



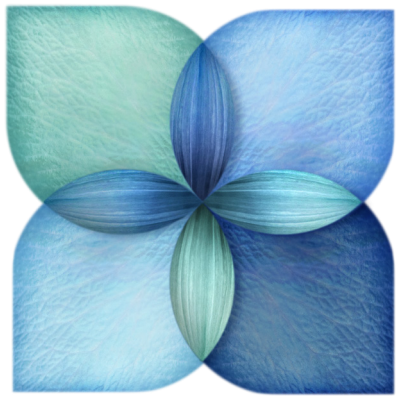
Spring 2023 Course Catalog



**Stay
Curious!**

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Groups, & Events 11

olliatwvu.org



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About OLLI at WVU

Dedicated to enriching the lives of older adults throughout West Virginia, the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU), an affiliate of the WVU School of Public Health, is a member-driven organization whose mission is to promote connection, curiosity, exploration, discovery, and discussion through learning and social engagement in non-credit classes, lectures, field trips, and events designed for adults 50+.

OLLI at WVU continues to grow as an organization with the unwavering commitment and generosity of our patrons and supporters. We acknowledge and thank the following:

- The Bernard Osher Foundation
- West Virginia University, President's Office
- WVU Foundation
- WVU School of Public Health (SPH)
- OLLI Board Members, Committee Members, and Volunteers
- OLLI \$100K Club, Donors, and Sponsors
- Our Distinguished Instructors
- OLLI Members

The Bernard Osher Foundation

The Bernard Osher Foundation seeks to improve quality of life through the support of lifelong learning institutes such as OLLI at WVU. Founded in 1977 by Bernard Osher, a respected businessman and community leader, it has funded a national network of 125 Osher Lifelong Learning Institutes. Funding for OLLI is contingent upon membership growth goals, so **membership matters**. To learn more about the Bernard Osher Foundation, visit www.osherfoundation.org.

Contact Us

Osher Lifelong Learning Institute at WVU
(304) 293-1793 • www.olliatwvu.org • olli@hsc.wvu.edu

Main office (Morgantown)
Mountaineer Mall, Suite C-17
5000 Green Bag Rd.
Morgantown, WV 26501

Kanawha Valley office
Schoenbaum Family Enrichment Center
1701 5th Ave.
Charleston, WV 25387

We recommend calling ahead or making an appointment as office hours may be limited.

OLLI Board of Directors (2022-2023)

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Diane Cale, Program Assistant
Susan Martino, Program Assistant

Mark Your Calendar for These Important Dates

Spring term - April 3 - June 30	
Spring registration begins	March 20
Summer term - begins July 10, 2023	
Summer course proposals due	March 23
Summer registration begins	June 20
Fall term - October 2 - December 16	

OLLI stimulates one's mind with great courses and provides social interaction to enliven the whole person.

- OLLI member

Welcome to the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU)

April marks the beginning of spring for OLLI at WVU, bringing adventures indoors and out. In the following pages, you will find an array of classes, events, and special outings designed to spark your interest in new topics, invite you to dive deeper into current interests, and keep you active and engaged over the next few months.

We also encourage you to visit the catalog online at <https://olliatwvu.org/learn-more/catalogs/> for the latest updates to the spring schedule. Changes are often made as soon as this paper version is sent to the printer but the online version is kept up-to-date. You can also stay in-the-know about the latest OLLI news and schedule changes by reading our weekly ebulletin, published on Friday afternoons and delivered right to your email in-box. If you are not receiving the ebulletin, visit <https://olliatwvu.org/learn-more/subscriptions/> to subscribe.

As we welcome new and returning members to the classroom, whether in-person or on Zoom, this spring, we want to say Thank You to our talented volunteer instructors who so generously share their time and expertise in support of OLLI's mission and lifelong learning in West Virginia and beyond. We could not do this without them.

Dedicated to enriching the lives of older adults, OLLI at WVU welcomes everyone with a desire to continue learning. Although we are affiliated with WVU, one does not need to be a retired faculty or staff member or an alum. In fact, you don't need to have any other connection to the University to be an OLLI member. Nor do you need to have a college or high school degree. All you need is curiosity!

Kristie Gregory
President,
OLLI Board of Directors

Jascenna Haislet
Director,
OLLI at WVU

A Taste of OLLI Spring Open Houses

Tuesday, March 21, 3:00 - 4:30 p.m.
Zoom

Thursday, March 23, 3:00 - 4:30 p.m.
Morgantown (Mountaineer Mall)

NEW DATE!

Tuesday, March 28, 2:00 - 3:30 p.m.
Kanawha Valley (Schoenbaum Center)

Free and open to the public
Register at <http://bit.ly/3wACKYL>

*You cannot help but get excited about
the subject when the instructor is so
passionate and knowledgeable about it.*

- OLLI member



*Learn how you can stay engaged and
connected this winter with OLLI classes.
Hear from instructors and meet other
OLLI members!*

OLLI Membership

Membership is open to curious adults interested in programs designed specifically for those 50 and over who want to engage socially and intellectually.

Benefits

- *The opportunity to learn and to meet new friends.*
- *Discounts on travel and events in the community.*
- *At least one free Special Member Event per term.*
- *Access to the OLLI collection of Great Courses DVDs and books.*
- *A voice in OLLI governance.*
- *The right to be added to a course wait list.*

**Annual
membership
\$30**

Membership year runs
July 1st to June 30th

**Quarterly
registration fee
\$35**

for unlimited courses
(payable only during quarters in
which you register for classes)

* Other fees may apply and are noted
on individual courses, events, or groups.

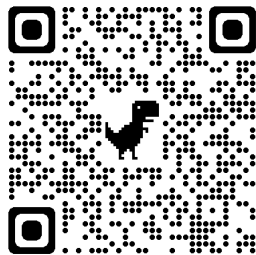
Financial Assistance Available

OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members.

However, we recognize that membership and registration fees may be out of the reach of some individuals. Therefore, fee waivers are available. We do ask that you pay what you can for the membership. A payment of as little as \$5 or \$10 will allow OLLI at WVU to include you as a paid member in our report to the Osher Foundation.

To apply, ask for a confidential application at the OLLI office or fill out the application form on our website at olliatwvu.org/learn-more/scholarships/ or scan the QR code to the right.

Applications and information submitted are kept strictly confidential.



How to Register

The spring term runs April 3rd through June 30th.

To register, you must have a current membership and have paid the required fees for the quarter.

Individuals may purchase or renew a membership and register for classes in any of the following ways:

- Online at <https://wvusph-olli.augusoft.net/>.
- Call the OLLI office at (304) 293-1793.
- By mail, using the enclosed membership/registration form.
Mail to: OLLI at WVU
5000 Green Bag Rd
Morgantown, WV 26501

Please make checks payable to the WVU Foundation.
If you pay with a credit or debit card, the charge will show as: WV OLLI.

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

**Spring Registration begins
March 20, 2023**

Register Anytime!

Registration remains open throughout the quarter.

Registration & Attendance Matter

We understand that plans change, especially when you're asked to commit to something several weeks in advance. However, it is important to register for the classes that you wish to attend. Enrollment records help us demonstrate our members' active participation in the program when seeking funding from grant-makers and policy-makers. Also, we occasionally have classes which fill quickly so one that you wish to attend may already have a waiting list.

If you are unable to attend a class for which you are registered, please notify the OLLI office at 304-293-1793 or email olli@hsc.wvu.edu. Another person may be anxiously awaiting your cancellation so that he or she may participate in the class.

Please be respectful of the time and efforts of our volunteer instructors and your fellow OLLI members.

Taking a Class with OLLI @ WVU

OLLI classes and events may be offered in one of four ways for members to participate. Classroom method and location are listed in the class description. These include:

In-person or on Zoom?

- **In-person only**
- Instructor will be present in the classroom with OLLI members.
- **Online only** - Instructor and participants will meet via Zoom.
- **Hybrid** - Instructor will be present in the classroom with OLLI members. Other members can participate via Zoom.
- **Hybrid with streaming** - Instructor will not be in the classroom but teaching via Zoom. The class will be streamed to an OLLI classroom. OLLI members can participate via Zoom at home or come to an OLLI classroom to do so. These classes are indicated by the symbol ♦ next to the classroom location.

When registering for hybrid or hybrid with streaming classes, please indicate on the form in which ways you would prefer to participate. **Note that if you register for Zoom, you will not be allowed into the physical classroom.**

Zoom links will be emailed to all participants in online and hybrid classes by 9:00 a.m. the morning of the class/ event. **Please check your inbox, as well as spam and junk boxes, for the email at least 30 minutes prior to the start of your class.** If you do not see an email for your class, call the OLLI office at 304-293-1793. We're happy to resend the email.

OLLI classes are open to all members, regardless of where they live.

Morgantown members are invited to attend classes in the Kanawha Valley and members from the Kanawha Valley are welcome to attend classes in Morgantown.

Members who reside further away are welcome to join us in person when they are in town.

Need assistance with Zoom?

Interested in taking an OLLI class but not sure how to use the online meeting software, Zoom? OLLI's professional technologist, Michelle Klishis, will walk you through the steps you'll need to take, from downloading and installing the Zoom app on your device, to entering the virtual classroom, to using the chat function, and more. If you don't have a computer or personal electronic device, learn how you can join Zoom with your phone. Contact the OLLI office to arrange a session.

Symbol Key

Throughout OLLI's course catalog, you will see various symbols next to names, locations, and event titles. Below is a list of those symbols and what they mean.

♦ If you see this diamond next to the class location, the class is being streamed to that location. The instructor or presenter will not be physically present in the classroom with you but you will be able to see and hear them and interact much like you would in-person.

* An asterisk next to an instructor's name indicates that the instructor is a member of the OLLI Honor Roll and has taught at least 10 courses and 60 class session hours.

M This symbol next to a class or event indicates that it will be held in-person in Morgantown and no Zoom or streaming option is available.

KV This symbol next to a class or event indicates that it will be held in-person in the Kanawha Valley and no Zoom or streaming option is available.

Field trips, exercise classes, and outdoor adventures may include an activity level designation. The best indicator of what to expect is explained in the event description, but we have developed this rating system to help you decide if you wish to participate. Please note that these ratings are for guidance only and conditions may change.

L1 Participants should be able to walk on flat surfaces at a leisurely pace. Activities may include some steps, boarding a bus, and standing for short periods of time during presentations. Accessible accommodations may be able to be arranged upon request.

L2 Participants should be able to walk on uneven surfaces that are not always paved. Activities may include walking up and down steps and small inclines, boarding a bus, standing for longer periods of time, and engaging in light exercises. Accessible accommodations may be able to be arranged upon request.

L3 Participants should be in good physical health, able to do all of the above, and participate in active medium endurance exercise and adventure activities.

Supporting Your OLLI

*Lifelong learners value education -
for themselves and others.*

Osher Lifelong Learning Institute (OLLI) at WVU exists because of the unique experiences, capabilities, and wisdom of mature members of the community.

Daily we see the educational and social impact OLLI has on members. Funded through membership fees, donations, and grants, OLLI benefits from the generosity of like-minded lifelong learners. Each gift allows meaningful work that would not have happened otherwise.

Your consideration of a gift today or in the future for OLLI at WVU will benefit the programs and help secure your OLLI legacy.

With a variety of giving options, you can choose the gift that works best for you.

You can choose to designate your gift to:

- OLLI's area of greatest need
- the \$100K Club
- OLLI participation scholarship fund
- Campus Club Endowed Scholarship
- the OLLI endowment

You may choose to leave a Legacy Gift, make a Tribute Gift, or give through an IRA Charitable Rollover.

And choose the time that works for you.

- Give when you renew your membership or enroll in classes
- Give during OLLI's Annual Fall Campaign
- Give on WVU Day of Giving
- Set up a monthly recurring gift
- Any time during the year

Every gift makes an impact!

To give today, visit <https://olliatwvu.org/make-a-gift/> or add your tax-deductible donation to the enclosed class registration form. For more information, call the OLLI office at 304-293-1793.

*Thank you for your continued support of
lifelong learning and OLLI at WVU.*

Thank You to our Sponsors



The Village
at Heritage Point

Vandalia Health

**Proud to be a sponsor
of OLLI at WVU**

304-285-5575
Heritage-Point.com

**OLLI programming in the Kanawha Valley
is brought to you with support of
The Greater Kanawha Valley Foundation
and in Morgantown, by
the John Mathew Gay Brown Family
Foundation
and the George D. Hott Foundation.**

Follow OLLI at WVU Online

Find out when the latest catalog will be available online, see pictures from classes, learn about special events, and read interesting articles from a variety of sources.

Friday e-bulletin & Emails

Be sure you're signed up for our email list so you don't miss any special news, messages from your instructors, receipts for registration, and more. Email olli@hsc.wvu.edu to be added to OLLI's email list.

You can also access the latest news directly by clicking on the News button on our website at olliatwvu.org

OLLI does not share your email address. We use your address only to inform you of important OLLI information and upcoming events.

On Social Media

- **Facebook** (Osher Lifelong Learning Institute at WVU)
- **Wordpress** (olliatwvu.wpcomstaging.com/)
- **Instagram** (olliatwvu)

Spring 2023 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Monday				
Yarn Arts	April 3 - June 26	12:45 - 2:30 p.m.	A	11
MonRiver New Horizons Band (McCrary, Kerwin)	April 3 - May 22	3:30 - 5:00 p.m.	B	15
Update on COVID (Vasudevan)	April 3	10:00 - 11:00 a.m.	Z	19
Lap Dulcimer (Werner)	April 10 - June 12	10:00 - 11:45 a.m.	B & Z	15
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	April 10 - May 22	10:00 - 11:45 a.m.	Z	20
Alice, Peter, Mary, and Sara (Elkins)	April 10 - 24	12:45 - 2:15 p.m.	B♦ & Z	14
Artist John Singer Sargent (Cann)	May 15	12:45 - 2:30 p.m.	B♦ & Z	14
Andrea Palladio, Italian Renaissance Architect (Cann)	May 22	12:45 - 2:30 p.m.	B♦ & Z	14
Microsoft Office: The Basics (Klishis)	June 12	10:00 a.m. - 12:00 p.m.	CL	20
Monday/Wednesday				
Everything...About Dinosaurs and More (Smosna)	April 10 - May 1	3:00 - 4:30 p.m.	A	18
Introduction to Spanish II (Carrara)	April 5 - 26	6:00 - 7:00 p.m.	Z	18
Tuesday				
Campus Club Evening Book Discussion (Attfield)	April 11, May 9, & June 13	7:30 - 9:00 p.m.	Z	11
Modern Jewish Crisis (Hample)	April 11 - May 16	10:00 - 11:45 a.m.	B & Z	18
Readers' Theatre (Haislet)	April 25 - May 30	12:45 - 2:30 p.m.	A	15
Mobility for Seniors (Swartz)	April 11 - 25	3:00 - 4:30 p.m.	B & Z	16
Saigon to Cambodia and Myanmar (Riedel)	April 11 - 25	3:00 - 4:45 p.m.	A	21
Provence, France - Lavender and More! (Long)	April 11	12:45 - 2:30 p.m.	B & Z	21
Campus Club Morning Book Discussion (Ostrow)	April 18, May 16, & June 20	10:00 - 11:30 a.m.	A & Z	11
Twilight Trivia	April 18, May 16, & June 20	7:00 - 8:30 p.m.	Z	11
An Introduction to Self-Publishing (Sielen)	April 25	12:45 - 2:30 p.m.	B	17
Garrison Keillor: The Stories Behind the Stories (Baker)	May 2 - 16	3:00 - 4:45 p.m.	B & Z	14
Dying to Be President? (Hammersmith)	May 23 - June 6	10:00 - 11:45 a.m.	B & Z	16
Using Microsoft Word (Klishis)	June 13	10:00 a.m. - 12:00 p.m.	CL	20
Tuesday/Thursday				
The Ohio River Floodwall Murals (Haislet)	April 4 & 6	12:45 - 2:30 p.m.	B & Z	15
Introduction to Spanish III (Carrera)	June 13 - 29	1:00 - 2:00 p.m.	Z	18
Wednesday				
Purpose of Protest (Cartwright)	April 5	2:30 - 4:00 p.m.	Z	13
Wildflower Identification...Newcomb's...Guide (Fowler)	April 12	10:00 - 11:45 a.m.	B & Z	19
West Virginia's Official State Symbols (Johnson)	April 12	12:45 - 2:30 p.m.	B & Z	18
Opera's Infinite Variety (Nelson)	April 19	10:00 - 11:45 a.m.	A	15
Hiking WV State Parks: Rivers & Lakes (Klishis)	April 19	10:00 a.m. - 12:00 p.m.	B & Z	21
Coast Redwood: A California Colossus (Rentch)	April 19	12:45 - 2:30 p.m.	B & Z	18
The Mexican-American War (Colvin)	April 26	12:45 - 2:30 p.m.	B & Z	16
...Journalism and Civic Engagement (Allen, Wright)	May 3	10:00 - 11:30 a.m.	A♦ & Z	12
Around the World in Seven Wines (Porter)	May 3	1:00 - 4:00 p.m.	B	17
Life on a Wagon Train (Colvin)	May 10 & 17	12:45 - 2:30 p.m.	B & Z	16
No News Is Bad News (Raese)	May 10	10:00 - 11:30 a.m.	B & Z	20
Banking on Your Microbial Wealth (Thomas)	May 17 - 31	10:00 a.m. - 12:00 p.m.	B & Z	18
Beginning Railfanning (Johnson)	May 24 & 31	12:45 - 2:30 p.m.	B & Z	17
Using Microsoft Powerpoint (Klishis)	June 14	10:00 a.m. - 12:00 p.m.	CL	20

Spring 2023 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Thursday				
Walking Outdoors with Campus Club (Covey)	April 6 - June 29	9:00 - 10:00 a.m.	Other	11
The Human Microbiome (Schafer)	April 6 - 27	10:00 - 11:00 a.m.	B	19
Healthy Aging (Swartz)	April 6 - 27	3:00 - 4:30 p.m.	B & Z	16
Let's Do Lunch (Cale)	April 13 & May 11	11:30 a.m. - 1:00 p.m.	Other	11
Silk, the Queen of Fabrics...(Reddy)	April 20 & 27	3:00 - 4:30 p.m.	Z	17
In Concert: Photography and the Violin (Harris)	April 20	12:30 - 2:00 p.m.	Other	15
Personal and Family History Writing Projects (Sielen)	April 27 - May 11	12:45 - 2:30 p.m.	B	17
Don't Be Fooled (Klishis)	May 11	10:00 a.m. - 12:00 p.m.	B & Z	20
Protecting Your Data (Klishis)	May 18	10:00 a.m. - 12:00 p.m.	B & Z	20
Using Microsoft Excel (Klishis)	June 15	10:00 a.m. - 12:00 p.m.	CL	21
Friday				
Spring Wildflowers...Core Arboretum Field Trip (Fowler)	April 7	10:00 - 11:45 a.m.	Other	19
Film Forum: A Spielberg Celebration (Held)	April 14 - June 2	12:45 - 4:00 p.m.	B	14
Take a Hike: You Decide the Trail (Klishis)	April 14	9:00 a.m. - 12:00 p.m.	Other	12
Women of The Manhattan Project (Hutchins)	April 21 - May 5	10:00 - 11:45 a.m.	Z	17
People and Their Journals (Yoder)	April 21 - May 5	10:00 - 11:30 a.m.	A	17
Saturday				
Introduction to T'ai Chi and Qigong (Koehler, Pollard)	April 8 - June 24	10:00 - 10:50 a.m.	Other	13
Intermediate T'ai Chi (Koehler, Pollard)	April 8 - June 24	11:00 - 11:50 a.m.	Other	13
Sunday				
OLLI Virtual Happy Hour	April 2 - May 21	6:30 - 7:30 p.m.	Z	12

Classroom Location Key

Morgantown - Mountaineer Mall, 5000 Green Bag Rd

A - Classroom next to the OLLI office.

B - Classroom under the OLLI sign.

CL - Computer Lab, first door on the left down the hall next to B.

Kanawha Valley

SC - Schoenbaum Family Enrichment Center
1701 5th Ave, Charleston

Other

Z - online via Zoom.

Other - See course description for location.

If you see this symbol, , next to the classroom, the instructor will be teaching from an off-site location.

The presentation will be live-streamed into the OLLI classroom.

Spring 2023 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Monday				
Take a Walk (Martino)	April 3, May 1, & June 5	10:00 - 11:30 a.m.	Other	11
Update on COVID (Vasudevan)	April 3	10:00 - 11:00 a.m.	Z	19
Lap Dulcimer (Werner)	April 10 - June 12	10:00 - 11:45 a.m.	Z	15
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	April 10 - May 22	10:00 - 11:45 a.m.	Z	20
Alice, Peter, Mary, and Sara (Elkins)	April 10 - 24	12:45 - 2:15 p.m.	SC♦ & Z	14
Heart Health and Hands Only CPR...(Keely)	April 17	10:00 - 11:30 a.m.	SC	16
Bunco (Let the Good Times Roll) (Atkinson, Slotnick)	April 17	1:00 - 3:00 p.m.	Other	12
Artist John Singer Sargent (Cann)	May 15	12:45 - 2:30 p.m.	SC & Z	14
Andrea Palladio, Italian Renaissance Architect (Cann)	May 22	12:45 - 2:30 p.m.	SC & Z	14
Monday/Wednesday				
Introduction to Spanish II (Carrara)	April 5 - 26	6:00 - 7:00 p.m.	Z	18
Tuesday				
Campus Club Evening Book Discussion (Attfield)	April 11, May 9, & June 13	7:30 - 9:00 p.m.	Z	11
Modern Jewish Crisis (Hample)	April 11 - May 16	10:00 - 11:45 a.m.	Z	18
Mobility for Seniors (Swartz)	April 11 - 25	3:00 - 4:30 p.m.	Z	16
Provence, France - Lavender and More! (Long)	April 11	12:45 - 2:30 p.m.	SC♦ & Z	21
Campus Club Morning Book Discussion (Ostrow)	April 18, May 16, & June 20	10:00 - 11:30 a.m.	Z	11
Twilight Trivia	April 18, May 16, & June 20	7:00 - 8:30 p.m.	Z	11
MacGillivray Freeman's America's Music Journey	May 9	3:00 - 4:00 p.m.	Other	15
Dying to Be President? (Hammersmith)	May 23 - June 6	10:00 - 11:45 a.m.	SC♦ & Z	16
Tuesday/Thursday				
The Ohio River Floodwall Murals (Haislet)	April 4 & 6	12:45 - 2:30 p.m.	Z	15
Introduction to Spanish III (Carrera)	June 13 - 29	1:00 - 2:00 p.m.	Z	18
Wednesday				
Purpose of Protest (Cartwright)	April 5	2:30 - 4:00 p.m.	Z	13
West Virginia's Official State Symbols (Johnson)	April 12	12:45 - 2:30 p.m.	Z	18
Hiking WV State Parks: Rivers & Lakes (Klishis)	April 19	10:00 a.m. - 12:00 p.m.	Z	21
Coast Redwood: A California Colossus (Rentch)	April 19	12:45 - 2:30 p.m.	SC♦ & Z	18
The Mexican-American War (Colvin)	April 26	12:45 - 2:30 p.m.	Z	16
...Journalism and Civic Engagement (Allen, Wright)	May 3	10:00 - 11:30 a.m.	SC & Z	12
Life on a Wagon Train (Colvin)	May 10 & 17	12:45 - 2:30 p.m.	Z	16
No News Is Bad News (Raese)	May 10	10:00 - 11:30 a.m.	Z	20
Banking on Your Microbial Wealth (Thomas)	May 17 - 31	10:00 a.m. - 12:00 p.m.	Z	18
Beginning Railfanning (Johnson)	May 24 & 31	12:45 - 2:30 p.m.	Z	17
Thursday				
Healthy Aging (Swartz)	April 6 - 27	3:00 - 4:30 p.m.	Z	16
Fossil ABCs (Holsclaw)	April 13	10:00 - 11:30 a.m.	SC	19
Silk, the Queen of Fabrics...(Reddy)	April 20 & 27	3:00 - 4:30 p.m.	Z	17
Mineral ABCs (Holsclaw)	April 20	10:00 a.m. - 12:00 p.m.	SC	19
Don't Be Fooled (Klishis)	May 11	10:00 a.m. - 12:00 p.m.	Z	20
Protecting Your Data (Klishis)	May 18	10:00 a.m. - 12:00 p.m.	Z	20
The Impossibilities of <i>The Impossible Years</i> (Harrison)	April 27 NEW DATE	10:00 a.m. - 12:00 p.m.	SC	14

Class (Instructor)	Date(s)	Time	Location	Page #
Friday				
Women of The Manhattan Project (Hutchins)	April 21 - May 5	10:00 - 11:45 a.m.	SC♦ & Z	17
Spring Hill Cemetery Walk, Part II (Martino)	May 19	10:00 - 11:30 a.m.	Other	12
Sunday				
OLLI Virtual Happy Hour	April 2 - May 21	6:30 - 7:30 p.m.	Z	12

Special Interest Groups

Let's Do Lunch!

Facilitator: Diane Cale

2nd Thursday of the month (Sept. - May)

11:30 a.m. - 1:00 p.m.

Maximum enrollment: 12



This group meets once a month to enjoy each other's company while dining at local restaurants. Suggestions of dining locations are welcome. Participants pay for their own meals. Restaurants are chosen from suggestions by participants.

Take a Walk

Facilitator: Susan Martino

Mondays, April 3, May 1, & June 5, 10:00 - 11:30 a.m.

Charleston Trails



Join OLLI members for a monthly, leisurely walk on various trails around Charleston. Participants must be able to complete a walk up to three miles in 90 minutes. Trails will be decided by the group via an email chat the week prior. Dogs on leashes welcome.

Walking Outdoors with Campus Club

Facilitator: Hope Covey

Thursdays, 9:00 - 10:00 a.m.

Morgantown Trails



The Walking Group meets at various rail trail locations in the community for a one-hour, three-mile round trip walk. Trails are generally level or have gradual elevation and the group is careful to avoid the downtown trail area due to traffic. Recognizing that some members walk faster than others, the groups may spread out in twos and threes to encourage and support each other.

Yarn Arts

Mondays, 12:45 - 2:30 p.m. Morgantown A



Join your fellow OLLI members to share ideas, patterns, and workshop information and to support each other in knitting, crocheting, needle-point, and other yarn and thread arts.

OLLI Special Interest Groups (SIGs) offer members the opportunity to share a common interest in a social setting. Many meet year-round so you register only once per year. SIGs are open to all OLLI members, although some restrictions may apply. See descriptions for more detail.

On ZOOM

Campus Club Evening Book Discussion

Facilitator: Hilary Attfield

2nd Tuesday of the month, 7:30 - 9:00 p.m.

Believing that a good book is one that encourages a good discussion, the evening group tries to read an eclectic variety of books: novels, non-fiction, biography, etc. Books are suggested by members, and the group tries to have books lined up two to three months in advance. Discussion of the book is always followed by social time to encourage friendship and catch up! New members are welcome and new voices appreciated.

Campus Club Morning Book Discussion

Facilitator: Lynne Ostrow

3rd Tuesday of the month (Sept-June), 10:00 a.m.

Members of the Morning Book Discussion give input into the selection of books and create a list from the suggestions. The following criteria are used for the selection: at least one non-fiction choice, consideration of local or regional authors, stories with West Virginia ties, recommendations from members who have read a book or reviews of books, and current "buzz" about a book. New members are always welcome.

Twilight Trivia

3rd Tuesday of the month, 7:00 - 8:30 p.m.

Grab a beverage and some snacks, settle into a comfy chair with your laptop, tablet, or smart phone, and test your knowledge of trivia, and the trivial, against your fellow OLLI members during our monthly virtual game night!

Special Member Events & Benefits

Special member events, opportunities, and interest groups, unless otherwise noted, are free for current OLLI members! Payment of term enrollment fee is not required.

Ask a Geek

Michelle Klishis*

Request an appointment at <https://bit.ly/3PcyiwP> or email olli@hsc.wvu.edu (please include "Geek Question" in the subject line.)

Sometimes you have questions about technology that don't fit into a specific class or course. For those times, OLLI's Professional Technologist, Michelle Klishis, is on hand to help. Members may request an appointment in-person in Morgantown or via Zoom. Please note that Michelle's strengths are Android phones, Windows PCs, MS Office software, and digital security and privacy.

Bunco (Let the Good Times Roll)

Carolyn Atkinson, Ellen Slotnick

Monday, April 17, 1:00 – 3:00 p.m.
B'nai Jacob Synagogue



Would you like to laugh, snack, socialize, and maybe win a prize? Join us for Bunco, a dice game which originated in 19th century England. No skill, no talent or previous experience is necessary. We just want you to come and have a good time. We can't play without you!

The State of Journalism and Civic Engagement

Ellen Allen & Jane Wright
Mountain State Spotlight

Wednesday, May 3, 10:00 - 11:30 a.m.
Zoom & Morgantown A♦
Kanawha Valley Schoenbaum Center

Nationally, on average, more than two newspapers a week are disappearing. Since 2005, the country has lost more than a fourth of its newspapers (2,500). In West Virginia today, four companies control 55% of newspaper circulation in the state. Reporting staff is being cut at unprecedented levels. Critical decisions are being made in what is becoming a news desert, yet studies show that people living in communities with vibrant local news sources are more civically engaged and less politically polarized. Never before has putting accurate information into the hands of our citizenry been more important. West Virginians want, need, and deserve watchdog journalism that holds powerful interests accountable: journalism that puts the public interest first.

Mountain State Spotlight's mission is to help West Virginians improve our state by producing "sustained outrage" journalism that exposes abuses of power by government, business and other institutions.

Spring Hill Cemetery Walk, Part II

Susan Martino

Friday, May 19, 10:00 - 11:30 a.m.
Spring Hill Cemetery,
1555 Farnsworth Dr., Charleston



Last fall, OLLI members toured half of the Spring Hill Cemetery. Now, we are going to tour the second half! The history walk and companion brochure will provide participants with facts on prominent persons buried in the cemetery and details of some of the unusual markers.

Take a Hike: You Decide the Trail

Michelle Klishis* & Michael Hyde

Friday, April 14, 9:00 a.m. - 12:00 p.m.
Coopers Rock State Forest



Take a hike with Michelle & Michael at Coopers Rock State Forest. As a group, participants will decide how strenuous or easy a hike they want. Check your email for details about how we'll decide on the trails. If it's raining heavily the scheduled day, the hike will be postponed one week.

OLLI Virtual Happy Hour

Sundays, April 2 - May 21, 6:30 - 7:30 p.m.
Zoom

Join us for an on-line happy hour with OLLI members! We're going to chat and socialize and check in on each other! Take this opportunity to dress up and chat with people you haven't seen for a while or maybe haven't met in person before!

Field Trips

UPDATE:

At the time the catalog goes to print, OLLI was in the process of planning two to three field trips for the spring term.

Visit <https://olliatwvu.wpcomstaging.com/archives/9007> for updates on the following bus trips:

- The Ohio River Floodwall Murals
- Flight 93 National Memorial
- Carnegie Museum of Art

If you have an idea for a field trip in a future term, please contact the OLLI office at olli@hsc.wvu.edu or call 304-293-1793.

Community Events

Community events, hosted by OLLI at WVU, are free and open to the public. OLLI membership not required although reservations are.

Purpose of Protest

Angela Malone Cartwright

Wednesday, April 5, 2:30 - 4:00 p.m.

Zoom

Register at <http://bit.ly/3H5Lm52> to receive the Zoom link.

What is the purpose of protest? In this workshop, we will analyze the work of three historically significant figures who successfully utilized protest in pursuit of their socio-political goals.

Co-hosted with the WVU Committee of Retired Faculty.

T'ai Chi Classes

Led by Cecil Pollard* & Bill Koehler*

Hosted by OLLI at WVU and

The Shack Neighborhood House



April 8 - June 24

The Shack Neighborhood House (537 Blue Horizon Dr.)

Register at <https://bit.ly/3x8lyi8> or on the enclosed form.

Introduction to T'ai Chi and Qigong

Saturdays, 10:00 - 10:50 a.m.

This course is an introduction to a version of Yang Style T'ai Chi as modified and taught by Cheng Man-ch'ing. In this course, students will learn the basic principles of T'ai Chi and how to do the T'ai Chi form.

Intermediate T'ai Chi

Saturdays, 11:00 - 11:50 a.m.

This group provides an opportunity for participants who have moved beyond the beginning level to continue practicing together. Enrollment by permission of OLLI instructors.

Be an OLLI Ambassador!

Our members are our best recruiters.

Share your OLLI experience with a friend.



- Invite a friend to a class
- Offer a catalog
- Suggest a membership*
- Give a gift certificate

*If you refer a friend who purchases a new membership, you will be entered in a drawing to receive a **free term of OLLI courses**. The referral must be confirmed by the new member.

Visit <https://olliatwvu.wpcomstaging.com/archives/9007> for field trip information.

Added Classes

Alzheimer's Disease: What Recent Research Shows

Will Reilly

Tuesdays & Thursdays, April 13 – 20, 12:45 – 2:30 p.m.
Zoom & Morgantown Classroom B

After an introduction to this devastating and exponentially growing disease, the course will focus on recent research results. The importance of international research and searches for environmental causes will be emphasized, as well as the urgency of expanded research and the search for preventive and beneficial measures.

Conserving Our Wild Birds

Katie Fallon

Wednesday, April 26, 10:00 a.m.
Morgantown Classroom B

This presentation will feature several non-releasable birds of prey that are cared for by the Avian Conservation Center of Appalachia, an all-volunteer Morgantown area nonprofit dedicated to conserving the region's wild birds through research, education, and rehabilitation. Participants will learn about the ACCA's efforts to conserve wild birds, and we will discuss the natural history of several species of birds found around Morgantown— and what we can do to help protect them.

The 1850s: Prelude to the American Civil War

Jim Rentch

Thursdays, April 27 & May 4, 12:45 – 2:15 p.m.
Zoom & Morgantown Classroom B

Political polarization, name-calling, misinformation, racial oppression, fistfights in Congress, contested elections, armed revolts against authority—no, we're not talking about the contemporary United States. We're talking about the decade of the 1850s, during which the spread of slavery to western territories, the Fugitive Slave Act, the publication of Uncle Tom's Cabin, Bleeding Kansas, the Dred Scott decision, John Brown's raid on Harpers Ferry, and finally, the election of Abraham Lincoln, all steered the nation to four years of civil war.

Added Event

OLLI at the Ballpark

WVU Mountaineers vs TUC Horned Frogs
Sunday, April 23, 1:00 p.m.
Monongalia County Ballpark

We will enjoy the game from a suite overlooking Wagener Field.

Tickets are \$10.00 for OLLI members and kids, \$12.00 for non-member adults. Reservation deadline is April 14.

Arts & Literature

Alice, Peter, Mary, and Sara

Andrea Elkins

Mondays, April 10 – 24, 12:45 – 2:15 p.m.
Zoom & Morgantown B♦
Kanawha Valley Schoenbaum Center♦

In this course we will discuss the titles characters of *Alice in Wonderland* and *Peter Pan*, Mary Lennox from *The Secret Garden*, and Sara Crewe of *The Little Princess*. We will discuss the authors of the stories and these characters and watch segments of movie and tv adaptations of the works.

Andrea Palladio, Italian Renaissance Architect

Melora Cann*

Monday, May 22, 12:45 – 2:30 p.m.
Zoom & Morgantown B♦
Kanawha Valley Schoenbaum Center

Andrea Palladio, (1508-1580), is one of the most influential architects in modern history. Working during the late Italian Renaissance, his work celebrated the architecture of classical Greece and Rome but ventured into personal interpretations that lent artistic sensibilities and mathematical structure to his designs. He was active almost exclusively in the Republic of Venice (the Veneto area of today's Italy) and his designs for villas (similar to working palaces in the countryside) and municipal buildings are still renowned today. This class will explore the Veneto's villas by Palladio and his notable works in the Cities of Venice and Vicenza (known as the City of Palladio).

Artist John Singer Sargent

Melora Cann*

Monday, May 15, 12:45 – 2:30 p.m.
Zoom & Morgantown B♦
Kanawha Valley Schoenbaum Center

John Singer Sargent (1856 –1925) was an iconoclastic portrait painter who was in the height of his success during the Edwardian period of British history (1901 to 1918). He was born in Italy of American parents, studied in Paris, and settled in London, spending most of his life in Europe. He painted in oils and watercolors and was well known for his etches and charcoal drawings. Against a background of moving artistic periods of Impressionism, Expressionism, Post-Impressionism, Fauvism, Cubism, Abstraction and other early 20th century art movements, Sargent stood firmly in a world that reflected back to realism. His clean visioned portraits captured likenesses while also endowing his work with the subject's personality and creating stunning

compositions that draw the viewer in, absorbing the impact of the entire piece. His work was always strong and powerful and his brushwork quick and expressive without distracting from the portraits.

Film Forum: a Spielberg Celebration

James Held*

Friday, April 14 – June 2, 12:45 – 4:00 p.m.
Morgantown B



Steven Spielberg is the most successful director in the history of cinema! We'll be watching and discussing *E.T.*, *The Color Purple*, *Indiana Jones and the Last Crusade*, *A.I.: Artificial Intelligence*, *War Horse*, *Lincoln*, *The Post*, and *West Side Story*. Spielberg has conquered every film genre, amazing us with his innovations in sound and special effects and elevating the old "B" matinee movie to the most popular genre ever.

Garrison Keillor: The Stories Behind the Stories

Lynn Baker

Tuesdays, May 2 - 16, 3:00 - 4:45 p.m.
Zoom & Morgantown B



Garrison Keillor is best known for his Saturday evening radio show, *A Prairie Home Companion*, which always featured a story from Lake Wobegon, the mythical town where "All the women are strong, all the men are good-looking and all the children are above average." This course will attempt to cover Keillor's long prolific career, talking about how it began and changed over the years.

The Impossibilities in The Impossible Years

Bob Harrison*

Thursday, April 27, 10:00 a.m. – 12:00 p.m.
Schoenbaum Center

New Date!



The Impossible Years is a 1965 comedy play written by Robert L. Fisher and Arthur Marx, the son of comedian Groucho Marx. The play was adapted into a 1968 film with the same name and starred David Niven, Lola Albright, Chad Everett, Ozzie Nelson, Christina Ferrare, Gale Dixon, and Darlene Carr. The cast includes Jonathan Kingsley, an author of numerous books on parenting, and his wife Alice as they deal with their two teenage daughters, Linda Kingsley and Abbey Kingsley. WARNING - Be prepared to be doubled over with sidesplitting laughter.

Spring 2023 Classes

In Concert: Photography and the Violin

Heather Harris

Thursday, April 20, 12:30 – 2:00 p.m.
WVU Art Museum



For nearly the entire history of the medium, violins have appeared in photographs in ways that signify talent, status, geography, and culture – and have often been presented as beautiful objects unto themselves. This exhibition, featuring 250 original photographs, spans a period of more than 175 years from the 1840s to today, and includes examples of nearly every photographic process.

Lap Dulcimer

Judy Werner*

Mondays, April 10 - June 12, 10:00 - 11:45 a.m.
Zoom & Morgantown B

The dulcimer is an easy instrument to play, but you can keep learning more forever. No previous musical experience is required. Come and enjoy learning more songs, as well as some new skills (such as simple chords and finger-picking) on your lap dulcimer. This course is designed for those who have some knowledge (but not a lot) on the dulcimer and want to learn more old-time fiddle tunes, waltzes, and patriotic songs. There are some dulcimers available for loan. Please indicate this need when you register.

MacGillivray Freeman's America's Music Journey

A Clay Center Planetarium Show



Tuesday, May 9, 3:00 - 4:00 p.m.
Clay Center Planetarium

In America's musical cities, every chord, every riff, every bang of a drum tells a story. In *America's Musical Journey* these stories come together to create a soundtrack for the American experience—a soundtrack that showcases the nation's diversity and its collision of cultures, culminating in a unique blend of sound, music and innovation unlike anywhere else in the world – narrated by Morgan Freeman.

MonRiver New Horizons Band

Justin McCrary, Ryan Kerwin



Mondays, April 3 - May 22, 3:30 - 5:00 p.m.
Morgantown B

The organization's motto, "It's never too late," means that one is never too old to make music. Founded in 2016, the MonRiver New Horizons Band gives OLLI members the opportunity to explore the joy of making music. Whether you once played a band instrument but did not continue later in life or never played before, the New Horizons Band will help you tap into the music within.

Course Materials: *Essential Elements Method* book and music stand. Participants must also provide their own instrument.

The Ohio River Floodwall Murals

Jascenna Haislet



Tuesday & Thursday, April 4 & 6, 12:45 - 2:30 p.m.
Classroom B & Zoom

American artist Robert Dafford has painted over 400 large scale works of public art across the U.S., Canada, and Europe. In 1988, he began working with communities in the Ohio River Valley, using his talents to help revitalize old downtown districts. Floodwalls along the river, from Pt. Pleasant, WV, to Paducah, KY, serve as canvases for over 200 murals created by Dafford and his team, many depicting the history of the communities. Learn more about this prolific artist and the Ohio River floodwall murals prior to joining OLLI for a trip to see some of the work this spring.

Opera's Infinite Variety

Byron Nelson*



Wednesday, April 19, 10:00 - 11:45 a.m.
Morgantown A

The operas presented by the Met in HD series (shown locally at the Regal Theatre) and the Pittsburgh Opera in spring 2023 show remarkable variety. The operas range from masterful allegories (*Lohengrin* and *The Magic Flute*) and bittersweet comedies (*Don Giovanni*, *Falstaff*, and *Der Rosenkavalier*) to melodramatic tragedy (*Il Trovatore*) and gritty contemporary urban biography (Terence Blanchard's *Champion*). Participants are welcome to join the discussion of this inexhaustible musical-dramatic form. (Attendance at the operas is encouraged but certainly not required.)

Readers' Theatre

Jascenna Haislet



Tuesdays, April 25 - May 30, 12:45 - 2:30 p.m.
Classroom A

Traditionally performed without props, costumes, and sets, Readers' Theatre plays focus on the language and dramatic interpretation of the text. In this class, participants will choose a script to rehearse and perform, with the aid of a few key props and costume pieces, for fellow OLLI members in early June. No memorization is necessary, you will have your script in hand.

Health & Wellness

Healthy Aging

Catelynn Swartz



Thursdays, April 6 - 27, 3:00 - 4:30 p.m.
Zoom & Morgantown B

Exercise Physiology student interns, supervised by a graduate student from WVU, will share information on lifestyle practices that promote healthy aging, including goal setting, fitness guidelines and/or general recommendations, nutrition, and more. Each class will contain a short educational piece discussing the benefits of regular exercise and how to modify an exercise regimen to fit your long-term and short-term goals, followed by an instructor-led, beginner-friendly exercise session. Activities will include chair-based exercises and resistance-band exercises. Participants will receive handouts that can be reviewed at their own discretion.

Heart Health and Hands Only CPR Instruction

Cynthia Keely

Monday, April 17, 10:00 – 11:30 a.m.
Schoenbaum Center



Learn how to perform Hands-Only CPR. The class will also include information about the Heimlich maneuver and child CPR, along with heart health, signs/symptoms of heart attack and stroke, and more.

Mobility for Seniors

Catelynn Swartz



Tuesdays, April 11 - 25, 3:00 - 4:30 p.m.
Zoom & Morgantown B

Exercise Physiology interns, supervised by a graduate student from WVU, will share information on how to maintain and improve mobility and flexibility with aging. Each class will include a short educational piece about the benefits of exercise on various aspects of our lives, followed by an instructor-led mobility session for all levels of ability. The class will include chair yoga, some light resistance-band exercises, as well as seated exercises.

***“OLLI is just what I need
in this time of my life.”***

- OLLI member

History

Dying to Be President?

Jack Hammersmith*

Tuesdays, May 23 – June 6, 10:00 – 11:45 a.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

Health has been a concern of and about most U.S. Presidents. Although only four of forty-five have died of disease in office (four more have been assassinated), most suffered from various diseases and disabilities, some major if not fatal. According to one late 20th century study, twenty-five of thirty-six deceased presidents had died prematurely. Put another way, excluding those assassinated, twenty-one of thirty-two had failed to reach their individual life expectancy. This three-week class will examine the health of our chief executives, beginning with George Washington who had smallpox as a teen and terrible teeth all his life.

Life on a Wagon Train

Kenton Colvin*

Wednesdays, May 10 & 17, 12:45 – 2:30 p.m.
Zoom & Morgantown B

This course will discuss what travel was like on a wagon train going west in the 1800s. We will focus on the 1840s to 1870s. The most famous wagon train trail was the Oregon Trail which spans over 2,000 miles. Participants will learn about the dangers and hardships that people endured on their way to settle the west. Discussion topics will include medical issues, food, death/burial, marriage, births, Indians, weather problems, water and bathing, wagon design and maintenance, and animals. Travel by stagecoach will also be discussed.

The Mexican-American War

Kenton Colvin*

Wednesday, April 26, 12:45 – 2:30 p.m.
Zoom & Morgantown B

Few events in U.S. history have had as major an impact as the Mexican-American War (1846-1848). The war brought California, New Mexico, Arizona and parts of Texas, Utah, Colorado, and Nevada into the U.S. The doctrine of Manifest Destiny, the debate over the expansion of slavery, and the discovery of gold in California, all played major roles in the conflict and its ultimate resolution. This course will discuss the many effects of the war on both countries.

Spring 2023 Classes

Silk, the Queen of Fabrics: Its History, Use, and Other Interesting Facts

Sumitra Reddy*

Thursdays, April 20 & 27, 3:00 – 4:30 p.m.
Zoom

Silk fabrics have a beautiful sheen due to the triangular prism-like structure of the silk fiber. The earliest example of silk fabric comes from China, a country which closely guarded the secret of its production for thousands of years. Silk was used in Egypt in 1073 BCE long before the Silk Road came into existence. Silk worms were smuggled out of China to other countries to start production outside China. In Europe, the silk production began in Italy in the 13th century. In this class, various aspects of silk including its history through the ages, sericulture, and other fascinating facts will be presented.

Women of The Manhattan Project

Russ Hutchins

Fridays, April 21 – May 5, 10:00 – 11:45 a.m.
Zoom & Kanawha Valley Schoenbaum Center ♦

During World War II the nation's most top-secret project was being developed to create an atomic bomb. Chicago, IL; Hanford, WA.; Manhattan, NY; and Oak Ridge, TN: all played a key role as well as Alamogordo, NM. Women played a key role in this top-secret project. They were young women fresh out of high school that were selected by the government to work on an electrical project. All were single and skilled in mathematics or stenography. The women were housed in newly created dormitories at the work site. The work site on each floor and rooms in the work place were top secret; so secret that each person did not know what the other person was doing. They were sworn to secrecy for life. Join us as we discover how the women of the Manhattan Project gave their full devotion to the project that was revealed to them in August 1945 when the atom bomb was dropped on Hiroshima.

Other Interests

Around the World in Seven Wines

Ron Porter

Wednesday, May 3, 1:00 – 4:00 p.m.
Morgantown B



Materials Fee: \$15 (payable day of class)

We will learn about and sample seven wines from around the world with Porter, the adult beverage consultant and co-manager of Kroger Suncrest Towne Centre.

Beginning Railfanning

Ed Johnson*

Wednesday, May 24 & 31, 12:45 – 2:30 p.m.
Zoom & Morgantown B

Millions of people worldwide are railfans. Many are casual; others are obsessed with photographing and logging every train, unusual car, or locomotive they see in the wild, on video, or in photos. Creating/recreating a real or imagined location via models is one version of railfanning. In this class, we will view Heritage and Commemorative Units, meets, races, derailments, and some things seen from some of the hundreds of railcams (you may not eat another carrot for weeks!) in the U.S. and other countries. As the presenter is no expert, comments, contributions and corrections from the class will be welcomed.

An Introduction to Self-Publishing

Rae Jean Sielen*

Tuesday, April 25, 12:45 – 2:30 p.m.
Morgantown B



Have a memoir, novel, poetry book, family history, nonfiction work, or "other" started but now feel stuck? This class is for you! In the company of OLLI friends, get re-energized and back on track. Bring questions and work in progress. Leave with answers, a plan for next steps, and maybe a friend to help you keep moving forward. This class is for those who want to self-publish for a small commercial audience, family and friends, or both. Course content will be determined by participant questions and interests, with the instructor sharing her expertise and experiences.

People and Their Journals

Linda Yoder

Friday, April 21 – May 5, 10:00 – 11:30 a.m.
Morgantown A



In this interactive class, we share past and present journaling practices and their rewards. Perhaps journaling for you took on different forms and meanings during the time of Covid-19 isolation. There will be time for writing during the class, and sharing your writing will be welcome but never required. Come to class with a journal of any kind, paper or digital.

Personal and Family History Writing Projects

Rae Jean Sielen*

Thursdays, April 27 – May 11, 12:45 – 2:30 p.m.
Morgantown B



Take steps to make your dream a reality. You CAN finish your book! Topics will include strategies for organizing material and considerations as you compile, write, and produce your

work (e.g., sources, voice, truth, project scope, layout, software, photographs, printing/binding). Participants will be able to begin identifying approaches suitable for their own goals, materials, audience, and budget. Handouts will be provided and examples of completed projects shared, with the instructor highlighting key decisions made by the books' authors. Topics related to commercial publishing ventures such as how to sell manuscripts, find agents, and negotiate contracts will not be covered.

West Virginia's Official State Symbols

Ed Johnson*

Wednesday, April 12, 12:45 – 2:30 p.m.
Zoom & Morgantown B



You probably know about the official flower, bird, and tree, but how about the fossil, soil, firearm and tartan? We will discuss these and more, using photos, videos and the occasional physical example. Sadly, there will not be a timber rattle snake or bear in the classroom.

Introduction to Spanish II & III

Felicia Carrara

II: Mondays & Wednesdays, April 5 - 26, 6:00 - 7:00 p.m.
III: Tuesdays & Thursdays, June 13 - 29, 1:00 - 2:00 p.m.
Zoom

Spanish II will be a continuation of the winter term class, with an emphasis on the conjugation of verbs. Spanish II will continue from the end of I. Participants will set the pace. **Pre-requisite:** completion of January 2023 class or basic beginner's knowledge of the Spanish language.

Philosophy & Religion

Modern Jewish Crisis

Rabbi Joe Hample*

Tuesday, April 11 – May 16, 10:00 – 11:45 a.m.
Zoom & Morgantown B

The 18th and 19th centuries saw expanded tolerance and opportunity for the Jews, even in backward Russia, home to the world's largest Jewish community. Then in 1881, the tsar was assassinated and the Jews were blamed. Desperate Jews turned to revolutionary socialism, to Yiddish nationalism, to Zionism, or to emigration (stimulating antisemitism in the destination countries). The ripple effect of 1881 defines the modern Jewish experience.

Science & Math

Banking on Your Microbial Wealth

John Thomas

Wednesday, May 17 – 31, 10:00 a.m. – 12:00 p.m.
Zoom & Morgantown B

Teaching microbiology is difficult. This has been exaggerated due to the weaponization of public health by politicians, necessitating the accurate education of the voting population, particularly seniors. Here, we will use a common language to link the parallel paths of microbial wealth to financial wealth via banking. We link parallels from 25 - 65 years (the accumulation stage) to 66 - 90 years (the protection stage), highlighting common features: a wealth manager, a portfolio, investment, debt, loans, and currency, while contrasting common wealth disruption categories. The creation of a microbial credit score, paralleling your financial credit score, tracks your lifetime actions impacting your microbial wealth.

Coast Redwood: A California Colossus

Jim Rentch

Wednesday, April 19, 12:45 – 2:30 p.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

Height, age, diameter, and volume are all ways of describing trees. At least six tree species worldwide have a maximum height of 300 feet or more. Six species can achieve a base diameter of 29 feet or more. Twelve species can live for more than 2,000 years and only two have a wood volume of greater than 30,000 ft. Two California conifers, coast redwood and giant sequoia, can do all. This talk will describe the characteristics of these two tree species, their strategies for immense growth and long life, their logging and conservation history, and current management concerns.

Everything You Ever Wanted to Know about Dinosaurs and More

Richard Smosna*

Mondays & Wednesdays, April 10 - May 1
3:00 - 4:30 p.m., Morgantown A



This course will present a wide range of topics concerning everyone's favorite prehistoric animal group, the dinosaurs: anatomy, evolution, behavior, environments, and ancestors and descendants. Present-day misconceptions, including hot-bloodedness, blood-thirsty meat eaters versus cuddly plant eaters, and their extinction, will be discussed.

Spring 2023 Classes

Fossil ABCs

Steven Holsclaw*

Thursday, April 13, 10:00 – 11:30 a.m.
Kanawha Valley Schoenbaum Center



This class presents a spectacular buffet of most major fossil groups and some genus-named fossils from A to Z. Stunning specimens, amazing preservation and remarkable fossil details are showcased in an expansive photographic gallery. Over 260 photos will be shown covering an extensive representation of marine invertebrate fossils, fossilized fish, a sting ray, insects in amber, shark teeth, petrified wood and pine cones, and fossilized plants. This presentation will provide the student with a broad initial exposure to the world of fossils and will serve as a visual primer to those wanting to learn about fossils.

The Human Microbiome

Rosana Schafer

Thursday, April 6 – 27, 10:00 – 11:00 a.m.
Morgantown B

What is the microbiome and why is it in the news? The microbiome includes bacteria that live on us and in us. The microbiome has been demonstrated to have beneficial effects and influence the outcome of several diseases. The course will include a basic introduction to bacteria, describe the bacteria that make up our microbiome, and how antibiotics work against bacteria. We will discuss the interactions of the microbiome with our immune system and health conditions including heart disease, obesity, diabetes and inflammatory bowel disease. The course will be presented in lay terms so no prior science knowledge is required!

Mineral ABCs

Steven Holsclaw*

Thursday, April 20, 10:00 a.m. – 12:00 p.m.
Kanawha Valley Schoenbaum Center



This class presents an extraordinary buffet of named minerals from A to Z. Stunning colors, splendid crystal geometry and remarkable natural designs take center stage in this breathtaking geologic and visual experience. An alphabetical journey encompassing 73 different minerals awaits students wanting to be immersed in the mineral kingdom. The class provides a broad initial exposure to the fascinating world of minerals and will serve as a pictorial primer to those desiring to take a dip in the mineral pool.

Spring Wildflowers of the WVU Core Arboretum Field Trip

Zach Fowler*

Friday, April 7, 10:00 - 11:45 a.m.
WVU Core Arboretum



Encore

Participants will meet at WVU Core Arboretum where we will observe spring ephemeral wildflowers in their natural setting during our hike. The pace will be slow along the hilly terrain as we will talk a lot about what we're seeing. There is a separate class listing for a classroom discussion about what spring ephemeral wildflowers are and a slide-show introduction to species that occur in the arboretum. Field trip participants are encouraged to also attend the classroom discussion. The WVU Core Arboretum has an unrivaled display of spring ephemeral wildflowers!

Wildflower Identification Using *Newcomb's Wildflower Guide*

Zach Fowler*

Wednesday, April 12, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Encore

Learn how to confidently identify flowering wild plants! *Newcomb's Wildflower Guide* is a popular, easy-to-use book for identifying blooming plants in this area. Participants will learn how to use this book and practice identifying plants that grow in the Morgantown area. Participants will need to bring a copy of *Newcomb's Wildflower Guide*.

Update on COVID

Archana Vasudevan

Monday, April 3, 10:00 - 11:00 a.m.
Zoom

The course will be a brief review of the SARS-CoV-2 infection and will touch on its virology and epidemiology, the current status of the COVID pandemic, treatment options, a brief update on vaccines, and post-acute outcomes of COVID strains.



Social Sciences, Political, & Current Events

***The New Yorker* Discussion Group**

Hilary Attfield, Michael Attfield

Mondays, April 10 - May 22, 10:00 - 11:45 a.m.
Zoom

Join us to discuss a range of topics from recent issues of *The New Yorker*. Members of the group choose articles, fiction, and topics to be discussed each week. All viewpoints welcome! A subscription to *The New Yorker* is strongly recommended.

No News Is Bad News

David Raese

Wednesday, May 10, 10:00 - 11:30 a.m.
Zoom & Classroom B

In an ever-changing world of cable news and social media, newspapers face harsh realities, even survival. For those in small or medium-sized markets like Morgantown's *Dominion Post*, these difficulties are even greater. How to compete in a 24/7 news cycle? How to distribute with potential subscribers scattered throughout the area? How to finance with print and pulp ever more expensive? Owner-publisher David Raese and three key staff members (Pam Queen, Editor; Jessica Nelson, Opinion Editor; and Katie McDowell, Managing Editor and Lifestyles Columnist) will survey these and other challenges (during and after the pandemic) and provide their perspectives as they welcome questions and comments in this open-ended session.

Technology & Training

Don't Be Fooled

Michelle Klishis

Thursday, May 11, 10:00 a.m. - 12:00 p.m.
Zoom & Morgantown B

It used to be when you were standing in line at the grocery store and saw the headlines for the Weekly World news, you immediately knew how to categorize what you saw. But on the internet, anyone can create and share information that might seem credible but truly is not. This session looks at how to improve critical thinking skills when it comes to what you see online, and ways to verify the veracity of what you see online.

Protecting Your Data

Michelle Klishis

Thursday, May 18, 10:00 a.m. - 12:00 p.m.
Zoom & Morgantown B

Most people think protecting your data means making sure no one can steal their tablet or laptop, but your data is everything you do online that is collected by companies, and what these companies can do with the information you knowingly (and unknowingly) share is both astounding and terrifying.

Microsoft Office: The Basics

Monday, June 13, 10:00 a.m. - 12:00 p.m.
Skill Level I



The course will take you through commands that are common to all programs in the Microsoft Office suite. We'll look at using the ribbon, shortcuts, formatting text and documents, adding images and more. Even if you have used Microsoft Office in the past, you will still walk out of this class learning something you didn't know.

This class is a required prerequisite for the rest of the Microsoft Office suite.

Using Microsoft Word

Tuesday, June 14, 10:00 a.m. - 12:00 p.m.
Prerequisite: Office Basics **Skill Level I**



This class will look at making Microsoft Word do what YOU want it to do (instead of Word making you fit into its preferences). We'll cover tricks of moving around and selecting text, how to format the text and layout of a document, as well as using tables and columns. We'll even look at page numbering and tables of contents, all of which allow you to create a document you can be proud of!

Using Microsoft PowerPoint

Wednesday, June 15, 10:00 a.m. - 12:00 p.m.
Prerequisite: Office Basics **Skill Level I**

If you'd like to teach an OLLI class—or make the class you do teach even better—PowerPoint is the most common tool for giving presentations. This class will show you how to make a slide show, and the tools that exist within PowerPoint that will make giving your presentation easier. We will also look at how to use PowerPoint to make a photo album—an automatic slide show that displays pictures, such as you might see at a family reunion or wedding.

Using Microsoft Excel

Thursday, June 16, 10:00 a.m. - 12:00 p.m.
Prerequisite: Office Basics **Skill Level II**



Excel is Microsoft's spreadsheet program, which makes it sound like something for business use only, but Excel is really an amazing organizational tool for information. Some things you can use Excel for include address books, tracking daily exercise, maintaining a budget, or even creating a database to keep track of all the books you buy for kids.

Travel & Adventure

Hiking WV State Parks: Rivers & Lakes

Michelle Klishis

Wednesday, April 19, 10:00 a.m. – 12:00 p.m.
Zoom & Classroom B



It might be a little too cold for swimming, but it's never a bad time to talk about WV's state parks and forests that feature rivers and lakes. One of Michelle's favorite things to do is tromp along (or in) a creek till she finds the perfect spot to stop and enjoy the water rushing over the rocks. (Rivers are almost as good.) For this class we're going to spend some time checking out some of WV's state parks that feature lakes and rivers and a creek or two.

Provence, France - Lavender and More!

Karen S. Long*

Tuesday, April 11, 12:45 – 2:30 p.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

Journey to France to visit Provence and the magnificent lavender fields! Learn how to cut lavender and extract the oil and be introduced to the sports of pétanque and water jousting. Visit the towns of Arles, Avignon, and Carcassonne and several other highlights of the twice COVID-postponed trip!

Saigon to Cambodia and Myanmar

Heimo Riedel

Tuesdays, April 11 – 25, 3:00 – 4:45 p.m.
Morgantown A



This will be a vivid, intimate, and personal close-up view (often immersed in crowds of people) of the vibrant and colorful life of this part of South East Asia during monsoon season. The will highlight an adventurous trip by boat, bus, and plane from Saigon via the Mekong to Phnom Penh, through Cambodia including Angkor and on to Myanmar.

Carolyn Atkinson is a graduate of WVU and a retired litigation paralegal.

Hilary Attfield, a native of Scotland and retired editor, likes to stay current with world issues and events (and gardening everywhere!). She has degrees from Aberdeen (Scotland), Warwick (England), and WVU.

Michael Attfield, originally from North London, England, likes to meet people and discuss things relative to life and living. An epidemiologist, he has degrees from Wales and WVU.

Lynn Baker worked as a medical technologist, finishing her career at West Virginia University Hospitals. She and her husband have been fans of Garrison Keillor for many years and would like to share some of their favorite stories out of their collection of recordings and books.

Angela Malone Cartwright is the Director of Diversity Initiatives and Community Engagement at WVU. She is a career educator with international experience that ranges from elementary students to university graduate students.

***Melora Cann** has been an educator / art educator for over 40 years. She has studied art history internationally in Italy, the Netherlands, Spain, Great Britain, Germany and Mexico. She has lived and taught in the United States, Canada, Portugal (Azores), and in northern Italy, and now shares her passion for art with OLLI.

Fellicia Carrara is a freshman at WVU, studying International Relations. While living abroad in Central America, she learned Spanish and gained a love for learning language. She now speaks Spanish and Italian and is learning Russian. She is excited to share her love of languages in the classroom and hopefully inspire the same interest in Spanish!

***Kenton Colvin** retired from WVU Student Life after 18 years. Previously, he spent 26 years in manufacturing management with six corporations, including 13 years in the mining industry. He has a Master's Degree in Industrial and Systems Engineering and has taught engineering courses for 26 years. He is vice president of the Mon Valley Railroad Historical Society and enjoys reading and teaching history.

Andrea Elkins, an active member of OLLI, is a community theatre actor and singer.

***Zach Fowler** is Director of WVU Core Arboretum and Clinical Assistant Professor of Biology at WVU. He has a passion for learning about nature in a scientific fashion and for sharing his knowledge with others.

Jascenna Haislet spent much of her career in professional and academic theatre before becoming the director of OLLI at WVU. She is a devoted lifelong learner who enjoys delving into history, current events, and new experiences.

***Jack Hammersmith**, retired after 48 years in the WVU History Department, has a background in teaching both East Asian and U.S. history.

Instructor Biographies

***Rabbi Joe Hample** was born in Buffalo, educated at Harvard, and long employed at Wells Fargo Bank in California. Ordained in 2009, he worked as a full-time prison chaplain before coming to Morgantown in 2012. Now the spiritual leader at Tree of Life Congregation on South High Street, Rabbi Joe seeks to make Judaism accessible to everyone.

Heather Harris is the Educational Programs Manager at the Art Museum of West Virginia University. Harris is a Morgantown native who has worked in arts education in a wide variety of contexts, both nationally and internationally. Her background is in drama education, and she holds an MA from New York University in Educational Theatre. She then became Education Coordinator at Krannert Art Museum in Champaign, Illinois. She returned to Morgantown in August of 2015 to head the new Art Museum's education initiatives.

***Bob Harrison** is a retired professor and academic Dean at West Virginia State University. He earned his PhD in Educational Administration from The American University in Washington, D.C. He facilitates classes for OLLI in theatre, opera and musical theatre.

***Jim Held** taught Theater and Dramatic Literature at WVU for 35 years, retiring in 2015. He has taught 65 courses for OLLI at WVU focused on film, plays and playwrights, and classic literature. He has hosted Film Forum from 2015 to the present, except for the pandemic pause. Film has remained a constant in Jim's life with his wife Bonnie.

***Steven Holsclaw** is a retired Petroleum Geologist after working 42 years in the oil and gas industry. He has pursued a lifelong interest in fossils, minerals, and crystals and enjoys sharing that interest with like-minded individuals.

Russ T. Hutchins, ED.Sp, is currently a professor at Friends University-Topeka, teaching U.S. History, Western Civilization, Economics, Business, Philosophy, and Business Management. He is a former school administrator and teacher with a Specialist Degree in School Administration, a graduate degree in Curriculum/Instruction, and a Bachelor's degree in Secondary Education. Hutchins lectures for OLLIs on topics surrounding WWII and the mystery of Amelia Earhart's disappearance, women spies, and women aviators.

***Ed Johnson** is the creator and curator of www.mh3wv.org, a website for West Virginia Studies students and educators; he was a long-time business professor and a former cast member at Walt Disney World.

Cynthia Keely - see <https://olliatwvu.org/learn-more/catalogs/>

Ryan Kerwin, a native of Morgantown, received a BA in Music from the Ohio University Honors Tutorial College, an MM in Jazz Performance from the Frost School of Music at the University of Miami, and is currently pursuing a Master's degree in Music Education from WVU. He currently serves as Adjunct Professor of Music at West Virginia Wesleyan College, Associate Instructor of Trumpet and Jazz Improvisation at the WVU Community Music Program, and as an Administrative Intern with the West Virginia Governor's School for the Arts and the annual Jazz Port Townsend

workshop in Washington state.

***Michelle Klishis**, OLLI's professional technologist, is a jack-of-all-trades and certifiable geek. Her degree in biology and work in a microbiology lab gave her absolutely no preparation for becoming a technology consultant, yet here we are.

***William Koehler**, DMA, has studied and practiced T'ai Chi over a period of 25 years, including the Cheng Man-ch'ing 37 posture Yang style, "Small Space T'ai Chi," and the Yang 24 posture form. He studied for five years with Robert Larsen, a student of Cheng Man-ch'ing.

***Karen S. Long** is Associate Professor Emerita and retired from the WVU Department of Medical Laboratory Science where she taught clinical microbiology and immunology. She enjoys travel and sharing her adventures with OLLI members.

Susan Martino joined OLLI in April of 2021. She is a WVU graduate with a degree in Marketing and has a 20 year career in the non-profit sector. In her free time, she loves to spend time hiking the trails and skiing the mountains of WV.

Justin G. McCrary currently serves as a DMA Conducting Candidate and Graduate Assistant with the West Virginia University Bands. Prior to his current position, he taught middle school band in North Carolina for over 10 years. He attended Appalachian State University (BM Music Education), Ohio University (MM Music Education), and he is a National Board Certified Teacher. Mr. McCrary is a member of West Virginia Music Educators Association, the National Band Association, College Band Directors National Association, and is an alumni of Phi Mu Alpha Sinfonia.

***Byron Nelson** retired from the WVU English Department after 40 years of teaching. He has taught courses for OLLI on Shakespeare, opera, and Broadway musicals.

***Cecil Pollard** has been practicing T'ai Chi for almost five years under several different instructors. He has experience teaching this class, but doesn't consider himself an expert. He continues to take classes when possible.

Ron Porter is the adult beverage consultant and co-manager of Kroger Suncrest Towne Centre in Morgantown.

David Raese, a Morgantown native, graduated from MHS and WVU, first learning the newspaper trade as sports writer and editor. Now owner and publisher of *The Dominion Post*, he remains active in the community with a wide variety of activities, including Rotary and the Child Advocacy Center.

***Sumitra Reddy** was born in British India, grew up in Calcutta speaking Bengali, had to learn Sanskrit and English, came to the U.S. for graduate studies in Physics, and learned some French and Russian. She has been teaching at OLLI since 2011 to share her joy of learning various subjects ranging from history to science.

Jim Rentch has been a welder, autoworker, coal miner, electrical technician, and most recently, an instructor at WVU's Division of Forestry and Natural Resources.

Instructor Biographies

Heimo Riedel, PhD, has been a professor at WVU, Wayne State, and Harvard University with a focus on Cell Biology and taught courses at any level for more than 20 years. With an interest in foreign cultures and their histories, and an interest in the visual arts, including photography and videography, Riedel has visited a majority of countries.

Rosana Schafer, Ph.D., is an Emeritus Associate Professor in the WVU Department of Microbiology, Immunology, and Cell Biology who retired in February 2021. She taught introductory and advanced immunology courses to undergraduate, graduate, medical and dental students at WVU for 27 years. Her research focused on infectious disease and sexual dimorphism in the immune system.

***Rae Jean Sielen** has helped individuals, families, organizations, and businesses with a wide variety of publishing projects for over 25 years. She is especially passionate about encouraging others to preserve their personal and family stories.

Ellen Slotnick is president of the Ladies' Auxiliary at B'nai Jacob Synagogue and is active in community service as she serves on several boards.

***Richard Smosna** is an emeritus professor at WVU who has taught geology for over 35 years, presenting courses in environmental hazards, history of Earth, dinosaurs, human evolution, oceanography, and petroleum.

Catelynn Swartz graduated with a degree in Exercise Physiology (EXPH) in spring 2022 and is currently earning a graduate degree as an EXPH Graduate Assistant at WVU. She began dancing competitively at the age of ten and has been passionate about physical wellness ever since. During her free time, she enjoys hiking at Coopers Rock and Zumba.

John Thomas, Professor Emeritus, WVU Dept of Pathology, retired in June 2013 after 23 years as Clinical Microbiologist and Director of Microbiology and Virology at Ruby Memorial Hospital. Dr. Thomas is recognized as an international educator and global microbiologist with expertise in biofilms, wound intervention, and probiotics, and as Interventional Microbiologist. He continues VAP/lung research via collaboration with MGH/Harvard, Boston, Respiratory Care.

Archana Vasudevan is an Infectious Diseases Physician at Mon Health Medical Center Morgantown WV. She completed her Internal Medicine residency and fellowship in Infectious Diseases at the University Of Missouri Hospital, Columbia, Missouri. She specializes in Infectious Diseases and wound care. She received Best teacher award during her residency, and enjoys teaching medical students of WVSOM.

***Judy Werner** has enjoyed playing the lap dulcimer for more than 12 years and she plays in two different dulcimer groups. She likes old-time traditional music and enjoys going to concerts and music festivals. She continues to direct the Gardner Winter Music Festival held every February. She also enjoys playing the tin whistle and the bowed psaltery.

* denotes Honor Roll instructor

OLLI Policies

Classroom Etiquette

OLLI instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants. Exposure to new and different ideas is what OLLI is all about. We encourage you to embrace this philosophy and be respectful in classroom discussions.

Refunds

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

Weather Closings

OLLI will not hold in-person classes if the schools are closed or offering remote learning for the day in the respective county. OLLI may still host classes on Zoom. If you are unaware if a class you are registered for is meeting, visit olli@hsc.wvu.edu or call the OLLI office at 304-293-1793.

Class Disclaimer

OLLI at WVU presents programs of interest for general guidance only. It does not engage in rendering legal, medical, financial, or other professional advice and services. Information presented in an OLLI program should not be used as a substitute for consultation with a professional legal, medical, financial, or other competent adviser. Before making any decision or taking any action, program participants should consult a professional legal, medical, financial, or other competent adviser.

All information is provided "as is," with no guarantee of completeness, accuracy, timelines or of the results obtained from the use of the information, and without warranty of any kind, expressed or implied, including, but not limited to warranties of performance, merchantability, and fitness for a particular purpose. Neither OLLI at WVU nor its information providers will be responsible to any program participant or anyone else for any decision made or action taken in reliance on the information presented by OLLI at WVU, or for any consequential, special or similar damages, even if advised of the possibility of such damages.

Liability Disclaimer

Individuals acknowledge and assume any and all risk associated with participation in OLLI at WVU activities. OLLI at WVU makes no representation regarding the appropriateness of any activity for an individual. OLLI at WVU disclaims any and all liability for each individual's participation in any activities. If a course involves physical activity, participants are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended that participants consult their physician before participating in physical activity.

Non-Discrimination Statement

WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes minorities, females, individuals with disabilities, and veterans.



OLLI at WVU - Your Next Adventure Begins Here

Spring registration begins March 20

Phone: 304-293-1793

Website: olliatwvu.org

Email: olli@hsc.wvu.edu

Benefits of OLLI Membership

Staying intellectually stimulated and socially active are proven components of healthy aging. Membership in OLLI provides these benefits through:

- More than 200 courses and activities per year in such areas as the arts, health and wellness, humanities, math and science, technology, and more.
- Social events
- Travel programs
- Interest Groups
- Volunteer opportunities