



Well House, Cooper's Rock State Forest
Photograph by Anthony Winston, West Virginia Photographer

OLLI@WVU Charleston

Curiosity Never Retires

*Osher Lifelong Learning Institute at WVU
Winter 2018 Course Catalog*

www.olliatwvu.org

The Osher Lifelong Learning Institute at WVU

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. One of 120 institutes across the country funded by the Bernard Osher Foundation, OLLI at WVU offers classes in Morgantown and Charleston.

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 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.

Free from the pressures of tests and grades, this is learning simply for the joy of it.

Charleston Membership

Membership is open to curious adults interested in programming designed specifically for those over 50, who want to engage socially and intellectually with their peers. An individual must be a member of OLLI to take classes.

In addition to the opportunities to discover a new passion or rekindle an old interest, share a love of learning with peers, and meet new people, members also enjoy such benefits as:

- a weekly e-news bulletin
- discounts on travel and various events around the community
- financial assistance for membership fees

Membership in the Charleston chapter of OLLI at WVU is **\$25.00 per term.**

Members may participate in unlimited courses and activities during a term for which they have a paid membership.

Membership may be purchased on line at www.olliatwvu.org, by calling the OLLI office at 304-293-1793, or mailing a membership/registration form to: OLLI at WVU

PO Box 9123
Morgantown, WV 26506-9123

Please make checks payable to the WVU Foundation.

SCHOLARSHIPS

While OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members, we recognize that membership 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.

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.osherfoundation.org.

OLLI at WVU Charleston Winter Courses

OLLI at WVU Charleston classes are held at the WVU Extension in City Center East, 4700 MacCorkle Ave SE, Room 1017, or at the South Charleston Library, 312 Fourth Ave, unless otherwise indicated in the course description.

What Is Opera? Richard Strauss's *Capriccio*

Dr. Robert Harrison

drbobwv@aol.com

Monday, January 22, 1:00 - 4:00 p.m.

South Charleston Library

Capriccio by Richard Strauss is a an opera about a discussion by opera enthusiasts about what are the elements of opera that make an opera an opera for each of the enthusiasts. Viewing and discussing Strauss's *Capriccio* will allow the participants to learn about the elements of opera in order to help themselves define their personal preferences for what types of operas appeal to them as new, future or continuing opera consumers.

About the Instructor: Dr. Bob Harrison is a retired West Virginia Educator with 50 years of service to the profession as a teacher, administrator and policy maker.

Time, Aging, and Love in Shakespeare's Sonnets

Dr. Arnold Hartstein

amh2@suddenlink.net

Tuesday, January 23, 10:00 - 11:00 a.m.

WVU Extension **Maximum Enrollment: 15**

Shakespeare's sonnets explore the dynamics and complexity of love. It's all there: beauty, sexual attraction, spiritual longing, loneliness, elation, obsession, insecurity, comfort, etc., all played out against the knowledge of our mortality. We will look at a sampling of these sonnets.

About the Instructor: Dr. Arnold Hartstein recently retired from West Virginia State University, where he taught English for 41 years.

Beginner Knitted Hat

Sarah Radow

kcyarncompany@gmail.com

Wednesdays, January 24 - February 7, 10:00 - 11:00 a.m. **Maximum Enrollment: 6**

Learn to knit on circular needles in the round. Students will use worsted weight yarn to make a basic 'toboggan' style hat. Ribbing at the bottom stockinett stitch at the top makes this hat easy to make, warm to wear. Students must already know how to cast on, knit and purl. The class will teach you everything else you need to know.

Materials Needed: 150 yards of worsted weight yarn, #6 and 7 16" needles, #7 double point needles, and the pattern.

About the Instructor: Sarah Radow is a retired teacher from Kanawha County Schools and owner of Kanawha City Yarn Company. Sarah has three children and two grandchildren. Kanawha City Yarn Company has been in business for 14 years, so Sarah has taught many, many people to knit hats. We hope you join us!

Contact Us

Physical Address:

Osher Lifelong Learning Institute
at West Virginia University
Mountaineer Mall, Suite C-17
5000 Greenbag Rd.
Morgantown, WV 26501

Mail Address:

OLLI at WVU
PO Box 9123
Morgantown, WV 26506-9123

(304) 293-1793

www.olliatwvu.org

Email: olli@hsc.wvu.edu

Like us on Facebook at

Osher Lifelong Learning at WVU

OLLI at WVU Charleston Winter Courses

The World of The Talmud

Rabbi Victor Urecki

charlestonrabbi@yahoo.com

Thursdays, January 25 - February 15, 10:00 - 11:00 a.m.

B'nai Jacob Synagogue, 1599 Virginia Street, East, Charleston, WV

The Talmud, next to the Hebrew Scripture, is the central text of Judaism. It is the “record” of all the rabbinical discussions pertaining to Jewish law, ethics, philosophy, customs and legends. The Talmud makes for great study because, despite its often dry subject matter, it is infused with vigorous intellectual debate, humor and profound wisdom. For Christians, it is a window to the world of Jesus, where he developed his teachings, ethics, and methodology. Be prepared to hear Aramaic and be put through a world class intellectual and spiritual workout!

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

“Why Can’t I Sleep?” Causes, Diagnosis, and Treatments for Common Sleep Disorders

Dr. James Spencer

spencer@wvstateu.edu

Wednesday, January 31, 1:00 - 2:00 p.m.

WVU Extension

Sleep disorders will affect most adults at some time in their lives. As we age, both sleep quantity and quality gradually worsen, which can impact our physical and psychological well-being. This class will address the nature of sleep itself, common disorders that plague older adults, sleep hygiene, and practical interventions to improve your night’s rest.

About the Instructor: James Spencer is a retired professor of psychology at West Virginia State University.

The Basic Teaching of the Qur’an According to Muslim Tradition Interpretation

Ibtesam “Sue” Barazi

Tuesday, February 6, 1:00 - 3:00 p.m.

South Charleston Library

This class will provide a summary of how the Quran came about and by whom! The Holy Quran serves as the basic rules of law and governance for Muslims as it teaches them how to conduct their lives, in terms of family matters (marriages, death, inheritance), and how to treat parents, each other and the community. The Quran’s universal message where Allah speaks to all humanity, believers and non-believers.

About the Instructor: Ibtesam “Sue” Barazi is the Vice-President of the Islamic Association of West Virginia. After 29 years of service, she retired from her position as Assistant Area Director of OSHA.

Using Your Apple iPad and iPhone

Steven Fleming

stevenfleming@hotmail.com

Tuesday, February 13, 2:00 - 4:00 p.m.

South Charleston Library **Maximum Enrollment: 10**

This course covers iOS 11 for the iPhone and iPad .We’ll look at features of this state-of-the-art operating system and the incredibly useful devices on which it runs. We’ll explore the basic knowledge and skills you’ll need to use your device effectively and efficiently like the various gestures you use to control the operating system and apps, how to use the 3D touch features, and how to find and install third party apps.

About the Instructor: Steve Fleming has an extensive background in the technology field. He has held job positions with Unisys Corporation, The Federal Reserve Banks in Nashville and Atlanta. He is currently OLLI’s Professional Technologist.

OLLI at WVU Charleston Winter Courses

A Look at Psychology of Aging-Aging to Saging

Jane Smith

jcsmith1493@aol.com

Wednesday, February 14, 11:00 a.m. - 1:00 p.m.

South Charleston Library

Aging to Saging: Investigate how to turn aging into a meaningful and wonderful time in our lives no matter our age. Who are our models about aging and how the paradigm has changed.

About the Instructor: Jane Smith is a counselor/trainer with over 30 years experience as a Career Counselor assisting clients in making career decisions. She currently teaches at BridgeValley Community College.

Introduction to Scrapbooking

Margie Price

mprice1204@suddenlink.net

Wednesday, February 14, 3:00 - 5:00 p.m.

WVU Extension

Maximum Enrollment: 10

Learn about the basics of scrapbooking, including how to sort pictures, types of albums to make, and the variety of tools available. Participants will complete one scrapbook page and receive a list of resources to continue their interest. Please bring five or six photos to be cropped and scrapbooked.

About the Instructor: After working for 40 years as a librarian in college, state and federal courts, Price is enjoying spending much of her time in retirement scrapbooking life memories and sharing her hobby with others.

Obscure Civil War Battles

Andrew Gallagher

avgallagherpr1@aol.com

Mondays, February 19, 26, March 5 & 12, 2:00 - 3:00 p.m. South Charleston Library

Maximum Enrollment: 10

Everyone knows about Gettysburg and Antietam. This is a course about the obscure but critical battles of Franklin and Nashville.

About the Instructor: Andrew Gallagher has a Masters degree in Humanities from Marshall University and a BS in Journalism from WVU. He was a longtime adjunct teacher of history at West Virginia State College, teaching courses on the Civil War and a longtime reporter for The Associated Press, UPI, and The Charleston Gazette.

Be an OLLI Ambassador!

Our members are our best recruiters. Share your OLLI experience with a friend.

Bring a friend to a class (*Please limit a friend's visit to one class*)

Offer a catalog

Suggest a membership*

Give a gift certificate (*available at the OLLI office*)

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

OLLI Board of Directors (2017-2018)

Linda Jackowitz, President
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Earl Melby, Secretary
George Trapp, Treasurer
Linda Alexander, SPH Rep.
Stan Cohen
Gwen Gill
Kathy Hanko
Karen Long
Judy Kelley Minor
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Gwen Rosenbluth
Bill Weiss

OLLI Board of Advisors

Bob Craig
Roger Dalton
Ann Davidson
Suzanne Gross
E. Jane Martin
Betty Maxwell
Art Pavlovic

OLLI Policies

Registration and Attendance Matters

Please be respectful of the time and efforts of our volunteer instructors. It is important to register for the classes that you wish to attend. If you are unable to attend a class for which you are registered, please notify the instructor or the OLLI office.

Weather and Holiday Policy

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

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.

OLLI at WVU Charleston Curriculum Committee

Carolyn Atkinson • Melora Cann • Janet Craig
Nancy Daugherty • Kay Goodwin • Rosa Lea McNeal
Fran Simone • Debra Sullivan

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)
- ◆ West Virginia Geriatric Education Center
- ◆ South Charleston Library
- ◆ WVU Extension, Kanawha County
- ◆ OLLI Board Members, Committee Members, and Volunteers
- ◆ OLLI \$100K Club
- ◆ Our Distinguished Instructors
- ◆ OLLI Members

Sponsors

OLLI at WVU would like to thank our following sponsors:

Right at Home Care, Morgantown
The Bean Counter
Heritage Adventures & Coal Country Tours

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. Opportunities may be short-term project-oriented tasks or ongoing general support, team or solo tasks, on-site or in the community.

Current opportunities include:

- class hosts
- project team members
- ambassadors
- committee and board members
- teachers

Perhaps you have expertise or ideas that you'd like to share. We would love to hear it!

If you're interested in volunteering, contact the OLLI office at 304-293-1793 or submit the Volunteer Information Form online at <http://www.olliatwvu.org/>.

Giving to Your OLLI

The Osher Lifelong Learning Institute at WVU is dedicated to providing the highest quality educational, recreational, and social opportunities possible to our members. Last year, we offered nearly 60 lectures, discussions, field trips and workshops in Charleston in a wide variety of subject areas, from the arts and literature to retirement planning and computer training.

We are thrilled at the success of OLLI at WVU Charleston and proud to be able to offer these experiences to you. Your support as a member has enabled the marked success in Charleston. In order to continue the high quality course selection and to grow the program for you, your financial support is needed also.

Although OLLI receives support from WVU and earnings from the Osher Endowment, this funding covers only about 45% of our expenses. Membership and registration fees cover another 15%. Therefore, the remaining 40% must be raised through donations, gifts, sponsorships and grants. Your donation will help us continue to offer quality programming for OLLI at WVU Charleston.

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.



OLLI@WVU Charleston

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Emergency Contact Name _____

Phone _____ Relationship _____

OLLI at WVU Charleston
Winter 2018 Term Membership:
\$25.00
(Make checks payable to:
WVU Foundation)

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the WVU Extension in City Center East,
4700 MacCorkle Ave SE, Room 1017, or at the
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Please register me for the following courses:

- | | |
|--|--|
| <input type="checkbox"/> What Is Opera? Richard Strauss's Capriccio (Robert Harrison) | Monday, Jan. 22, 1:00 - 4:00 p.m. |
| <input type="checkbox"/> Time, Aging, and Love in Shakespeare's Sonnets (Arnold Hartstein) | Tuesday, Jan. 23, 10:00 - 11:00 a.m. |
| <input type="checkbox"/> Beginner Knitted Hat (Sarah Radow) | Wednesdays, Jan. 24 - Feb. 7, 10:00 - 11:00 a.m. |
| <input type="checkbox"/> The World of the Talmud (Rabbi Victor Urecki) | Thursdays, Jan. 25 - Feb. 15, 10:00 - 11:00 a.m. |
| <input type="checkbox"/> "Why Can't I Sleep?" Causes, Diagnosis, and Treatments for Common Sleep Disorders (James Spencer) | |
| <input type="checkbox"/> | Wednesday, Jan. 31, 1:00 - 2:00 p.m. |
| <input type="checkbox"/> The Basic Teaching of the Qur'an According to Muslim (Ibtesam "Sue" Barazi) | Tuesday, Feb. 6, 1:00 - 3:00 p.m. |
| <input type="checkbox"/> Using Your Apple iPad and iPhone (Steve Fleming) | Tuesday, Feb. 13, 2:00 - 4:00 p.m. |
| <input type="checkbox"/> A Look at Psychology of Aging - Aging to Saging (Jane Smith) | Wednesday, Feb. 14, 11:00 a.m. - 1:00 p.m. |
| <input type="checkbox"/> Introduction to Scrapbooking (Margie Price) | Wednesday, Feb. 14, 3:00 - 5:00 p.m. |
| <input type="checkbox"/> Obscure Civil War Battles (Andrew Gallagher) | Mondays, Feb. 19, 26, March 5 & 12, 2:00 - 3:00 p.m. |

Payment

Cash Check: Please make payable to WVU Foundation Check # _____

Visa/MasterCard/Discover Card # _____

Exp. Date _____ CVV# _____

Name & billing address of card if different from above

Register online at www.olliatwvu.org or call 304-293-1793.
Or mail form with check to: OLLI at WVU, PO Box 9123, Morgantown, WV 26506-9123