that supports our everyday lives.

OSHER 721-001 | Thursday 11:30 AM-1:00 PM January 19-February 23, 2023 ZOOM | \$99

Examine Yourself through the Lens of Literature

Bill Hardesty

Have you ever wondered how much you might be like Atticus Finch in To Kill a Mockingbird, Ove in A Man Called Ove, or Celie in The Color Purple? In this course, as we analyze great literary characters, we will ask, how much are we alike and how much we are not like these memorable characters? It will be a journey of selfdiscovery through the pages of literature.

OSHER 335-001 | Tuesday 11:30 AM-1:00 PM January 17-February 21, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$99

Explore the Secrets of a Good Meeting!

Debbie White and Rita Heagren

As a member of an HOA or club or non-profit or community group, do you enjoy attending meetings? Have you ever wondered how to stop a runaway meeting? Have you ever wanted to know how to keep discussions on the agenda? Have you tried without success to get your group to make decisions? If so, this interactive class takes a dry topic and delivers it with humor and compassion. You will not fall asleep as we dig into Robert's Rules of Order, providing you with a

strong foundation and skills you can use anywhere. This three-week Zoom class will use interactive activities. discussion, case-studies, and lectures to create an enjoyable environment.

OSHER 561-001 | Thursday 9:30-11:00 AM February 2-16, 2023 ZOOM | \$59



Jennifer Love

This class will introduce the fun of watercolor. We will discuss basic colors, how to set up a palette, color mixing, and wet-into-wet and dry brush techniques. We will learn about texture and various tools for making marks on paper to add visual interest to your paintings. We will remember that art is FUN and we will not feel constrained by preconceived expectations of perfection.

OSHER 622-001 | Monday 5:00-6:30 PM January 23-March 6, 2023 (no class on Feb. 20) ZOOM | **\$99**

Google Maps: Become a Custom Map Maker

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 offline 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 2:30-5:30 PM January 25-February 1, 2023 Room 249, 540 Arapeen Dr, SLC, UT 84108 | \$39

Grandparenting Up Close and At Distance

Winn Egan

Join with other committed grandparents and discover the key elements of contemporary, intentional grandparenting. Learn how to connect with your grandchildren in another state or country. Share your successes and missteps. Discover new sources for enriching your grandparenting style. Explore current research about the importance and impact of multigenerational relationships. Participate in a class that favors discussion over lecturing. Exit the course with new skills and knowledge about becoming the grandparent you wish to be.

OSHER 730-001 | Tuesday 1:30-3:00 PM January 17-February 21, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | \$99

History of the Middle East

Abdulnaser Kaadan

We will survey major historical events, cultural patterns, nationalism, "modernization," revolution, and wars in the Middle East. Emphasis will be given to the 19th and 20th centuries, but we will also examine the roots of Islamic civilization dating back to the time of its founder, Muhammad (early 7th century). Major developments include the growth and evolution of Islamic society, the expansion of European powers in the region, challenges the West presented to traditional culture, government, and society, and the struggle for independence and political pluralism by Middle East peoples and their rulers.

OSHER 634-001 | Thursday 5:00-6:30 PM January 19-February 23, 2023 ZOOM | \$99

intermediate Calligraphy

Chris Dyson

If you have taken a calligraphy class before and want more, this is the class for you! Class members should have a basic knowledge of the Italic hand using a dip pen. Two new fonts will be taught: Uncial, the rounded letters found in European manuscripts in the 4th to 8th centuries, and early Bibles. We will also try the Carolingian hand, a beautiful flowing hand established by the educational reforms of Charlemagne in the latter part of the 8th century.

OSHER 673-001 | Thursday 11:30 AM-1:00 PM January 19-February 23, 2023 Room 152, 540 Arapeen Dr, SLC, UT 84108 | \$99

Introduction to Chess: Part Two

Anil Cengiz

Welcome to the royal game! This course is designed for people who are familiar with the rules of chess and would like to improve their play. We will cover the main tactical ideas used to gain material advantage, basic endgame principles, and how to develop plans in the middle game. In each session, we will first discuss some of these concepts and then work in pairs to practice and learn how to apply them in our games. The second part of the class will mainly be playtime,

where you get a chance to play actual games with other members of the class and have some casual fun.

OSHER 737-001 | Thursday 9:30-11:00 AM January 19-February 23, 2023 Room 154, 540 Arapeen Dr, SLC, UT 84108 | **\$99**

Introduction to Comics: Tell Your Own Story

Max Barnewitz

Get to know the sequential art of comics with a handson drawing and writing workshop. As a diverse medium, comics allow us to explore many genres from comedy and fantasy to non-fiction and memoir. Class members will learn comics fundamentals, collaborate on group prompts, and create their own mini-comic. This class will give you the tools to tell your own stories, family histories, and favorite personal narratives, which can be easily shared with your family and community.

OSHER 638-001 | Wednesday 1:30-3:00 PM January 18-February 22, 2023 Room 138, 540 Arapeen Dr, SLC, UT 84108 | **\$99**

Introduction to Islam

Serjeel Ahmed

This open forum course offers a brief introduction to the Islamic faith and provides an understanding of the various myths and misconceptions that surround Islam. Given that general unawareness about Islam in our society is very common, this course will encourage class members to bring their questions, and openly engage in dialogue regarding the teachings of Islam in an accepting environment. We will explore the key texts, central beliefs, and rituals. We will also introduce the most important resources and methods to further guide those interested in increasing their knowledge of the faith. The end result will hopefully be that everyone can walk away with a toolset of knowledge to be proponents of interfaith dialogue in society.

OSHER 558-001 | Monday 3:30-5:00 PM January 23-March 6, 2023 (no class on Feb. 20) ZOOM | **\$99**

Introduction to Pickleball

Kathleen Taylor

Looking for a great way to combine exercise and fun? Pickleball is the answer! Come and find out what all the hype is about, and learn the basics you need to get started with your new favorite pastime. Class members will learn the basic rules of play, strategies, and scoring. We will do practice drills on various types of shots and when to use them. There will be time to play actual games at the end of both sessions. At the end of the class, you will have enough information and skills to play

games at any of the many available venues. Pickleball paddles and balls will be provided as needed.

OSHER 596-001 | Wednesday 12:00-2:00 PM January 18-25, 2023 Club Pickleball USA, 203 W 9000 S, Sandy, UT 84058 \$89

OSHER 596-002 | Wednesday 12:00-2:00 PM February 15-22, 2023 Club Pickleball USA, 203 W 9000 S, Sandy, UT 84058 \$89

Introduction to World Religions

Chris Dyson

Religion Matters! Religion matters personally but also politically and economically. It moves elections in India Jane Eyre and Wuthering Heights: Two Brontës, and the US. It shapes economies in the Muslim world. It moves troops around the globe and spurs humanitarian efforts. This course will cover the world's major religions and some lesser-known ones, too. The goal is to promote tolerance and understanding of how people's faiths and traditions shape their lives.

OSHER 701-001 | Tuesday 11:30 AM-1:00 PM January 17-February 21, 2023 Room 154, 540 Arapeen Dr, SLC, UT 84108 | \$99

iPad and iPhone Basics for Beginners

Debbie White

If you find smartphones and tablets daunting, you 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. During this in-person class, we will explore key features within the Apple operating system while also highlighting some of the multi-faceted capabilities of your devices.

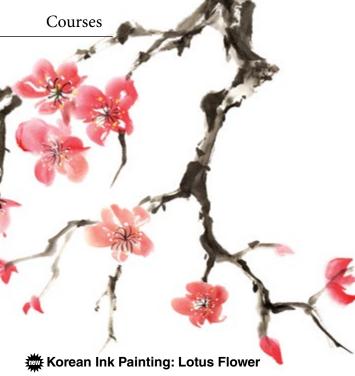
OSHER 443-001 | Tuesday 9:30-11:00 AM January 17-February 21, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$99

Two Masterpieces

Ellie Brady

Jane Eyre and Wuthering Heights were published in 1847 (under male pseudonyms) by sisters Charlotte and Emily Brontë, respectively. While these novels shocked many critics of the time, today they share the status of canonical literary masterpieces and are frequently adapted as films, plays, and mini-series. Both novels feature strong women protagonists who hunger for intellectual and emotional fulfillment in a world that sharply limits female social roles. Each novel deals with questions of power and conflict, identity and independence, and forbidden desire and marriage in ways that unsettled the Victorian mores of the era. At the same time, they are very different novels. Jane Eyre, originally presented as an "autobiography," tells the story of a rebellious orphan who struggles to become an independent woman; Wuthering Heights is a Gothic tale that situates its conflicts in the tensions between a primitive, natural world and a decadent, modern one. Both novels hold haunting and provocative relevance for today.

OSHER 724-001 | Thursday 1:30-3:00 PM January 19-February 23, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | \$99



Ioon Bae

Painting is a meditation on creating your own world. When you put a brush on rice paper, each brushstroke transforms your image and leaves a mark like a peaceful dream. You feel a new breath emerging from your body and heart. Outside stories fade away. You begin speaking the language of appreciating life. In this class, Osher members will learn to paint lotus flowers and blossoms.

Because they rise from the mud without stains, lotuses are often viewed as a symbol of purity. Since they return to the murky water each evening and open their blooms at the break of day, lotus flowers are also symbols of strength, resilience, and rebirth. With the diversity of so many creative brushstrokes, Asian ink paintings enable students to know and appreciate beautiful East Asian art. The methods help develop a better cultural exchange, understanding of culture, and respect for the diversity of lifestyles.

OSHER 727-001 | Monday 9:30-11:30 AM February 6-27, 2023 (No class Feb. 20) Room 152, 540 Arapeen Dr, SLC, UT 84108 \$69 + \$5 special fee

Learn to Play American Mah Jongg

Marilyn Morris

Mah Jongg is a cognitive game that can improve memory and sharpen the mind. Players learn to make faster decisions, observe situations quickly, and think in different ways. The game is not only good for the brain but also good for socialization, which can often be an issue for seniors. A study in Hong Kong, published in the "International Journal of Geriatric Psychiatry," presents Mah Jongg as a viable option for combating dementia without professional intervention. American

Mah Jongg is a game of luck and skill that came from China in the 1920s. It is played with four players seated around a table. Players need to make a hand from the annual Mah Jongg card that provides the hands for each year. This fun class will teach you how to play and use strategy to win the game.

OSHER 742-001 | Tuesday 9:30-11:30 AM February 7-28, 2023 Room 154, 540 Arapeen Dr, SLC, UT 84108 | **\$89**

OSHER 742-002 | Wednesday 9:30-11:30 AM February 1-22, 2023 Room 154, 540 Arapeen Dr, SLC, UT 84108 | \$89

Live Free of Clutter and Get Organized at Last!

Marla Dee

How would it feel to have your home free of clutter and 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! and defensive user of the Internet, empowering you with knowledge and real-life easy solutions.

OSHER 380-001 | Tuesday 11:30 AM-1:00 PM January 17-February 21, 2023 ZOOM | **\$99**



How to Embrace the Music Around Us

Luca de la Florin

Musicologists and scientists alike have been asking the question for decades: Why are humans so influenced by the power of music? This course will explore the human mind, the wonders of music, and the philosophy behind our appreciation of the art form. In six weeks, class members will explore their own "taste" in music and develop answers to why they are so drawn to certain genres and styles. Open up the mind and jump into a world of possibilities. Each week, the class will interact with each other and do hands-on activities to learn about their own musical influences. Class sessions will include the art of possibility: thinking outside the

box, sensing music: hearing and seeing, hope in music: music during and after the Holocaust, remembering music and Alzheimer's, chronology: the story of music and humanity, and the soundtrack to your life. The class will utilize the text, The Art of Possibility by Benjamin Zander, conductor of the Boston Philharmonic.

OSHER 757-001 | Monday 1:30-3:00 PM January 23-March 6, 2023 (no class on Feb. 20) Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$99

Marcie's Movie Club

Marcie Collett

Each week, Marcie's Movie Club will watch and then discuss a film at Salt Lake Film Society's Broadway Centre Cinemas-SLC's home for independent film. Films will be a variety of recently released big-name, independent, documentary, and international titles. The class fee includes a movie ticket each week and free parking validation. If a class must be missed, class members will be offered complimentary tickets to watch the film on their own at another time. Osher members will connect with one another over independent, first-run cinema, as well as with their fellow global citizens through documentary and international films. As Roger Ebert noted, movies are an empathy machine!

OSHER 325-001 | Monday 3:00-5:30 PM January 30-March 13 2023 (no class on Feb. 20) Broadway Centre Cinemas, 111 E 300 S, SLC, UT 84111 \$109

Masterpieces at the Met: Paintings of People and Their Stuff

Jill E. Meyer and Margaret Landesman

In the last few years, many people devoted thought and attention to their Zoom background. This is not a new phenomenon. Portrait sitters over the centuries have chosen to be portrayed with their stuff. Seeking to present or even memorialize themselves in a certain way, sitters might include their study, workshop, throne room, spouse, servant, or perhaps even their dog. They might dress in particular clothing, accompanied by tea sets, art collections, or professional paraphernalia. This course will use close looking to examine specific paintings from the Lehman, Havemeyer, and other European painting collections at The Metropolitan Museum of Art in New York. We will see what we can learn about the past--and the present--from such paintings. We will also explore what we know about how the portraits later came to be acquired by major collectors and subsequent donors to the museum. The final class will be a field trip to the Utah Museum of Fine Arts collection.

OSHER 746-001 | Monday 1:30-3:00 PM January 23-February 6, 2023, field trip on Feb. 27 Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$89

Medical Ethics and Law in Film

R. Scott Williams and Jay Jacobson

This course encourages participants to view at least one assigned, full-length, dramatic film or documentary at home prior to each class and to be prepared to discuss the film and whatever ethical issues are raised therein. Class discussion will help participants see how longstanding principles of medical ethics and certain legal precedents function and compete with one another in medical care and research. Class members will also come to understand the styles and techniques used by filmmakers to enhance the use of reason, passion, and emotional appeal in the medical dramas studied. Films that will likely be viewed and discussed include The Doctor (1991), Awakenings (1990), Gattaca (1997), Lorenzo's Oil (1992), The Farewell (2019), Wit (2001), and Three Identical Strangers (2018). Other bonus movies will also be recommended.

OSHER 477-001 | Tuesday 11:30 AM-1:00 PM January 17-February 21, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$99

Midnight in Paris:

Life & Work of the Lost Generation of the 1920s

Olga Savenkova

This course will explore the life and work of various artists and writers featured in the 2011 fantasy drama *Midnight in Paris* by Woody Allen. We will read, watch, listen to, and discuss different works of art made in and around the 1920s, immersing ourselves in this era's creative atmosphere and reflecting on the reason its people called themselves a "Lost Generation." Finally, we will watch Woody Allen's movie to have fun comparing it to what we have learned about its characters, based on their own texts.

OSHER 729-001 | Wednesday 9:30-11:00 AM January 18-February 22, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$99

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 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 10:00-11:30 AM January 17-February 7, 2023 ZOOM | **\$69**

Mindful Writing

Iulie Howell

This course will incorporate mindfulness-based skills to enhance a creative writing experience. Noticing details and exploring where we choose to place our attention in the present moment can be a meditative and stress-reducing practice. This is a class for anyone who is curious about mindfulness and self-exploration. Seasoned writers are very welcome but we will focus on the creative and meditative practice of writing rather than any kind of writing instruction.

OSHER 745-001 | Wednesday 1:30-3:00 PM January 18-February 22, 2023 Room 152, 540 Arapeen Dr, SLC, UT 84108 | **\$99**

Nero Wolfe: King of Crimebusters

Jeffrey Walker

Rex Stout's Nero Wolfe, the orchid-fancying, seventhof-a-ton gourmand, is America's most famous armchair detective. He solves murders along with his legman Archie Goodwin. Not only does Archie provide this service, he is certainly the best narrator in American fiction since Huckleberry Finn. Entitled The King of Crimebusters, this course will investigate and discuss three of Rex Stout's Nero Wolfe novels, one collection of his short stories, and a single story published in The American Magazine. We will discover how one detective can use his genius to identify murderers without leaving the comfort of his home.

OSHER 720-001 | Thursday 1:30-3:00 PM January 19-February 23, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$99



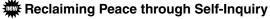
Elizabeth Whitsett

This course will explore the history and development of the First and Fourth Amendments to the US Constitution through the lens of Supreme Court decisions. We will look at the analytical approaches utilized by various justices respecting the scope and



nature of the protections provided and will consider each of the rights enumerated on a topic-by-topic basis. As appropriate, we will compare the approach of earlier courts, especially the Warren Court, with that of the Roberts Court, including cases decided in the 2021 term Reconstruction: America After the Civil War and argued in the 2022 term.

OSHER 748-001 | Thursday 1:30-3:00 PM January 19-February 23, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$99



Pamela Holman

Life can be painful, to say the least. This is reality. But what if, while dealing with the pain, we had a way to make suffering optional? This self-inquiry workshop is designed to challenge our painful world with four questions in order to pierce through habituated thinking, finding the worldview that is both more accurate and kinder. Through writing and practice, we will rediscover our own wisdom. Result? Forgiveness, freedom, enhanced resilience, simplicity, humor, and the surprise to find that suffering is indeed 100% optional.

OSHER 751-001 | Tuesday 1:30-3:00 PM January 17-February 21, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$99

OSHER 751-002 | Thursday 11:30 AM-1:00 PM January 19-February 23, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | \$99

Mark Rothacher

This course is based upon an excellent four-episode video series, Reconstruction: America After the Civil War by Henry Louis Gates, Jr., which aired in 2019 on PBS. The series explores what happened to the former slaves after they were freed at the end of the US Civil War in 1865. The instructor will be streaming each episode, one per class, pausing the video about every five minutes to discuss what has been presented. We will focus on little-known information such as how well blacks did politically and socially during the first 10 years after the Civil War, the period known as Reconstruction. These rights were gradually and systematically taken away by Southern whites and by Northerners who were losing interest or just did not know of the plight of the blacks. This second post-war period was known as the Jim Crow era. This history has a direct bearing on what we hear in the news today. A lively but respectful discussion of these big thoughts is encouraged. Our goal is to learn from the video and each other!

OSHER 713-001 | Tuesday 9:30-11:00 AM January 17-February 21, 2023 ZOOM | \$99

Reflections through Nature:

Exploring our Relationships with Nature through Illustrated Journaling

Susan Snyder

Tap into your senses of wonder and curiosity with this six-week workshop designed to help you get in touch with your natural surroundings. Whether you are poking about in the garden or watching the snow fall through a window, your connection to nature is unique to you. We will explore simple watercolor, drawing, and observation techniques to create illustrated nature journal pages that help you gain skills to continue connecting with nature wherever you find it--in outdoor spaces close to home or in your travels to distant places. All materials provided for use in class. The journal is yours to keep.

OSHER 735-001 | Thursday 1:30-3:00 PM January 19-February 23, 2023 Room 152, 540 Arapeen Dr, SLC, UT 84108 | \$99

严 Rock Music of the Counterculture: 1960s Edition

Luca de la Florin

Dive into the 1960s with this six-week course that explores the most progressive decade for popular music in America. Each week, the class will listen to music that focused on the following topics and events: Greenwich Village, Woodstock '69, R&B and the Civil Rights Movement, Beatlemania and the British Invasion, the Protest Music of Vietnam, and the Psychedelic Revolution. With over 100 listening examples, this course will view Rock & Roll through the lens of 1960s America. Discussions will analyze the headlines of the era with the music that accompanied it.

OSHER 756-001 | Monday 9:30-11:00 AM January 23-March 6, 2023 (no class on Feb. 20) Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$99

Russia and Ukraine:

A Historical and Contemporary Discussion from 1863 to the Present Day

Gene Fitzgerald

This course will examine Russian and Ukrainian history to provide a context for the present-day conflict between the two countries. Given that Russia calls contemporary events in Ukraine a special military operation, and the

Ukrainians call it a war, we will consider why this is and try to understand the underpinnings of this conflict.

OSHER 706-001 | Tuesday 11:30 AM-1:00 PM January 17-February 21, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | \$99

Secret Notes and Art Abandonment

Janet Faught

In this class, we will make art and incorporate it into creative note folding with your choice of ABANDONING or keeping it. It's all about the joy of creating art!

OSHER 646-001 | Wednesday 9:30-11:00 AM January 18-February 22, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$99 + \$15 Special Fee

Shakespeare's Sonnets

Charles Boynton

This course will compare and contrast the style and substance of Shakespeare's sonnets and his two long narrative poems with those of other classical English poets. Class members will read, speak, and become intimately acquainted with 60 -70 of Shakespeare's

sonnets and his two long narrative poems, Venus and Adonis and The Rape of Lucrece. We will pay particular attention to reviewing the intellectual backdrop of moral principles contained within the Seven Deadly Sins.

OSHER 702-001 | Wednesday 9:30-11:00 AM January 18-February 22, 2023 The Thomas S. Monson Center, 411 E S Temple St, SLC, UT 84111 | **\$99**

Six Biblical Conundrums and their Resolution with the Aid of Science and Archaeology

David Meir-Levi

We will review relevant evidence from archaeology, geology, Assyriology, Egyptology, Greek and Roman



historical sources, Semitic epigraphy, the Dead Sea Scrolls, and Biblical narratives in order to address the following six conundrums: The Biblical Creation Story vs. Astrophysics: Which is right? The Flood Story: Geology says it happened! Really? The Patriarchs: Privateers or Princes and did Abraham really pimp his wife? The Exodus Story: Did it Happen? King David and his dynasty: did they really rule? Jesus, James, Josephus, and the Dead Sea Scrolls.

OSHER 348-001 | Tuesday 9:30-11:30 AM January 17-February 21, 2023 ZOOM | \$109

The American Civil War: Part One

Walter Iones

Part of a two-part series on the American Civil War, this course will cover the origins of the American Civil War, The Baltic Countries: harbingers of the approaching conflict between the North and the South, preparations for the war, and a selection of prominent Union and Confederate military and civilian leaders. In addition, we will examine battles that occurred in the first two years of the war.

OSHER 719-001 | Thursday 9:30-11:00 AM January 19-February 23, 2023 ZOOM | \$99

The Ancient Maya

Richard Paine

The ancient Maya have had an enduring fascination for both anthropologists and the public, ever since the rediscovery of their pyramids and sculpture that had been 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 January 18-February 22, 2023 The Thomas S. Monson Center, 411 E S Temple St, SLC, UT 84111 | \$99

Lithuania, Latvia, and Estonia

Asya Pereltsvaig

The three Baltic countries—Lithuania, Latvia, and Estonia—are a beautiful and captivating, if often overlooked, part of Europe. Thanks to their location on the shores of the Baltic Sea, the Baltic countries have long enjoyed a mild climate and trade links with Western Europe and the Nordic countries. While today they are often mentioned in the same breath, Lithuania, Latvia, and Estonia are historically, culturally, ethnically, and linguistically very different from one another. These differences in history, language, and religion made each of the three Baltic countries unique in terms of architecture, traditions, and even cuisine. The fortified walls of Tallinn (Estonia), the Gothic cathedrals of Riga (Latvia), and the Baroque churches of Vilnius (Lithuania), along with gorgeous castles in all three countries, are all sights to behold. The Baltic countries' more recent history has united them in the struggle against Soviet domination: having been annexed by the USSR in 1940, the three republics joined forces in fighting for independence, and their struggle was instrumental in bringing down the Soviet Union. In the 30 years since the dissolution of the USSR, the Baltic countries have experienced economic growth (economists even speak of the "Baltic Tiger") and cultural revival, attracting more tourists than ever. Join us for a fascinating virtual trip to the three Baltic countries!

OSHER 715-001 | Wednesday 1:30-3:00 PM January 18-February 22, 2023 ZOOM | \$99

The Caregiving Conundrum: Caring for and Understanding Dementia

Anne Asman

Join us for an in-depth look at dementia, a disease currently impacting more than 7 million people ages 65 and older and expected to triple in number by 2050. In this class, we will examine the following topics of interest to those impacted by dementia. We will explore the difference between normal and abnormal brain aging. Neurocognitive assessments for dementia diagnoses explaining the who, what, where, when, why, and how! Do's, don'ts, and tips on successfully communicating with a person with dementia. Defining the caregiver role and compassion fatigue. The challenges, rewards, and options for caregiving, and ways to be prepared to become a caregiver.

OSHER 744-001 | Monday 1:30-3:00 PM January 23-March 6, 2023 (no class on Feb. 20) ZOOM | \$99

The Colonization of Utah: Settlement, Conflict, and Industry, 1847-1896

Fred Esplin

The settlement of Utah is unique in American history. It was born of a religious movement seeking refuge

from the United States in the hope of creating a selfsustaining theocracy. Over four decades, during which the LDS Church abandoned polygamy and economic cooperation, that aspiration was replaced by the pursuit of statehood and gradual assimilation into the American mainstream. Recurring themes are conflict, industry, and accommodation. This six-week course will consider this transition through the settlement of Utah Valley, Juab Valley, the Iron Mission, the Cotton Mission, and the United Order at Orderville. Through the experience of these settlements, the course will examine the displacement of Utah's indigenous people (and the resulting Walker and Black Hawk Wars), the Mormon Reformation and Utah War, and economic enterprises including the commercial navigation of the Colorado River, the cotton and wine industries of southern Utah, and the creation and abandonment of communitarian communities.

OSHER 704-001 | Tuesday 9:30-11:00 AM January 17-February 21, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | **\$99**

The Great Orator:

The Speeches of Sir Winston Churchill

Bill Hardesty

It is said that Sir Winston Churchill"mobilized the English language and sent it into battle." His speeches are works of verbal art. This course will study Churchill's speeches from his early years (1897-1915) through World War II to his sunset years (1945-1963). We will look at the purpose, construction, delivery, and results of specific speeches.

OSHER 726-001 | Thursday 9:30-11:00 AM January 19-February 23, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | \$99

The History and Future of the Great Salt Lake

Jonathan Duncan

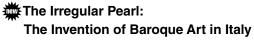
The Great Salt Lake is one of the geographical wonders of the world. It is the largest saltwater lake in the Western Hemisphere, and the eighth-largest terminal lake on Earth. Human beings first encountered the Great Salt Lake 12,000 years ago, and for centuries various tribes lived along its shores. The lake was a source of wonder for early European and American explorers and pioneers, from Jim Bridger to Brigham Young. Long before that, the lake was a vibrant and



The drive to learn is rooted deep inside all humans. Scientists can even see areas of the brain light up when we discover something new. And there's no better place to find something new than at Osher. With an electrifying array of subject matter and new courses introduced each term, Osher will help you find exactly what you need to light up your life.

complex ecosystem, providing essential habitat for millions of migratory birds, as well as bison, antelope, coyote, brine shrimp, and a myriad of other living things. This course will chart the Great Salt Lake's rich natural and cultural history, and examine its uncertain future as an ecosystem, economic resource, and source of inspiration.

OSHER 736-001 | Wednesday 3:30-5:00 PM January 18-February 22, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$99



Alessandro Achille Galvani Vecchietti

Rome, 1630. Imagine being in St. Peter's Square. A pope explains to Bernini how to erect an Egyptian obelisk in the middle of the famous colonnade. A mile away, Caravaggio paints the most scandalous artworks in Western culture, using thugs as models for angels. Two miles away, Christina, Queen of Sweden, the "Minerva of the North", hires philosophers and scientists for her lavish parties. Three miles away, the Roman Inquisition begins its silent work. These lectures explore the gradual development of the culture that pervaded the entire European continent from the 17th to 18th centuries, starting in a small town called Bologna and reaching the powerful capitals of absolute monarchies.

OSHER 728-001 | Friday 9:30-11:00 AM January 20-February 24, 2023 ZOOM | \$99

The Threat to American Democracy

Bruce Landesman and Patricia Hanna

Democracy in this country is under attack: not from without, but from within. To understand this and to think more effectively about it, we need to note some of the basic features of a democratic government, such as: Free, available, and fair elections. Representation of the needs and interests of all the people by all the elected officials, regardless of party allegiance. Willingness to accept defeat in elections, and to support the winning position or candidate. Understanding that when policies are debated, arguments must rest on reasonable, evidence-based claims, not on made-up stories and lies. Widespread agreement on certain values and norms, for example, widespread liberty including freedom of action, speech, and religion; the equality of all persons; acceptance of certain basic human rights; the rule of law; and tolerance of diversity. An understanding of how democracy is embedded in certain institutions, for example, the establishment of separate but equal, branches of government. Wide-spread acceptance of certain norms that are not legal rules such as giving

a President's Supreme Court nominee a fair hearing in the Senate. Violation of norms like these can be contagious and can lead to the breakdown of what's been called the "guardrails" of democracy. We will begin the course by looking more deeply at the elements mentioned above. Next, we will consider the ways that many of these elements of democracy have come under threat. We will try to understand both what has happened and why it has happened. Even more importantly, we will try to identify what needs to be done to contain these threats to democracy.

OSHER 738-001 | Thursday 9:30-11:00 AM January 19-February 23, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | \$99

The Weavers' Stories

Linda Myers

Learn about the design of Navajo rugs, the history of their patterns, and the history of their weavers. Osher members will have the opportunity to interact directly with Navajo weaver, Beverly Benally, and with Rodger Williams, who was raised traditionally on the reservation by a traditional weaver and a traditional medicine man. Through six sessions, class members will achieve a better understanding of the Navajo culture, and an appreciation for their predominant art form.

OSHER 208-001 | Wednesday 9:30-11:30 AM January 18-February 22, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | **\$99**

Transitional Methods for Ukulele

Marci Villa and Bill Stoye

This class will expand and improve upon known foundational skills to bridge between beginning and intermediate skill levels. The goal of this class is to deepen your groove/connection with the music. Infusing new and simple ideas between right and left hands will breathe new life into your songs. All class members at this level should already confidently possess the ability to transition to and from the chords of C, Am, F, G7, C7, D7, A7, E7, G, D, A, and Dm without hesitation and the ability to strum quarter notes and eighth notes on beat.

OSHER 545-001 | Tuesday 3:30-5:00 PM January 17-February 21, 2023 Room 238, 540 Arapeen Dr, SLC, UT 84108 | **\$99**

Turning Conflict into Collaboration

Linda Reed

This course will use the principles of the gentle martial art of Aikido to study the nature of conflict and how we

respond to it. There will be NO IMPACT, but we will move around, applying gentle physical moves. We will learn how to respond to verbal and emotional attacks while maintaining our "cool" by centering ourselves. We will explore self-defense tactics that do NOT require strength or resorting to violence. A copy of the book *The Magic of Conflict* by Thomas Crum will be provided to all class members and a field trip to a local dojo will also be included.

OSHER 750-001 | Wednesday 3:30-5:00 PM January 18-February 22, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | \$99

Uniquely Utah: Beyond the Fab Five

Nicole Anderson

This course is a visual journey exploring some of Utah's unique locations beyond our five fabulous national parks. Together we will discover some of our state's hidden gems found off the beaten path, using videos, slide presentations, photographs, art, and storytelling. In each class, we will get to know a specific region of Utah as we take an in-depth look at the Parowan Gap, the Great Salt Lake, the Tank Center for Sonic Arts, the Mars Desert Research Station, Pando, and Nine Mile Canyon (one of Utah's best archeological sites). Class members will receive short readings prior to each class session to prepare for that week's topic.

OSHER 494-001 | Thursday 1:30-3:00 PM January 19-February 23, 2023 ZOOM | \$99

Walues That Shape the World

Faye Lincoln

In today's changing world, a paradigm shift in values is needed to guide society in the direction of the greater good. We will search through the ancient biblical scriptures and history for the societal values necessary for the future. Studied from a historical perspective, an evolutionary pattern of values is developed linked to the pertinent systemic issues of today--economic, geopolitical, and technological. Uncommon biblical perspectives and history will be explored. With society's many systemic challenges, including the rapid pace of technology and scientific advancements, what future values are needed to shape the direction of these times?

OSHER 618-001 | Thursday 3:30-5:00 PM January 19-February 23, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | \$99

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

Brad Westwood

This course is one of a three-part series (each a standalone course) to be held in fall, winter, and spring terms. Taking a chronological approach, the course will follow the 2020-2021 serial history blog entitled Salt Lake City West Side Stories. Through presentations, guest lecturers, readings, and site visits, class members will delve into Utah's history by way of Salt Lake City's oldest international, transportation, and industrial district. The city's original "west side" is known today as the Pioneer Park neighborhood. The boundaries are: **Whiskey's for drinking, water's for fighting!" North Temple Street, West Temple Street, 600 South, and to the west, the UTA and Union Pacific tracks and Interstate 15. 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, 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. By choice or from external pressure, 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. This course will tell the story, with your help, of one of Salt Lake Valley's unique neighborhoods, a microcosm of Utah's not-so-oftentold history, from its beginnings to the present.

OSHER 337-001 | Monday 3:30-5:00 PM January 23-March 6, 2023 (no class on Feb. 20) Room 248, 540 Arapeen Dr, SLC, UT 84108 | \$99

--Mark Twain(?)

Jane Yager

The instructor will host and lead discussion of the PBS-distributed water documentary based on the book, Cadillac Desert: The American West and Its Disappearing Water, by Marc Reisner. The purpose of this course is to better understand the critical role of water in the settlement of the American West. Highlighted issues will include the history of the water supply, water rights, and various uses that continue to challenge and threaten western US populations, industries, and environments

today. Climate change also will be discussed and how its impacts rub salt into the water wounds of the West.

OSHER 654-001 | Wednesday 9:30-11:00 AM January 18-February 22, 2023 ZOOM | \$99

Winter Spike Hikes

Liz Cordova

Winter is a splendid time to hike, be it on snow, ice, or frozen earth. We will hike using sturdy boots with some form of traction (Spikes, Yaktrax, etc.) and hiking poles. We will hike in Millcreek, East Canyon, or the foothills and keep a friendly, steady pace. Final destinations will be based on conditions. The instructor will communicate with class members via email a few days in advance. We can plan to carpool, but trailheads will be accessible to most vehicles. Plan on two hours on the trail, plus time before and afterward for the commute. Sorry, no dogs.

OSHER 739-001 | Tuesday 9:30-11:30 AM January 17-February 21, 2023 Hike locations will be given to registered class members \$99

Writing as a Tool to Cope with Anxiety

Debbie Leaman

Distracting thoughts and rumination can lead to excessive worry, irritability, self-doubt, and other negative emotions. No matter the cause of anxiety—the pandemic, current events, climate change, temperament, or life transition—writing helps re-center us and calm our minds. Putting pen to paper, we can unload persistent thoughts onto the page, providing distance and a new perspective. No writing experience is necessary. All writing levels are welcome. Please keep in mind this is not group therapy.

OSHER 625-001 | Wednesday 9:30-11:30 AM January 18-February 22, 2023 Room 138, 540 Arapeen Dr, SLC, UT 84108 | **\$129**

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 vary for each individual. Working from the ground up, we will begin to personalize a practice for each class 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 is a local company, delivery of orders should be pretty prompt.

OSHER 881-001 | Tuesday 5:30-7:00 PM January 17-February 21, 2023 ZOOM | **\$99**

Yoga for Movement and Flexibility

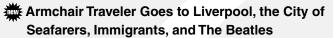
Kelley Ingols

Yoga brings us into moving our bodies in new ways while we connect with our breathing. This yoga session will help to integrate movement with breathing techniques. With more practice, you will feel stronger, more flexible, and more centered.

OSHER 498-001 | Wednesday 5:00-6:00 PM January 18-February 22, 2023 ZOOM | **\$69**



Lectures and Shorter Sessions



Asya Pereltsvaig

Known primarily as the birthplace of The Beatles, Liverpool is the United Kingdom's veritable cultural capital and a port city steeped in maritime history. While smaller than Leeds, Manchester, or Birmingham, Liverpool boasts more cultural institutions than any other British city except London and more Georgian buildings than Bath. In this interactive conversation, we will focus on the city's connection to the sea. Liverpool existed as a town in the early 1200s, but its real growth dates from the late 1700s, when it became a center for the transatlantic slave trade, and a vital cog in the Industrial Revolution. After the abolition of slavery in Britain in 1807, most people who traveled to and from the port of Liverpool were immigrants from all corners of Europe. Here many of them boarded ships destined for America, whereas others remained in Liverpool, making it a melting pot of different peoples and

in the city were the Scandinavians, Irish, and Welsh. This melting pot gave birth to the particular dialect of Liverpool, which is known as the "Scouse" or the "Scouser" dialect. In the first half of the 20th century, Liverpool was the home port for three iconic ships: RMS Titanic, RMS Lusitania, and RMS Queen Mary. During World War II, Liverpool was at the heart of the Atlantic and Arctic convoys, which brought much-needed goods and personnel from North America and then took them further on to the Soviet port of Murmansk.

OSHER 717-001 | Wednesday 1:30-3:30 PM March 8, 2023 ZOOM | \$29

cultures. Especially significant immigrant communities Connecting with Your Apple Watch

Debbie White

Get the most out of your Apple Watch! This single-day class will cover the key features of the latest device from Apple. For the hands-on session, you will need an iPhone (6s or newer), which is the only way to connect with your watch. Learn how to coordinate the Apple Watch with your iPhone. Explore all the settings to customize the Apple Watch for each person.

OSHER 732-001 | Thursday 9:30-11:00 AM January 19, 2023 Sandy Center, 10011 Centennial Pkwy Suite 100, Sandy, UT 84070 | \$29

OSHER 732-002 | Thursday 9:30-11:00 AM January 26, 2023 ZOOM | \$29



Eisenhower and the Espionage Establishment

Frank "Fuzzy" Furr

President Eisenhower master-minded the creation of our modern intelligence-gathering community and capabilities. We will review how his administration transformed American intelligence from a World War II footing into the Cold War establishment that was needed to confront the Soviet Union and others.

OSHER 723-001 | Wednesday 1:30-3:00 PM February 15, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | **\$19**

History and Literature: The Lincoln Highway

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 *The Lincoln Highway* by Amor Towles as the launching point, this class will offer a one-hour look at the history of United States in the 50s, as the country confronted the Cold War, embraced TV and rock and roll, and engaged with civil rights. We will continue with a discussion of the novel as contemporary literature. Readers and history buffs welcome! Participants should read *The Lincoln Highway* before class.

OSHER 538-001 | Friday 9:30-11:30 AM February 24, 2023 ZOOM | **\$29**

Sister Rosetta Tharpe: The Godmother of Rock and Roll

Luca de la Florin

Who created Rock and Roll? Maybe your mind goes to Elvis, Chuck Berry, The Beatles, or many others. Join this single-session class to discover one of the most impactful artists of the 20th Century. Have you heard the name, Sister Rosetta Tharpe? This course will follow her life as one of music history's most underrated performers. It will be an emotional journey of hope, frustration, and majesty as we see where Rock & Roll truly began!

OSHER 758-001 | Tuesday 9:30-11:00 AM February 28, 2023 Room 248, 540 Arapeen Dr, SLC, UT 84108 | **\$19**

The Holocaust Through the Eyes of a Survivor

Irving Lubliner

Felicia Bornstein Lubliner, a Polish survivor of the Auschwitz and Gross-Rosen Nazi concentration camps, wrote and spoke publicly afterward about her Holocaust experiences. Her son, the course instructor, invites you to delve into her written stories and oral presentation transcripts, published as *Only Hope: A Survivor's Stories of the Holocaust*. Stories will be read aloud, and participants will be invited to share their reactions,

questions, and insights. We will discuss the historical context and lessons to be learned about that period, the universal human responses that the narratives evoke, and the relevance of the subject matter to challenges we face in modern times.

OSHER 759-001 | Thursday 3:30-5:30 PM February 16-23, 2023 ZOOM | **\$49**

The Murder of Rasputin: The Whodunnit of the 20th Century

Asya Pereltsvaig

On the night of December 16, 1916, a group of conspirators murdered Grigori Rasputin, Russia's "Mad Monk". While meant to strengthen the Romanov dynasty, this murder brought on its downfall merely two months later and ushered in a year of two revolutions that ended with the Bolshevik takeover of Russia and the eventual murder of the Tsar and his family. In many ways, Russia and the rest of the world are still dealing with the consequences of that murder. Unlike most books, films, and even songs about the subject, this lecture will set aside myths and fabrications and will shed new light on what actually happened that fateful night, based not only on memoirs but also on forensic evidence available. Who were these men who assembled on that fateful night in the Yusupov Palace in Saint

Petersburg and what motivated them to commit that heinous crime? Who fired the fatal shot? And how did these men's lives unfold after the murder of Rasputin? Our story will take us not only to the magnificent Yusupov Palace in Saint Petersburg, where the murder was committed, but also to the Yusupovs' estates outside of Moscow and in Crimea, as well as to Oxford, Malta and Paris.

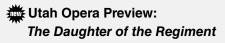
OSHER 716-001 | Wednesday 1:30-3:30 PM March 1 ZOOM | **\$29**

The President and the Intelligence Community

Frank "Fuzzy" Furr

Presidents have had different relationships with their Intelligence Community (IC). We will review some of those relationships and discuss the importance of a strong and respectful association. We will review how presidents receive and analyze their daily intelligence brief, the PDB (President's Daily Briefing).

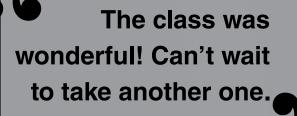
OSHER 722-001 | Wednesday 1:30-3:00 PM February 8, 2023 Room 232, 540 Arapeen Dr, SLC, UT 84108 | **\$19**



Carol Anderson

Attend this preview session to learn more about Donizetti's *The Daughter of the Regiment* and Utah Opera's January 2023 production of the work. The class is held in the Utah Opera Production Studios so that interested Osher members can remain after the class to observe the afternoon staging rehearsal. Participating in this class is an excellent way to prepare for attending one of the evening performances of the opera in the following weeks.

OSHER 752-001 | Tuesday 1:30-2:30 PM January 3, 2023 Utah Opera Production Studios, 336 North 400 West, Third-floor Learning Center | \$19



W Utah Opera Preview: Verdi's Rigoletto

Carol Anderson

Attend this preview session to learn more about Verdi's *Rigoletto* and Utah Opera's March 2023 production of the work. The class is held in the Utah Opera Production Studios so that interested Osher members can remain after the class to observe the afternoon staging rehearsal. Participating in this class is an excellent way to prepare for attending one of the evening performances of the opera in the following weeks.

OSHER 753-001 | Tuesday 1:30-2:30 PM February 28, 2023 Utah Opera Production Studios, 336 North 400 West, Third-floor Learning Center | \$19

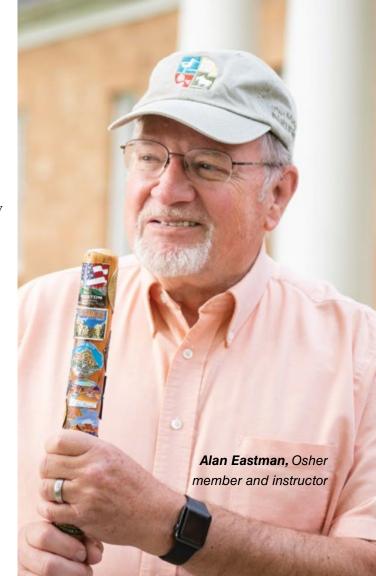
Utah Symphony Finishing Touches Preview: Mozart's Magic Flute Fantasy

Luca de la Florin

Oboist Luca de la Florin will present a half-hour preview of the music in the February 3 Finishing Touches Rehearsal of the Utah Symphony. Osher members will learn about the life and work of the composer, as well as the conductor and musicians, and gain insight into the world of the professional symphony orchestra. Option to obtain tickets separately to attend the rehearsal immediately after the preview lecture or attend one of the evening performances.

OSHER 755-001 | Friday 9:00-9:30 AM February 3, 2023 First Tier Room, Abravanel Hall, 123 W South Temple, Salt Lake City, UT 84101 | **\$10**

This was such a fun course! It's out of my comfort zone but it was worth the extra push. Thoroughly enjoyed it!





Lunch and Learn

Winter 2023, All Six Lectures via Zoom

Free, Open to the Public, Recorded and Archived on our Website

Only Hope: My Mother and the Holocaust Brought to Light

January 18, 2023

Irving Lubliner, Professor Emeritus, Southern Oregon University

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her life in Nazi-occupied Poland during the Holocaust, including her internment in ghettos and two concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have been published by her son, Irving Lubliner, who also contributed the foreword and afterword to *Only Hope: A Survivor's Stories of the Holocaust*. Irving will share excerpts from the book, shedding light on his mother's experiences and indomitable spirit, as well as his own experience as a child of Holocaust survivors and his process in bringing the book to fruition.

Making Medicare Sustainable for the Future

January 25, 2023

Greg Poulsen, Senior Vice President for Intermountain Healthcare

Medicare is deeply challenged by both demographics and economics; longer lives and the large baby boom generation mean more Medicare beneficiaries, while smaller family sizes since then mean fewer workers today are paying into the program. The growing capability and cost of healthcare make this problem much more challenging, and if nothing changes, the primary Medicare Trust Fund is expected to become insolvent later in this decade. However, there is hope in improving value and refocusing how Medicare pays for care.

Recycling in Utah

February 1, 2023

Alan Eastman, PhD, Retired Research Chemist, Osher Instructor

Many people in Utah are interested in learning more about recycling but do not know quite how to go about it. In this presentation, we will briefly discuss some of the reasons for recycling, then we will concentrate on what can be recycled, what can't be recycled, and how to know which is which (and you might be surprised a bit here!). We will also talk about exactly how and where to recycle things in the Salt Lake Valley and around the state. You may never have suspected that garbage could be so interesting!

Higher Education in the US: Why Can't We Get It Right?

February 8, 2023

L. Jackson Newell, Professor Emeritus, University of Utah, and President Emeritus, Deep Springs College, California

American universities and colleges are in crisis, yet again. Why has this been true for over a century, even as the threats to our academic institutions and scholarly values morph from era to era? Jack Newell will illuminate the origins and essential values of higher education in the United States, the constantly evolving expectations that legislators, students, and the public have for colleges and universities, and the difference between "good issues" and "crippling conflicts" that burst from newscasts as one and the same. Where do we go from here?

Utah Correctional Facility

February 15, 2023 Kaitlin Felsted

TBA

Infectious Disease Threats in Salt Lake County: What Are Epidemiologists Doing to Protect You?

February 22, 2023

Mary Hill, Epidemiology Bureau Manager, Salt Lake County Health Department

Have you ever wondered what the most common infectious disease threats are in Salt Lake County? How common are infectious diseases and what does the county do to protect its citizens against them? The director of the Salt Lake County epidemiology program will describe which infectious diseases plague our community the most. She will describe how these diseases are transmitted, who is most at risk, and how each disease can be prevented. We also will learn how epidemiologists in Salt Lake County work to rid the community of disease.



This was by far the best course I have taken in the Osher program. The presenters were very qualified and informative. They presented scientific information in a way that was easily understood. I have recommended it to many of my friends. Well done Osher!!!

Osher Online with Northwestern University

OSHER 760

A Pilot Program for Online Learning with the National Resource Center for Osher Institutes at Northwestern University

We are excited to be selected to participate in Osher Online, a limited pilot project run by the National Resource Center (NRC) at Northwestern University for Osher Lifelong Learning Institutes. This pilot project will involve eight of the 125 Osher Institutes during two terms in the winter and spring of 2023 to test a model for shared online courses. These courses are not meant to replace our locally offered in-person or online courses but rather to supplement our own local offerings. The very high-quality courses will feature popular instructors with online teaching experience from Osher Institutes all across the country.

Osher Online will provide varied Osher members from different states and institutions the chance to learn with and connect to each other while maintaining membership at their own local Osher Institutes. We are grateful to the Bernard Osher Foundation and the Osher NRC for their support and hard work in making this happen. We look forward to this new learning journey with Osher Online and hope you will enjoy being a part of it!

Enrollment is limited so please register early. Registration deadline is December 19, 2022. A mandatory orientation will be held on January 5 for all enrolled attendees.

Contemporary Ethics

David Smith

Moral disagreements are tearing the fabric of American society apart. In this series, David will provide an overview of moral theories in circulation today, including relativism, egoism, utilitarianism, deontology, divine command theory, and virtue theory, and will apply these theories to abortion, war, end-of-life questions, and gun control. His lectures will include commentary on both the ethical and legal aspects of these issues.

OSHER 760-001 | Wednesday 11:00 AM-12:15 PM January 11-February 15, 2023 ZOOM | **Special Fee \$99**

CRISPR and the Gene Editing Revolution

Bryan McKersie

Since the development of CRISPR technology 10 years ago, there has been a revolution in biology, medicine, and agriculture because we can now modify the genetic makeup of any organism, including ourselves. Cures for many genetic diseases including sickle cell, muscular dystrophy, and cystic fibrosis are now in clinical trials. Similarly, new treatments for cancer and heart disease are being tested. Genetically modified babies are now feasible and three have already been born. Control of disease-spreading mosquitoes is possible. New crop varieties promise to be more sustainable and more nutritious. Which of these technologies should we enthusiastically embrace, which should we ban, and how should we regulate these applications? The lecture portion of this class will explain the technology and the participants will subsequently discuss our options for the future.

OSHER 760-002 | Tuesday 12:00-1:15 pm January 10-February 14, 2023 ZOOM | Special Fee \$99

History of Rock: How Race Relations and the Cold War Shaped America's Most Popular Genre

Caleb Westby

History of Rock will use rock music as a lens through which to view the changing social and racial atmosphere in the U.S. from the early 1920s to today. We'll take a look at how popular music has been impacted by technology, war, and ideology across the 20th century.

OSHER 760-003 | Tuesday 3:00-4:15 PM January 10- February 14, 2023 ZOOM | Special Fee \$99

Legendary Foods of the World

Larry Canepa

We all need to eat. But to eat with knowledge about what goes into your body requires purpose, planning, and intention. Everything about eating--including what we consume, how we acquire it, who prepares it, who's at the table, and who eats first--is a form of communication that is rich with meaning. Our attitudes, practices, and rituals surrounding food are a window into our most basic beliefs about our world and ourselves. Join this international journey to discover the Legendary Foods and traditions of France, Italy, Spain, Japan, Greece, and Mexico.

OSHER 760-004 | Monday 2:00-3:15 PM January 9-February 20, 2023 (no class Jan. 16) ZOOM | Special Fee \$99

Making Sense of Modern Art

Nancy McAfee

Modern Art can be hard to look at. It turns our idea of painting completely upside down. Why does it look like that? This class will look at the ideas and artists who sowed the early seeds of modernism in 19th-century Paris and continue through to Abstract Expressionism which exploded in America 100 years later in the 1960s. From Impressionism to Cubism to Surrealism and abstraction we will trace – and understand – the evolution of 20th-century art.

OSHER 760-005 | Wednesday 5:00-6:15 PM January 11-February 15, 2023 ZOOM | **Special Fee \$99**

Retirement Reimagined: Is a Portfolio Life in Your Future?

George Dow

Today's longer life expectancy and better health mean we are likely to have the opportunity to have a "Portfolio Life."A Portfolio Life is an appealing and intentional way of thinking about living in an extended middle age, beyond the end of your job. How do you want to live during the years typically called "retirement?" You can choose to create a balanced mix of work, learning, leisure, healthy living, family time, and giving back, tailored to your priorities and goals. Retirement was once relegated to winding down. Today it holds the possibility of being your most significant and passionate years. It's a time to truly be yourself, discover new ways to contribute to society, and live a fulfilling life. This workshop series will help you create your own plan for a Portfolio Life, through lectures, self-reflection, and small and large group discussions.

OSHER 760-006 | Saturday 11:00 AM-12:15 PM January 28-March 4, 2023 ZOOM | Special Fee \$99

The 1619 Project and Critical Race Theory

Richard Bell

In this six-week course, we will go back to basics. We will push past the headlines, the op-eds, and the shouting on cable news and talk candidly about what The 1619 Project actually says—and what it doesn't say. We will engage with the debates among leading scholars as to its claims and to their merits and get as close as we can to the subjects—like the American Revolution, the

Constitution, Abraham Lincoln, and Reconstruction—around which so many of these debates over The 1619 Project have swirled. Critical Race Theory is, of course, a bit harder to pin down. There is no manifesto, no mission statement, or special magazine supplement. That has made CRT a moving target. Our goal will be to establish its core premises, describe them accurately, and interrogate their validity—and do so with respect for those moments when we inevitably disagree. Our purpose here is not to promote and persuade, disparage and reject, or let alone proselytize. Instead, we hope to leave you with a better understanding of both The 1619 Project and CRT upon which you can then base your own informed opinions.

OSHER 760-007 | Thursday 4:00-5:30 PM

January 12-February 23, 2023 (no class on Jan. 26)

ZOOM | Special Fee \$99

The World of Musical Satire

David Misch

Explore the delights of musical satire in a variety of genres, cultures, and eras, especially in America since 1950. This multimedia course covers "Yankee Doodle," slave satire, Gilbert & Sullivan, the Gershwin's, the Marx Brothers, Tom Lehrer, Randy Newman, Monty Python, Spinal Tap, Saturday Night Live, South Park, Key and Peele and a bountiful bevy of B's: Leonard Bernstein, the Beatles, Rachel Bloom ("Crazy Ex-Girlfriend"),

Bo Burnham and Bugs Bunny. Because satire is often dependent on social and historical events, this course is as much cultural history as music appreciation. And while words are preeminent in musical satire, we will also discuss the music and its interactions with lyrics. We will include some (brief) exclusive interviews with songwriters and performers: "Weird Al" Yankovic, Michael Palin (Monty Python), Country Joe McDonald, Mike Stoller (Lieber & Stoller), and more.

OSHER 760-008 | Monday 11:00 AM-12:30 PM January 9-February 20, 2023 (no class Jan. 16) ZOOM | **Special Fee \$99**

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

Lauren Andersen

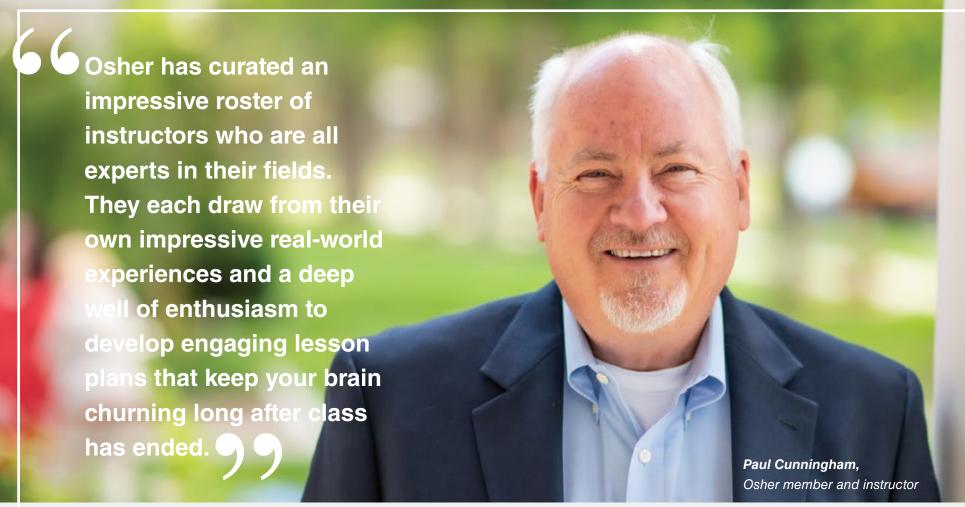
Follow the stories of six extraordinary women who pursued legal careers, justice, and equality, and became Supreme Court Justices. This course will examine the lives and careers of Justice Sandra Day O'Connor, Justice Ruth Bader Ginsburg, Justice Sonia Sotomayor, Justice Elena Kagan, Justice Amy Coney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

OSHER 760-009 | Thursday 4:00-5:15 PM January 12-February 16, 2023 ZOOM | **Special Fee \$99**

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.

To learn more about upcoming special events and to register visit us at osher.utah.edu or email osher@utah.edu.



Abdulnaser Kaadan

History of the Middle East

Prof. Abdulnaser Kaadan is from Syria. He was an orthopedic surgeon, and received his PhD in History of Medicine in 1993. He was the chairman in the History of Medicine Department at Aleppo University, and a professor of history of medicine and medical ethics. He now teaches as a visiting international professor at Weber State University's Department of History. His work and writing led him to be nominated for the Nobel Prize in 2012.

Alan Eastman

Energy in America

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.

Alessandro Achille Galvani Vecchietti

The Irregular Pearl: The Invention of Baroque Art in Italy

Alessandro has a Degree in Education from the oldest university in the world, Bologna. He teaches the history of Italian civilization, Romance languages and how stereotypes about Italian creativity and messiness arose in the past. He used to run the Italian Center of the West in Salt Lake City and a series of lectures on Italian history at Osher.

Andrea Uehling

Dungeons and Dragons 101 for Grownups!

Andrea has played in and guided games for the past eight years, playing with multiple groups nationwide and writing her own stories for her friends and others to follow. Currently, she writes and edits tabletop content, as well as plays multiple games—both in person and using online formats. While earning her Bachelors of Science in Anthropology, she conducted research with ethnographic records from Yale. That work, published with Dr. Shane Macfarlan, is concerned with warrior rewards as well as reputation studies. She has traveled internationally and participated in classes from marine biology to forensic anthropology, and served in the United States Army.

Anil Cengiz

Introduction to Chess: Part Two

Anil Cengiz is a third year Mathematics PhD student at the University of Utah. He graduated from Pomona College in 2020 with majors in mathematics and economics. Anil started playing chess at the age of 10 at his local chess club, and he has not been able to stop since. He has played in numerous national and international chess tournaments in Turkey, where he grew up. Nowadays, he plays a lot of quick chess online to procrastinate working on his mathematics research, and over-the-board at local tournaments and chess clubs with his friends.

Anne Asman

The Caregiving Conundrum: Caring for and Understanding Dementia

Anne Asman completed an MS in interdisciplinary gerontology from the University of Utah. She has received a Dementia Dialogues Certification as a trainer and a Utah Certificate of Palliative Care Education. She has worked with the State Office of Aging and Adult Services and is a co-chair of the Coordinating Council for the Utah State Plan for Alzheimer's Disease and Related Dementias. Anne has facilitated several

presentations on advance directives and end-of-life planning. She is also an integral part of the committee with the Department of Psychiatry that is applying for a designated Geriatric Psychiatry Division. Anne has consulted with Community Nursing Services for the past five years.

Asya Pereltsvaig

The Baltic Countries: Lithuania, Latvia, and Estonia
The Murder of Rasputin: The Whodunnit of the 20th Century
Armchair Traveler Goes to Liverpool, the City of Seafarers,
Immigrants, and The Beatles

Asya Pereltsvaig received a PhD in Linguistics from McGill University and has taught at Yale, Cornell and Stanford, as well as in several European Universities. Her expertise is in language and history, and the relationship between them. Her most recent books, Languages of the World: An Introduction and The Indo-European Controversy: Facts and Fallacies in Historical Linguistics were published by Cambridge University Press. Asya is a popular instructor for several Osher Lifelong Learning Programs and was the faculty guide on an OLLI trip to the Baltic countries in 2017.

Bill Hardesty

The Great Orator: The Speeches of Sir Winston Churchill Examine Yourself through the Lens of Literature

Bill Hardesty embarked on a new career as a freelance journalist after working for over 40 years as an instructional designer and a corporate trainer, mainly in the financial sector. Behind the facts of the news are people-people driving the process and people being affected by it. Bill's journalistic approach is to help readers better understand what is happening in their community and, most importantly, why. Bill reported on the 68th United Nations Civil Society Conference and a Utah League of Cities and Towns Annual Convention. He has written numerous articles on the lives of refugees in the Salt Lake area. In 2020, he received a third-place award from the Utah Chapter of the Society of Professional Journalists for his continuing coverage of the Men's Homeless Resource Center in the city of South Salt Lake. Bill received two BS degrees from the University of Utah in human development and family relations and sociology, and an MBA from Westminster College. He served in the United States Coast Guard Reserve, obtaining the rank of lieutenant. He was recently appointed as chair of the Taylorsville City Cultural and Diversity Committee.

Bill Stoye

Transitional Methods for Ukulele (with Marci Villa)

Bill Stoye has taken music theory and ear training at the University of Utah, played drum set and percussion for over 40 years, and studied ukulele for eight years. He recently finished teaching a four-week course of Rhythm Ukulele through Salt Lake Community Education and has also taught four-week courses in Ear Training and Beginning Music Theory. He teaches for Osher and gives private lessons.

Brad Westwood

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

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. He also served as Manager of Acquisitions for the LDS Church History Department (archives, library, and museum) and Chair of the L. Tom Perry Special Collections at BYU.

Brian Jones

All about Volcanoes

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

The Threat to American Democracy (with Patricia Hanna)

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.

Carol Anderson

Utah Opera Preview: "The Daughter of the Regiment"

Utah Opera Preview: Verdi's "Rigoletto"

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.

Charles Boynton

Shakespeare's Sonnets

Charles Boynton has spent decades studying Shakespearean plays and sonnets, as well as examining the problem""Who wrote Shakespeare?""His expertise and enthusiasm are reflected in his involvement as

past chair of the Marin Shakespeare Company and membership in the respected Shakespeare Oxford Society. Charles's post-graduate education is in business.

Christine Dyson

Intermediate Calligraphy

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 public schools and also through community education. Her pieces have received Best of Show and Honorable Mention awards in juried exhibitions.

Introduction to World Religions

Chris began teaching Osher classes in 2017. She has spent a large part of her professional career teaching about world cultures including the topic of religions. She spent 27 years in public education; 16 years as a classroom Social Studies teacher and 11 years as a teacher specialist for Granite School District. She has been the recipient of several teaching awards including

Teacher of the Year and Young Alumni Award. She was National Coordinator for the Community of Caring Program. She received a BA in English and a Master's of Education (MEd) from the University of Utah.

David Derezotes

Approaching the Inner Work of Aging: The "Higher Education" in Our Life Curriculum

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 at the CSW has included advanced generalist social work practice, community mental health, spirituality, deep ecology, and global survival. His publications include six textbooks that range from mental health practice to dialogue practice. His latest text is a novel that incorporates both mental health and peace-andconflict studies content. 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. Dr. Dave has also served as Community Host for the weekly *Radical Middle* program on KRCL radio that seeks to help bridge the differences that currently divide our communities.

David Meir-Levi

Six Biblical Conundrums and their Resolution with the Aid of Science and Archaeology

David Meir-Levi is an American-born Israeli currently living in Palo Alto, CA. He holds a BA from Johns Hopkins University and an MA in Near Eastern studies from Brandeis University. He taught archaeology and Visit osher.utah.edu for additional information, including pricing, special instructions, and to register. 35 Near Eastern history at Hebrew University in Jerusalem and at the University of Tel Aviv in the '60s and '70s, during which time he completed his service in the Israeli military. Upon returning to the U.S., David worked as a professional Jewish educator. Most recently, he has lectured on the Middle East and Israel in the Department of History at San Jose State University,

and on Biblical studies and archaeology at Lehrhaus Judaica in Berkeley, as well as at the Osher programs at San Jose State and Santa Clara University. David has lectured throughout northern California and abroad at synagogues, churches, high schools, universities, and service organizations on topics related to Biblical archaeology and modern Middle East history.

Debbie Leaman

Writing as a Tool to Cope with Anxiety

Debbie Leaman teaches various writing workshops including, Writing Through Grief, Let's Write!, Write Your Creative Aging Story: The Art of the Personal Essay, and Re-Imagining Your Life: A Creative Aging Writing Workshop. Her writing, including personal essays, has appeared in numerous local, national, and international magazines and on a variety of websites. Four years ago, she launched her blog, "Creative Aging: A Forum to Share Our Stories" as a platform for others to share personal essays on aging. As a writing instructor, Debbie listens deeply, helping others translate their thoughts, experiences, and feelings into words on the page. Debbie is also a Certified Grief Educator, completing a 12-week program with world-renowned grief expert David Kessler.

Debbie White

Connecting with Your Apple Watch
iPad and iPhone Basics for Beginners
Create Your Own Videos to Share with Family and Friends!
Explore the Secrets of a Good Meeting! (with Rita Heagren)

Debbie White has over 40 years of teaching experience (30 years in public education). She earned her MEd at Westminster College and her Technology Endorsement via the eMints program. Following her retirement, she spent four years as an Apple Product Professional and now is the owner of her own business, Art-Tech Vision, where she helps adults get the most out of their Apple computers, devices and software. Debbie also enjoys helping others explore topics such as Robert's Rules, creating a balanced life and ways to use Zoom!

Diane and Stan Henderson

History and Literature: The Lincoln Highway

Stan and Diane Henderson are avid readers – Stan reads history, Diane fiction. In other lives, they would have been history and English professors. Now they team up to share their passions with us. Pre-retirement, 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 are currently failing retirement.

Elizabeth Whitsett

Protected Liberty: Speech, Religion, and Privacy

Beth Whitsett has practiced law in Utah and California since 1978. She is a graduate of the University of Southern California Gould School of Law, Yale University (MA in teaching), and Stanford University. She has broad transactional legal experience with a focus in recent years on compliance and governance, including code and policy development and employee training for U.S. and multinational clients. She is a former adjunct professor of law at the University of Utah S.J. Quinney College of Law.

Ellie Brady

Jane Eyre and Wuthering Heights: 2 Brontës; 2 Masterpieces

Ellie Brady received a BA in English Literature and a Master's of Education (MEd) in Teaching and Learning from the University of Utah. She taught literature, creative writing, English language development

(ELD), and reading in the Salt Lake City public schools (secondary) for twenty years.

Faye Lincoln

Values That Shape the World

Faye Lincoln, cultural ethicist, has worked as a senior-level corporate executive in public policy and government relations. Over time, she has developed a deep interest in the history and geopolitics of the Middle East and Europe. She focuses on converging religious, political, and economic structures of society and culture for a greater understanding of the current issues of the day.

Frank "Fuzzy" Furr

The President and the Intelligence Community Eisenhower and the Espionage Establishment

Frank 'Fuzzy' Furr is a retired USAF Colonel and pilot of the famous U-2 Dragon Lady spy plane. Having retired from the Air Force and a leading defense contractor, Frank has been providing enrichment lectures on military intelligence history. He has over 45 years of experience in the intelligence related activities. He holds a B.S. from North Carolina State University and a M.S. from the University of Northern Colorado.

Fred Esplin

The Colonization of Utah: Settlement, Conflict, and Industry; 1847-1896

Fred Esplin recently retired from the University of Utah, where he was manager of KUED (PBS Utah) for many years before becoming Vice President for Institutional Advancement. He began his public broadcasting career with PBS in Washington DC, then WITF-TV-FM in Harrisburg, Pennsylvania before returning to Utah. Fred has served on the boards of PBS, the Trust for Public Lands, the Utah Humanities Council, the Utah Arts Council, the Utah Shakespeare Festival, and the Zion Canyon Mesa. An avid student of Utah history, Fred has published two books and several articles on Utah's colorful past. He has also published articles in *Utah* Holiday, Utah Journalism Review, Dialogue: A Journal of Mormon Thought, and The New York Times. Fred is a native of southern Utah and president of his family's cattle company, whose ranch above Zion National Park has been placed in a conservation easement.

Gabino Flores

Classical Guitar

Gabino Flores has been teaching classical guitar for over 20 years, bilingually, as he is in fluent Spanish

and English. He studied at the National Conservatory of Music in Mexico City. He has performed in Mexico, Europe, and throughout Utah. He currently teaches for the Harmony Hub program, part of the Mundi Project at the Sorenson Unity Center, and the Madeleine Choir School in Salt Lake City.

Gene Fitzgerald

Russia and Ukraine: A Historical and Contemporary Discussion from 1863 to the Present Day

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 for Excellence in Teaching, and the Presidential Teaching Scholar award.

Geraldine Johnson

Classical Music Guided Listening Series

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!

Irving Lubliner

The Holocaust Through the Eyes of a Survivor

Irving Lubliner is an emeritus professor at Southern Oregon University, where his specialty was mathematics education. During his 40-year career in education, he taught mathematics at all levels, kindergarten through graduate school, led seminars for teachers in 39 states, and gave over 350 conference presentations, including several keynote addresses. Since his retirement in 2014, he has taught math, blues harmonica, and literature classes for the Osher Lifelong Learning Institute program at Southern Oregon University. In 2019, he created Felabra Press and published his mother's writings about her experiences during the Holocaust, the book that will serve as the theme for this presentation.

Jane Yager

"Whiskey's for drinking, water's for fighting!" -- Mark Twain(?)

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.

Janet Faught

Secret Notes and Art Abandonment

Janet has a BS in Biology, a K-8th grade teaching credential, and a BFA in Art. She is currently on the board of the Utah Calligraphic Artists Calligraphy Guild. She enjoys teaching students of all ages. Her interests include calligraphy, painting and drawing, reading, bookbinding, knitting, wheel-thrown Ceramics, classical guitar, studying creativity, learning to speak French, and continually learning in general. Janet was

born and raised in the San Francisco Bay area and moved to Utah in 1984.

Jay Jacobson

Medical Ethics and Law in Film (with Scott Williams)

Dr. Jay Jacobson, Professor Emeritus in Internal Medicine, has studied, trained, or taught at the Universities of Michigan, Florida, Chicago and Utah, and at the Centers for Disease Control. His specialties are Infectious Disease and Medical Ethics. He does clinical consultation at both Intermountain Healthcare hospitals. He established the multidisciplinary Division of Medical Ethics and Humanities at the University of Utah Medical School in 1989. His academic interests include medical errors and apologies, professional conflicts of interest, and ethical issues at the end of life.

Jeffrey Walker

Nero Wolfe: King of Crimebusters

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, coedited 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.

Jennifer Love

Fun with Watercolor

Jennifer Love attended Westminster College of Salt Lake City where she earned a BS in marketing with a minor in Spanish and a teaching minor in fine art. She later returned to Westminster to earn a Master's degree in professional communications. Art has always played an important role in her life. It is therapeutic and brings her a joy that she loves to pass on to others as often as possible. Jennifer is a Signature Member and Past President of the Utah Watercolor Society (UWS) and has served in several volunteer roles with the UWS since 2003. She has participated in multiple watercolor exhibitions and several art festivals as well as Community Nursing Services Art & Soup Celebration fundraiser. She began teaching private watercolor and drawing lessons in 2020 as well as outdoor summer

workshops and demonstrations for multiple students. She discovered a passion for passing on her love of art to others and encouraging people to find their creative voice.

Jill E. Meyer

Masterpieces at the Met: Paintings of People and Their Stuff (with Margaret Landesman)

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.

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

Jonathan Duncan

The History and Future of the Great Salt Lake

Jonathan Duncan is the creative director for the digital storytelling company Alpine Vision Media.

He has served as the Global Studies Fellow and adjunct professor of Adventure Media at Westminster College, and currently teaches courses on Himalayan Geography, the Sacred Mountains of the World, the Idea of Wilderness, and Adventure Photography through the Osher Lifelong Learning Institute and the Lifelong Learning program at the University of Utah. He has also served on the faculty of The Art Institute of Portland and Western Washington University. His work has taken him through many of the sacred landscapes of Asia.

Joon Bae

Korean Ink Painting: Lotus Flower

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

Mindful Writing

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 decadeslong meditation practice. She previously worked at the Huntsman Cancer Institute facilitating 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.

Kathleen Taylor

Introduction to Pickleball Beginning Pickleball Level 2

Kathleen Taylor moved to Utah in 1972. After she retired from a teaching career, she spent time doing yard work and reading detective novels but felt something was missing. Then...along came pickleball! Pickleball provided her with a fun and challenging way to stay active and meet friends. She loves teaching new players and sharing her passion for the game.

Kelley Ingols

Yoga for Movement and Flexibility

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.

Linda Myers

The Weavers' Stories

Linda Myers is the founder and executive director of the Adopt A Native Elder Program, a non-profit organization founded 36 years ago to support Elderly Navajo, living traditional lifestyles on their Reservation. Linda tells the stories of the Navajo Weavers, and the history of their rugs, and explains the history and traditions of the Navajo people.

Linda Reed

Turning Conflict into Collaboration

Linda Reed earned a Bachelor of Science in Communication--Conflict Resolution from the University of Utah. She has been training and teaching the gentle martial art of Aikido for 30 years and holds a fourth-degree black belt. Linda has presented numerous sessions to various groups on applying Aikido physical principles and philosophy to non-physical verbal and emotional conflict. She is a trained mediator and participated in mediation in several arenas including five years in Small Claims Court. She has studied and taught the model of non-violent communication created by Marshall Rosenberg.

Liz Cordova

Winter Spikes Hikes

Liz has been hiking the Wasatch Front for over 25 years. She enjoys sharing the best local trails at a comfortable pace, in suitable conditions. In the sun and out of the inversion are her favorite winter destinations.

Luca de la Florin

Rock Music of the Counterculture: 1960's Edition Living Music: How to Embrace the Music Around Us Sister Rosetta Tharpe: The Godmother of Rock and Roll (Single Session)

Utah Symphony Finishing Touches Preview: Mozart's Magic Flute Fantasy

Luca de la Florin is the Principle Oboist with Ballet West and the Missouri Symphony. He is also on faculty with Utah Valley University and Snow College. Florin received his Bachelor's in Oboe Performance from Albion College, his Master's in Oboe Performance from Western Michigan University, and will soon receive his Doctorate in Musical Arts, Oboe Performance from The University of Utah. His primary teachers have been Rebecca Van de Ven, Robert Stephenson, Gabriel Renteria, and Michael Miller and he has performed with orchestras across

the United States. In addition to orchestral playing, he is an active chamber musician and soloist. He has recorded multiple times with the Naxos and Bridge labels. Florin is a sought-after teacher amassing a large private studio. As a skilled reed-maker, he also teaches clinics on reed-making and cane preparation.

Marci Villa

Beginning Ukulele Transitional Methods for Ukulele (with Bill Stoye)

Marci Villa is a self-taught ukulele player with a passion for the cheery little instrument whose Hawaiian name translates as "jumping flea," and enthusiastically shares her love of the instrument and for music. Twenty years' experience as a corporate trainer has honed her understanding of how people learn and given her an exceptional ability to teach new skills.

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

Masterpieces at the Met: Paintings of People and Their Stuff (with Jill Meyer)

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.

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

Marilyn Morris

Learn to Play American Mah Jongg

I learned to play Mah Jongg when I was about 8 years old. I have been teaching it for many years at various locations in Salt Lake City. As a gerontologist and dementia specialist, I know that this is a great activity for aging adults.

Mark Rothacher

Reconstruction: America After the Civil War

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 has been a professional organizer for 22 years and is the creator/teacher of the Clear & Simple Steps for 18 years. She is a master messenger and an international speaker/trainer who is known for her contagious enthusiasm. 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.

Max Barnewitz

Introduction to Comics: Tell Your Own Story

Max Barnewitz (they/them) grew up in Milwaukee, WI, and moved to Salt Lake City in 2010 to attend the University of Utah where they earned their MA in Comparative Literary & Cultural Studies, emphasizing comics as a unique platform for underrepresented creators. Max is currently pursuing an MFA in Comics at the California College of the Arts. Max is the coorganizer of Salt Lake City's Grid Zine Festival and has taught numerous zine workshops for all ages in Salt Lake City. Max continues to study comics and recently published their work, "Academic Enough? Queering Pedagogy with Zines" in the special edition of ZINES, Embodied DIY: Feminist and Queer Zines in a Transglobal World. Max is passionate about arts access, sustainability, and education. They take an eclectic and irreverent approach to art making, and their scavenger/ multimedia arts practice engages questions surrounding identity and the natural world.

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.

Nicole Anderson

Uniquely Utah: Beyond the Fab Five

Nicole Anderson is a Utah native, communications professional, researcher, and freelance writer. She holds a master's degree in strategic communications from Westminster College along with a bachelor's degree in environmental studies from the University of Utah and a certificate in rhetoric from Harvard. Nicole currently teaches interpersonal and intercultural communications at Salt Lake Community College. She also works as a freelance writer and writing coach. Her essays and writing collection have appeared in *Airboating*, Betterboat.com, *Breathing Stories*, *Gateway*, *Utah Stories*, and *Utah Life*, among others.

Olga Savenkova

Midnight in Paris: Life and Work of the Lost Generation of the 1920s

Olga is a creative writer, artist, and literary scholar. She holds a PhD in comparative literary and cultural studies from the University of Utah. She specializes in Plato, Modernism, gender and queer studies. Currently, she works on her research on expatriate and émigré American and Russian female writers who lived in France in the first half of the 20th century. She taught a variety of classes in humanities at the University of Utah. In the classroom, she enjoys an open discussion format and the free exchange of opinions.

Pamela Holman

Reclaiming Peace through Self-Inquiry

Pamela Holman is a long-time local educator, writer, community advocate, and practitioner of self-inquiry. She holds a Master's degree from Utah State and was certified as a Life Coach/Facilitator in 2013. Helping others get to the heart of the matter is one of her greatest sources of freedom and joy.

Pat Lambrose

Google Maps: Become a Custom Map Maker

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.

Patricia Hanna

The Threat to American Democracy (with Bruce Landesman)

Patricia Hanna is a University of Utah professor emerita in philosophy and linguistics. She has served as chair of the Department of Philosophy and dean of the College of Humanities.

Scott Williams

Medical Ethics and Law in Film (with Jay Jacobson)

Scott Williams, a retired civil litigator and trial lawyer, was a partner and member of the board of directors of a prominent Salt Lake law firm. For several years he represented Utah civil trial lawyers in a national organization. He currently is affiliated with Utah Alternative Dispute Resolution as a mediator, volunteers

as legal counsel for a nonprofit organization, and enjoys taking classes in film studies at the University of Utah. He has taught several classes at the Osher Institute including Law in Film: Parts 1 and 2; Journalism Law and Ethics in the Movies; and The Cold War in Film.

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 Peten rainforest of northern Guatemala. El Mirador is a key to understanding the rise of Maya civilization.

Rita Heagren

Explore the Secrets of a Good Meeting! (with Debbie White)

Rita Heagren is a retired high school math teacher and currently an officer in the American Federation of Teachers Utah. She often serves as parliamentarian at AFT Utah's delegate assembly and for Utah AFL-CIO's annual convention.

Roz Newmark

Yoga for All Bodies

Rosalind Newmark has been an active performing and visual artist for two decades. She has taught and performed throughout the United States. She holds a BA in dance and photography, studied at Rosella Hightower's Le Center De Danse in France and has an MFA from the University of Utah in choreography. Ms. Newmark teaches dance, yoga, photography, plays fiddle, sings with various string bands, and operates as an independent artist in Salt Lake City, Utah.

Sally Smith

An Epic Friendship

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.

Serjeel Ahmed

Introduction to Islam

Serjeel is a missionary serving the Ahmadiyya Muslim Community. After completing a seven-year degree in Islamic theology, Serjeel has had the opportunity to serve in Canada, London, Sierra Leone, Guatemala, and is currently serving under the Ahmadiyya Muslim Community in the Federated States of Micronesia. Serjeel loves interacting and learning from everyone he meets, and considers himself a lifelong learner.

Stephen C. Hall

Book Review: The Rise and Fall of Third Reich - Part One

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

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

Susan Snyder

Reflections through Nature: Exploring our Relationships with Nature through Illustrated Journaling

Susan Snyder is a watercolorist and naturalist who creates field journal-style artwork as a way to study nature and its relationships. Her mission is to help people forge connections to nature that rejuvenate and inspire them. Susan is an award-winning environmental

educator who has worked as a teacher-naturalist at Ogden Nature Center since 2006. She also is a member of the Ogden Palette Club and Utah Watercolor Society. She has shown her work in numerous shows at Eccles Community Art Center, the Ogden Arts Festival, the International Environmental Art Show at Lesley University in Cambridge, MA, and in smaller shops and shows around Northern Utah.



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.

Walter Jones

The American Civil War: Part One

Walter Jones, retired Head of Western Americana at the 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 US Army (four years active duty and 23 years Reserves), and in the

National Guard. He has presented papers and written about the Vietnam War.

Wayne Egan

American Songbook Hits, 1920-1960

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 improvisor, 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.

Winn Egan

Grandparenting Up Close and At Distance

Merritt 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.

Online Instructor Bios

A Pilot Program for Online Learning with the National Resource Center for Osher Institutes at Northwestern University

Bryan McKersie

CRISPR and the Gene Editing Revolution

Bryan McKersie, PhD in Biology, was a professor for 20 years at the University of Guelph, Canada. He then worked with BASF in North Carolina for 15 years managing international research projects in plant biotechnology. In retirement, Bryan writes about research project management and genetics. He is a member of Osher Lifelong Learning Institute at the University of North Florida in Jacksonville.

Caleb Westby

History of Rock: How Race Relations and the Cold War Shaped America's Most Popular Genre

Caleb Westby, PhD is a composer, saxophonist, and scholar of popular and electronic music. His research interests include how social and historical events have impacted trends in rock and pop, as well as

how technology has shaped these genres. Dr. Westby currently serves as a lecturer for the University of California, Merced teaching Recording and Studio Techniques, Making Electronic Music, and coordinating the music technology area. In his free time, he plays in the horn section of the faculty rock band, G Street.

David Misch

The World of Musical Satire

David Misch is a former stand-up comic, screenwriter (Mork and Mindy, Saturday Night Live, The Muppets Take Manhattan), author (Funny: The Book), teacher (USC, UCLA), and lecturer (Yale, Columbia, Oxford, University of Sydney, VIEW Conference [Torino, Italy], the Smithsonian, 92nd St. Y, Austin Film Festival, American Film Institute, DreamWorks, Sony Pictures, Second City).

David Smith

Contemporary Ethics

David E. Smith, PhD, grew up in the world of fundamentalist religion. As an adult, he gradually moved away from that worldview and became a religious progressive/skeptic. After earning an MA in philosophy of religion, he received a second MA and a PhD in religious studies from Temple University in Philadelphia, PA. Formerly a full-time philosophy and religious studies faculty member at Central Washington University in Ellensburg, WA, he now teaches for the Osher Lifelong Learning Institute at the University of Washington and offers independent seminars and non-credit courses in comparative religion and philosophy. He has published widely in these areas, as well. His mission is to empower people to think well for themselves about things that matter.

George Dow

Retirement Reimagined: Is a Portfolio Life in Your Future?

Since 1989, George Dow has helped business and non-profit leaders improve their career transition experience and ensure fit in their future direction. After twenty-one years as an Executive Career Transition Consultant and Vice President at Right Management in Minneapolis, George started a solo coaching practice in 2010. He has taught several courses about "Retirement Reimagined" for the Osher Lifelong Learning Institute at the University of Minnesota. George has also been a senior lecturer at the University of Minnesota Carlson School of Management.

Lauren Andersen

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

Lauren Andersen, Esq. practiced law in California for two and a half years before switching careers and spending the last 12 years in local government and higher education. As an attorney, Lauren wrote amicus curiae briefs for cases before the Supreme Court of the United States and the Ninth Circuit Court of Appeals. She is the former University of Utah Osher Lifelong Learning Institute Director.

Larry Canepa

Legendary Foods of the World

Chef Larry P. Canepa is a Certified Culinary Educator and Chef, author, researcher, food historian, and lecturer of culinary topics. Chef Canepa brings over 50 years of experience to today's culinary learners. His experiences include the management and operation of free-standing restaurants, hotels, and resorts. Chef Canepa has taught Culinary Arts for 20 years and brings a passion for food and beverage through his "food-tainment" lectures, demonstrations, and engaging presentations. Workshops and presentations include topics such as healthy eating, coffee and tea, Farm-to-Fork, cooking techniques, etiquette, world cuisines, food safety, food history, and tips on saving money when food shopping.

Nancy McAfee

Making Sense of Modern Art

Nancy is an art historian who spent 18 years at the Cleveland Museum of Art as an educator and community outreach director. She has a BA from Cornell and an MA in art history from Case Western Reserve University. She teaches at Rochester Institute of Technology's Osher Institute.

Richard Bell

The 1619 Project and Critical Race Theory

Richard Bell, PhD is a Professor of History at the University of Maryland and author of the book *Stolen: Five Free Boys Kidnapped into Slavery and their Astonishing Odyssey Home* which was a finalist for the George Washington Prize and the Harriet Tubman Prize. He has held major research fellowships at Yale, Cambridge, and the Library of Congress and is the recipient of the National Endowment of the Humanities Public Scholar award and the 2021 Andrew Carnegie Fellowship. He serves as a Trustee of the Maryland Center for History and Culture and as a fellow of the Royal Historical Society.



Winter 2023 Calendar

	Monday Jan 23 - Mar 6 (no class 2/20)	Tuesday Jan 17 - Feb 21	Wednesday Jan 18 - Feb 22	Thursday Jan 19 - Feb 23	Friday Jan 20 - Feb 24
9:00					- Utah Symphony 2/3 ♥
9:30	- Rock Music 🚨	- Rise/Fall Third Reich	- Writing/Anxiety	- Threat to Democracy 🚨	- History & Literature 2/24 🔲
	- Korean Ink Painting 2/6-2/27	- Colonization of Utah 🚨	- Midnight in Paris 🚨	- Great Orator/Churchill	- Irregular Pearl 🔲
	- Create Own Videos 🔲	- Mah Jongg 2/7-2/28 ♣	- Weavers Stories	- Classical Guitar 🚨	
		- Sister Rosetta Tharpe 2/28 🚨	- Mah Jongg 2/1-2/22 🚨	- Intro to Chess 2	
		- Reconstruction/Civil War	- Whiskey's for Drinking 🔲	- Approaching Aging 🗔	
		- Six Biblical Conundrums 🗔	- Shakespeare @ Monson 🗣	- Explore Secrets/Meeting 2/2-2/16	
		- iPad & iPhone @ Sandy ♥	- Secret Notes/Art @ Sandy Q	- American Civil War 🗔	
		- Winter Hikes Q		- Apple Watch 1/26 🗔	
				- Apple Watch @ Sandy 1/19 ♥	
10:00		- Mindful Movement 1/17-2/7			
11:30		- Med Ethics/Law in Film		- An Epic Friendship 🚨	
		- Russia & Ukraine 🚨		- Intermed. Calligraphy 🚨	
		- Intro World Religions 🚨		- Reclaiming Peace	
		- Live Free of Clutter 🔲		- Energy in America 🗖	
		- Examine Self/Literature @ Sandy 🗣			
12:00 pm			- LUNCH & LEARN 🗖		
			- Pickleball @ Sandy Q		

	Monday Jan 23 - Feb 20 (no class 2/20)	Tuesday Jan 17 - Feb 21	Wednesday Jan 18 - Feb 22	Thursday Jan 19 - Feb 23
0	- Masterpieces at Met 1/23-2/6 & 27	- Current Issues	- Mindful Writing	- Jane Eyre/Wuthering Heights
	- Caregiving/Dementia 🗖	- Grandparenting 🚨	- Intro to Comics	- Reflections/Nature
	- Living Music @ Sandy 🕈	- All about Volcanoes 🗖	- President/Intelligence 2/8	- Protected Liberty
		- Reclaiming Peace @ Sandy Q	- Eisenhower/Espionage 2/15	- Current Issues 🔲
		- Utah Opera 1/3 ♥	- Baltic Countries 🔲	- Uniquely Utah 🔲
		- Utah Opera 2/28 ♥	- Rasputin 3/1 🗖	- Nero Wolfe @ Sandy Q
			- Armchair/Liverpool 3/8 🔲	
			- American Songbook @ Monson 🗣	
			- Classical Music @ Sandy 🗣	
:30			- Google Maps 1/25-2/1 ♣	
00	- Marcie's Movie Club 🗣			
:30	- West Side Stories 🚨	- Transitional Ukulele	- Ancient Maya @ Monson 🗣	- Beginning Ukulele 🚨
	- Intro to Islam 🔲		- History & Future GSL 🚨	- Values Shape World 🚨
			- Turning Conflict to Collab	- The Holocaust 2/16-23
				- Don't Just Retire @ Sandy ♥
:00		- Dungeons & Dragons 🚨		
:00	- Fun with Watercolor 🔲		- Yoga for Movement	- History of Middle East
5:30		- Yoga for All Bodies 🔲		

Key						
-	In-person					
	Zoom					
•	Offsite Location					
Sandy	Sandy Center					
Monson	Monson Center					

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-winwin. 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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