Your Next Adventure Begins Here

Summer 2019 Charleston Course Catalog
www.olliatwvu.org
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, a membership organization affiliated with the School of Public Health, 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 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 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 who love to share their ideas.

Free from the pressures of tests and grades, OLLI members are learning simply for the joy of it.

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 Foundation
- WVU School of Public Health (SPH)
- South Charleston Library
- Schoenbaum Center
- B’nai Jacob Synagogue
- OLLI Board Members, Committee Members, and Volunteers
- OLLI $100K Club
- 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. The Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. The Foundation has now funded 120 Osher Lifelong Learning Institutes on campuses of colleges and universities from Maine to Hawaii. Funding for OLLI is contingent upon membership growth goals, so membership matters. To learn more about The Bernard Osher Foundation, please visit their website at www.oshерfoundation.org.

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From Our Director

Welcome to the Osher Lifelong Learning Institute (OLLI) at WVU Summer 2019 term. Whether you’ve been a member for a few years or are new to our lifelong learning program, I’m sure that you’ll find something in our summer schedule to pique your interest.

With descriptive taglines such as “Learning for the Fun of It” and “Curiosity Never Retires,” OLLI strives to inspire us to explore new topics, seek out knowledge, and remain intellectually challenged as we grow older. Lifelong learning has been shown to reduce cognitive decline and support better mental health.

OLLI at WVU does more than just offer classes though. As an affiliate of the WVU School of Public Health, OLLI is uniquely situated to help address the growing concern of social isolation among older adults. Through shared interests, social events, and volunteer opportunities, we provide an environment for people to connect with one another and form new friendships.

With in-depth lectures and presentations in history, literature, and science; hands-on workshops in the arts and cooking; health and wellness classes to get you on your feet and moving; and much more, we offer over 75 opportunities annually in the Kanawha Valley for you to become a member of the OLLI family.

If you’ve never been a member of OLLI at WVU, we invite you to attend an open house or a single-session class at no charge. Simply call the OLLI office at 304-293-1793 to ask about a visitor pass. If you’re already a member, help us spread the word and invite a friend to class. Be sure to check with the office about available seating.

I look forward to seeing you in class!

Jascenna Haislet
Director, OLLI at WVU

OLLI Membership

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

The Benefits of OLLI Membership

- The opportunity to learn and to meet new friends.
- Quarterly OLLI Connections newsletter and weekly email bulletin.
- A voice in OLLI governance and invitation to the OLLI Annual Meeting.
- The right to run for the OLLI Board or serve on a committee.
- The right to be added to a course wait list.
- Financial assistance for registration fees.

Summer registration is just $25 for unlimited classes during the term.

Summer registration begins June 24, 2019

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, scholarships are available. To apply, ask for a confidential application at the OLLI office or fill out the form on our website at www.olliatwvu.org.

OLLI membership has opened a whole new world for me and has given me a challenging and very rewarding activity for my retirement years.

- OLLI member

Osher Lifelong Learning Institute at WVU
How to Register

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

• Online at www.olliatwvu.org using Augustsoft Lumens.
• In person at the OLLI office at the Mountaineer Mall in Morgantown
• By mail, using the enclosed membership/registration form.

Mail the form to: OLLI at WVU
PO Box 9123
Morgantown, WV 26506-9123

Please make checks payable to the WVU Foundation.  
*If you pay with a credit or debit card, the charge will show as: Nesius West Virginia Treasury Basics.*

Contact Us

Osher Lifelong Learning Institute at West Virginia University
PO Box 9123
Morgantown, WV 26506-9123

(304) 293-1793
www.olliatwvu.org
Email: olli@hsc.wvu.edu

OLLI Office Hours
9:00 a.m. - 5:00 p.m., Monday - Friday
Closed Saturdays, Sundays, and University holidays

Mark Your Calendars!

*Other Important Dates*

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Did you know that volunteering can make you happier and healthier? Find out how you can volunteer for OLLI at WVU on page 10.

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 wait list.

If you are unable to attend a class for which you are registered, please notify the OLLI office. 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.
The Osher Lifelong Learning Institute at WVU is dedicated to providing the highest quality educational, recreational, and social opportunities possible to our members.

In order to sustain and grow the program, your financial support is needed. Although OLLI receives support from WVU and earnings from the Osher Endowment, this funding covers only about 50% of our expenses. Membership and registration fees cover another 25%. Therefore, the remaining 25% must be raised through donations, gifts, sponsorships, and grants.

Your donation to OLLI can help support community outreach, pay the printing and postage for course catalogs, provide classroom space and technology, and more.

Thank You to Our Donors

As OLLI at WVU strives to achieve financial sustainability, we would like to say Thank You to all who have given so generously this year. The following reflects donations processed between July 1, 2018, and May 1, 2019, per the WVU Foundation. If your name is not listed and you believe it should be, please call the OLLI office at 304-293-1793.

OLLI members and friends may give during the Annual Giving Campaign, when you renew a membership or enroll for classes, or any time during the year. You may choose to set up a monthly recurring gift. You can choose to designate your gift to OLLI’s area of greatest need, the $100K Club, the scholarship fund, or the OLLI endowment. You may choose to leave a Legacy Gift, make a Tribute Gift, or give through an IRA Charitable Rollover.

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

For more information, call the OLLI office at 304-293-1793 or Karen Galentine (kegalentine@hsc.wvu.edu) at 304-293-1828. To give today, visit https://give.wvu.edu/public-health-olli or add your tax-deductible donation to the enclosed class registration form.

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

**Bridge for Beginners**
Ms. Susan Sentman  
Wednesdays, July 10 - Aug. 14,  
10:00 a.m. - 12:00 p.m.  
Womens’ Club of South Charleston

Bridge: the game that people play for decades and never stop looking forward to the next hand. Give your mind a real workout: learn to play bridge. This class will introduce you to the fun and challenge of playing bridge. It will start you on the path of bridge thinking, which uses inferential reasoning, language skills, math skills, imagination, visualization and creativity. If you’ve never played or played before, and would like to refresh your knowledge, this is the class for you. Books on bridge will be available for purchase at the class.

**About the Instructor:** Sarah Sentman, certified bridge teacher, has been introducing people to the fun and challenge of bridge since 1998. She successfully completed ACBL Accreditation and Best Practices Certification. She is accredited as an EasyBridge! Presenter and is recognized as a Master Teacher by The American Bridge Teachers Association.

**Carmen: An Opera for Beginners**
Dr. Bob Harrison  
Tuesdays, July 16 & 23, 10:00 a.m. - 12:30 p.m.  
Schoenbaum Center

Georges Bizet’s *Carmen* is probably the most popular opera for anyone who wants to discover the opera as an art form. The music is extremely melodic. The plot is easy to follow, and all the elements of opera are present, thus, making *Carmen* the perfect opera for a beginner.

**About the Instructor:** Dr. Bob Harrison has been teaching opera appreciation classes for OLLI since OLLI came to the Charleston Area. He is an avid opera consumer and enjoys helping others discover the beauty of the opera art form.

**Holy Light**
Mr. David Pushkin  
Thursday, July 11, 10:00 - 11:00 a.m.  
B’nai Jacob Synagogue

This course is a tour of the stained glass windows at B’nai Jacob Synagogue in Charleston, West Virginia. The “Creation” windows were made in 1993 and installed above the main entrance to the building. They represent the Six Days of Creation and the Sabbath. The Daily Prayer Windows, “Shacharis”, “Mincha” and “Maariv” were made in 1996 and installed in the small chapel devoted to daily worship.

**About the Instructor:** David S. Pushkin is an artist and a member of B’nai Jacob Synagogue. He has a Bachelor of Fine Arts degree from the San Francisco Art Institute and a Master of Fine Arts degree from Columbia University. He has taught Fine Art at Columbia University, American University and Hofstra University.

**West-bird-Virginia (Our WV Birds)**
Mr. Joey Herron  
Thursday, July 18, 2:00 - 4:00 p.m.  
Schoenbaum Center

Participants will be treated to a presentation on the vast resources of birds in WV, featuring many photographs and descriptions, and enjoy an overview of the many opportunities to find and see birds in the state.

**About the Instructor:** Joey Herron began bird watching at age 12. He graduated from Glenville State College in 1980 with a BS in Biology. A member of Brooks Bird Club since 1975; has published over 25 articles on bird research. He is a certified master bander with the USGS and has many magazine credits and awards for his photography.

**VISIONS - Visually Impaired Seniors In Home & Outreaching Services**
Mrs. Sheila Ganoe  
Friday, July 19, 10:00 - 11:00 a.m.  
Edgewood Summit

While you may not be experiencing vision problems, you probably have a friend or loved one who has vision problems, especially macular degeneration. Visions, a program at the WV Division of Rehabilitation Services, assists older adults with a permanent eye disability. This program provides wonderful gadgets that make reading and daily activities possible for some people. Come and see the possibilities and hear how people’s lives have been changed by Visions.

**About the Instructor:** Ms. Ganoe is a Skills Trainer at WV Division of Rehabilitation Services, where she has worked for 20 years. She has worked with individuals with traumatic brain injuries, at the DRS Hospital and in the Visions Program just to mention a few.
Brother Angel: The Art and Life of Fra Angelico
Ms. Melora Cann
Thursday, July 25, 2:00 - 4:00 p.m.
Schoenbaum Center

Fra Angelico (1400-1455), was a Dominican monk whose art work is still considered among the highest tier of Italian Renaissance art from his period. After his death, he became known as ‘Fra Angelico’ or ‘Beato Angelico.’ Some of his best known works include the series of wall frescoes at the Dominican Monastery San Marco, newly rebuilt by Cosimo de’ Medici, in Florence; a number of altarpieces; and the wall frescoes of the lives of Saints Lawrence and Stephen in the Chapel of Pope Nicholas V in the Vatican, Rome.

About the Instructor: Melora Cann is a former art educator, with a background in art history, and 24 years spent in Italy.

Let’s Crank Some Ice Cream!
Ms. Kathi Elkins
Monday, July 29, 2:00 - 4:00 p.m.
South Charleston Library

How did we get ice before we had electricity? The presentation will include the history of ice (ice harvesting, ice houses, transport) and the tools that the ice man used to get your ice to the ice box. History is okay but let’s have some fun “cranking” homemade ice cream in the old White Mountain ice cream freezer. Practical information will help you feel confident to make your own ice cream for your next family gathering.

About the Instructor: Kathi Elkins has a long family history of making homemade ice cream the old-fashioned way. She conducted seven ice cream cranking summer programs for Kanawha County Public Libraries in 2005, with over 150 participants. Her background in chemistry and collectibles helps to impart the history of ice in this presentation. She is a retired epidemiologist from WVDHHR.

The Greenbrier: A West Virginia Jewel
Mr. Stephen Crislip
Tuesday, July 30, 1:00 - 2:00 p.m
Schoenbaum Center

Enjoy an overview of the 230-year history of the Greenbrier Resort and its role in West Virginia’s history.

About the Instructor: Steve Crislip is the retired General Counsel of Jackson Kelly PLLC. He is a Phi Beta Kappa graduate of WVU with a BA in Political Science and History and a J.D. Degree from the WV College of Law. He is the former President of the WV Bar Association and Defense Trial Counsel and the author of Down to the Hard Road.

Introduction to Islam
Mr. Nasir Abdussalam
Tuesday, August 6, 2:00 - 3:00 p.m.
Islamic Association of West Virginia
1 Valley Dr., South Charleston

Participants will tour the mosque and have the opportunity to engage in a brief discussion on the basics of Islam, the world’s second-largest religion.

About the Instructor: Nasir Abdussalam graduated from Georgia State University with a Bachelor’s degree in English. Upon completion of his studies there, he moved to Amman, Jordan, where he studied for a degree in Islamic Law and Legal Theory at the World Islamic Sciences and Education University. He also studied the tradition with local teachers. He returned to the U.S. in 2018.

Farmers’ Market to Fork
Mrs. Marilyn Urecki
Thursday, August 8, 10:00 a.m. - 12:00 p.m.
B’nai Jacob Synagogue

Come learn about farm-to-table vegetarian cooking. Participants will create a vegetarian meal from start to finish using the products handpicked from the farmer’s market. The meal will be crafted totally based on what is in season! Enjoy a new approach to meal preparation using farm fresh products and then stay to enjoy sharing the delightful lunch we’ve prepared together from scratch! All levels are welcome for this completely hands-on cooking class!!

About the Instructor: Marilyn Urecki is the wife of Rabbi Victor Urecki of B’nai Jacob Synagogue. A graduate of Yeshiva University with a Masters in Jewish education and an English teaching degree, she has served as a high school English teacher for over a decade at Charleston Catholic High School. She runs the B’nai Jacob Sunday and Hebrew school and is well known for her cooking skills and abilities.

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

- OLLI member
The Unforgettable Silent Auction
Rabbi Victor Urecki
Monday, August 12,  10:00 - 11:00 a.m.
B’nai Jacob Synagogue

Have you ever participated in an auction? Fun, right? Well, join us for an auction you will be talking about with your friends for a long time. The Unforgettable Silent Auction is where you bid “money” on 25 priceless “fantasy” items. What are they? What happens when you win? There is a reason we serve refreshments for this course. The auction lasts for just an hour but the sharing and discussion will bring a smile on your face, a tear in your eye, and joy in your heart.

About the Instructor: Rabbi Victor Urecki has been rabbi of B’Nai Jacob Synagogue for 30 years.

Special Places in WV: National Lands
Mr. Ed Johnson
Monday & Tuesday, August 12 & 13,  2:00 - 4:00 p.m.
Edgewood Summit

Take a virtual tour exploring West Virginia’s national parks, forests, wildlife refuges, natural landmarks, historical landmarks, heritage areas, and more.

About the Instructor: Ed Johnson is the creator and curator of MH3WV.org, a website for students and educators of West Virginia Studies.

The Lives and Works of Women Artists: Rosa Bonheur
Ms. Melora Cann
Thursday, August 15,  2:00 - 4:00 p.m.
Schoenbaum Center

Part of a series on women artists, this first session will introduce the artist, Rosa Bonheur, a French painter of the School of Realism from the 1800s. Rosa Bonheur (1822–1899) is often known as an ‘animal’ painter, due particularly to her grand painting, ‘The Horse Fair.’ She was an independent-minded woman who carved a very successful career as an artist, and lived her life ignoring the ‘rules’ of the day’s social mores. Her vivid paintings conveyed, in the Realist style, mood, atmosphere and a true sensitivity to her subjects. Her work continues to speak to viewers today.

About the Instructor: Mel Cann is a former art educator with a background in art history.

Butterflies of West Virginia: Natural History and Conservation
Ms. Susan Olcott
Monday, August 19,  2:00 - 3:30 p.m.
Schoenbaum Center

This class will explore the diversity of butterflies the Mountain State hosts - from rare elmins only awing a few weeks in early spring to common summer residents commonly seen in backyard gardens. Natural history and conservation information will aid participants in providing a more welcoming habitat for these species.

About the Instructor: Susan Olcott has been a biologist with the Wildlife Diversity Program since 1995. She earned wildlife management degrees from the University of Maine (B.S.) and Frostburg State University (M.S.), and is a Certified Wildlife Biologist. Her work includes survey and monitoring for a variety of taxa including moths and butterflies; education work; writing; and providing technical assistance to citizens.

World War II’s Willie and Joe Creator–The Art and Life of Bill Mauldin
Melora Cann
Tuesday, August 20, 2:00 - 4:00 p.m.
Schoenbaum Center

Artist Bill Mauldin, the Stars & Stripes cartoonist creator of ‘Willie and Joe,’ the cartoon army soldiers of World War II fame, relayed the fighting and day to day travails of army life from the soldiers’ points of view. The instructor grew up with a book of his work, Up Front, that has stayed with her to this day. His body of work from WWII spoke to everyone, most especially his fellow soldiers because he did serve at the front, participated in the Anzio invasion day, and served throughout the European theater of war. Since this year was the 75th anniversary of D-Day, a class on Bill and his work from WWII is commemorative.

About the Instructor: Melora Cann worked with the U.S. military overseas for 31 years as a civilian art educator and teacher. Her background in art history, respect for our soldiers, and personal history of service give her a unique perspective on this artist / soldier.

Location Key
• Schoenbaum Center - 1701 5th Ave, Charleston
• Edgewood Summit - 300 Baker Lane, Charleston
• B’nai Jacob Synagogue - 1599 Virginia St E, Charleston
• Women’s Club of South Charleston - 214 D St., South Charleston
• Islamic Association of WV - 1 Valley Dr., South Charleston
13th Annual Lecture

Steve Thaxton
Executive Director
National Resource Center for Osher Lifelong Learning Institutes

Monday, September 16, 1:00 - 2:00 p.m.
OLLI @ WVU, Morgantown

The National Resource Center (NRC) for Osher Lifelong Learning Institutes is administered by the School of Professional Studies on the downtown Chicago campus of Northwestern University. The NRC serves as the convening center for the network of 123 independent Osher Lifelong Learning Institutes (OLLIs) on university or college campuses throughout all 50 states.

The mission of the National Resource Center is to help OLLIs thrive by connecting OLLIs to each other and to resources, collaborating with OLLIs and partner organizations, consulting with OLLI leaders to find solutions, and celebrating the camaraderie and growth of OLLIs and their members. The NRC fulfills its mission through a variety of projects and services, such as planning national conferences; producing webinars and trainings for Olli staff and volunteers; conducting research on lifelong learning and purposeful aging; and highlighting OLLI successes through social media, a monthly newsletter, and this website.

The NRC is not a governance body, but is a center for excellence and dissemination of information on effective educational programming for older adult lifelong learners. Furthermore, the NRC exists to facilitate the exchange of opinions, solutions and experiences among institutes throughout the country so that all can benefit.

The Bernard Osher Foundation designated and funded Northwestern University as the host of the National Resource Center for Osher Lifelong Learning Institutes in October 2014. The NRC was previously located at the University of Southern Maine from 2004 until 2014.

Steve Thaxton joined Northwestern University School of Professional Studies as the executive director of the National Resource Center (NRC) for Osher Lifelong Learning Institutes (OLLI) in February 2015. He brought over 15 years of senior executive management and leadership experience from the media and broadcasting industry. Mr. Thaxton has led media organizations in change management, program development and multi-platform growth through digital and new media products. He’s also served as an advisor and board member for numerous not-for-profit organizations, such as the United Way of Greater Portland, the Salvation Army, Southern Maine Community College and the University of Southern Maine. He earned his MS in adult and higher education from the University of Southern Maine in 2015.

A Taste of OLLI Fall Open House will be held following lecture.

Share your Passion: Teach for OLLI

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Many OLLI instructors are current and retired teachers, university professors and administrators, business and civic leaders, and other professionals from the community who wish to share their knowledge and passion.

Experience the joy of teaching free of tests and grades. OLLI classes are offered simply for the joy of learning. Members are enthusiastic, engaged, and eager to learn.

Interested in teaching for OLLI? Visit our website at www.olliatwvu.org or call the OLLI office at 304-293-1793 for more information.
Volunteer for OLLI

As a non-profit membership organization, OLLI depends on the generous support of our volunteers. Volunteers are the lifeblood of our program, helping to ensure that OLLI is able to provide the highest quality courses, lectures, workshops, trips, and more for our members.

Your volunteer experience can be molded to fit your interests, talents, and schedule. All members have something to offer and are encouraged to share their time and expertise with their peers.

Ambassadors

OLLI Ambassadors help spread the word about our program by sharing their experiences and inviting friends, family, and others to join them for a class.

Board Members

The Board of Directors is the governing body of OLLI at WVU, providing leadership to committees and staff. With input from the committees, the Board establishes organizational priorities and financial and program policies. Board members are elected by the membership to serve a two-year term and may be re-elected for a second term.

Class Hosts

Class hosts greet members and ask them to sign in as they arrive for a class, remind members to turn off their cell phones, introduce the instructor, assist with class needs, and distribute course feedback forms.

Instructors

Our program depends on the generosity of our volunteer instructors to teach the quality courses and learning experiences offered throughout the year. OLLI instructors, drawn from all walks of life, share their knowledge and expertise of their chosen careers, fields of study, or hobbies about which they are passionate. Free from tests or grades, instructors experience the joy of teaching students who are enthusiastic, engaged and eager to learn.

Charleston Curriculum Committee

Committee members recruit members and volunteer instructors for our program. They meet quarterly to review course proposals and plan future programming, and represent OLLI at community functions, such as health fairs and social group meetings.

How to Become a Volunteer

To become an OLLI volunteer, contact the OLLI office at 304-293-1793 or submit the Volunteer Information Form online at http://www.olliatwvu.org.
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 75 courses and activities per year in such areas as the arts, health and wellness, humanities, math and science, and more.
- Social events
- Travel programs
- Interest Groups
- Volunteer opportunities