



*Spring 2016
Course Catalog*

Osher Lifelong Learning Institute
www.olliatwvu.org

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.

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A Message from Our Director



I APPRECIATE THE OPPORTUNITY TO SAY GOODBYE AND THANK YOU to all of the members of OLLI at WVU. It has been a pleasure to be a part of this community these last 3.5 years. I will carry away fond memories of talented and dedicated members and an outstanding program of which we all can be proud.

With the committed Board leadership, dedicated volunteers and instructors, support from the University, the School of Public Health, the Osher Foundation, and the addition of an excellent new executive director, all of the ingredients are in place for OLLI's continued growth and success.

It has been my privilege to serve you in this capacity and I look forward to the next endeavor... farewell and thank you to all who are stepping up during this transition.

Angela Faulkner-VanDeysen

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 the OLLI website under FAQs on the Instructors tab.

OLLI Summer Term is July 11 - August 19, 2016.

Course Proposals are due by April 28, 2016.

A Message from Our Board President

Have we made it through winter 2016? Perhaps not quite, but with this catalog arriving in your mailbox or on-line, you know it's coming soon, and with it, another list of classes offered by community and academic experts on a great variety of topics from health to history to the arts and crafts to travel to...well, you get it: LOTS of possibilities for personal growth and enjoyment.



Although it is too late to make it to press with this publication, we will very likely have a replacement for Angela Faulkner-VanDeysen, our dedicated and resourceful Director for the last three and a half years. During this time we have experienced growth, a branch in Charleston, strategic planning and some stability in funding with the help of WVU's School of Public Health and the Office of the President. In her new capacity, it may just be possible to entice Angela to teach some wealth management classes for OLLI!

I can't end this little introduction to spring without urging you to get a friend to come to OLLI, join and take classes. It is essential that we maintain at least 500 members in West Virginia or it could result in the dire financial loss of the Osher endowment. Our Board has recognized this goal as our top priority after hiring a new Director. Won't you help us keep blooming through spring and beyond?

Jim Held, President
OLLI at WVU Board of Directors

A special *Thank You* to
Susan Hall Witt
for our catalog cover artwork.



Spring Courses begin

April 18, 2016

Spring Pre-term Reception

April 6, 2016

1:30 PM in the Mall Atrium



Looking Ahead

- ◆ April 6, 2016: Pre-Term Reception in Mall Atrium at 1:30 PM
- ◆ April 28, 2016: Summer Instructor Proposals Due
- ◆ June 2016: Annual Luncheon
- ◆ June 29, 2016: Pre-term Reception in Mall Atrium at 1:30 PM
- ◆ July 11, 2016: Summer Term Begins
- ◆ July 22, 2016: Fall Instructor Proposals Due
- ◆ September 14, 2016: Irving Goodman Aging Lecture Series at 1:00 PM in Classroom B
- ◆ September 14, 2016: Pre-term Reception in Mall Atrium (following the Aging Lecture Series) at 2:00 PM
- ◆ September 26, 2016: Fall Term Begins

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: _____

M ___
TM ___
DB ___
Office use only

Membership Application

_Morgantown
_Charleston

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, activities, and interest groups throughout the year.

- **Full Member** _____ **\$100.00.** (includes between term activities)
- **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
- **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 the following address, or pay online (**see page 57 for information**):

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

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)
- ◆ Committee Members and Volunteers
- ◆ OLLI \$100K Club
- ◆ Our Distinguished Instructors
- ◆ OLLI Members

Staff

Angela Faulkner-Van Deysen, Executive Director (*exiting*)

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

NEW for Spring Term: Pay and register online!
See page 57 for more information.

JOIN AN OLLI COMMITTEE!!!

Curriculum

Chair: Bob Craig

Members help plan and develop course offerings and recruit faculty.

Facilities and Technology

Chair: Ed Johnson

Members assist in the planning and maintenance of the OLLI facilities and technology resources.

Special Events

Chair: Judy Kelley Minor

Co-Chair: Janet Rogers

Members organize the receptions for each term, the holiday social, and the annual meeting.

Membership and Publicity

Co-Chair: Nancy Wasson

Co-Chair: Vacant

Members assist in the growth of OLLI by planning and developing marketing strategies, events and assisting with receptions.

Finance

Chair: Tom Rogers

Vice Chair: Connie McCluskey

Members review reports, revenue and expenses and develop an annual budget.

Irving Goodman Annual Aging Lecture Series

Chair: E. Jane Martin

Members select topics and speakers for this event.

History

Chair: Carole Boyd

Members help preserve the history of ALL and OLLI.

Office Assistants

Chair: Vacant

Members volunteer in the OLLI office, where they perform various vital duties.

Nominating

Chair: Ann Davidson

Members propose a slate of candidates from the membership for election to the OLLI Board.

Course Facilitator Volunteers

Each course needs a facilitator to introduce the instructor and to distribute course materials.

Interested in joining a committee or volunteering?

Contact the office or submit the form on page 4.

Courses by Category

Category/Course	Session(s)	Date(s)
<u>Arts, Music and Culture</u>		
10. Duke Ellington	1	May 3
15. The Top 40 Hits of 1961	4	April 26, May 3, 17, 24
23. Everly Bros/Simon & Garfunkel	2	May 17, 24
30. The Shaw & Stratford Festivals	1	April 20
33. Film Forum	5	April 20, May 4, 18, June 1, 15
49. Michael Moore Movies	6	April 22, 29, May 6, 13, 20, 27
<u>Economics, Business and Retirement Planning</u>		
22. Tax Free Investing Workshop	1	May 3
26. Introduction to Elder Law	1	May 17
34. A Women's Retirement Outlook	1	April 27
35. Why You Need an Estate Plan	1	May 11
36. Focus on Fixed Income	1	May 25
<u>Health and Wellness</u>		
08. Yoga for Wellness*	6	April 19, 26, May 3, 17, May 24, 31
43. Healthy Menu Planning	1	May 12
<u>History and Philosophy</u>		
06. Old Testament Personalities	6	April 18, 25, May 2, 9, 16, 23
13. The Battle of the Philippine Sea	1	May 24
28. History of Manufacturing	3	April 20, 27, May 4
32. Theater History V	5	April 27, May 4, 11, 18, 25
37. Twelve-Step Programs	1	May 25
39. A History of Czech Republic	4	April 21, 28, May 5, 12
46. Women in the Bible	5	April 21, 28, May 5, 12, 19
50. History & Tradition Of Wine	1	May 6
<u>Hobbies and Talents</u>		
03. Knit, Purlers and Crocheters, Too*	6	April 18, 25, May 2, 9, 16, May 23
20. Basic Watercolors*	6	April 19, 26, May 3, 17, May 24, 31
44. Share More Stories	3	May 19, 26, June 2
47. Lap Dulcimer 101	6	April 22, 29, May 6, 13, 20, 27
48. Guitar*	6	April 22, 29, May 6, 13, 20, 27

Courses by Category

Category/Course

Session(s) Date(s)

Literature, Writing and Research

01. The New Yorker*	6	April 18, 25, May 9, 16, 23, June 6
29. Personal Family History	2	May 4, 11
40. Writing Retreat*	6	April 21, 28, May 5, 12, 19, 26

Science and Math

02. Lost Colony of Roanoke	1	April 18
05. DNA, Genetics, and Genealogy 2	4	May 2, 9, 16, 23
07. Oceanography 3	8	April 18, 20, 25, 27, May 2, 4, 9, 11
09. <i>Newcomb's Wildflower Guide</i>	1	April 26
11. "We live in a Microbial World"	4	May 3, 17, 24, 31
14. Wildflowers of the Core Arboretum	2	April 26, May 3
17. Grafting Apple Trees	1	May 17
38. Intro to the Science of Fingerprints	1	May 11
41. Alzheimer's Disease	3	April 21, 28, May 5
42. The World of Caves	5	April 21, 28, May 5, 12, 19
45. What are the Chances?	6	April 21, 28, May 5, 12, 19, 26

Technology and Training

04. Register On-line with Augùsoft	1	April 25
18. AARP Smart Driver - Driver Safety	2	May 24, 25
19. Scam Proof Your Life	1	May 31
27. Blunders Made in PowerPoints	1	April 20
31. AV Equipment Training	1	April 20

Travel and Adventure

12. Understanding the Wines of Italy	1	May 17
16. Cruising the Mediterranean	1	May 3
21. Croatia & Dalmation Coast Cruise	1	April 26
24. Costa Rica: A World of Nature	1	May 31
25. Croatia & Dalmation Coast Cruise	1	April 26

**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

SCHEDULE AT A GLANCE

Day of the week/ Time	Sessions	Date	Room
<u>Monday 10:00 AM - 11:50 AM</u>			
01. <i>The New Yorker</i> *	6	April 18, 25, May 9, 16, 23, June 6	A
<u>Monday 1:00 PM - 2:50 PM</u>			
02. Lost Colony of Roanoke	1	April 18	A
03. Knit, Purlers & Crocheters*	6	April 18, 25, May 2, 9, 16, 23	B
04. Register with Augúsoft	1	April 25	A
05. DNA, Genetics	4	May 2, 9, 16, 23	A
<u>Monday 3:00 PM - 4:50 PM</u>			
06. OT Personalities	6	April 18, 25, May 2, 9, 16, 23	A
<u>Monday and Wednesday 3:30 PM - 4:30 PM</u>			
07. Oceanography 3	8	April 18, 20, 25, 27, May 2, 4, 9, 11	B
<u>Tuesday 10:00 AM - 11:50 AM</u>			
08. Yoga for Wellness*	6	April 19, 26, May 3, 17, 24, 31	MDS
09. <i>Newcomb's Wildflower</i>	1	April 26	B
10. Duke Ellington	1	May 3	A
11. Living in a Microbial World	4	May 3, 17, 24, 31	B
12. Wines of Italy	1	May 17	A
13. Battle of the Philippine Sea	1	May 24	A
<u>Tuesday 1:00 PM - 2:50 PM</u>			
14. Wildflowers of Arboretum	2	April 26, May 3	B/Arboretum
15. The Top 40 Hits of 1961	4	April 26, May 3, 17, 24	A
16. Cruising the Mediterranean	1	May 3	B
17. Grafting Apple Trees	1	May 17	B
19. Scam Proof Your Life	1	May 31	B
<u>Tuesday and Wednesday 1:00 PM - 2:50 PM</u>			
18. AARP Smart Driver	2	May 24, 25	B
<u>Tuesday 2:00 PM - 4:30 PM</u>			
20. Basic Watercolors*	6	April 19, 26, May 3, 17, 24, 31	MAAG
<u>Tuesday 3:00 PM - 4:50 PM</u>			
21. Croatia & Dalmation Coast	1	April 26 (repeat of course 25)	B
22. Tax Free Investing	1	May 3	A
23. Everly Brothers	2	May 17, 24	A
24. Costa Rica	1	May 31	A
<u>Tuesday 6:00 PM - 7:50 PM</u>			
25. Croatia & Dalmation Coast	1	April 26 (repeat of course 21)	B
26. Introduction to Elder Law	1	May 17	B

SCHEDULE AT A GLANCE

Day of the week/ Time	Sessions	Date	Room
<u>Wednesday 10:00 AM - 11:50 AM</u>			
27. Blunders in PowerPoints	1	April 20	B
28. History of Manufacturing	3	April 20, 27, May 4	A
29. Personal Family History	2	May 4, 11	B
<u>Wednesday 1:00 PM - 2:50 PM</u>			
30. Shaw & Stratford Festivals	1	April 20	A
31. AV Equipment Training	1	April 20	B
32. Theater History V	5	April 27, May 4, 11, 18, 25	A
<u>Wednesday 3:00 PM - 4:50 PM</u>			
33. Film Forum*	5	April 20, May 4, 18, June 1, 15	A
34. Women's Retirement	1	April 27	A
35. Why You Need a Plan	1	May 11	A
36. Focus on Fixed Income	1	May 25	A
37. Twelve-Step Programs	1	May 25	B
<u>Wednesday 6:00 PM - 7:50 PM</u>			
38. Intro to Fingerprints	1	May 11	Crime Scene Complex
<u>Thursday 10:00 AM - 11:50 AM</u>			
39. A History of Czech Republic	4	April 21, 28, May 5, 12	A
40. Writing Retreat*	6	April 21, 28, May 5, 12, 19, 26	B
<u>Thursday 1:00 PM - 2:50 PM</u>			
41. Alzheimer's Disease	3	April 21, 28, May 5	A
42. The World of Caves	5	April 21, 28, May 5, 12, 19	B
43. Healthy Menu Planning	1	May 12	A
44. Share More Stories	3	May 19, 26, June 2	B
<u>Thursday 3:00 PM - 4:50 PM</u>			
45. What are the Chances?	6	April 21, 28, May 5, 12, 19, 26	A
46. Women in the Bible	5	April 21, 28, May 5, 12, 19	B
<u>Friday 10:00 AM - 11:50 AM</u>			
47. Lap Dulcimer 101	6	April 22, 29, May 6, 13, 20, 27	B
<u>Friday 1:00 PM - 2:50 PM</u>			
48. Guitar*	6	April 22, 29, May 6, 13, 20, 27	B
49. Michael Moore Movies	6	April 22, 29, May 6, 13, 20, 27	A
<u>Friday 3:00 PM - 4:50 PM</u>			
50. History & Tradition Of Wine	1	May 6	B

***Classroom location may change due to technology needs and enrollment. Watch for signs.
The Classroom Key is on page 13.***

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, Monongalia or Kanawha County Schools are closed for inclement weather, OLLI activities are cancelled.
- The decision to cancel 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 a 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

Day of the week/ Time	Sessions	Date	Room
<u>Monday 4:00 PM - 6:00 PM</u>			
101. Wildflowers on the Trail	1	April 18	Carriage Trail
<u>Monday and Tuesday 5:00 PM - 6:50 PM</u>			
102. AARP Smart Driver	2	April 25, 26	3296
<u>Tuesday 3:00 PM - 4:50 PM</u>			
104. Costa Rica	1	June 7	Edgewood Summit
<u>Tuesday 5:00 PM - 6:50 PM</u>			
103. What are you on?	4	May 3, 17, 24, 31	2015
<u>Wednesday 5:00 PM - 6:50 PM</u>			
105. Scam Proof Your Life	1	May 11	3296
<u>Thursday 3:00 PM - 4:50 PM</u>			
107. Register with Augúsoft	1	May 19	Edgewood Summit
<u>Thursday 5:00 PM - 6:50 PM</u>			
106. Introduction to Elder Law	1	May 12	3296

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.

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

SPECIAL INTEREST GROUPS

The Carl Taylor Chat 'n Chew

Meets on the **first Monday** of each month,
for individuals who enjoy good conversation with friends
at the Shoney's in Sabraton at 9:00 AM

Knit, Purlers & Crocheters Too

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.

Film Forum

On the **1st and 3rd Wednesday** of each month
at 3:00 PM in Classroom A
join the group to enjoy a film with some friends.
Check out page 56 for film details.

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.

Yoga for Wellness

This course typically continues as an interest group meeting
between the Spring through Fall Terms on Tuesdays,
from 10:00 AM - 11:50 AM in the MDS.

***Special Interest Groups typically meet between
terms unless otherwise determined by the class.***

NEW INTEREST GROUPS

Guitar Playing

This group provides guitar instruction at any level for those who wish to play songs. ***Starting with the Spring Term*** this group will meet **on Fridays** in Classroom B from 1:00 PM – 2:50 PM.

Astrology Interest Group

This group meets to discuss the basic information needed to recognize yourself in your horoscope: signs, planets, aspects and houses. Beginners welcomed!

This group will meet **on Fridays** in Classroom A from 10:00 AM – 11:50 AM.



This icon indicates that the instructor is an **OLLI at WVU Honor Roll Member** and has taught at least 10 courses and 60 class session hours. If more than one instructor is listed, the Honor Roll member is in ***bold italics***.

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.

MORGANTOWN COURSES

MONDAY

1. *The New Yorker* Discussion Group*

Instructor(s): *Margot Racin* and Kris Cooper

Email: mbracin@comcast.net

Session(s): 6

Monday 10:00 AM - 11:50 AM

Classroom: A

April 18, 25, May 9, 16, 23, June 6

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.

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. 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*.

2. The Lost Colony of Roanoke

Instructor(s): Pam Casto

Email: pamela.casto@ivv.nasa.gov

Session(s): 1

Monday 1:00 PM - 2:50 PM

Classroom: A

April 18



Course Description: Artifacts have been discovered on Hatteras Island in North Carolina that may be related to the Lost Colony of Roanoke. Two WV educators (Pam Casto and Carol Coryea) will be working with school children and Dr.

Mark Horton (maritime and historical archaeologist, University of Bristol, England) in March 2016 to explore what else can be learned from the Hatteras Island site. A summary of the Lost Colony of Roanoke and the history and the archeology of Hatteras Island will be presented along with the results of the March explorations.

Instructor's Background: Pam Casto is a full-time NASA Education Specialist and an experienced archaeology field tech who has worked on Roman, Viking, Medieval, and Native American sites.

3. Knit, Purlers and Crocheters Too*

Instructor(s): Judy Kelley Minor, Joann King, and Joyce Moore

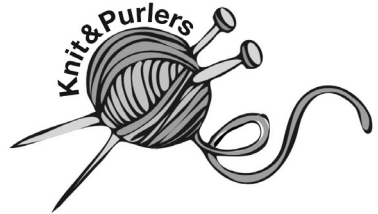
Email: bminor404@comcast.net

Session(s): 6

Monday 1:00 PM - 2:50 PM

Classroom: B

April 18, 25, May 2, 9, 16, 23



Course Description: This group meets all year long except for WVU Holidays and is an interest group for Knitters and Crocheters. It is for artists who enjoy sharing ideas, patterns and workshop information. We welcome members who design their own patterns, ones who teach others to complete projects or repair mistakes, and all who want to expand their own skills. We communicate with our members through email. This year we have added two sweater knit-along groups. It is very important that you register each term for this course in order to receive notifications.

Instructors' Backgrounds: Judy Kelley Minor, Joann King and Joyce Moore all have different skill levels and share a sincere love for knitting, crocheting 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, also serves as a resource.

4. Learn How to Register On-line with Augùsoft Lumens

Instructor(s): Sonja Kelley

Email: sljewellkelley@hsc.wvu.edu

Session(s): 1

Monday 1:00 PM - 2:50 PM

Classroom: A

April 25



Course Description: OLLI at WVU is using a new software called Augùsoft Lumens. This software allows new and existing members to pay for memberships and trips, as well as register for courses. This course will give an overview of the features for members, steps for instructors and more. Handouts with instructions will be provided. Please bring your laptop, smart phone and/or 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.

5. DNA, Genetics, and Genealogy 2

Instructor(s): Andy Cockburn

Email: acockbur@gmail.com

Session(s): 4

Monday 1:00 PM - 2:50 PM

Classroom: A

May 2, 9, 16, 23

Maximum Enrollment: 25



Course Description: This is a followup to the Winter 2016 course. DNA testing services like 23andMe 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 your risk of disease. The course will explore the background, accuracy, and usefulness of these. Students who already have DNA test results will get the most out of the course, but that is not necessary.

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

6. Old Testament Personalities

Instructor(s): Rabbi Joe Hample

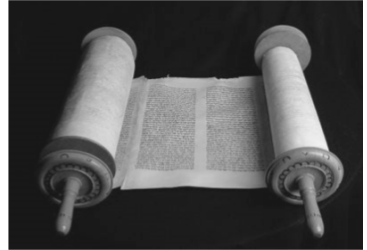
Email: rabbi.joe.wv@gmail.com

Session(s): 6

Monday 3:00 PM - 4:50 PM

Classroom: A

April 18, 25, May 2, 9, 16, 23



Course Description: This course will explore little-known Bible stories and midrash (legends based on the Bible). You think your friends are eccentric? They can't hold a candle to those ancient Hebrews!

Instructor's Background: Rabbi Joe Hample serves the Tree of Life Congregation in Morgantown. Born in Buffalo, educated at Harvard, long employed at Wells Fargo Bank in California, he delights in an eclectic worldview.

7. Oceanography 3

Instructor(s): Dr Richard Smosna

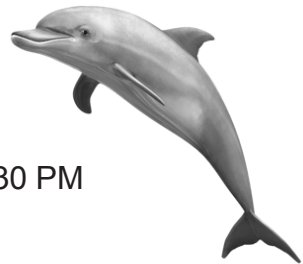
Email: rsmosna@wvu.edu

Session(s): 8

Monday and Wednesday 3:30 PM - 4:30 PM

Classroom: B

April 18, 20, 25, 27, May 2, 4, 9, 11



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.

TUESDAY

8. Yoga for Wellness*

Instructor(s): Eva Hnizdo

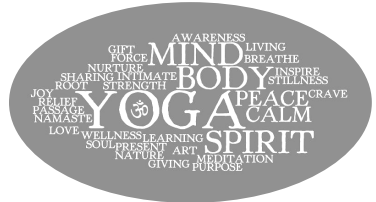
Email: evahnizdo@gmail.com

Session(s): 6

Tuesday 10:00 AM - 11:50 AM

Classroom: MDS

April 19, 26, May 3, 17, 24, 31



Course Description: This beginner yoga class focuses on correct body alignment, is well suited for senior practitioners and is designed to teach participants how to renew vital energy and create physical and mental well-being through regular practice of appropriate yoga poses. Generally, yoga poses increase strength and flexibility of the body, and help to relax the mind through controlled breathing and meditation. Regular practice of yoga has a holistic impact on the body.

Instructor's Background: Eva Hnizdo, Ph.D. in epidemiology, is an Experienced Registered Yoga Teacher (ERYT). Since 2006, she has taught yoga at Lakeview Fitness Center and at NIOSH, where she also worked as a research scientist. She has been a practitioner of the Iyengar style of yoga since 1976.

9. Wildflower Identification Using *Newcomb's Wildflower Guide*

Instructor(s): Zach Fowler

Email: zfowler@mail.wvu.edu

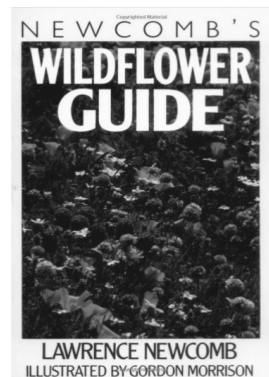
Session(s): 1

Tuesday 10:00 AM - 11:50 AM

Classroom: B

April 26

Maximum Enrollment:30



Course Description: Learn how to identify flowering plants! *Newcomb's Wildflower Guide* is a popular, easy-to-use book for identifying blooming plants in this area. Participants will

learn how to use this book and will practice identifying plants that grow in the Morgantown area. **Books are not provided; participants should bring their own copy with them.**

Instructor's Background: Zach Fowler is the Director of the WVU Core Arboretum and a Clinical Assistant Professor of Biology at WVU. He has a PhD in biology focused on forest ecology. He has a passion for learning about nature in a scientific fashion and for sharing his knowledge with others.

10. Duke Ellington, An American Phenomenon

Instructor(s): Leo Horacek

Email: leo_horace@yahoo.com

Session(s): 1

Tuesday 10:00 AM - 11:50 AM

Classroom: A

May 3



Course Description: Duke Ellington, pianist, band leader and composer, is unique in his effort to produce works that express basic cultural ideas in music, in jazz. He built on the music forms that he found. He never merely followed but was always exploring new paths, often in collaboration with the artist in his orchestra. This class will explore these ideas through recorded examples of his works.

Instructor's Background: Leo Horacek is a professor emeritus of the music department at WVU.

NEW for Spring Term: Pay and register online!

See page 57 for more information.

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(304) 293-1793

11. “We live in a Microbial World” (With apologies to Madonna) Integrating Concepts of “Dual Citizenship”

Instructor(s): Professor John G Thomas

Email: jgthomas@hsc.wvu.edu

Session(s): 4

Monday 10:00 AM - 11:50 AM

Classroom: B

May 9, 16, 23, June 6



Course Description: This course will discuss the remarkable international studies of the Human Microbiome in 2007. These studies revealed the educational component of our microbiome, acting as a library of information for self-teaching, while monitoring our growth from birth to death. They underlined the importance of our dual citizenship and the untoward consequences of overused antibiotics and the loss of our ancestral microbes.

Instructor’s Background: Dr. John Thomas is professor emeritus having taught for 52 years and is recognized as an international educator/global microbiologist, for his transnational research focusing on pulmonary diseases and the link with migratory oral microbiota.

12. A Better Understanding of the Wines of Italy

Instructor(s): Bob Craig

Email: ccraig@hsc.wvu.edu

Session(s): 1

Tuesday 10:00 AM - 11:50 AM

Classroom: A

May 17



Course Description: Italy is the second largest producer of wine in the world and is home to a dizzying variety of wines. People often tend to purchase only wines they are familiar with and, consequently, miss some wonderful wine experiences. This course will provide information on most of the important

wines of Italy, a discussion of why only certain wines are produced in a particular region and provide the background needed to make rational choices when purchasing Italian wine.

Instructor's Background: Bob Craig has traveled widely in Italy and has always tried to stop along the way to sample the region's wines. He has taught extensively at OLLI after retiring from the faculty of WVU Health Sciences Center.

13. The Battle of the Philippine Sea

Instructor(s): Leo Horacek

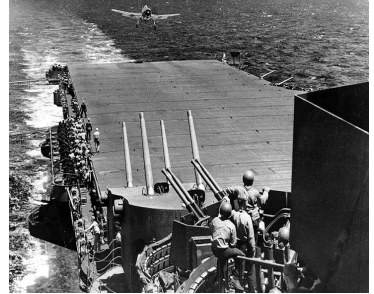
Email: leo_horacek@yahoo.com

Session(s): 1

Tuesday 10:00 AM - 11:50 AM

Classroom: A

May 24



Course Description: In June, 1944, occurred the last and greatest "carrier-vs-carrier" battle in history. The Japanese had decided to launch an all-out attack to destroy the U.S. fleet and gain control of the Pacific. When the U.S. invaded the Marianas Islands, the Japanese leaders decided that this was the time to activate their plan. The three days of highly dramatic battle which followed decided the course of WW2.

Instructor's Background: Leo Horacek was a naval pilot in WWII and a student of naval warfare.

Do you need assistance with online registration?

The office is here to assist you,
see page 57 for more information.

Facilitators Needed!

To volunteer, please check the box on your class registration or contact the office.

14. Spring Wildflowers of the WVU Core Arboretum

Instructor(s): Zach Fowler

Email: zfowler@mail.wvu.edu

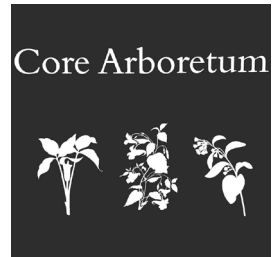
Session(s): 2

Tuesday 1:00 PM - 2:50 PM

Classroom: B/Arboretum

April 26, May 3

Maximum Enrollment: 30



Course Description: Participants will learn about the spring ephemeral wildflowers of the WVU Core Arboretum. The first session will be a classroom discussion about what spring ephemeral wildflowers are and an introduction to species that occur in the Arboretum. The second session will be an optional field trip to the Arboretum, where we will observe these flowers in their natural setting. The WVU Core Arboretum has an unrivaled display of spring ephemeral wildflowers!

Instructor's Background: Zach Fowler is the Director of the WVU Core Arboretum and a Clinical Assistant Professor of Biology at WVU. He has a PhD in biology focused on forest ecology. He has a passion for learning about nature in a scientific fashion and for sharing his knowledge with others.

15. The Top 40 Hits of 1961

Instructor(s): Barry Lee Wendell

Email: wendell.barry@aol.com

Session(s): 4

Tuesday 1:00 PM - 2:50 PM

Classroom: A

April 26, May 3, 17, 24



Course Description: In this course we will listen to the 40 most popular songs of 1961. The instructor will provide bios of the performers and composers. Participants may sing along or dance. Relive the glory days of Elvis Presley, Brenda Lee and Del Shannon.

Instructor's Background: Barry Lee Wendell has been teaching pop music history at OLLI for a few years. Last term, he taught a course on the Top 40 hits from 1960.

16. Cruising the Western Mediterranean

Instructor(s): Karen Long
Email: wvkaren@comcast.net

Session(s): 1

Tuesday 1:00 PM - 2:50 PM

Classroom: B

May 3



Course Description: The course includes photos and commentary from a fall 2015 cruise. Countries and islands visited include Italy, Sicily, Capri, Corsica, and the southern coast of France. Visit or revisit a beautiful part of the world!

Instructor's Background: Karen Long is retired from the WVU Department of Medical Laboratory Science, where she taught clinical microbiology and immunology. She is currently an on-call technologist in the microbiology laboratory at Monongalia General Hospital. Traveling and photography are special interests, so she enjoys sharing photos and stories with OLLI members.

17. Grafting Apple Trees

Instructor(s): Scott Burnworth
Email: seburnworth@outlook.com

Session(s): 1

Tuesday 1:00 PM - 2:50 PM

Classroom: B

May 17

Maximum Enrollment: 15

Costs: \$5.00 for rootstock.



Course Description: The course will feature selection of rootstock, collection of scions, and uniting them using the benchtop method. The rootstock controls the size of the tree.

The scion is the piece of the tree bearing the desired variety. Uniting the two on a table top is the easiest method for the demonstration. The course will include a discussion about grafting on trees in the field. ***(Must be registered by April 11 to order rootstock.)***

Instructor's Background: Scott Burnworth has a 45 year history of successfully grafting apple trees. He has used both seedling trees and commercially available rootstocks. Although he learned grafting from his mother, he also learned by reading on the subject. He will be using the most recently available supplies to insure success. Several staff members of WVU have apple trees that he grafted.

18. AARP Smart Driver - Driver Safety

Instructor(s): Terry Stone

Email: tstone8278@suddenlink.net

Session(s): 2

Tuesday and Wednesday 1:00 PM - 2:50 PM

Classroom: B

May 24, 25



Course Description: The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. For over 30 years, the AARP Driver Safety Program classroom course has taught millions of drivers proven safety strategies so they can maintain their independence on today's roads. This course provides driving safety tips and information to help you be confident on the road. Learn how you can become a safer driver today.

Instructor's Background: Terry Stone has been an AARP Driver Safety Instructor for 8+ years and is now the State Coordinator for Driver Safety.

19. Scam Proof Your Life with the AARP Fraud Watch Network

Instructor(s): Linda Bunn and Rich Stonestreet

Email: lbunn@aarp.org

Session(s): 1

Tuesday 1:00 PM - 2:50 PM

Classroom: B

May 31



Brought to you by **AARP**[®]

Course Description: Identity theft occurs every 2 seconds. Learn how you can safeguard yourself and your family, gain access to real time fraud alerts and warnings, and learn how scammers think. Find out how you can take part in local and national campaigns to fight ID theft and fraud.

Instructors' Backgrounds: Rich Stonestreet, AARP West Virginia State President, is a retired educator and labor relations professional. He has an undergraduate degree from West Liberty State College and a master's degree from the University of Tennessee. Linda Bunn is Associate State Director for Community Outreach for AARP West Virginia. Prior to coming to AARP, Bunn worked for the Office of the WV Attorney General. She holds a bachelor's degree and a law degree from the University of Santa Clara in California.

20. Basic Watercolors*

Instructor(s): Susan Hall Witt

Email: knitwit1120@yahoo.com

Session(s): 6

Tuesday 2:00 PM - 4:30 PM

Classroom: MAAG

April 19, 26, May 3, 17, 24, 31

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.

21. Christmas in Croatia and Dalmation Coast Cruise

Instructor(s): Wally Venable

Email: wallace.venable@mail.wvu.edu

Session(s): 1

Tuesday 3:00 PM - 4:50 PM

Classroom: B

April 26

Same as course 25



Course Description: Wally and Norma Venable flew to Zagreb, Croatia, for Christmas, then joined a small ship cruise which lasted past New Year's Day, and visited Bosnia and Montenegro as well as Croatian ports. The course will cover trip planning, Croatia's drive to become the Christmas Capital of Europe, and the general situation today in what was once Yugoslavia.

Instructor's Background: Wally Venable enjoys budget travel in rural places.

22. Tax-Free Investing Workshop

Instructor(s): Brian Kurcaba

Email: brian.kurcaba@edwardjones.com

Session(s): 1

Tuesday 3:00 PM - 4:50 PM

Classroom: A

May 3



Course Description: This course will provide an overview of tax-advantaged investments such as muni bonds (muni/UIT/ mutual funds), IRAs (traditional/Roth/401k/403b) and/or life insurance.

Instructor's Background: Brian Kurcaba is a lifelong resident of Morgantown and graduated with a MS in Industrial Relations from WVU. He has 12 plus years of experience as a financial advisor for Edward Jones.

23. Comparing the Everly Brothers and Simon & Garfunkel

Instructor(s): Dr. Joe Paull

Email: jpaull921@comcast.net

Session(s): 2

Tuesday 3:00 PM - 4:50 PM

Classroom: A

May 17, 24



Course Description: Paul Simon and Art Garfunkel were so enamored with the harmony of the Everly Brothers that they modeled their music after theirs, and even recorded some of their songs. The class will compare the two groups using DVD and CDs. Class members are encouraged to sing along and lyrics will be provided for selected songs.

Instructor's Background: Dr. Joe Paull has taught in the public schools and in the graduate school at WVU.

24. Costa Rica: A World of Nature

Instructor(s): Jerard Welch

Email: jwelch@collette.com

Session(s): 1

Tuesday 3:00 PM - 4:50 PM

Classroom: A

May 31



Course Description: Come see a presentation on Costa Rica and learn how you can spend 10 days immersed in this vibrant, living Eden on the Central American isthmus. Visit the Green Turtle Research Station, Tortuguero National Park, which protects 13 of Costa Rica's endangered species, and dazzle your senses with experiential tours surrounding chocolate, coffee, pineapple, craft beer, and spice cultivation.

Enjoy an exhilarating Corobici River rafting adventure. Overnight at the foot of Tenorio Volcano. Discover Costa Rica's little-known indigenous population with a visit to the Maleku Indigenous Reserve. Explore the white sandy beaches of Manuel Antonio National Park, just minutes from your hotel. Additional trip information is available in the office and online.

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.

25. Christmas in Croatia and Dalmation Coast Cruise

Instructor(s): Wally Venable

Email: wallace.venable@mail.wvu.edu

Session(s): 1

Tuesday 6:00 PM - 7:50 PM

Classroom: B

April 26

Repeat of course 21



Course Description: Wally and Norma Venable flew to Zagreb, Croatia, for Christmas, then joined a small ship cruise which lasted past New Year's Day, and visited Bosnia and Montenegro as well as Croatian ports. The course will cover trip planning, Croatia's drive to become the Christmas Capital of Europe, and the general situation today in what was once Yugoslavia.

Instructor's Background: Wally Venable enjoys budget travel in rural places.

Office Assistants Needed!

We need your help to make coffee and copies, answer phones, and more. To volunteer, please contact the office.

Instructor's Background: Ginger Brookover taught communication studies at Fairmont State University for more than two decades. A recipient of the Outstanding Faculty Award, Ginger has been a community volunteer in public schools, churches, and civic organizations. She is also a landscape photographer and is the author of an historical novel.

28. History of Manufacturing

Instructor(s): Kenton Colvin

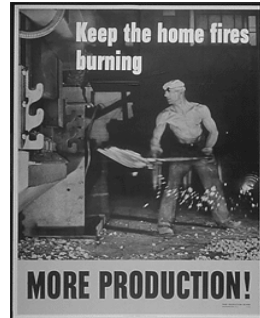
Email: Kenton.Colvin@mail.wvu.edu

Session(s): 3

Wednesday 10:00 AM - 11:50 AM

Classroom: A

April 20, 27, May 4



Course Description: This course covers the history and evolution of manufacturing with an emphasis on the 1940's to present time. Learn about the impact of WWII and the role of women in manufacturing. Learn why after WWII, the United States was the world leader in several products (steel, automobiles, televisions, etc.) and learn how countries that lost the war became the world leader in those same products and others. Learn what affect the 1973-74 oil embargo had on manufacturing, the role of total quality on manufacturing and much more.

Instructor's Background: Kenton Colvin, who retired from WVU, also worked 26 years for several companies in manufacturing management. He is an adjunct instructor of Industrial and Management Systems Engineering at WVU, an avid history buff and lived in the South for several years.

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Learners@hsc.wvu.edu

29. Personal Family History Writing Projects

Instructor(s): Rae Jean Sielen

Email: rsielen@populore.com

Session(s): 2

Wednesday 10:00 AM - 11:50 AM

Classroom: B

May 4, 11



Course Description: Topics for this course will include strategies for organizing your material and considerations as you compile, write and produce your work (e.g., sources, voice, truth, scope, photographs, printing/binding). Participants will be able to begin identifying approaches suitable for their own goals, materials, audience, and budget. Handouts will be provided and examples of many completed projects shared. Topics related to commercial publishing ventures such as how to sell manuscripts, find agents, and negotiate contracts will not be covered.

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.

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!

30. The Shaw & Stratford Festivals in Ontario, Canada

Instructor(s): Jim Held

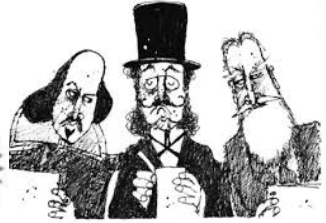
Email: Jim.Held@mail.wvu.edu

Session(s): 1

Wednesday 1:00 PM - 2:50 PM

Classroom: A

April 20



Course Description: An exploration and description of the two premiere theater festivals in North America, with a fully-illustrated tour of the towns, facilities, types of plays, and season offerings in Niagara-on-the-Lake and Stratford, Ontario.

Instructor's Background: James Held retired from WVU in May, 2013, after 33 years teaching stage design, theatre history, world theatre, and drama. He directed or designed many productions, most recently scenery for *The Cherry Orchard*.

31. AV Equipment Training

Instructor(s): Sonja Kelley

Email: sljewellkelley@hsc.wvu.edu

Session(s): 1

Wednesday 1:00 PM - 2:50 PM

Classroom: B

April 20



Course Description: This hands-on course is open to all instructors, facilitators and members who are interested in learning how to operate the classroom equipment. New Ideas are welcome as we develop quick reference sheets and instruction manuals. Want to teach or facilitate a course, and 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.

32. Theater History V: The Restoration and Georgian Periods in England

Instructor(s): Jim Held

Email: Jim.Held@mail.wvu.edu

Session(s): 5

Wednesday 1:00 PM - 2:50 PM

Classroom: A

April 27, May 4, 11, 18, 25

Honor
Roll



Course Description: The next chapter of Theater History will focus on the English Restoration and Georgian periods, with the rise of the actor-manager, the advent of female actresses on stage, and playwrights that reflected the culture of a cynical, class-conscious ruling elite. We'll watch and discuss *The School for Scandal* and *Stage Beauty*.

Instructor's Background: James Held retired from WVU in May, 2013, after 33 years teaching stage design, theatre history, world theatre, and drama. He directed or designed many productions, most recently scenery for *The Cherry Orchard*.

33. Film Forum

Instructor(s): Jim Held

Email: Jim.Held@mail.wvu.edu

Session(s): 5

Wednesday 3:00 PM - 4:50 PM

Classroom: A

April 20, May 4, 18, June 1, 15

Honor
Roll



Course Description: This group will meet on the 1st and 3rd Wednesday of each month. Please see page 56 for a listing of the anticipated films.

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.

Courses 34 - 36 are being offered by Brian Kurcaba

Email: brian.kurcaba@edwardjones.com

Wednesday 3:00 PM - 4:50 PM

Classroom: A



Instructor's Background: Brian Kurcaba is a lifelong resident of Morgantown and graduated with an MS in Industrial Relations from WVU. He has 12 plus years of experience as a financial advisor for Edward Jones.

34. Time Matters: A Women's Retirement Outlook

Session(s): 1

April 27



Course Description: This is a women-focused course discussing retirement income, Social Security, withdrawal rates, preparing for the unexpected, inflation risks, and costs of health care and long-term care.

35. Script Your Family's Future - Why You Need an Estate Plan

Session(s): 1

May 11



Course Description: This course will discuss asset transfer, incapacity protection, guardianship, charitable intent and/or tax control. Materials will be available for small business owners/ sizable estates.

36. Focus on Fixed Income

Session(s): 1

May 25



Course Description: This course explains the basics of fixed income investments, the seven characteristics of, and the advantages of laddering and how fixed income may be part of your investment strategy.

**37. Twelve-Step Programs:
Self Help or Spiritual Paradigm**

Instructor(s): Andrea Myerberg

Email: andreamyerberg@Yahoo.com

Session(s): 1

Wednesday 3:00 PM - 4:50 PM

Classroom: B

May 25



Course Description: This is an introduction to Twelve-Step Programs, their impact, subjects, content, history, and potential. We will listen to a speaker from a twelve-step meeting and discuss amongst ourselves what the value and meaning this twentieth century spiritual movement could have both globally and personally.

Instructor's Background: Andrea Myerberg has an undergraduate degree in Philosophy and an MA in Counseling and Guidance from New York University. She has participated in various Twelve-Step programs across the US for some three decades.

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

38. Introduction to the Science of Fingerprints

Instructor(s): Chris Bily

Email: Chris.Bily@mail.wvu.edu

Session(s): 1

Wednesday 6:00 PM - 7:50 PM

Classroom: Crime Scene Complex

May 11

Maximum Enrollment: 20



Course Description: Fingerprints have been used for more than a century as a means of criminal and civil identification. In this course, through hands-on laboratory exercises, participants will learn fundamental concepts of the science of fingerprints. Topics to be covered will include classification, identification, development, and recovery. The class will conclude with an in-depth examination of the Richard Speck murders that took place in the 1966 in Chicago and how the case was solved with fingerprints.

Instructor's Background: Chris Bily is the Instructional Coordinator for the Next Generation Forensic Science Initiative at West Virginia University.

THURSDAY

39. A History of the Czech Republic

Instructor(s): Eva Hnizdo

Email: evahnizdo@gmail.com

Session(s): 4

Thursday 10:00 AM - 11:50 AM

Classroom: A

April 21, 28, May 5, 12



Course Description: The Czech Republic is a small country in the heart of Europe whose history was determined by the political, social, economic, and cultural developments in Europe as a whole. The history of the Czech Republic will be discussed starting from the Celtic central European period at

400 A.D. and ending with the Czech Republic's integration into the European Union in this century. The focus will be on encompassing all parts of the historical developments including politics, socio-economics, culture, and architecture. This course may be of interest to anybody interested in European history or those planning a trip to central Europe.

Instructor's Background: Eva Hnizdo, PhD in epidemiology, has worked as a scientist at NIOSH. On her visits to the Czech Republic, where she grew up, she became interested in its history, and wants to share her interest with OLLI members.

40. Writing Retreat*

Instructor(s): Rae Jean Sielen

Email: rsielen@populore.com

Session(s): 6

Thursday 10:00 AM - 11:50 AM

Classroom: B

April 21, 28, May 5, 12, 19, 26



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.

41. Alzheimer's Disease: What Recent Research Shows

Instructor(s): Will Reilly, PhD

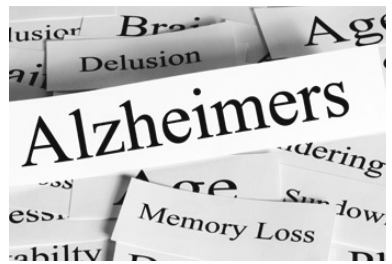
Email: wjreilly99@yahoo.com

Session(s): 3

Thursday 1:00 PM - 2:50 PM

Classroom: A

April 21, 28, May 5



Course Description: After a brief introduction to this devastating and exponentially growing disease, the bulk of the course will focus on recent research results, which may be surprising! The urgency of intensified research and preventive and beneficial measures will be emphasized.

Instructor's Background: Will Reilly holds a PhD in physics from Yale and has taught college-level science for 25 years. He is ABR certified in Radiation Therapy Physics and has worked clinically at centers such as University of Pittsburgh and WVU Hospitals. He has a passion for studying Alzheimer's disease and looks forward to sharing the new research about it.

42. The World of Caves

Instructor(s): Eb Werner

Email: ebwerner@frontier.com

Session(s): 5

Thursday 1:00 PM - 2:50 PM

Classroom: B

April 21, 28, May 5, 12, 19



Course Description: This course will cover the basic science behind caves. How and where do caves form and how do you recognize the areas that may have caves? How are caves investigated? The instructor will show photo tours of caves and cave regions, of the ordinary and unusual caves and cave-related features.

Instructor's Background: Eb Werner has spent about 45 years working on projects in various aspects of geology, including several years of college level teaching.

43. Healthy Menu Planning

Instructor(s): Cynthia Gay

Email: cndgay@comcast.net

Session(s): 1

Thursday 1:00 PM - 2:50 PM

Classroom: A

May 12



Course Description: This course will discuss healthy menu planning. The instructor will engage the participants with her top 10 tips for meal planning, and preparing healthy meals at home.

Instructor's Background: Cynthia Gay is a registered dietitian, recently retired from her job at WVU Medicine, where she created the Healthy Café.

44. Share More Stories

Instructor(s): Alan Rosenbluth

Email: rosenbluthg@aol.com

Session(s): 3

Thursday 1:00 PM - 2:50 PM

Classroom: B

May 19, 26, June 2



Course Description: We all have stories--memories of childhood/family, life-changing events, losing loved ones, surprises, and even fantasies. Please read one or several of your stories. Not ready to share? Come listen, then you can contribute later. This is not a writing class--it's just for sharing and having fun.

Instructor's Background: Alan Rosenbluth, a retired pharmacy professor and dean, has enjoyed creative writing for more than 25 years. Following retirement in 2001, he attended writing classes and workshops (in WV, NC, and CA) and has written dozens of short stories and memoirs involving sports, grandchildren, strange happenings, and high school memories.

45. What are the Chances? Probability Made Clear

Instructor(s): Butch Neal

Email: bneal@augusta-wv.com

Session(s): 6

Thursday 3:00 PM - 4:50 PM

Classroom: A

April 21, 28, May 5, 12, 19, 26



Course Description: Probability is a fascinating study that has many real world applications, financial, betting, physics, our genes, and many others. This course will help simplify and explain basic probability.

Instructor's Background: Butch Neal is an engineer with a PhD and background in computer software systems engineering that has focused on software measurement. He earned an "A" in gaming theory and is an avid Sudoku player.

46. Women in the Bible

Instructor(s): Freya Swanson

Email: freyaswa@gmail.com

Session(s): 5

Thursday 3:00 PM - 4:50 PM

Classroom: B

April 21, 28, May 5, 12, 19



Course Description: This course will be an examination of the role of women in the Bible.

Instructor's Background: Freya Swanson is an ordained Universalist Minister and enjoys teaching classes on religious topics.

WWW.OLLIATWVU.ORG
Learners@hsc.wvu.edu

FRIDAY

47. Lap Dulcimer 101

Instructor(s): Judy Werner

Email: judywerner@frontier.com

Session(s): 6

Friday 10:00 AM - 11:50 AM

Classroom: B

April 22, 29, May 6, 13, 20, 27

Maximum Enrollment: 20



Course Description: Enjoy listening to music featuring the lap dulcimer while learning to play this uniquely Appalachian instrument. This is a hands-on class and instruments are provided for use during class. Each week will feature different types of songs including old time fiddle tunes, gospel, waltzes, rounds and harmony, Irish tunes, and Carter Family songs. Even if you took the class before, we will be learning all new songs. If you're not sure, come and try the first week to see what it's like. No music experience is necessary. Come and enjoy learning to play this old-time traditional Appalachian instrument.

Instructor's Background: Judy Werner taught special education in public schools and worked for WVU Special Education Department. She has played the lap dulcimer for 10 years, performs with local groups, and has taught workshops on the dulcimer, bowed psaltery, and tin whistle. Judy and her husband Ed Werner direct the Worley Gardner Winter Music Festival.

48. Guitar*

Instructor(s): Raymond Crist

Email: raymond_crist@yahoo.com

Session(s): 12

Friday 1:00 PM - 2:50 PM

Classroom: B

April 22, 29, May 6, 13, 20, 27



Course Description: Find out if guitar is for you. This course provides guitar instructions for all levels 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.

49. Michael Moore: Movies of Controversy

Instructor(s): Clyde Richey

Email: clydehurst01@gmail.com

Session(s): 6

Friday 1:00 PM - 2:50 PM

Classroom: A

April 22, 29, May 6, 13, 20, 27



Course Description: In recent years, Michael Moore has produced several highly entertaining and controversial movies that have won many awards. The six movies that will be shown cover a wide range of current subjects that plague American society. They are: *Where to Invade Next*, *Capitalism: A Love Story*, *Sicko*, *Fahrenheit 9/11*, *Bowling for Columbine*, and *Roger and Me*. Some of the titles give an indication of the content. Some examples are: America's disastrous foreign policy, our expensive and often ineffective medical system, mass shootings at our schools and colleges, and the results of the crashing of airliners in the 9/11 attacks.

Instructor's Background: Clyde Richey has viewed numerous early outstanding 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.

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50. History and Tradition Of Wine

Instructor(s): David Davis and B.R. Martin

Email: dedavis@mail.wvu.edu

Session(s): 1

Friday 3:00 PM - 4:50 PM

Classroom: B

May 6

Maximum Enrollment: 25

Costs: \$15 to cover wine tasting



Course Description: This course will cover how wine was made and consumed by the Egyptians, Greeks, Romans, and the western world. Important wine regions around the world will be discussed as well as how old world wines and labels differ from new world wines and labels. The three main Vitis species will be covered regarding where they thrive and how you can expect the wine to taste depending on where the particular grape was grown. A wine tasting will follow the lecture.

Instructors' Backgrounds: David Davis is an Assistant Professor in the Division of Plant and Soil Sciences at WVU and is on the Morgantown Tree Board. He teaches such courses as Woody Plant Materials, Vines to Wines, and Plant Propagation. B.R. Martin works for Northern Eagle, a wine distributor in our region.

REGISTER AND PAY WITH Augùsoft Lumens

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**Contact the office at (304) 293-1793 to sign-up
for a personal training and tour!**

CHARLESTON COURSES

101. Spring wildflowers on the Sunrise Carriage Trail

Instructor(s): Joan Steven

Email: jsteven001@aol.com

Session(s): 1

Monday 4:00 PM - 6:00 PM

Classroom: Carriage Trail

April 18

Maximum Enrollment: 12



Course Description: A joy of walking on the Carriage Trail in the spring is looking for wildflowers. This pleasure comes alive as the participants identify plant names, their history, and uses. The group will find more than 20 wildflower plants in bloom and learn which are native to the forest and which have been introduced. The easy uphill climb will be slow as the group will stop often to examine a plant. Plan to meet the instructor at the bottom of the Carriage Trail on Justice Row, near the railroad tracks where parking is available.

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 has a life-long love of nature and is a Charleston resident.

102. AARP Smart Driver - Driver Safety

Instructor(s): Terry Stone and

Email: tstone8278@suddenlink.net

Session(s): 2

Monday and Tuesday 5:00 PM - 6:50 PM

Classroom: 3296

April 25, 26



Course Description: The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older. For over 30 years, the AARP Driver Safety Program classroom course has taught millions of drivers proven safety

strategies so they can maintain their independence on today's roads. This course provides driving safety tips and information to help you be confident on the road. Learn how you can become a safer driver today.

Instructor's Background: Terry Stone has been an AARP Driver Safety Instructor for 8+ years and is now the State Coordinator for Driver Safety.

103. What are you on? Medication Use and the Older Adult

Instructor(s): Dr. David Elliott

Email: dellriott@hsc.wvu.edu

Session(s): 4

Tuesday 5:00 PM - 6:50 PM

Classroom: 2015

May 3, 17, 24, 31



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.

104. Costa Rica: A World of Nature

Instructor(s): Jerard Welch

Email: jwelch@collette.com

Session(s): 1

Tuesday 3:00 PM - 4:50 PM

Classroom: Edgewood Summit

June 7



Course Description: Come see a presentation on Costa Rica and learn how you can spend 10 days immersed in this vibrant, living Eden on the Central American isthmus. Visit the Green Turtle Research Station, Tortuguero National Park, which protects 13 of Costa Rica's endangered species, and dazzle your senses with experiential tours surrounding chocolate, coffee, pineapple, craft beer, and spice cultivation. Enjoy an exhilarating Corobici River rafting adventure. Overnight at the foot of Tenorio Volcano. Discover Costa Rica's little-known indigenous population with a visit to the Maleku Indigenous Reserve. Explore the white sandy beaches of Manuel Antonio National Park, just minutes from your hotel. Additional trip information is available in the office and online.

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.

105. Scam Proof Your Life with the AARP Fraud Watch Network

Instructor(s): Linda Bunn and
Rich Stonestreet

Email: lbunn@aarp.org


Session(s): 1

Wednesday 5:00 PM - 6:50 PM

Classroom: camc

May 11



Brought to you by 

Course Description: Identity theft occurs every 2 seconds. Learn how you can safeguard yourself and your family, gain access to real time fraud alerts and warnings, and learn how scammers think. Find out how you can take part in local and national campaigns to fight ID theft and fraud.

Instructors’ Backgrounds: Rich Stonestreet, AARP West Virginia State President, is a retired educator and labor relations professional. He has an undergraduate degree from West Liberty State College and a master’s degree from the University of Tennessee. Linda Bunn is Associate State Director for Community Outreach for AARP West Virginia. Prior to coming to AARP, Bunn worked for the Office of the WV Attorney General. She holds a bachelor’s degree and a law degree from the University of Santa Clara in Santa Clara, California.

106. Introduction to Elder Law

Instructor(s): Brent L. Van Deysen

Email: brent@wvelderlaw.com

Session(s): 1

Thursday 5:00 PM - 6:50 PM

Classroom: camc

May 12



Course Description: This course will explain how you can protect your assets and understand the options available under the Medicaid law to seniors who are facing a long-term stay in a nursing home.

Instructor’s Background: Brent Van Deysen is a graduate of WVU College of Law, a member of NAELA and the WV State Bar. His law practice caters primarily to senior citizens and elder law issues, including Medicaid Planning and Medicaid Applications for long-term care services.

107. Learn How to Register On-line with Augùsoft Lumens

Instructor(s): Sonja Kelley

Email: sljewellkelley@hsc.wvu.edu

Session(s): 1

Thursday 3:00 PM - 4:50 PM

Classroom: Edgewood Summit

May 19,



Course Description: OLLI at WVU is using a new software called Augùsoft Lumens. This software allows new and existing members to pay for memberships and trips, as well as register for courses. This course will give an overview of the features for members, steps for instructors and more. Handouts with instructions will be provided. Please bring your laptop, smart phone and/or 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.

Courses 104 and 107 are being held at Edgewood Summit located at 300 Baker Lane Charleston, WV 25302.

NEW for Spring Term: Pay and register online!
See page 57 for more information.

TRAVEL WITH OLLI
See pages 53 - 55 for exciting trips abroad!

FREQUENTLY ASKED QUESTIONS

Can we register online?

Yes! Augùsoft Lumens will allow us to utilize credit card payments and will give members the knowledge that they are immediately registered for their desired course. Find out more by registering for a personalized training and tour, see page 57.

Will I receive a confirmation of courses in the mail?

No. Confirmations are received by email only. But this allows you to be automatically 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.

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.
- **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.

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 2016-2017

For more information, attend Course 24 or 104, *Costa Rica: A World of Nature* 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
Highlights... Pub Dinner, Buckingham Palace, Big Ben, London Theatre Performance, Eurostar Train, Eiffel Tower Dinner, Seine River Cruise, Arc de Triumphe, and Paradis Latin Cabaret.

Costa Rica: A World of Nature-736817

January 15-25, 2017



11 Days • 19 Meals

10 Breakfasts • 4 Lunches • 5 Dinners

Highlights... Tortuguero National Park, Chocolate-Making Demonstration, River Rafting, Maleku Indigenous Tribe, Tenorio Volcano, Manuel Antonio National Park, Villa Blanca Cloud Forest, Farm Tour



Old World Prague and The Blue Danube

Grand Circle Cruise Line welcomes OLLI at WVU, along with several OLLIs around the US, to travel to

Old World Prague and on the Blue Danube. This river cruise will be aboard the Line's privately owned 140-164 passenger ship exclusively for American travelers.

This trip is scheduled for April 6, 2017, and contains two optional pre-trip and post-trip extensions. Pricing starts at about \$3,195 for the 12 day River Cruise Tour. (Information and prices are estimates based on 2016 departure dates, 2017 dates, pricing and itineraries are subject to change.)

More information and brochures are available in the OLLI office. For more details and to make reservations contact, toll-free 1-800-597-2452 option 2. Be sure to mention code G7-27140.

Heritage Adventures and OLLI at WVU

Invite you to tour **Old Quebec City** June 18-26, 2016

Take a 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 l'île d'Orleans (Orleans Island), the Basilica-Sainte-Anne-de-Beaupre, Montmorency Falls, Grosse l'île (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.)

OLLI goes to the WVU School of Theatre and Dance

Coordinator: Stan Cohen

Courtship and Valentine's Day - By Horton Foote

Sunday, March 13, 2016 at 2:00 PM

The Arabian Nights - By Mary Zimmerman

Sunday, April 24, 2016 at 2:00 PM

The cost of tickets is \$12.00 each. Payment through the OLLI office is required no later than the Tuesday preceding the date of the performance. Updates will be in the Friday Bulletin and on www.olliatwvu.org under upcoming trips.

Film Forum

Check out the Friday Bulletin for details.



March 16: In *Victor Victoria*, we find ourselves in 1932 Paris, with a starving soprano played by a wild Julie Andrews as you've never seen her/him before, with Robert Preston in the draggiest drag ever.

April 6: *Chocolat* is a 2000 American-British romantic drama film based on the novel of the same name by Joanne Harris, and was directed by Lasse Hallström.



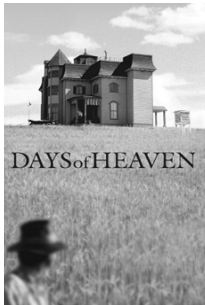
April 20: In *Howl's Moving Castle*, Sophie, a quiet girl working in a hat shop is literally swept off her feet by a strange, handsome and wonderful wizard named Howl.



May 4: *Wings*, won the very first Oscar for Best Picture in 1927. This classic silent film is accompanied by its original re-recorded score for orchestra and the Mighty Wurlitzer pipe organ of the silent era. Starring the trio of Buddy Rogers, Clara Bow and Richard Arlen, and the first cameo appearance of Gary Cooper.



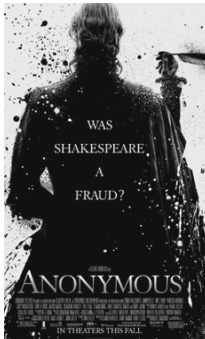
May 18: Terence Malick was one of a handful of the most visually arresting directors in Hollywood history. Set in 1916, *Days of Heaven*, a starving young Bill and his girlfriend Abby, along with Bill's sister Linda must find a way to survive.



June 1: A comedy-drama film based on the novel *Fried Green Tomatoes at the Whistle Stop Cafe* by Fannie Flagg. Evelyn Couch is having trouble in her marriage, and no one seems to take her seriously.



June 15: Set in the political snake-pit of Elizabethan England, *Anonymous* speculates on an issue that has for centuries intrigued academics and brilliant minds... who was the author of the plays credited to William Shakespeare?



Movies are on the 1st and 3rd Wednesday of each month at 3:00 PM in Classroom A.


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***Contact the office at (304) 293-1793 to sign-up
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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.



OFFICE OF PUBLIC HEALTH PRACTICE
& WORKFORCE DEVELOPMENT

The Office of Public Health Practice and Workforce Development (OPHPWD) is part of the West Virginia University School of Public Health. Additionally,

Some major benefits are that Augùsoft Lumens will allow us to utilize credit card payments and will give members the knowledge that they are immediately registered for their desired course.

Find out more by registering for a personalized training and tour. **Contact the office for more information on dates and times by email at learners@hsc.wvu.edu or by calling (304) 293-1793.**

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 a Full Member for an additional \$75.00 the next term, within the same fiscal year, or may pay \$50.00 for a 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.



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**Spring Term begins
April 18, 2016!**

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