A Message from Our Director

Within the pages of this catalog, also available online at olliatwvu.org, you will find the largest selection of classes and opportunities in our history. This is especially exciting as we are piloting a four week winter term. We have 57 courses and 160 sessions to choose from including seven courses and 13 sessions being offered at various locations in Charleston, as well as social and travel opportunities.

There are classes for everyone, ranging from history and philosophy to the arts, science, economics, wellness, adventure, technology, writing and hobbies. There are classes for everyone.

We thank both our returning interest group leaders and those who are stepping up for the first time, as well as our more than 50 term instructors. We wouldn’t have a program without them and those who volunteer on committees.

Now and throughout the winter term, remember to go to our website to register and to find out about upcoming events. The office is implementing Augusoft Lumens which is a registration software and I encourage you to sign-up for one of the courses on this topic this term.

Please review our Holiday and Weather Policy (see page 13), I ask that you keep safe and use your best judgment this season. In the event of a weather related cancellation, we will do our best to work with the instructor to reschedule, or extend the class schedule.

Welcome to Winter Term 2016!

Angela Faulkner-VanDeysen,
Executive Director
ACFaulkner@hsc.wvu.edu
Who We Are

The Osher Lifelong Learning Institute at West Virginia University, known as OLLI at WVU, provides programs and educational opportunities designed for adults 50 and over.

OLLI at WVU is a membership organization affiliated with the School of Public Health at WVU that recognizes the unique experiences, capabilities, and wisdom of mature members of the community. OLLI at WVU emphasizes the sharing of ideas through peer learning, member participation, and collaborative leadership.

During four terms each year, OLLI at WVU offers day and evening courses, lectures, seminars and field trips in such areas as music, literature, art, science, politics, nature, history, health, medicine, and economics. Live drama, movies, and special interest groups add to the choices.

Courses are developed and taught by volunteers from the community who are passionate about their topics, avocations, and interests, and love to share their ideas.

Most Morgantown courses are taught in the OLLI classrooms at the Mountaineer Mall. Others are held at different locations within the Mall or at off-campus locations. Charleston courses are usually taught at the West Virginia University building on the CAMC Campus.

Come and renew your enthusiasm for learning in a relaxed environment that is supportive and filled with humor, wisdom, diversity, and insight. Courses are entirely free of the pressures of grades and exams and you may choose as many as you like.

TABLE OF CONTENTS

- Looking Ahead ...................3
- Membership App................5
- Registration Form ..........6
- Supporters ........................7
- Join a Committee ............8
- Courses by Category .........9
- Schedule at a Glance .......11
- Table of Contents ............14
- Interest Groups ...............15
- Morgantown Course ..........17
- Charleston Courses ..........51
- Interest in Teaching ..........56
- Travel Adventure .............57
- Old Quebec City ..............58
- Liability Disclaimer ..........61
- Frequent Questions ..........62
Winter Courses begin
January 25, 2016

Looking Ahead
♦ January 13, 2016: Pre-Term Reception in Mall Atrium
♦ January 29, 2016: Instructor Proposals Due
♦ February 14, 2016: Instructor Commitment Forms Due
♦ April 6, 2016: Pre-Term Reception in Mall Atrium
♦ April 18, 2016: Spring Term Begins

If you are interested in teaching
OLLI welcomes your skill, talent, and passion.
Terms run for six weeks with weekly, approximately two-hour presentations. Some instructors choose to offer shorter courses or a one-time presentation. Read more on page 57 and on the OLLI website.

OLLI Spring Term is April 18, 2016 - May 17, 2016. Course Proposals are due by January 29, 2016, and Instructor Commitments are due February 14, 2016.
A Message from Our Board President

Welcome to the Winter OLLI at WVU term! In case you haven't heard, we are trying a 4-week term to see if we can fit in all the classes we all want and cope with the usual winter weather delays and cancellations. If we do have a warmer winter, as some are predicting, this may all be a moot point...we'll see, won't we?

I want to make sure to encourage each of you to give the catalog a serious study, both in Morgantown and in Charleston, to see what cool things (OK, COLD) you could be doing in late January and most of February. In Charleston, it is vital that we have 2-3 of our members there willing to help manage your program...and thanks to all of you for your support thus far!

So, strap on your cross-country skis and slog through the drifts to your nearest OLLI, fill up the mug with hot chocolate and sit back and enjoy some Lifelong Learning!

Jim Held, President
OLLI at WVU Board of Directors

If you would like to join an OLLI committee or volunteer, fill out this form and send it in with your registration form to OLLI. Committees and volunteer opportunities are listed on page 9.

Name:__________________________ Ph:__________________________

E-mail:__________________________

I am interested in:__________________________
Membership Application

Name______________________________________________
Address____________________________________________
City ____________________State_______ Zip code ________
Phone #________________E-Mail ______________________
Emergency Contact:______________ Relationship:_________
Phone # ___________________________________________

Check one:  New member ______ Renewal _______
Please check if you are interested in volunteering with OLLI _______
Do you wish to receive the catalog in the mail_______ or online_____
If you are a new member, how did you learn about OLLI?

Annual Membership Dues: July 1, 2015 - June 30, 2016.
Annual members may participate in unlimited courses and activities.
- **Full Member** _____$100.00. (includes voting rights)
- **Faculty Member** _____$40.00. Instructors who have taught at least one course with three or more classes during the prior fiscal year are eligible to receive a discounted membership.
- **Honor Roll Member** _____$40.00. For instructors who have taught or coordinated at least 10 courses and 60 hours.
- **Founding Honor Roll Member** _____Free
- **Term Membership Dues: Term Only** ________ $50.00.
- **Trial Membership Dues: Term Only** ________ $25.00. For people who have *never* been an OLLI at WVU member to try a term.
- **Scholarships** are available for those needing them. Ask for a confidential application or fill out the form on our website.
- **Contributions** are always welcome and appreciated.

Send your check *(payable to the WVU Foundation)* and this form to:

OLLI at WVU
Mountaineer Mall, Unit D-9
PO Box 9123
Morgantown, WV  26506-9123
**Course Registration Form**

*Once you have paid your dues, you may register on-line at www.olliatwvu.org.*

Name______________________________________________
Phone ______________________________________________ E-mail ____________________
Emergency Contact—Name and Phone
_________________________________________________

Please contact the office if your plans change.
Please check here if you are willing to serve as class facilitor______
To register, enter the course number, title and day.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Title</th>
<th>Day/ Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. #40</td>
<td>How to Register 101</td>
<td>Sunday/ 2:00 PM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Please attach sheet for additional courses.*

Please return this form and any needed payment (payable to the WVU Foundation) to:

**OLLI at WVU**
Mountaineer Mall D-9
PO Box 9123,
Morgantown, WV 26506
Supporters

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 School of Public Health (SPH)
♦ OLLI $100K Club
♦ Our Distinguished Instructors
♦ Committee Members and Volunteers
♦ OLLI Members

Staff

Angela Faulkner-Van Deysen, Executive Director
Diane Cale, Program Assistant
Sonja Jewell Kelley, Professional Technologist

OLLI Board of Directors
(2015-2016)

◊ James Dylan Held, President
◊ Stan Cohen, Vice President
◊ Royce H. Keller, Secretary
◊ Tom Rogers, Treasurer
◊ Lillian Smith, SPH Rep.
◊ Karen Long
◊ Connie McCluskey
◊ Earl Melby
◊ Judy Kelley Minor
◊ Judy Morris
◊ Carolyn Nelson
◊ Barbara Rasmussen
◊ Sumitra Reddy
◊ Bill Weiss

OLLI Board of Advisors

◊ Mary Ellen Brady
◊ Bob Craig
◊ Roger Dalton
◊ Ann Davidson
◊ Phil Faini
◊ Suzanne Gross
◊ E. Jane Martin
◊ Betty Maxwell
◊ Art Pavlovic
# JOIN AN OLLI COMMITTEE!!

<table>
<thead>
<tr>
<th>Committee</th>
<th>Chair/Co-Chair</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curriculum</td>
<td>Bob Craig</td>
<td>Members help plan and develop course offerings and recruit faculty.</td>
</tr>
<tr>
<td>Special Events</td>
<td>Judy Kelley Minor / Janet Rogers</td>
<td>Members organize the receptions for each term, the holiday social, and the annual meeting.</td>
</tr>
<tr>
<td>Facilities and Technology</td>
<td>Vacant</td>
<td>Members assist in the planning and maintenance of the OLLI facilities and technology resources.</td>
</tr>
<tr>
<td>Membership and Publicity</td>
<td>Nancy Wasson / Vacant</td>
<td>Members assist in the growth of OLLI by planning and developing marketing strategies, events and assisting with receptions.</td>
</tr>
<tr>
<td>Irving Goodman Annual Aging</td>
<td>E. Jane Martin</td>
<td>Members select topics and speakers for this event.</td>
</tr>
<tr>
<td>Lecture Series</td>
<td></td>
<td></td>
</tr>
<tr>
<td>History</td>
<td>Carole Boyd</td>
<td>Members help preserve the history of ALL and OLLI.</td>
</tr>
<tr>
<td>Finance</td>
<td>Tom Rogers / Connie McCluskey</td>
<td>Members review reports, revenue and expenses and develop an annual budget.</td>
</tr>
<tr>
<td>Office Assistants</td>
<td>Vacant</td>
<td>Members volunteer in the OLLI office, where they perform various vital duties.</td>
</tr>
<tr>
<td>Nominating</td>
<td>Ann Davidson</td>
<td>Members propose a slate of candidates from the membership for election to the OLLI Board.</td>
</tr>
<tr>
<td>Course Facilitator Volunteers</td>
<td></td>
<td>Each course needs a facilitator to introduce the instructor and to distribute course materials.</td>
</tr>
</tbody>
</table>

**Interested in joining a committee or volunteering?**

Contact the office or submit the form on page 5.
## Courses by Category

### Arts, Music, and Culture

<table>
<thead>
<tr>
<th>Category/Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>03. Learn to Play the Tin Whistle</td>
<td>2</td>
<td>Feb 2, 8</td>
</tr>
<tr>
<td>06. An Afternoon with Maestro Cooper</td>
<td>1</td>
<td>Feb 2</td>
</tr>
<tr>
<td>07. Beginning and Refresher Guitar</td>
<td>8</td>
<td>Jan 29</td>
</tr>
<tr>
<td>09. The Story of Jazz, The Development Years</td>
<td>1</td>
<td>Feb 23</td>
</tr>
<tr>
<td>14. Jazz, The Big Band Era</td>
<td>1</td>
<td>Feb 16</td>
</tr>
<tr>
<td>35. Film Forum*</td>
<td>3</td>
<td>Jan 20, Feb 17, Mar 16</td>
</tr>
<tr>
<td>37. Opera as Drama</td>
<td>4</td>
<td>Jan 28, Feb 4, 11, 18</td>
</tr>
<tr>
<td>40. The 40 Top Songs of 1960</td>
<td>4</td>
<td>Jan 28, Feb 4, 11, 18</td>
</tr>
<tr>
<td>45. Psychodrama</td>
<td>4</td>
<td>Jan 29, Feb 5, 12, 19</td>
</tr>
<tr>
<td>50. <em>American Experience</em> Programs</td>
<td>4</td>
<td>Jan 29, Feb 5, 12, 19</td>
</tr>
</tbody>
</table>

### Economics, Business, and Retirement Planning

<table>
<thead>
<tr>
<th>Category/Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>24. Introduction to Elder Law</td>
<td>1</td>
<td>Feb 16</td>
</tr>
<tr>
<td>26. Savvy IRA Planning</td>
<td>1</td>
<td>Jan 27</td>
</tr>
<tr>
<td>34. Field Guide To Preparing Your House To Sell</td>
<td>2</td>
<td>Jan 27, Feb 3</td>
</tr>
<tr>
<td>42. Financial Planning/RetireWise</td>
<td>2</td>
<td>Feb 4, 11</td>
</tr>
</tbody>
</table>

### Health and Wellness

<table>
<thead>
<tr>
<th>Category/Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>11. Yoga</td>
<td>4</td>
<td>Feb 2, 9, 16, 22</td>
</tr>
<tr>
<td>17. What is Music Therapy?</td>
<td>1</td>
<td>Feb 16</td>
</tr>
<tr>
<td>47. Alignment Exercises for Health and Well-Being</td>
<td>3</td>
<td>Jan 29, Feb 5, 12</td>
</tr>
</tbody>
</table>

### History and Philosophy

<table>
<thead>
<tr>
<th>Category/Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>29. The Vikings in North America</td>
<td>3</td>
<td>Jan 27, Feb 3, 10</td>
</tr>
<tr>
<td>31. The Papacy</td>
<td>4</td>
<td>Feb 10, 17, 24, March 2</td>
</tr>
<tr>
<td>33. Berlin Cold War Espionage</td>
<td>1</td>
<td>Feb 17</td>
</tr>
</tbody>
</table>

### Hobbies and Talents

<table>
<thead>
<tr>
<th>Category/Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>05. The Knit and Purlers*</td>
<td>4</td>
<td>Feb 1, 8, 15, 22</td>
</tr>
<tr>
<td>15. Community Sing</td>
<td>3</td>
<td>Feb 2, 9, 16, 17</td>
</tr>
<tr>
<td>18. Basic Watercolors</td>
<td>3</td>
<td>Feb 2, 9, 16</td>
</tr>
<tr>
<td>32. Chair Seat Weaving Workshop</td>
<td>4</td>
<td>Jan 27, Feb 3, 10, 17</td>
</tr>
<tr>
<td>39. St. Patrick’s Day Celebration</td>
<td>1</td>
<td>Mar 17</td>
</tr>
<tr>
<td>41. Getting to Know Us</td>
<td>1</td>
<td>Jan 28</td>
</tr>
<tr>
<td>49. Learn to Read Your Own Birth Chart</td>
<td>4</td>
<td>Jan 29, Feb 5, 12, 19</td>
</tr>
</tbody>
</table>

### Literature, Writing, and Research

<table>
<thead>
<tr>
<th>Category/Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>01. The New Yorker Discussion Group*</td>
<td>4</td>
<td>Feb 1, 8, 15, 22</td>
</tr>
<tr>
<td>25. <em>Incidents in the Life of a Slave Girl</em></td>
<td>4</td>
<td>Jan 27, Feb 3, 10, 17</td>
</tr>
<tr>
<td>38. Writing &quot;Retreat&quot;</td>
<td>4</td>
<td>Jan 28, Feb 4, 11, 18</td>
</tr>
</tbody>
</table>

### Science and Math

<table>
<thead>
<tr>
<th>Category/Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>04. DNA, Genetics, and Genealogy</td>
<td>4</td>
<td>Feb 1, 8, 15, 22</td>
</tr>
<tr>
<td>08. Oceanography 2</td>
<td>8</td>
<td>Jan 27, Feb 1, 3, 8, 10, 15, 17, 22</td>
</tr>
</tbody>
</table>
### Courses by Category

<table>
<thead>
<tr>
<th>Category/Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Science and Math</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16. Euler: Forgotten Giant of Mathematics</td>
<td>3</td>
<td>Feb 2, 9, 23</td>
</tr>
<tr>
<td>46. History in the Growth Rings of Trees</td>
<td>1</td>
<td>Jan 29</td>
</tr>
<tr>
<td><strong>Technology and Training</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>02. AV Equipment Training</td>
<td>1</td>
<td>Feb 5</td>
</tr>
<tr>
<td>10. Ancestry.com “Retreat”</td>
<td>1</td>
<td>Feb 23</td>
</tr>
<tr>
<td>43. Producing Digital Music</td>
<td>1</td>
<td>Feb 11</td>
</tr>
<tr>
<td>44. Producing Digital Music</td>
<td></td>
<td>Cancelled</td>
</tr>
<tr>
<td>48. Register On-line with Augūsoft Lumens</td>
<td>1</td>
<td>Feb 19</td>
</tr>
<tr>
<td><strong>Travel and Adventure</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12. Off the Beaten Path Through China</td>
<td>2</td>
<td>Feb 2, 9</td>
</tr>
<tr>
<td>13. Travel Training with Mountain Line Transit</td>
<td>3</td>
<td>Feb 2, 9, 16</td>
</tr>
<tr>
<td>19. Iceland in Winter</td>
<td>1</td>
<td>Feb 16</td>
</tr>
<tr>
<td>20. Old Quebec, an Introduction</td>
<td>1</td>
<td>Feb 2</td>
</tr>
<tr>
<td>21. Iceland in Winter</td>
<td></td>
<td>Cancelled</td>
</tr>
<tr>
<td>22. Old Quebec, an Introduction</td>
<td>1</td>
<td>Feb 2</td>
</tr>
<tr>
<td>23. India on the Move</td>
<td>1</td>
<td>Feb 9</td>
</tr>
<tr>
<td>27. A Journey to Berlin</td>
<td>1</td>
<td>Feb 10</td>
</tr>
<tr>
<td>30. The Elegant Elbe</td>
<td>2</td>
<td>Jan 27, Feb 3 Cancelled</td>
</tr>
<tr>
<td>36. Reflections of Italy, London and Paris</td>
<td>1</td>
<td>Feb 10</td>
</tr>
</tbody>
</table>

### Charleston Courses

#### Economics, Business, and Retirement Planning

<table>
<thead>
<tr>
<th>Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>104. Introduction to Elder Law</td>
<td>1</td>
<td>Feb 4</td>
</tr>
<tr>
<td>105. Introduction to Elder Law</td>
<td>1</td>
<td>Feb 11</td>
</tr>
</tbody>
</table>

#### Health and Wellness

<table>
<thead>
<tr>
<th>Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>102. What are you on? Medication Use</td>
<td>4</td>
<td>Feb 2, 9, 16, 23</td>
</tr>
</tbody>
</table>

#### History and Philosophy

<table>
<thead>
<tr>
<th>Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
</table>

#### Literature, Writing, and Research

<table>
<thead>
<tr>
<th>Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>101. Writing Life Stories: Ways to Begin</td>
<td>3</td>
<td>Feb 1, 8, 15</td>
</tr>
</tbody>
</table>

#### Technology and Training

<table>
<thead>
<tr>
<th>Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>107. Register On-line with Augūsoft Lumens</td>
<td>1</td>
<td>Cancelled</td>
</tr>
</tbody>
</table>

#### Travel and Adventure

<table>
<thead>
<tr>
<th>Course</th>
<th>Session(s)</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>106. Signs of Spring in Winter</td>
<td>1</td>
<td>Feb 15</td>
</tr>
<tr>
<td>108. Reflections of Italy, London and Paris</td>
<td>1</td>
<td>Feb 9</td>
</tr>
<tr>
<td>Day of the week/ Time</td>
<td>Sessions</td>
<td>Date</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>----------</td>
<td>---------------------------</td>
</tr>
<tr>
<td><strong>Monday 10:00 AM - 11:50 AM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>01. <em>The New Yorker</em></td>
<td>4</td>
<td>Feb. 1, 8, 15, 22</td>
</tr>
<tr>
<td>02. AV Equipment Training</td>
<td>1</td>
<td>Feb. 5 (Friday at 10:00)</td>
</tr>
<tr>
<td>03. Play the Tin Whistle</td>
<td>2</td>
<td>Feb. 1, 8</td>
</tr>
<tr>
<td><strong>Monday 1:00 PM - 2:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>04. DNA, Genetics</td>
<td>4</td>
<td>Feb. 1, 8, 15, 22</td>
</tr>
<tr>
<td>05. The Knit and Purlers*</td>
<td>4</td>
<td>Feb. 1, 8, 15, 22</td>
</tr>
<tr>
<td>06. Afternoon with Maestro</td>
<td>1</td>
<td>Feb. 8</td>
</tr>
<tr>
<td><strong>Monday and Friday 3:00 PM - 4:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>07. Beginning/Refresher Guitar</td>
<td>8</td>
<td>Jan. 29, Feb. 1, 5, 8, 12, 15, 19, 22</td>
</tr>
<tr>
<td><strong>Monday and Wednesday 3:30 PM - 4:30 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>08. Oceanography</td>
<td>8</td>
<td>Jan. 27, Feb. 1, 3, 8, 10, 15, 17, 22</td>
</tr>
<tr>
<td><strong>Tuesday 10:00 AM - 11:50 AM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>09. The Story of Jazz</td>
<td>1</td>
<td>Feb. 23</td>
</tr>
<tr>
<td>10. Ancestry.com &quot;Retreat&quot;</td>
<td>1</td>
<td>Feb. 23</td>
</tr>
<tr>
<td>11. Yoga</td>
<td>4</td>
<td>Feb. 2, 9, 16, 23</td>
</tr>
<tr>
<td>12. Off the Path - China</td>
<td>2</td>
<td>Feb. 2, 9</td>
</tr>
<tr>
<td>13. Travel Training</td>
<td>3</td>
<td>Feb. 2, 9, 16</td>
</tr>
<tr>
<td>14. Jazz, The Big Band Era</td>
<td>1</td>
<td>Feb. 16</td>
</tr>
<tr>
<td><strong>Tuesday 1:00 PM - 2:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15. Community Sing</td>
<td>3</td>
<td>Feb. 2, 9, 16</td>
</tr>
<tr>
<td>16. Euler: Giant of Math</td>
<td>3</td>
<td>Feb. 2, 9, 23</td>
</tr>
<tr>
<td>17. What is Music Therapy?</td>
<td>1</td>
<td>Feb. 16</td>
</tr>
<tr>
<td><strong>Tuesday 2:00 PM - 4:30 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18. Basic Watercolors</td>
<td>3</td>
<td>Feb. 2, 9, 16</td>
</tr>
<tr>
<td><strong>Tuesday 3:00 PM - 4:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19. Iceland in Winter</td>
<td>1</td>
<td>Feb. 16</td>
</tr>
<tr>
<td>20. Old Quebec</td>
<td>1</td>
<td>Feb. 2</td>
</tr>
<tr>
<td>23. India on the Move</td>
<td>1</td>
<td>Feb. 9</td>
</tr>
<tr>
<td><strong>Tuesday 6:00 PM - 7:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21. Iceland in Winter</td>
<td>1</td>
<td>Cancelled</td>
</tr>
<tr>
<td>22. Old Quebec</td>
<td>1</td>
<td>Feb. 2</td>
</tr>
<tr>
<td>24. Introduction to Elder Law</td>
<td>1</td>
<td>Feb. 16</td>
</tr>
<tr>
<td><strong>Wednesday 10:00 AM - 11:50 AM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25. Life of a Slave Girl</td>
<td>4</td>
<td>Jan. 27, Feb. 3, 10, 17</td>
</tr>
<tr>
<td>26. Savvy IRA Planning</td>
<td>1</td>
<td>Jan. 27</td>
</tr>
<tr>
<td>27. A Journey to Berlin</td>
<td>1</td>
<td>Feb. 10</td>
</tr>
<tr>
<td>Day of the week/ Time</td>
<td>Sessions</td>
<td>Date</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>----------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td><strong>Wednesday 1:00 PM - 2:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29. Vikings in North America</td>
<td>3</td>
<td>Jan. 27, Feb. 3, 10</td>
</tr>
<tr>
<td>30. The Elegant Elbe</td>
<td>2</td>
<td>Jan. 27, Feb. 3 (Cancelled)</td>
</tr>
<tr>
<td>31. The Papacy</td>
<td>4</td>
<td>Feb. 10, 17, 24, Mar. 2</td>
</tr>
<tr>
<td>32. Weaving Workshop</td>
<td>4</td>
<td>Jan. 27, Feb. 3, 10, 17</td>
</tr>
<tr>
<td>33. Berlin Cold War</td>
<td>1</td>
<td>Feb. 17</td>
</tr>
<tr>
<td><strong>Wednesday 3:00 PM - 4:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>34. Preparing Your House</td>
<td>2</td>
<td>Jan. 27, Feb. 3</td>
</tr>
<tr>
<td>35. Film Forum</td>
<td>1</td>
<td>Jan. 20, Feb. 17, Mar. 16</td>
</tr>
<tr>
<td>36. Italy, London, Paris</td>
<td>1</td>
<td>Feb. 10</td>
</tr>
<tr>
<td><strong>Monday and Wednesday 3:30 PM - 4:30 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>08. Oceanography 2</td>
<td>8</td>
<td>Jan. 27, Feb. 1, 3, 8, 10, 15, 17,22</td>
</tr>
<tr>
<td><strong>Thursday 10:00 AM - 11:50 AM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37. Opera as Drama</td>
<td>4</td>
<td>Jan. 28, Feb. 4, 11, 18</td>
</tr>
<tr>
<td>38. Writing Retreat</td>
<td>4</td>
<td>Jan. 28, Feb. 4, 11, 18</td>
</tr>
<tr>
<td>39. St. Patrick’s Day</td>
<td>1</td>
<td>Mar. 17</td>
</tr>
<tr>
<td><strong>Thursday 1:00 PM - 2:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40. The 40 Top Songs of 1960</td>
<td>4</td>
<td>Jan. 28, Feb. 4, 11, 18</td>
</tr>
<tr>
<td>41. Getting to Know Us</td>
<td>1</td>
<td>Jan. 28</td>
</tr>
<tr>
<td>42. Financial Planning</td>
<td>2</td>
<td>Feb. 4, 11</td>
</tr>
<tr>
<td><strong>Thursday 3:00 PM - 4:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>43. Producing Digital Music</td>
<td>1</td>
<td>Feb. 11</td>
</tr>
<tr>
<td><strong>Thursday 6:00 PM - 7:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>44. Producing Digital Music</td>
<td>1</td>
<td>Cancelled</td>
</tr>
<tr>
<td><strong>Friday 10:00 AM - 11:50 AM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>45. Psychodrama</td>
<td>4</td>
<td>Cancelled</td>
</tr>
<tr>
<td>46. History in the Trees</td>
<td>1</td>
<td>Jan. 29</td>
</tr>
<tr>
<td>47. Alignment Exercises</td>
<td>3</td>
<td>Jan. 29, Feb. 5, 12</td>
</tr>
<tr>
<td><strong>Friday 1:00 PM - 2:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>48. Register On-line</td>
<td>1</td>
<td>Feb. 5</td>
</tr>
<tr>
<td>49. Read Your Birth Chart</td>
<td>4</td>
<td>Jan. 29, Feb. 5, 12, 19</td>
</tr>
<tr>
<td><strong>Friday 3:00 PM - 4:50 PM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50. American Experience</td>
<td>4</td>
<td>Jan. 29, Feb. 5, 12, 19</td>
</tr>
<tr>
<td>07. Beginning/Refresher Guitar</td>
<td>8</td>
<td>Jan. 29, Feb. 1, 5, 8, 12, 15, 19, 22</td>
</tr>
</tbody>
</table>

**Classroom location may change due to technology needs and enrollment. Watch for signs.**

*The Classroom Key is on page 16.*
Morgantown Classroom Key

A – The classroom next to the OLLI Office
B – The classroom across from the Nail Salon
Back Room (BR) - Behind the Main Office
Computer Lab (CL) - The Computer Lab is the first door on the left down the hallway that is next to Classroom B, near the restrooms.
MAAG - Morgantown Art Association & Gallery - Mountaineer Mall
MDS - Morgantown Dance Studio - Mountaineer Mall
Other - See course description for location

OLLI at WVU

HOLIDAY AND WEATHER POLICY

• OLLI members are personally responsible for their own safety and must exercise good judgment when making traveling choices in inclement weather.
• When West Virginia University or Monongalia County Schools are closed for inclement weather, all OLLI activities are cancelled.
• The decision to cancel Charleston Courses and weekend activities due to weather is at the discretion of the instructor. Registered participants will be notified.
• County school delays do not affect OLLI activities.
• When the county calls an early dismissal due to weather, the decision to cancel activities will be at the discretion of the Director.
• The OLLI office observes WVU holidays.
## Schedule at a Glance - Charleston

<table>
<thead>
<tr>
<th>Day of the week/ Time</th>
<th>Sessions</th>
<th>Date</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 1:00 PM - 2:50 PM</td>
<td>101. Writing Life Stories</td>
<td>3</td>
<td>Feb. 1, 8, 15</td>
</tr>
<tr>
<td>Monday 3:30 PM - 5:20 PM</td>
<td>106. Signs of Spring in Winter</td>
<td>1</td>
<td>Feb. 15</td>
</tr>
<tr>
<td>Tuesday 5:00 PM - 6:50 PM</td>
<td>102. What are you on?</td>
<td>4</td>
<td>Feb. 2, 9, 16, 23</td>
</tr>
<tr>
<td>Tuesday 5:00 PM - 6:50 PM</td>
<td>108. Italy, London, Paris</td>
<td>1</td>
<td>Feb. 9</td>
</tr>
<tr>
<td>Wednesday and Thursday 5:00 PM</td>
<td>103. Cool Hand Luke</td>
<td>2</td>
<td>Cancelled</td>
</tr>
<tr>
<td>Thursday 6:00 PM - 7:50 PM</td>
<td>104. Intro to Elder Law</td>
<td>1</td>
<td>Feb. 4</td>
</tr>
<tr>
<td>Thursday 5:00 PM - 6:50 PM</td>
<td>105. Intro to Elder Law</td>
<td>1</td>
<td>Feb. 11</td>
</tr>
<tr>
<td></td>
<td>107. Register On-line</td>
<td>1</td>
<td>Cancelled</td>
</tr>
</tbody>
</table>

### Charleston Courses

will be held on the **Sunrise Carriage Trail**, at **Edgewood Summit**
300 Baker Lane
Charleston, WV 25302

and in classrooms (2015, 3296) in the **WVU Building on the CAMC Campus**
3110 MacCorkle Avenue SE,
Charleston, WV 25304.

---

**Save the Date!**

**March 17, 2016**

10:00 AM to 11:50 PM

**St. Patrick’s Day Celebration**

OLLi at WVU
Mountaineer Mall
Classroom B
SPECIAL INTEREST GROUPS

On the first Monday of each month, for individuals who enjoy good conversation with friends

The Carl Taylor Chat ‘n Chew
meets at Shoney’s in Sabraton at 9:00 AM

---

Knit & Purlers
On Mondays from 1:00 PM - 2:50 PM in Classroom B,
join others to share ideas, patterns, workshop information
and to support each other in knitting and crocheting.

---

Watercolor
On Tuesdays from 2:00 PM - 4:30 PM at the MAAG,
be creative and paint with watercolors.

---

On the 3rd Wednesday of each month
at 3:00 PM in Classroom A the
Film Forum
meets to watch a film.

Check out the Friday Bulletin for details.
NEW starting in February this group will also meet on the 1st Wednesday of each month if the room is available.

---

Writing Interest Group
This open, flexible group offers a quiet, nurturing atmosphere for writing your stories and memoirs.
This group, coordinated by Dave Ornick (lead) and Cathy Samargo (back up), will meet in Classroom B
on Thursdays, from 10:00 AM – 11:50 AM.

---

Special Interest Groups typically meet between terms unless otherwise determined by the class.
DO YOU NEED AV/IT ASSISTANCE?

For technical assistance in Charleston, instructors may contact:

Brian Young, Network Coordinator
West Virginia University, Charleston Division
(304)347-1388
bryoung@hsc.wvu.edu

For technical assistance in Morgantown, instructors, facilitators and members may contact:

Sonja Jewell Kelley, Professional Technologist
OLLI at WVU
(304)293-1793
sljewellkelley@hsc.wvu.edu

Courses that are also Special Interest Groups are marked with an asterisk * following the title.

CLASSROOM TEMPERATURE
Please note: To save energy the classroom thermostats are set to specific temperatures. Be sure to dress in layers to help make your class environment comfortable.

IT IS IMPORTANT TO REGISTER
Please be respectful of the time and efforts put in by our volunteer instructors and register for all classes you plan to attend. Also notify the instructor or office should you be unable to be there.
01. The New Yorker Discussion Group*
Instructor(s): Margot Racin and Kris Cooper
Email: mbracin@comcast.net
Session(s): 4
Monday 10:00 AM - 11:50 AM
Classroom: A
Feb. 1, 8, 15, 22
Maximum Enrollment: 25

Course Description: Come 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. Copies are available in the OLLI office.

Instructors’ Backgrounds: Margot Racin is retired after 30 years in the WVU English Department. She has coordinated these discussions in previous terms and looks forward to even more stimulating discussions Spring Term. Kristen Cooper is a publicist with experience in the publishing industry at magazines including The New Yorker, Better Homes & Gardens, Travel & Leisure, and House & Garden.

02. AV Equipment Training
Instructor(s): Sonja Kelley
Email: sljewellkelley@hsc.wvu.edu
Session(s): 1
FRIDAY 10:00 AM - 11:50 AM
Classroom: B
Feb. 5

Course Description: This hands-on course is open to all
instructors, facilitators and members who are interested in learning the how-to with the classroom equipment. New ideas are welcome as we develop quick reference sheets and instructional manuals. Want to teach or facilitate a course, but concerned about the technical side? This class is for you!

**Instructor’s Background:** Sonja Kelley is the on-site OLLI Professional Technologist. She provides information technology support and develops and maintains various websites and databases.

### 03. Learn to Play the Tin Whistle
**Instructor(s):** Judy Werner  
**Email:** judywerner@frontier.com  
**Session(s):** 2  
Monday 10:00 AM - 11:50 AM  
Classroom: B  
Feb. 1, 8

**Course Description:** Get ready for St. Patrick’s Day by learning to play the Irish tin whistle. This course will explore the history of the tin whistle and listen to recordings by some famous musicians. This fun instrument is a popular part of Irish music, and participants will learn several simple songs. This is a relatively simple instrument to play and no previous musical experience is required. We will be playing a whistle in the key of D. Whistles will be for sale at the cost of $9.00, or available to borrow at the class.

**Instructor’s Background:** Judy Werner has taught lap dulcimer for the past two semesters at OLLI.

**Office Assistants Needed!**
We need your help to make coffee and copies, answer phones, and more. To volunteer, please contact the office.
04. DNA, Genetics, and Genealogy
Instructor(s): Andrew Cockburn
Email: acockbur@gmail.com
Session(s): 4
Monday 1:00 PM - 2:50 PM
Classroom: A
Feb. 1, 8, 15, 22
Maximum Enrollment: 25

Course Description: What is your genetic background? DNA testing services, like 23andMe.com, offer their kits directly to consumers. They provide ancestry reports, genetic matches to near and distant relatives, and raw data that can be used to determine the risk of disease. The course will explore the background, accuracy, and usefulness of these. Participants who already have DNA test results will get the most out of the course, but these results are not necessary.

Instructor’s Background: Andrew Cockburn has a PhD in Biology and 40 years of experience working in genetics and DNA research. He is an amateur genealogist.

05. The Knit and Purlers*
Instructor(s): Judy Minor, Joann King and Joyce Moore
Email: bminor404@comcast.net
Session(s): 4
Monday 1:00 PM - 2:50 PM
Classroom: B
Feb. 1, 8, 15, 22

Course Description: This course is an interest group for knitters and this year the group has expanded to include crocheters! It is for those artists who would enjoy being with others to share ideas, patterns, workshop information and who support each other in knitting and crocheting. We keep our members reminded of special programs and events by mail so please check periodically for them. This year we
have added two sweater Knit-a-long groups. (Please note if you are a member of the interest group, you must still register each term for this course.)

**Instructors’ Backgrounds:** Judy Kelley Minor, Joann King, and Joyce Moore all have different skill levels and share a sincere love for both the art of knitting and sharing their expertise. They are willing to assist members with their projects and skills or find someone who can. Cecilia Graves, owner of the Needlecraft Barn, will also be a resource.

06. An Afternoon with Maestro Cooper  
**Instructor(s):** Maestro Grant Cooper  
**Email:** pmurchison@wvsymphony.org  
**Session(s):** 1  
Monday 1:00 PM - 2:50 PM  
Classroom: B  
Feb. 8

**Course Description:** Spend the afternoon with Maestro Grant Cooper, Artistic Director and Conductor of the West Virginia Symphony Orchestra as he discusses the history, performance, and impact of the powerful *Requiem* by Johannes Brahms, to be performed in Morgantown with the WVU Choirs in the spring.

**Instructor’s Background:** Grant Cooper, Artistic Director and Conductor of the West Virginia Symphony Orchestra, was named to the position in March 2001, and officially began his duties as the ninth conductor in the WVSO’s history on July 1, 2001. From 1997-2007, Mr. Cooper served as Resident Conductor of the Syracuse Symphony, appearing to critical acclaim on all the major series. During the summer, Mr. Cooper is Artistic Director of the Bach and Beyond Festival in Fredonia, New York, and serves as resident conductor at the Eastern Music Festival.
07. Beginning and Refresher Guitar
Instructor(s): Ray Crist
Email: raymond_crist@yahoo.com
Session(s): 8
Monday and Friday 3:00 PM - 4:50 PM
Classroom: A
Jan. 29, Feb. 1, 5, 8, 12, 15, 19, 22

Course Description: Find out if guitar is for you. This course provides guitar instructions for all ages for those who wish to play songs. A limited number of rental guitars are available for $5.00 per month.

Instructor’s Background: Raymond Crist has been playing the guitar for over 50 years and has taught guitar before at OLLI.

08. Oceanography 2
Instructor(s): Richard Smosna
Email: rsmosna@wvu.edu
Session(s): 8
Monday and Wednesday 3:30 PM - 4:30 PM
Classroom: B
Jan. 27, Feb. 1, 3, 8, 10, 15, 17, 22

Course Description: This course will continue the discussion on a wide range of topics, including what it’s like to go beneath the sea; waves, tides and currents; the problems of rising sea levels and beach erosion; and fascinating marine critters.

Instructor’s Background: Richard Smosna has been teaching Geology at WVU for over 35 years.

WWW.OLLIATWVU.ORG
09. The Story of Jazz, The Development Years
Instructor(s): Leo Horacek
Email: leo_horacek@yahoo.com
Session(s): 1
Tuesday 10:00 AM - 11:50 AM
Classroom: A

Course Description: Jazz developed around New Orleans when African-American instrumentalists performed marches and other European forms of music, using African rhythms and their nuances. The result was something new and exciting which has permeated American music ever since. Through the developing years, up to the end of WWII, it was a happy expression for a rapidly expanding audience. Recorded samples of the earliest performing groups and of the later small ensembles will be presented in this course.

Instructor’s Background: Leo Horacek is a Professor Emeritus of music at WVU.

10. Ancestry.com “Retreat”
Instructor(s): Barb Howe
Email: barbara.howe@mail.wvu.edu
Session(s): 1
Tuesday 10:00 AM - 11:50 AM
Classroom: CL

Course Description: This is an opportunity to play with ancestry.com in a “retreat” format, similar to the writing retreats, with the instructor providing some individual help. There will be no formal presentation. You must have an ancestry.com account and bring your log-in information to class. If you need help setting up a free trial account, contact
the instructor by January 10, 2016. Attending a previous “Introduction to Ancestry.com” class is not a prerequisite.

**Instructor’s Background:** Barb Howe has taught two “Introduction to Ancestry.com” classes for OLLI.

11. **Yoga**  
**Instructor(s):** Samata Taylor Sturm  
**Email:** samata.taylor.sturm@gmail.com  
**Session(s):** 4  
Tuesday 10:00 AM - 11:50 AM  
Classroom: MDS  
Feb. 2, 9, 16, 23  
Maximum Enrollment: 30

**Course Description:** Welcome to Yoga Class! Yoga is about awareness and listening to your mind, body and spirit. This course has been designed so that the participants have an opportunity to gain maximum benefit from their experience. Please pick up a Health and Wellness Disclosure Statement form in the OLLI office or online before starting classes. Have your doctor complete a medical clearance form if you have any chronic or acute health conditions. Please wear comfortable and modest clothing which permits easy movement and bring a yoga mat, a wash cloth and a blanket.

**Instructor’s Background:** Samata Taylor Sturm worked in personal training for Curves for Women and currently teaches yoga classes at Morgantown Art Center and Pizazz Dance Studio. She has also taught yoga classes at Howard Long Wellness Center, St. Alphonsus Church, Mt. St. Joseph Convent and Retreat Center, and West Liberty State College since 1996.
12. Off the Beaten Path Through China  
**Instructor(s):** Sumitra Reddy  
**Email:** smreddy@mail.wvu.edu  
**Session(s):** 2  
Tuesday 10:00 AM - 11:50 AM  
Classroom: A  
Feb. 2, 9  

**Course Description:** In this course the instructor will share her experience from her five separate trips traveling through the vast and fascinating country of China. In addition to Beijing, Shanghai and Xi’an, the highlights will include Shaolin Temple, Famed Temple, Hanging Monastery, Giant Buddha in Leshan, Flaming Mountains, Oasis cities of Turpan and Urumqi on the Silk Road, Kunming City of Eternal Spring, Qufu (the birthplace of Confucius), White Horse Temple, Buddhist caves and grottos in Dunhuang, Datong and Luoyang, Dujiangyan Dam built in 250 BC, and the sacred mountains (“sham”): Wutai shan, Emei shan, and Changbai shan.  

**Instructor’s Background:** Sumitra Reddy and her husband Ramana Reddy enjoy traveling in the US and around the world.  

13. Travel Training with Mountain Line Transit  
**Instructor(s):** Kelli LaNeve  
**Email:** laneve@busride.org  
**Session(s):** 3  
Tuesday 10:00 AM - 11:50 AM  
Classroom: B  
Feb. 2, 9, 16  
Maximum Enrollment: 15  

**Course Description:** Mountain Line Transit is offering instruction on how to ride public transportation. This course will teach you how to read and understand bus schedules,
plan a trip, signal a bus, pay fares, purchase tickets and ride safely and confidently. The class will be shown various smart-phone applications and social media applications to assist in determining the location of Mountain Line Transit buses. Individual Transportation Plans (ITPs) can be developed for upcoming trips. Participants will have an opportunity to take a trip at the cost of $1.50.

**Instructor’s Background:** Kelli LaNeve has been the Mobility Coordinator with Mountain Line Transit since 2013 and is working to develop programs to ease the mobility barriers for residents of Monongalia County.

### 14. Jazz, The Big Band Era

**Instructor(s):** Leo Horacek  
**Email:** leo_horacek@yahoo.com  
**Session(s):** 1  
Tuesday 10:00 AM - 11:50 AM  
Classroom: A  
Feb. 16

**Course Description:** Jazz, as we know it, developed in the early decades of the 20th century. In the 1930s, it grew into what is now called Big Band, resulting in the largest audience for jazz, before or since. This style began and was highly fostered in African-American bands and then was taken up enthusiastically in a slightly formalized form by the main-stream bands. The course will trace this history with selected recordings.

**Instructor’s Background:** Leo Horacek is a Professor Emeritus of music at WVU.

---

**Facilitators Needed!**

To volunteer, please check the box on your class registration or contact the office.
15. Community Sing  
**Instructor(s):** Cindy O’Brien  
**Email:** cobandyo@frontier.com  
**Session(s):** 3  
**Tuesday 1:00 PM - 2:50 PM**  
**Classroom:** A  
**Feb. 2, 9, 16**

**Course Description:** Come bring songs you like to sing and join others in a relaxed sharing of tunes. The class will fashion its sessions after the singing workshop from Leela Grace, who was in town participating in a Country Dance and Song Society event. The class will start with a few familiar tunes, rounds and simple harmonies. Where will we go from there? The group will decide! This is not a choir, just a group of participants who want to sing with others.

**Instructor’s Background:** Cindy O’Brien is retired from years working in early childhood education and enjoys reading and singing with children. She is serious about having fun!

16. Leonhard Euler: Forgotten Giant of Mathematics and Science  
**Instructor(s):** Donald D. Gray  
**Email:** donald.gray@comcast.net  
**Session(s):** 3  
**Tuesday 1:00 PM - 2:50 PM**  
**Classroom:** B  
**Feb. 2, 9, 23**  
**Maximum Enrollment:** 30

**Course Description:** Leonhard Euler (1707-1783) is one of the four greatest mathematicians in history. He was the leading physicist of the 18th century, an influential educator, and an admirable person. He overcame many difficulties, including losing his sight. This course will emphasize his life
and times. Memories of high school math will be adequate to appreciate a few of Euler’s discoveries.

**Instructor’s Background:** Donald Gray taught fluid mechanics and related courses for 30 years at WVU and for seven years at Purdue. He has won several teaching awards and has written a Fluid Mechanics textbook as well as over 100 papers and reports on the subject.

**17. What is Music Therapy?**

**Instructor(s):** Dena Register, PhD, MT-BC  
**Email:** dena.register@mail.wvu.edu  
**Session(s):** 1  
**Tuesday 1:00 PM - 2:50 PM**  
**Classroom: B**  
**Feb. 16**

**Course Description:** Music therapy is an evidence-based, allied health profession that uses music interventions to accomplish individualized goals across the lifespan, regardless of age or ability level. Through music engagement, the board-certified therapist assesses emotional well-being, physical health, social functioning, communication abilities, and cognitive skills in order to promote health and wellness and to increase quality of life. West Virginia University School of Music has recently added a music therapy degree program, beginning in fall 2016. This course will explore more about this dynamic profession and the benefits music therapy provides in our community.

**Instructor’s Background:** Dena Register is a board certified music therapist and Director of the Music Therapy program at WVU. Her research interests focus on music to promote health and well-being.
18. Basic Watercolors
Instructor(s): Susan Hall Witt
Email: knitwit1120@yahoo.com
Session(s): 3
*Tuesday 2:00 PM - 4:30 PM*
Classroom: MAAG
Feb. 2, 9, 16
Maximum Enrollment: 15

**Course Description:** This course will explore how watercolors work and will apply that knowledge to small paintings, greeting cards, and “failed art” bookmarks. No experience is necessary.

**Instructor’s Background:** Susan Hall Witt is a stained glass and watercolor artist. She teaches stained glass for the community schools program and continues to take classes and workshops to improve her skills.

19. Iceland in Winter
Instructor(s): Wallace and Norma Jean Venable
Email: wallace.venable@mail.wvu.edu
Session(s): 1
Tuesday 3:00 PM - 4:50 PM
Classroom: B
*Feb. 16*
*Repeated in Course 21*

**Course Description:** In November 2015 the Venables visited Iceland using a self-drive, guest house travel package. This course is an account of their search for Vikings, birds, geysers, volcanoes, earthquakes, ice, and the Northern Lights along the south and west coasts of this island, including remarks about the big city of Reykjavik.

**Instructors’ Backgrounds:** Wally and Norma Venable enjoy budget travel in rural places.
20. Old Quebec, an Introduction
Instructor(s): Douglas Estepp
Email: myheritageadventures@gmail.com
Session(s): 1
Tuesday 3:00 PM - 4:50 PM
Classroom: B
Feb. 2
Repeated in Course 22

Course Description: This course is designed to introduce the student to the history and culture of old Quebec. Quebec was established in 1608 making it one of the oldest cities in North America and the epicenter of the French experience. Its strategic location exposed it to constant attack and frequent sieges. But today all is peaceful in the old city. The walls, battlements, and old artillery pieces are now objects of interest and beauty. The town bustles with tourists and visitors, while it echoes its French heritage in its language, its architecture, and its cuisine. This course will also highlight the places to be visited in the Old Quebec trip that is being offered. (This course is not a prerequisite for the trip, nor is enrollment in the trip a requirement for this course.)

Instructor’s Background: Doug Estepp received a BA in History from WVU in 1978, works for the US Treasury in Martinsburg, WV (30+ years), and lives in Shenandoah County, VA, with his wife Carol. Doug will appear in the PBS documentary West Virginia Mine Wars on American Experience, slated to air January 12, 2016, at 9:00 PM.
Course Description: In November 2015 the Venables visited Iceland using a self-drive, guest house travel package. This course is an account of their search for Vikings, birds, geysers, volcanoes, earthquakes, ice, and the Northern Lights along the south and west coasts of this island, including remarks about the big city of Reykjavik.

Instructors’ Backgrounds: Wally and Norma Venable enjoy budget travel in rural places.

Did you know?
- OLLI at WVU has a scholarship fund and accepts donations and applications for funds all year long!
- Members may use the OLLI computers during business hours to practice their skills, check email, digitize their files and register for classes. Help is available!

Please check the OLLI Office Board and our Website for information on opportunities to participate in a variety of research studies that include relaxation techniques, swimming, physical activity, meditation, and others.

Did you know?
OLLI at WVU is on Facebook.
“Friend” us at:
Osher Lifelong Learning Institute at WVU
22. Old Quebec, an Introduction  
**Instructor(s):** Douglas Estepp  
**Email:** myheritageadventures@gmail.com  
**Session(s):** 1  
Tuesday 5:30 PM - 6:20 PM  
Classroom: B  
Feb. 2  
*Repeated in Course 20*

**Course Description:** This course is designed to introduce the student to the history and culture of old Quebec. Quebec was established in 1608 making it one of the oldest cities in North America and the epicenter of the French experience. Its strategic location exposed it to constant attack and frequent sieges. But today all is peaceful in the old city. The walls, battlements, and old artillery pieces are now objects of interest and beauty. The town bustles with tourists and visitors, while it echoes its French heritage in its language, its architecture, and its cuisine. This course will also highlight the places to be visited in the Old Quebec trip that is being offered. (This course is not a prerequisite for the trip, nor is enrollment in the trip a requirement for this course.)

![Old Quebec Castle](image)

**Instructor’s Background:** Doug Estepp received a BA in History from WVU in 1978, works for the US Treasury in Martinsburg, WV (30+ years), and lives in Shenandoah County, VA, with his wife Carol. Doug will appear in the PBS documentary *West Virginia Mine Wars* on *American Experience*, slated to air January 12, 2016, at 9:00 PM.
23. *India on the Move, A Personal Video Odyssey*

**Instructor(s):** Heimo Riedel  
**Email:** hriedel@hsc.wvu.edu  
**Session(s):** 1  
Tuesday 3:00 PM - 4:50 PM  
Classroom: B  
Feb. 9  

**Course Description:** This course will summarize the personal story of a four week trip through northwestern India in 2015, during the hottest time of the year. It will highlight the vibrant and colorful streets of India with high-resolution video clips, many taken immersed in crowds of people. The instructor will share exotic sights, travels and experiences in and between eight locations by bus and train. Amritsar and Pathankot (Punjab); Kangra, McLeod Ganj and Dharamshala (Himachal Pradesh); Rishikesh and Haridwar (Uttarakhand) and Delhi (NCT) will be included. This journey will not be a systematic overview of the country. The only requirements are an interest in travel and foreign culture or at the minimum an open mind for colorful streets, sights and people.

**Instructor’s Background:** Heimo Riedel, PhD, is a professor in the WVU Department of Biochemistry with an interest in cell biology and teaching. He has traveled to a majority of countries on five continents and has combined this with a long-standing interest in photography and videography.

24. *Introduction to Elder Law*

**Instructor(s):** Brent Van Deysen, Esq.  
**Email:** brent@wvelderlaw.com  
**Session(s):** 1  
Tuesday 6:00 PM - 7:50 PM  
Classroom: B  
Feb. 16  
Maximum Enrollment: 20
Course Description: This course will explain how to qualify legally for Medicaid-paid nursing home care while protecting assets for your spouse, children and heirs. In addition, learn how to qualify for the Veterans Administration's pension benefit for veterans and their surviving spouses, and how to use this benefit to pay for in-home care, assisted living care and nursing home care.

Instructor’s Background: Brent Van Deyse received his BS from Fairmont State College and his JD from the WVU College of Law.

WEDNESDAY

25. Harriet Jacobs’ *Incidents in the Life of a Slave Girl*, a 19th century slave narrative
Instructor(s): Carolyn Nelson and Barb Howe
Email: cnelson2@wvu.edu and barbara.howe@mail.wvu.edu
Session(s): 4
Wednesday 10:00 AM - 11:50 AM
Classroom: A
Jan. 27, Feb. 3, 10, 17

Course Description: In this course we will read and discuss *Incidents in the Life of a Slave Girl*, published in 1861, the best-known nineteenth century slave narrative written by a woman. This autobiography is Harriet Jacobs’ story of her years in slavery in the South and her escape to the North. The class will examine the book both in the context of other contemporary slave narratives and as a feminist narrative that illustrates the devastating and corrupting effects of slavery on women and families, both slave and free. Participants should obtain a copy of the book and begin reading.

Instructors’ Backgrounds: Carolyn Nelson taught courses
on women writers in the English Department at WVU. Barb Howe taught American Women’s History at WVU and has published articles on the subject.

26. Savvy IRA Planning
Instructor(s): J. Phillip Burton and Frank Dzielski
Email: jburton@summitbrokerage.com
Session(s): 1
Wednesday 10:00 AM - 11:50 AM
Classroom: B
Jan. 27

Course Description: This course will explain Individual Retirement Accounts (IRAs) and how to maximize them. Topics for discussion include: What is a Traditional IRA and a Roth IRA? How are IRA withdrawals taxed and what are other potential side effects? What are Required Minimum Distributions (RMD’S)? Other topics addressed will include the importance of the beneficiary form, the stretch IRA, trusts as IRA beneficiaries, spousal IRA beneficiaries, inherited IRAs, and retirement assets held in employer-sponsored retirement plans.

Instructors’ Backgrounds: J. Phillip Burton is a registered Investment Advisor, skilled at coaching his clients in planning their financial futures. Phil holds Series 6, 7, 24, 63, and 65 Securities licenses and Life and Health Insurance licenses. Through continuing education requirements and personal research, Phil is constantly seeking better ways to manage clients’ individually tailored investment portfolios. Frank Dzielski is a Financial Advisor.

WWW.OLLIATWVU.ORG
Learners@hsc.wvu.edu
27. A Journey to Berlin, Krakow, and a Cruise on the Elbe  
**Instructor(s):** Bob Craig  
**Email:** c craig@hsc.wvu.edu  
**Session(s):** 1  
Wednesday 10:00 AM - 11:50 AM  
Classroom: B  
Feb. 10  
Maximum Enrollment: 40

**Course Description:** This is a photographic and narrative description of two major European cities, Berlin and Krakow, that were visited before and after a river cruise along the Elbe river.

**Instructor’s Background:** Bob Craig has been active at OLLI since retirement. He and his wife, Marge, love to travel and enjoy sharing their experiences with others.

**Instructor(s):** Ed Johnson  
**Email:** WBGVA35@aol.com  
**Session(s):** 2  
Wednesday 10:00 AM - 11:50 AM  
Classroom: B  
Feb. 17, 24

**Course Description:** Most famous for the phrase “What we got here is a failure to communicate” and Paul Newman eating 50 eggs, *Cool Hand Luke* has been used by the instructor to illustrate motivation, communication, group dynamics, leadership and the psychological contract. A script co-writer says Luke is an “avatar for Jesus.” The class will view the movie with regular breaks for discussion.

**Instructor’s Background:** Ed Johnson has had a somewhat
varied career including 20+ years teaching undergraduate and graduate business classes, focusing on management and marketing. He now curates two websites, MH3wv.org and musicalpictures.org, and works with Golden Horseshoe (the musical).

29. The Vikings in North America
Instructor(s): Earl Melby
Email: emelby1@gmail.com
Session(s): 3
Wednesday 1:00 PM - 2:50 PM
Classroom: A
Jan. 27, Feb. 3, 10

Course Description: This course will follow the Vikings across the North Atlantic from Norway to Iceland and Greenland and finally to North America. The documented Viking settlement in Newfoundland will be covered in detail. The class will explore the validity of the reports on artifacts found on Ellesmere Island, the Vinland map, the Newport tower, a Norse coin found in Maine, the Kensington rune stone in Minnesota, the Heavener rune stone in Oklahoma and the Mandans, a native American tribe with blue eyes, blonde-brunette hair and European features.

Instructor’s Background: Earl Melby has a PhD in organic chemistry and has worked in the industry for several years. He has previously taught OLLI courses on polymers, adhesives, safety of plastics, the Vikings, the Normans, famous kings of England, the French Revolution and the chemistry of dietary fats and oils.
30. The Elegant Elbe: a River Journey from Prague, through Eastern Germany, to Berlin

Instructor(s): Judy and Andy Morris
Email: amfamily@comcast.net
Session(s): 2
Wednesday 1:00 PM - 2:50 PM
Classroom: B
Jan. 27, **Feb. 3 (2nd Class Cancelled)**

**Course Description:** This course offers a look at the instructors’ trip on the Elbe River. The journey will include a slide show with commentary on the history and culture of the area. Highlights include Prague, the city of 1000 spires, the awe-inspiring Bastei, Dresden, Meissen porcelain factory tour, Wittenburg, Worlitz Gardens, San Souci Palace, and Berlin.

**Instructors’ Backgrounds:** Judy and Andy Morris are long-time OLLI members with a love of travel, who are happy to share their experiences with others. Judy is a retired Medical Technologist. Andy retired as a Field Service Engineer with Beckman Coulter.

31. The Papacy

Instructor(s): Freya Swanson
Email: freyaswa@gmail.com
Session(s): 4
Wednesday 1:00 PM - 2:50 PM
Classroom: B
Feb. 10, 17, 24, Mar. 2

**Course Description:** This course offers a historical examination of the evolution of the role of the Pope in the evolution of Christianity. The instructor will use historical context to illustrate how the Roman Catholic Church has both changed and stayed the same from Saint Peter to Pope Francis.
Instructor’s Background: Freya Swanson is an ordained Universalist Minister. She has so much fun teaching for OLLI, she had to create another course!

32. Chair Seat Weaving Workshop
Instructor(s): Kay Beamer
Email: kaybeamer1@aol.com
Session(s): 4
Wednesday 1:00 PM - 2:50 PM
Classroom: BR
Jan. 27, Feb. 3, 10, 17

Course Description: In this course, participants will work on weaving chair seats and/or backs or small benches, etc. Participants must bring their own projects and supplies. Contact the course instructor or OLLI office for more information on needed supplies.

Instructor’s Background: Kay Beamer learned chair caning from Carl Taylor’s class many years ago and has enjoyed caning many chairs and teaching others since that time.

33. Berlin Cold War Espionage: Spies Without Trench Coats
Instructor(s): Lew McDaniel
Email: lewmcdan@trueband.com
Session(s): 1
Wednesday 1:00 PM - 2:50 PM
Classroom: A
Feb. 17
Maximum Enrollment: 35

Course Description: This course will explore an Army linguist’s unclassified view of Berlin and the U.S. intelligence operations after WWII.

Instructor’s Background: Lew McDaniel was an Army
Security Agency linguist posted to Field Station Berlin 1968-1971. He is a WVU graduate (BA in Russian, political science minor) with graduate work in German linguistics.

34. Field Guide To Preparing Your House To Sell
Instructor(s): Missy Hartsell, Broker
Email: missyhartsell@gmail.com
Session(s): 2
Wednesday 3:00 PM - 4:50 PM
Classroom: A
Jan. 27, Feb. 3

Course Description: This course will cover tips and insight for selling a home, as well as insight into the home buying process.

Instructor’s Background: Milissa “Missy” Hartsell is the Broker/Owner of Mountain Path Properties, LLC. She graduated from FSU with a degree in nursing. Prior to her real estate career she worked as an RN Case Manager, Director of Education and Development for Hospice, and many other nursing positions. She has found that her real estate career allows her to continue helping others.

35. Film Forum*
Instructor(s): James Held
Email: jim.held@mail.wvu.edu
Session(s): on-going
Wednesday 3:00 PM - 4:50 PM
Classroom: A
Jan. 20, Feb. 17, Mar. 16, April 20, May 18

Course Description: The Film Forum for winter and early spring includes Cold Comfort Farm, with Kate Beckinsale, Ian McKellen and Rufus Sewell; Like Water for Chocolate, Alfonso Arau’s brilliant Spanish-language tale of forbidden
passion amid cooking; *Victor/Victoria*, Blake Edwards’ classic comic musical starring Julie Andrews, Robert Preston and James Garner; *Howl’s Moving Castle*, a masterpiece of Japanese animation by Hayao Miyazaki; and *Days of Heaven*, Terence Malick’s gorgeous tale of a poor brother and sister (Richard Gere and Brooke Adams) and two men in love with the same woman leading to tragedy. Watch the Friday Bulletin for dates and detailed descriptions. The group may add more.

**Instructor’s Background:** Jim Held admits to having learned everything worth knowing at the movies. The Twelve Step program for Cinemaholics failed, so he is resigned to ending his life in the dark.

**08. Oceanography 2**
**Instructor(s):** Richard Smosna  
**Email:** rsmosna@wvu.edu  
**Session(s):** 8  
Monday and Wednesday 3:30 PM - 4:30 PM  
Classroom: B  
Jan. 27, Feb. 1, 3, 8, 10, 15, 17, 22

**Course Description:** This course will continue the discussion on a wide range of topics, including what it’s like to go beneath the sea; waves, tides and currents; the problems of rising sea levels and beach erosion; and fascinating marine critters.

**Instructor’s Background:** Richard Smosna has been teaching Geology at WVU for over 35 years.
36. Reflections of Italy and London/Paris
Instructor(s): Jerard Welch
Email: jwelch@collette.com
Session(s): 1
Wednesday 3:00 PM - 4:50 PM
Classroom: A
Feb. 10

Course Description: Join us for a two-part presentation! Experience two of the world’s most popular cities, London and Paris, on one fabulous tour. Experience all the riches of Italy: the art, the food, the architecture and the culture. Tour Rome viewing the Arch of Constantine, Piazza Avenesia, the Circus Maximus and the Colosseum. Explore the cultural city of Florence and its wondrous art, visit a historic winery in the Chianti region, take a boat trip to the island of Murano, and visit the historic Piazza del Campo in Siena.

Instructor’s Background: Jerard Welch is a well-traveled adventurer from Collette Travel. He has lived in Paris and previously worked with Murano glass near Venice.

THURSDAY

37. Opera as Drama
Instructor(s): Byron Nelson
Email: bnelson2@wvu.edu
Session(s): 4
Thursday 10:00 AM - 11:50 AM
Classroom: A
Jan. 28, Feb. 4, 11, 18

Course Description: This course provides introductions to and critical analyses of the six “Met in HD” productions (shown at the Regal Theatre) and the two main stage productions of the Pittsburgh Opera (The Barber of Seville and The Rake’s Progress) presented during the winter and
spring of 2016. There will be a special emphasis on the operas of Giacomo Puccini presented by the Metropolitan Opera (Turandot, Manon Lescaut and Madame Butterfly).

**Instructor’s Background:** Byron Nelson retired from WVU in 2011. His PhD is from the University of Wisconsin, with a dissertation on radical religion during the English Revolution. Byron has taught courses at OLLI on Shakespearean plays, Broadway musicals, the Met in HD and Pittsburgh Opera productions.

38. Writing “Retreat”
**Instructor(s):** Rae Jean Sielen  
**Email:** rsielen@populore.com  
**Session(s):** 4  
Thursday 10:00 AM - 11:50 AM  
Classroom: B  
Jan. 28, Feb. 4, 11, 18

**Course Description:** Having a hard time finding time to work on your life story, novel, poetry, journal, or letters? Come write in a quiet, comfortable, supportive environment. Bring paper, pen, laptop, etc. There will be at least 1.5 hours of quiet writing time each session. At the last session, if there is interest, we will stay an extra hour or so to talk about what we’ve been working on and to share (optional) some of our writing.

**Instructor’s Background:** Rae Jean Sielen is the co-founder/owner of Populore Publishing Company in Westover. For 20 years she has helped individuals, families, organizations, and businesses with a wide variety of publishing projects. She is especially passionate about encouraging others to preserve their personal and family stories.
39. St. Patrick’s Day Celebration
Instructor(s): Judy and Eb Werner
Email: judywerner@frontier.com
Session(s): 1
Thursday 10:00 AM - 11:50 AM
Classroom: B
Mar. 17

Course Description: Come and celebrate the little bit of Irish in all of us. Listen to some Irish music and watch some Irish step dancing. Sing along with some favorite Irish songs. Bring some green snacks to make it a real party.

Instructors’ Backgrounds: Judy and Eb Werner have taught at OLLI over the years.

40. The 40 Top Songs of 1960
Instructor(s): Barry Lee Wendell
Email: wendell.barry@aol.com
Session(s): 4
Thursday 1:00 PM - 2:50 PM
Classroom: A
Jan. 28, Feb. 4, 11, 18

Course Description: In this course we will listen to the 40 most popular songs of 1960. The instructor will provide bios of the performers and composers. Participants may sing along or dance.

Instructor’s Background: Barry Lee Wendell’s last class at OLLI was “The Beach Boys -- Light and Dark.” He has also taught about Motown, The British Invasion and The Brill Building.
41. Getting to Know Us  
**Instructor(s):** Rae Jean Sielen  
**Email:** rsielen@populore.com  
**Session(s):** 1  
Thursday 1:00 PM - 2:50 PM  
Classroom: B  
Jan. 28  

**Course Description:** Here you are! A new offering, as suggested by OLLI members. Come gather with fellow OLLI members for a fun, informal time of sharing memories and stories. A couple of non-competitive board games will be provided to prompt reflections. What has been your greatest success? Describe your first dance. What went on at the dining table growing up? Come celebrate your life and learn more about your OLLI friends—"old" and new.

**Instructor’s Background:** Rae Jean Sielen is the co-founder/owner of Populore Publishing Company in Westover. For 20 years she has helped individuals, families, organizations, and businesses with a wide variety of publishing projects. She is especially passionate about encouraging others to preserve their personal and family stories.

42. Budgeting/Investments/Financial Planning/RetireWise  
**Instructor(s):** Bo Blankenship CFP®  
**Email:** plansmart_midatlantic@metlife.com  
**Session(s):** 2  
Thursday 1:00 PM - 2:50 PM  
Classroom: B  
Feb. 4, 11  

**Course Description:** This workshop series covers a range of important financial topics delivered by a specially trained financial professional who will help you clarify your goals and
identify the steps you can take to achieve them. Plus, you’ll receive a helpful resource guide that is yours to keep once the seminar is over.

**Instructor’s Background:** Bo Blankenship, CFP, CLU, MA is an experienced financial services representative and financial planner in the Roanoke, Virginia area.

**43. Producing Digital Music from Recordings and Live Performance**

**Instructor(s):** Wallace Venable  
**Email:** wallace.venable@mail.wvu.edu  
**Session(s):** 1  
Thursday 3:00 PM - 4:50 PM  
Classroom: B  
Feb. 11  
*Repeated in Course 44*

**Course Description:** New gadgets have simplified streaming records and tapes into computers at OLLI, and it is now cheaper to do at home. This will be a lecture demonstration, followed by an opportunity for guided trials in the OLLI computer lab. In addition to discussing hardware there will be extensive comments on using the free Audacity program which is supplied with most inexpensive hardware. It will also briefly cover recording live music with a laptop.

**Instructor’s Background:** Wally Venable has been working with and teaching computer technologies since 1962, and at OLLI for several years. He is gradually converting his LPs to CDs and MP3s and producing CDs of his crank organ.
44. Producing Digital Music from Recordings and Live Performance
Instructor(s): Wallace Venable
Email: wallace.venable@mail.wvu.edu
Session(s): 1
Thursday 6:00 PM - 7:50 PM
Classroom: B
Feb. 11
Repeated in Course 43

Course Description: New gadgets have simplified streaming records and tapes into computers at OLLI, and it is now cheaper to do at home. This will be a lecture demonstration, followed by an opportunity for guided trials in the OLLI computer lab. In addition to discussing hardware there will be extensive comments on using the free Audacity program which is supplied with most inexpensive hardware. It will also briefly cover recording live music with a laptop.

Instructor’s Background: Wally Venable has been working with and teaching computer technologies since 1962, and at OLLI for several years. He is gradually converting his LPs to CDs and MP3s and producing CDs of his crank organ.

45. Psychodrama
Instructor(s): Neil R. Snyder
Email: no email
Session(s): 4
Friday 10:00 AM - 11:50 AM
Classroom A
Jan. 29, Feb. 5, 12, 19

Course Description: Psychodrama is a method of acting in the moment, thereby being totally spontaneous as opposed to being scripted. Participants need to be prepared to participate fully. This course is 100% experiential. The title
of the four classes are as follows: sociograms, spontaneity training, social atoms, and psychodrama.

**Instructor’s Background:** Neil Snyder earned his MSW in 1966 and his PhD in 1975 from the University of Pittsburgh. He is a former Associate Professor, School of Social Work at WVU 1970-1980, and worked in private practice Social Work 1980-2006.

46. Recording History in the Growth Rings of WV Tress
**Instructor(s):** Richard B. Thomas
**Email:** rthomas@wvu.edu
**Session(s):** 1
Friday 10:00 AM - 11:50 AM
Classroom: B
Jan. 29

**Course Description:** The course will first examine what stable isotopes are, what the important stable isotopes are in biological research, and how stable isotopes are generally used in ecology, forensics, and other kinds of biological research. The second part of the course will examine how the instructor’s lab has used stable isotopes to examine forest ecology and how isotopes have revealed that trees in West Virginia have recorded major events in U.S. human history, including the Great Depression (1930-1940), World War II (1940), and the passage of the landmark environmental legislation, Clean Air Act (1970).

**Instructor’s Background:** Richard Thomas is a Professor of Biology at WVU. He is a plant ecologist who has been studying the effects of climate change on forest ecosystems for over 30 years. He is the author of over 60 peer reviewed publications. His findings are providing information for atmospheric scientists and policy analysts on the role of forest ecosystems in the global carbon cycle. His research examines carbon cycling in the central Appalachian forests,
land use change and air pollution on forest productivity.

47. Alignment Exercises for Health and Well-Being  
**Instructor(s):** Julie Pascoe  
**Email:** julie@fitfuturewv.com  
**Session(s):** 3  
Friday 10:00 AM - 11:50 AM  
Classroom: Seneca Center  
Jan. 29, Feb. 5, 12

**Course Description:** This course, held at the Seneca Center, will demonstrate a simple, effective, low intensity exercise strategy to improve your posture and reverse the postural changes associated with aging. These skills provide a powerful entry point for developing an exercise program to prevent falls and increase the odds of living independently. Participants will receive a postural evaluation with pictures and written information about their alignment. The course is safe for those with osteoporosis.

**Instructor’s Background:** Julie Pascoe is the owner of Fit Future ([fitfuturewv.com](http://fitfuturewv.com)). She is a Level One Certified Meeks Method Osteoporosis Exercise Specialist and has been teaching these exercises for 8 years.

48. Learn How to Register On-line with Augùsoft Lumens  
**Instructor(s):** Sonja Kelley  
**Email:** sljewellkelley@hsc.wvu.edu  
**Session(s):** 1  
Friday 1:00 PM - 2:50 PM  
Classroom: A  
**Feb. 19**

**Course Description:** OLLI at WVU will soon be using a new software called Augùsoft Lumens. This software will allow new and existing members to pay for memberships and trips with a credit card in the office or online. It will also be used to
manage courses and course registrations. (No more waiting to see if a class is full, this software will automatically tell you and ask if you want to be on a waiting list!) This course will give an overview of the features for members, steps for instructors and more. Handouts with instructions will be provided, but be sure to bring your laptop and tablet to dabble in the software.

**Instructor’s Background:** Sonja Kelley is the on-site OLLI Professional Technologist. She provides information technology support and develops and maintains various websites and databases.

**49. Basic Astrology: Learn to Read Your Own Birth Chart**

**Instructor(s):** Julia Wilson  
**Email:** jrw3055@tidewater.net  
**Session(s):** 4  
Friday 1:00 PM - 2:50 PM  
Classroom: B  
Jan. 29, Feb. 5, 12, 19

**Course Description:** This challenging course provides the basic information needed to recognize yourself in your horoscope: signs, planets, aspects and houses. Please do not confuse this course with the newspaper column titled “Your Horoscope” as that column is to this course what canned soup is to fine dining.

**Instructor’s Background:** Rev. Julia Wilson is a member of the New England Conference of the United Methodist Church, and recently retired from active ministry. She finds this convergence of history, religion and mathematics to be uniquely fascinating and enjoys meeting people with similar interests.
50. **American Experience Programs**

**Instructor(s):** Clyde Richey  
**Email:** clydehurst01@gmail.com  
**Session(s):** 4  
  Friday 3:00 PM - 4:50 PM  
  Classroom: A  
  Jan. 29, Feb. 5, 12, 19

**Course Description:** *American Experience* is a PBS documentary program on numerous historical subjects. The 60 and 90 minute programs deal with significant American persons, events, and places. Five documentaries will be shown: *Orphan Trains, Donner Party, Panama Canal, Sea Biscuit* and *Kinsey*.

**Instructor’s Background:** Clyde Richey has viewed numerous outstanding early American films, as well as movies set in other countries and cultures. He has done college-level teaching and has written and directed outdoor historic productions.

---

07. **Beginning and Refresher Guitar**

**Instructor(s):** Ray Crist  
**Email:** raymond_crist@yahoo.com  
**Session(s):** 8  
  Monday and Friday 3:00 PM - 4:50 PM  
  Classroom: A  
  Jan. 29, Feb. 1, 5, 8, 12, 15, 19, 22

**Course Description:** Find out if guitar is for you. This course provides guitar instructions for all ages for those who wish to play songs. A limited number of rental guitars are available for $5.00 per month.

**Instructor’s Background:** Raymond Crist has been playing the guitar for over 50 years and has taught guitar before at OLLI.
101. Writing Life Stories: Ways to Begin  
**Instructor(s):** Fran Simone, Ph.D.  
**Email:** franandwoody@gmail.com  
**Session(s):** 3  
Monday 1:00 PM - 2:50 PM  
Classroom: Edgewood Summit  
Feb. 1, Feb. 8, **15**

**Course Description:** Real life stories are often the best ones. This course will help participants write the rich stories within them to share with family and friends. Simple exercises to get started will be provided. No previous writing experience required.

**Instructor’s Background:** Dr. Fran Simone, Professor Emeritus, Marshall University, has published a memoir and conducted many writing workshops for people of all ages.

102. What are you on? Medication Use and the Older Adult  
**Instructor(s):** David Elliott  
**Email:** deliott@hsc.wvu.edu  
**Session(s):** 4  
Tuesday 5:00 PM - 6:50 PM  
Classroom: 2015  
Feb. 2, 9, 16, **23**

**Course Description:** This course will explore areas related to medication use emphasizing the needs of older adults. Topics will include discussions about wise use of medications, medications that are often avoided in seniors, strategies for communicating with healthcare providers, and approaches to maximizing the benefits of medications while minimizing their expense. Each class will be held in an informal atmosphere with opportunities for open discussion on a topic related to medications or their use.
Instructor’s Background: Based at the Charleston Division, David Elliott is a Professor of Clinical Pharmacy in the WVU School of Pharmacy, Director of the WV Geriatric Education Center, and Program director for the CAMC/WVU specialty pharmacy residency in geriatrics. He has practiced, taught, and conducted research on medication use in older adults for over 25 years.

Instructor(s): Ed Johnson
Email: WBGVA35@aol.com
Session(s): 2
Wednesday and Thursday 5:00 PM - 6:50 PM
Classroom: 3296
Feb. 3, 4

Course Description: Most famous for the phrase “What we got here is a failure to communicate” and Paul Newman eating 50 eggs, Cool Hand Luke has been used by the instructor to illustrate motivation, communication, group dynamics, leadership and the psychological contract. A script co-writer says Luke is an “avatar for Jesus.” The class will view the movie with regular breaks for discussion.

Instructor’s Background: Ed Johnson has had a somewhat varied career including 20+ years teaching undergraduate and graduate business classes, focusing on management and marketing. He now curates two websites, MH3wv.org and musicalpictures.org, and works with Golden Horseshoe (the musical).

Courses 101 and 104 are being held at Edgewood Summit located at 300 Baker Lane Charleston, WV 25302.

CANCELLED
104. Introduction to Elder Law  
Instructor(s): Brent Van Deysen, Esq.  
Email: brent@wvelderlaw.com  
Session(s): 1  
Thursday 6:00 PM - 7:50 PM  
Classroom: Edgewood Summit  
Feb. 4  
Repeated in Course 105

Course Description: This course will explain how to qualify legally for Medicaid paid nursing home care while protecting assets for your spouse, children and heirs. In addition, learn how to qualify for the Veterans Administration’s pension benefit for veterans and their surviving spouses, and how to use this benefit to pay for in-home care, assisted living care and nursing home care.

Instructor’s Background: Brent Van Deysen received his BS from Fairmont State College and his JD from the WVU College of Law.

105. Introduction to Elder Law  
Instructor(s): Brent Van Deysen, Esq.  
Email: brent@wvelderlaw.com  
Session(s): 1  
Thursday 5:00 PM - 6:50 PM  
Classroom: 3296  
Feb. 11  
Repeated in Course 104

Course Description: This course will explain how to qualify legally for Medicaid paid nursing home care while protecting assets for your spouse, children and heirs. In addition, learn how to qualify for the Veterans Administration’s pension benefit for veterans and their surviving spouses, and how to use this benefit to pay for in-home care, assisted living care and nursing home care.
Instructor’s Background: Brent Van Deysen received his BS from Fairmont State College and his JD from the WVU College of Law.

106. Signs of Spring in Winter on the Sunrise Carriage Trail
Instructor(s): Joan Steven
Email: jsteven001@aol.com
Session(s): 1
Monday 3:30 PM - 5:20 PM
Classroom: Sunrise Carriage Trail
Feb. 15

Course Description: Stunning vistas of the Kanawha River and downtown Charleston will be a highlight of the winter walk on the Sunrise Carriage Trail. This course will explore the history of the trail and the mansion and build excitement about the signs of the arrival of spring. The class will look for bulbs pushing up through the snow and blooms on the witch hazel tree. Forest animals and birds searching for their next meal may even be seen. The walk will take place when the temperature is above 35 degrees and there is no ice on the trail. Plan to meet the instructor at the top of the Carriage Trail at the corner of Myrtle and Crawford Roads. Parking is available on Crawford Road.

Instructor’s Background: Joan Steven is a Master Gardener and Master Naturalist. She has been on the Carriage Trail Steering Committee since its establishment as a city trail. She is a Charleston resident and has a life long love of nature.
107. Learn How to Register On-line with Augùsoft Lumens

Instructor(s): Sonja Kelley
Email: sljewellkelley@hsc.wvu.edu

Session(s): 1
Thursday 5:00 PM - 6:50 PM
Classroom: 3296
Feb. 18

Course Description: OLLI at WVU will soon be using a new software called Augùsoft Lumens. This software will allow new and existing members to pay for memberships and trips with a credit card in the office or online. It will also be used to manage courses and course registrations. (No more waiting to see if a class is full, this software will automatically tell you and ask if you want to be on a waiting list!) This course will give an overview of the features for members, steps for instructors and more. Handouts with instructions will be provided, but be sure to bring your laptop and tablet to dabble in the software.

Instructor’s Background: Sonja Kelley is the on-site OLLI Professional Technologist. She provides information technology support and develops and maintains various websites and databases.

CANCELLED

COMING THIS WINTER! Augùsoft

Coming this term, OLLI at WVU will be using Augùsoft Lumens. This is a real-time membership and registration software. Some major benefits include enhanced communication options for members and instructors, the utilization of electronic course registration and dues payment (credit cards are accepted). Members will get immediate notification that they are registered for their desired courses.

Starting in late January, we will have kiosks located in the office and classrooms in Morgantown to assist members with this transition. Additionally, we are offering special courses to review Augùsoft Lumen’s capabilities and how to use them in both Morgantown and Charleston.

Join, Renew, Pay, Review Course Offerings, Register, Submit Course Proposals, and Communicate electronically online anywhere or in our office.
If you are interested in teaching for OLLI at WVU
Frequently Asked Questions

• How much input does an instructor have into the design of the course? OLLI instructors have freedom to determine every aspect of the courses they offer. The number of sessions, the number of participants, the time of day, day of the week, and mode of instruction are all determined by the instructor.

• What kinds of topics interest OLLI participants? OLLI members are enthusiastic learners with diverse interests. Nearly any topic will attract some portion of the 530+ membership. Our course catalog includes everything from science, economics and history to theatre, arts and crafts, and wellness.

• If I decide to offer a course, how many class sessions am I required to teach? As the instructor, you determine the number of class sessions for your course. Our terms follow the seasons starting with Summer and run for six weeks. (We are piloting a four week term for Winter 2016.) We encourage courses of all durations as many of our members travel. (However, only one session will be approved for the first time instructors.)

• How long is each class period? Generally a class period is 1 hour and 50 minutes and also must include a break ½ way through. Some courses require longer class periods and a few have shorter class periods that may meet more frequently.

To see this full list, visit our website www.olliatwvu.org to find these FAQs for teaching for OLLI at WVU under the Instructors’ tab.
Ready for an Adventure?
OLLI at WVU presents
Collette Trips for 2016

For more information, attend Course 36, Reflections of Italy and London/Paris or contact the OLLI office.

Reflections of Italy-709246
November 2-11, 2016

10 Days ● 13 Meals: 8 Breakfasts, 1 Lunch, 4 Dinners
Highlights… Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Milan and Malpensa.

London & Paris-709249
October 19-26, 2016

8 Days ● 9 Meals: 6 Breakfasts, 3 Dinners
Take an nine (9) day coach tour to Old Quebec City on June 18-26, 2016. The trip includes transportation in a clean, modern coach, eight (8) nights lodging in a three star hotel in the heart of Old Quebec, breakfast daily, four lunches, four dinners, and all admissions.

Included are day trips to locations such as I’le d’Orleans (Orleans Island), the Basilica-Sainte-Anne-de-Beaupre, Montmorency Falls, Grosse I’le (Big Island), and Wendake (Huron reservation).

Cost is $1,799 per person, double occupancy, $2,099 for a single. For more information contact the OLLI office or Heritage adventures at 540-233-0543.

See Courses 20 and 22 (The course is not a prerequisite for the trip, nor is enrollment in the trip a requirement for this course.)
Have you seen the information available on our website?

Menus on the top and left side of most pages assist with helping you find the information you want.

And our Latest News section details information from news, to trips, to course changes and more.

There is so much you can see and do! For example:

- Look at upcoming courses
- Register for courses
- View the catalog online
- View the event calendar online
- and more!

www.olliatwvu.org
Learn about being an instructor
Submit a course proposal
Submit a course commitment form
Glean information on available technology and more!

If you have a question or suggestion be sure to let us know!

FUN TIDBITS FOR LIFELONG LEARNING

“The real voyage of discovery consists not in seeking new lands, but in seeing with new eyes.” – Marcel Proust

“I don’t think much of a man who is not wiser today than he was yesterday.” – Abraham Lincoln

“I have never let my schooling interfere with my education.” – Mark Twain

Here are some tips for installing the habit of lifelong learning:

1) Always have a book.
2) Keep a “To-Learn” List
3) Get More Intellectual Friends
4) Guided Thinking
5) Put it Into Practice
6) Teach Others

Taken from 15 Steps to Cultivate Lifelong Learning by Scott H. Young. To view the full article visit http://www.lifehack.org/articles/featured/15-steps-to-cultivate-lifelong-learning.html.
And the Legal Details......

**Media Releases** are available and kept on file in our office. Please be sure to fill one out and let us know if you do not want to be shown in OLLI photographs and media.

**Membership Upgrade Policy**

A **Trial Member** has the option of becoming Full Member for an additional $75.00 within the same fiscal year, or may pay $50.00 for one additional term.

---

**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**

West Virginia University is an Equal Opportunity/ Affirmative Action Institution. The University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color, or national origin in the administration of any of its educational programs, activities, or with respect to admission or employment.
Frequently Asked Questions

Can we register online?
Yes! Once you are a member, go to the website (www.olliatwvu.org) and fill out the online Course Registration Form. You will receive an e-mail copy of your registration.

Will I receive a confirmation of courses in the mail?
Confirmations will not be mailed. You will be notified if a class is full and you are waitlisted. Please keep a copy of the Schedule at a Glance to know when and where each class meets. The catalog is also on the website: www.olliatwvu.org

May I bring a friend to class?
Yes. Ask at the office for a class voucher to attend a single class. We welcome the opportunity to showcase OLLI and to entice others to join. Please consider sharing the joy of OLLI with a gift membership certificate.

Is there an age requirement?
No, but our programs are designed for those over 50.

What is a facilitator and what does he/she do?
Each course needs a facilitator to introduce the instructor, welcome members, distribute course materials, collect instructor feedback forms, remind that it is break time and assist as needed.

Check out the OLLI Friday Bulletin for upcoming events from these partners!

University Club
Universityclub.wvu.edu
uniclub@mail.wvu.edu
(304) 293-4252

WVU Retirees Association
Retirees.wvu.edu
retirees@mail.wvu.edu
(304) 293-3389
Winter Term begins
January 25, 2016!

Phone: 304-293-1793
Fax: 304-293-4779
Website: www.olliatwvu.org
Email: learners@hsc.wvu.edu