



**See page 7.1 for
added classes and
schedule updates**

Winter 2023 Course Catalog

Registration
begins
Jan. 3

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Registration forminsert

olliatwvu.org



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About OLLI at WVU

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

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

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

The Bernard Osher Foundation

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

Contact Us

Osher Lifelong Learning Institute at WVU

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

Main office (Morgantown)

Mountaineer Mall, Suite C-17
5000 Green Bag Rd.
Morgantown, WV 26501

Kanawha Valley office

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

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

OLLI Board of Directors (2022-2023)

Kristie Gregory, President
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Jascenna Haislet, Director
Michelle Klishis, Professional Technologist
Diane Cale, Program Assistant
Susan Martino, Program Assistant

Mark Your Calendar for These Important Dates

Winter quarter - Jan. 17 - Mar. 10, 2023

Winter registration begins	Jan. 3
Morgantown In-person Open House	Jan. 10
Virtual Open House	Jan. 11
Kanawha Valley In-person Open House	Jan. 12

Spring quarter - Apr. 10 - June 2

Spring course proposals due	Jan. 2
Spring registration begins	Mar. 21

Summer quarter - begins July 10, 2023

Summer course proposals due	Mar. 23
Summer registration begins	June 20

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

- OLLI member

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

Welcome to OLLI's winter 2023 term!

Since we're writing this letter in early November, it's difficult to predict what January, February, and March may bring. Cold temperatures, warmer temperatures, snow, rain, sunny skies? All are possible. Regardless of the weather outside, you will find inspiration and insight in the OLLI classrooms this winter. With over 60 lectures, workshops, discussion groups, and adventures, the winter schedule offers members the opportunities to explore their creativity, expand their knowledge, and exercise their brains and bodies.

Earlier this fall, we asked our current and past members to share through a survey some information about themselves and their course preferences, as well as provide feedback on some OLLI services. Demographic information was collected at the request of the Osher Lifelong Learning Institute National Resource Center to help OLLI administrators and advisory boards, nationally and locally, identify who we are serving and who we need to work a little harder to reach.

Other information will be used to help OLLI at WVU identify our strengths and weaknesses while creating educational and social opportunities of interest to our members, friends, and stakeholders. Our Board of Directors, Board of Advisors, and committees will review the results of the survey over the next couple of months and begin to develop plans and programs to grow desired opportunities and address member concerns.

Thank you to the WVU students who helped develop and launch the survey and analyze the information collected. And thank you to everyone who shared with us by completing the survey.

If you did not have an opportunity to complete the member survey but would like to share your thoughts about OLLI at WVU and lifelong learning opportunities in West Virginia with us, we invite you to visit <https://bit.ly/3NyrDNZ> or scan the QR code to the right to do so.

Many of us have multiple demands on our time and a variety of leisure-time activities to choose from. We hope that you will choose to include OLLI at WVU among those activities this winter. Whether in-person at one of our locations in Morgantown or the Kanawha Valley or on Zoom, we have a seat for you.

If you've never taken an OLLI class, call our office at 304-293-1793 to ask about a one-time introductory guest pass.



OLLI 2022 Survey

Life isn't about finding yourself. Life is about creating yourself.
- George Bernard Shaw

Kristie Gregory
President, Board of Directors

Jascenna Haislet
Program Director

OLLI Membership

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

Benefits

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

**Annual
membership
\$30**

Membership year runs
July 1st to June 30th

**Quarterly
registration fee
\$35**

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

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

How to Register

The winter quarter runs January 17th through March 30th.

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

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

- Online at <https://wvusph-olli.augusoft.net/>.
- Call the OLLI office at (304) 293-1793.
- By mail, using the enclosed membership/registration form.

Mail to: OLLI at WVU

5000 Green Bag Rd
Morgantown, WV 26501

Please make checks payable to the WVU Foundation.

*If you pay with a credit or debit card, the charge will show as:
WV OLLI.*

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

**Winter Registration begins
January 3, 2023**

Register Anytime!

Registration remains open throughout the quarter.

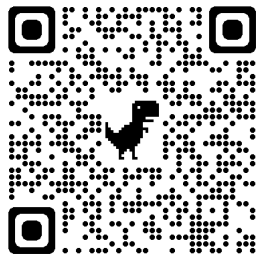
Financial Assistance Available

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

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

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

Applications and information submitted are kept strictly confidential.



Registration & Attendance Matter

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

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

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

Taking a Class with OLLI @ WVU

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

In-person or
on Zoom?

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

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

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

Need assistance with Zoom?

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

Be an OLLI Ambassador!

Our members are our best recruiters.

Share your OLLI experience with a friend.



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

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

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

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

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

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

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

You can choose to designate your gift to:

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

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

And choose the time that works for you.

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

Every gift makes an impact!

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

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

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ADDED CLASSES

Introduction to Spanish

Felicia Carrara

Tuesdays & Thursdays, Jan. 24 - Feb. 2, 6:00 - 7:00 p.m.
Zoom

By the end of this introductory class, participants will be able to talk about themselves and express their wants and needs. We'll go over the basics: vocabulary you'll need to carry on a friendly conversation, important phrases, and the most commonly used verbs. The class will be participatory with conversations and pronunciation so the language sticks. Handouts will be provided for extra practice. You will also have the opportunity to use a textbook to practice vocabulary outside of the classroom and build a stable foundation of the Spanish language.

Osa and Martin Johnson, Wildlife Documentary Filmmakers

Russ Hutchins

Thursdays, Mar. 2 - 16, 10:00 a.m. - 11:30 a.m.
Zoom

Join us as we explore Borneo and Africa in the 1920s and '30s through the films of Osa and Martin Johnson. Traveling twice to Borneo and five times to Africa making over 20 films and later early television shows, the Johnsons were the first to film wild animals up close as Osa stood ready with a rifle to protect Martin at the camera. They had many close calls and wonderful adventures. The films were shown in America to help finance their next trip. The class will cover their many books and their museum.

CANCELLATIONS

No News Is Bad News

David Raese

Postponed to spring term. Watch for new dates.

Get Your Brick On: The World of LEGO

Rabbi Victor Urecki

Postponed to summer term. Watch for new dates.

Scam Prevention Basics

Sarah Smith

Postponed to a later term. Watch for new dates.

NEW DATES

Healthy Aging

Catelynn Swartz

Thursdays, Jan. 26 - Mar. 9, 3:00 - 4:30 p.m.
Zoom & Morgantown B

See page 17 for class description.

Mobility for Seniors

Catelynn Swartz

Tuesdays, Jan. 24 - Mar. 7, 3:00 - 4:30 p.m.
Zoom & Morgantown B

See page 17 for class description.

MonRiver New Horizons Band

Justin McCrary, Ryan Kerwin

Mondays, Jan. 23 - Mar. 20, 3:30 - 5:00 p.m.
Morgantown B

See page 15 for class description.

Wills and Powers of Attorney

Daniel Oliver

Tuesday & Thursday, Mar. 7 & 9, 12:45 - 1:45 p.m.
Zoom & Morgantown B

See page 17 for class description.

The Promise of America: The Competing Views of Hawthorne and Dvorak

Byron Nelson

Fridays, Mar. 17 & 24, 10:00 - 11:30 a.m.
Morgantown A

See page 16 for class description.

ZOOM OPTION ADDED

The Western Frontier and History of the Greenbrier

Stephen Crislip

Thursday, Feb. 9, 12:45 - 2:00 p.m.
Zoom & Kanawha Valley Schoenbaum Center

See page 19 for class description.

Winter 2023 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Monday				
Yarn Arts	Jan. 23 - Mar. 27	12:45 - 2:30 p.m.	A	14
Lap Dulcimer (Werner)	Jan. 23 - Mar. 20	10:00 - 11:45 a.m.	B & Z	15
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	Jan. 23 - Mar. 13	10:00 - 11:45 a.m.	Z	22
MonRiver New Horizons Band (McCrary, Kerwin)	Jan. 23 - Mar. 20 (UPDATED)	3:30 - 5:00 p.m.	B	15
An Introduction to Modern Fandom (Bhaile)	Jan. 23 & 30	6:00 - 7:30 p.m.	Z	19
No News Is Bad News (Raese)	Jan. 23	12:45 - 2:15 p.m.	B & Z	21
Old Time Radio Shows (Haislet)	Jan. 30 - Mar. 13	12:45 - 2:15 p.m.	B	16
Old Time Radio Shows (Haislet)	Mar. 20	1:30 - 3:00 p.m.	B	12
Monday/Wednesday				
Everything...About Dinosaurs and More (Smosna)	Jan. 23 - Feb. 13	3:00 - 4:30 p.m.	A	20
Tuesday				
Campus Club Evening Book Discussion (Attfield)	Jan. 10, Feb. 14, & Mar. 14	7:30 - 9:00 p.m.	Z	14
Campus Club Morning Book Discussion (Ostrow)	Jan. 17, Feb. 21, & Mar. 21	10:00 - 11:30 a.m.	Z	14
Twilight Trivia	Jan. 17, Feb. 21, & Mar. 21	7:00 - 8:30 p.m.	Z	14
Faerie Tale Theatre (Elkins)	Jan. 17 & 24	10:00 - 11:30 a.m.	Z	15
Mobility for Seniors (Swartz) NEW DATES	Jan. 24 - Mar. 7	3:00 - 4:30 p.m.	B & Z	17
Scam Prevention Basics (Smith)	Jan. 24 - Feb. 28	12:45 - 2:15 p.m.	A & Z	17
Celebration in India, Part 2...(Riedel)	Jan. 24 - Feb. 7	3:00 - 4:45 p.m.	A	22
Indo-European Languages...(Reddy)	Jan. 24 & 31	12:45 - 2:30 p.m.	B & Z	19
Involuntary Hospitalization Process...(Semack)	Jan. 24	10:00 - 11:45 a.m.	B & Z	17
Facebook (Klishis)	Jan. 31	10:00 a.m. - 12:00 p.m.	B & Z	22
More Midrash: Diving In Again (Blair)	Feb. 7 & 14	1:00 - 2:30 p.m.	B & Z	20
Antiques and Flea Marketing in 2023 (Semack)	Feb. 7	10:00 - 11:45 a.m.	B & Z	19
<i>Indigenous Appalachia</i> Exhibit...(Brown)	Feb. 7	10:00 - 11:30 a.m.	Z	18
An Introduction to Greek Myths (Kemp)	Feb. 14 - 28	10:00 - 11:45 a.m.	A & Z	15
Wills and Powers of Attorney (Oliver) NEW DATES	Mar. 7 & 9	12:45 - 1:45 p.m.	B & Z	17
The Other Royals: Japan's... (Hammersmith)	Mar. 7 & 14	10:00 - 11:45 a.m.	B & Z	18
Only Hope: My Mother and the Holocaust...(Lubliner)	Mar. 14	1:00 - 3:00 p.m.	Z	18
Technology Security (Klishis)	Mar. 21	10:00 a.m. - 1:00 p.m.	B & Z	22
Tuesday/Thursday				
Introduction to Spanish (Carrara)	Jan. 24 - Feb. 2	6:00 - 7:00 p.m.	Z	7.1
Wednesday				
Photography 101 (Chang)	Jan. 18	12:00 - 1:00 p.m.	B & Z	16
Contemporary Economic Policy Issues (Haveman)	Jan. 25 - Mar. 1	12:45 - 2:15 p.m.	A & Z	16
Wheeling Women during the Civil War (Howe)	Jan. 25 & Feb. 1	10:00 - 11:45 a.m.	A & Z	19
Dining with Diabetes (Hoover, Roberts, Wright)	Feb. 8 - Mar. 1	10:00 - 11:30 a.m.	A & Z	17
American Chestnut: the Demise...(Rentch)	Feb. 8	10:00 - 11:45 a.m.	B & Z	20
Digital Decluttering (Klishis)	Feb. 15	10:00 a.m. - 12:00 p.m.	B & Z	22
Plant Symbioses (Fowler)	Feb. 22 & Mar. 1	10:00 - 11:45 a.m.	B & Z	20
Meeting with Elected Officials...(Smith)	Mar. 8	10:00 - 11:00 a.m.	A & Z	21
Streaming Video Services...(Palfrey)	Mar. 8	12:45 - 1:45 p.m.	B & Z	22
Spring Wildflowers of the WVU Core Arboretum (Fowler)	Mar. 15 & 22	10:00 - 11:45 a.m.	B & Z	21
Whole Grains Sampling Day (Gay)	Mar. 29	12:00 - 1:00 p.m.	A	12

Winter 2023 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Thursday				
Walking Outdoors with Campus Club (Covey)	Jan. 5 - Mar. 30	9:00 - 10:00 a.m.	Other	14
Let's Do Lunch (Cale)	Jan. 12, Feb. 9, Mar. 9	11:30 a.m. - 1:00 p.m.	Other	14
1800 Presidential Election...(Colvin)	Jan. 19	12:45 - 2:30 p.m.	B & Z	18
Healthy Aging (Swartz) NEW DATES	Jan. 18 - Mar. 8	3:00 - 4:30 p.m.	Z	17
Creating and Decorating a Junk Journal (Hurst, Hatfield)	Jan. 26 - Feb. 16	3:00 - 4:45 p.m.	A	15
Red Spruce Forests of West Virginia (Rentch)	Jan. 26	12:45 - 2:15 p.m.	B & Z	21
History and Impact of Manufacturing...(Colvin)	Feb. 2 - 16	12:45 - 2:30 p.m.	B & Z	18
Learn to Play the Tin Whistle (Werner)	Feb. 2 - Mar. 16	10:00 - 11:45 a.m.	B & Z	15
Looking for More Income...(Wigen)	Feb. 2	12:45 - 2:15 p.m.	A♦ & Z	16
The Western Frontier...Greenbrier (Crislip) NEW CLASS	Feb. 9	12:45 - 2:00 p.m.	Z	19
<i>Indigenous Appalachia</i> Exhibit...(Brown)	Feb. 23	10:00 - 11:30 a.m.	Other	18
<i>Titanic</i> : Final Conclusions (Semack)	Feb. 23	12:45 - 2:30 p.m.	A	18
Stop the Bleed® (Small)	Feb. 23	12:45 - 1:45 p.m.	B	17
Home Safety and Fall Prevention (Small)	Mar. 2	12:45 - 1:45 p.m.	B & Z	17
Osa and Martin Johnson, Wildlife Documentary....	Mar. 2 - 16	10:00 - 11:30 a.m.	Z	7.1
Friday				
Photography Composition 101 (Chang)	Jan. 20	12:00 - 1:00 p.m.	B & Z	16
Winter Film Forum I: <i>Out of Africa</i> (Held)	Jan. 27	10:00 a.m. - 3:00 p.m.	B	12
Beyond <i>The Good Earth</i> (Cole)	Feb. 3 - 24	12:45 - 2:15 p.m.	B & Z	15
West Virginia State Capitol Complex...(Johnson)	Feb. 17 & 24	10:00 - 11:45 a.m.	B & Z	19
Winter Film Forum II: <i>Exodus</i> (Held)	Mar. 3	10:00 a.m. - 3:00 p.m.	B	12
The Promise of America:...Hawthorne & Dvorak (Nelson)	Mar. 17 & 24 NEW DATES	10:00 - 11:30 a.m.	A	16
Saturday				
Introduction to T'ai Chi and Qigong (Koehler, Pollard)	Jan. 21 - Mar. 25	10:00 - 10:50 a.m.	Other	13
Intermediate T'ai Chi (Koehler, Pollard)	Jan. 21 - Mar. 25	11:00 - 11:50 a.m.	Other	13
Sunday				
OLLI Virtual Happy Hour	Jan. 22 - Mar. 12	6:30 - 7:30 p.m.	Z	12

See page 10 for the Kanawha Valley Schedule at a Glance.
Although listed separately, classes and events offered in the Kanawha Valley
only are open to all OLLI at WVU members.

Classroom Key

All classes are held in the Mountaineer Mall in Morgantown, unless otherwise stated.

A - Classroom next to the OLLI office.

B - Classroom under the OLLI sign.

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

Z - online via Zoom.

Other - See course description for location.

Winter 2023 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Monday				
Lap Dulcimer (Werner)	Jan. 23 - Mar. 20	10:00 - 11:45 a.m.	Z	15
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	Jan. 23 - Mar. 13	10:00 - 11:45 a.m.	Z	22
A Taste of Jewish Short Stories (Atkinson)	Jan. 23 & 30	10:00 - 11:30 a.m.	SC	16
An Introduction to Modern Fandom (Bhaile)	Jan. 23 & 30	6:00 - 7:30 p.m.	Z	19
No News Is Bad News (Raese)	Jan. 23	12:45 - 2:15 p.m.	Z	21
Take a Walk (Martino)	Feb. 6 & Mar. 6	10:00 - 11:30 a.m.	Other	14
Tuesday				
Campus Club Evening Book Discussion (Attfield)	Jan. 10, Feb. 14, & Mar. 14	7:30 - 9:00 p.m.	Z	14
Campus Club Morning Book Discussion (Ostrow)	Jan. 17, Feb. 21, & Mar. 21	10:00 - 11:30 a.m.	Z	14
Twilight Trivia	Jan. 17, Feb. 21, & Mar. 21	7:00 - 8:30 p.m.	Z	14
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Mobility for Seniors (Swartz) NEW DATES	Jan. 24 - Mar. 7	3:00 - 4:30 p.m.	Z	17
Scam Prevention Basics (Smith)	Jan. 24 - Feb. 28	12:45 - 2:15 p.m.	Z	17
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Facebook (Klishis)	Jan. 31	10:00 a.m. - 12:00 p.m.	Z	22
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Technology Security (Klishis)	Mar. 21	10:00 a.m. - 1:00 p.m.	Z	22
Wednesday				
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Contemporary Economic Policy Issues (Haveman)	Jan. 25 - Mar. 1	12:45 - 2:15 p.m.	Z	16
Wheeling Women during the Civil War (Howe)	Jan. 25 & Feb. 1	10:00 - 11:45 a.m.	Z	19
Get Your Brick On: The World of LEGO® (Urlicki)	Feb. 1	10:00 - 11:30 a.m.	Other	12
Dining with Diabetes (Hoover, Roberts, Wright)	Feb. 8 - Mar. 1	10:00 - 11:30 a.m.	Z	17
American Chestnut: the Demise...(Rentch)	Feb. 8	10:00 - 11:45 a.m.	Z	20
Digital Decluttering (Klishis)	Feb. 15	10:00 a.m. - 12:00 p.m.	Z	22
Plant Symbioses (Fowler)	Feb. 22 & Mar. 1	10:00 - 11:45 a.m.	Z	20
West Virginia State Capitol Complex...(Johnson)	Mar. 8	10:00 - 2:45 a.m.	SC	19
Meeting with Elected Officials:...(Smith)	Mar. 8	10:00 - 11:00 a.m.	Z	21
Streaming Video Services...(Palfrey)	Mar. 8	12:45 - 1:45 p.m.	Z	22
Spring Wildflowers of the WVU Core Arboretum (Fowler)	Mar. 15 & 22	10:00 - 11:45 a.m.	Z	21

Classes and events will be held either in-person at the Schoenbaum Center (SC) and/or online via ZOOM (Z).
ZOOM links will be emailed to all enrolled on the morning of each class session.

Winter 2023 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Thursday				
1800 Presidential Election...(Colvin)	Jan. 19	12:45 - 2:30 p.m.	Z	18
Healthy Aging (Swartz) NEW DATES	Jan. 26 - Mar. 9	3:00 - 4:30 p.m.	Z	17
Adventure and Intrigue in Operetta...(Harrison)	Jan. 26 & Feb. 2	10:00 a.m. - 12:00 p.m.	SC	15
Red Spruce Forests of West Virginia (Rentch)	Jan. 26	12:45 - 2:15 p.m.	Z	21
History and Impact of Manufacturing...(Colvin)	Feb. 2 - 16	12:45 - 2:30 p.m.	Z	18
Learn to Play the Tin Whistle (Werner)	Feb. 2 - Mar. 16	10:00 - 11:45 a.m.	Z	15
Looking for More Income...(Wigen)	Feb. 2	12:45 - 2:15 p.m.	Z	16
The Western Frontier...Greenbrier (Crislip)	Feb. 9	12:45 - 2:00 p.m.	Z & SC	19
Petrified Wood Makes Poor Campfires...(Holsclaw)	Feb. 23	10:00 - 11:30 a.m.	SC	20
Fifty Shades of Trilobite (Holsclaw)	Mar. 2	10:00 - 11:30 a.m.	SC	20
Home Safety and Fall Prevention (Small)	Mar. 2	12:45 - 1:45 p.m.	Z	17
Osa and Martin Johnson, Wildlife Documentary....	Mar. 2 - 16	10:00 - 11:30 a.m.	Z	7.1
Friday				
Photography Composition 101 (Chang)	Jan. 20	12:00 - 1:00 p.m.	Z	16
Beyond <i>The Good Earth</i> (Cole)	Feb. 3 - 24	12:45 - 2:15 p.m.	Z	15
West Virginia State Capitol Complex...(Johnson)	Feb. 17 & 24	10:00 - 11:45 a.m.	Z	19
Sunday				
OLLI Virtual Happy Hour	Jan. 22 - Mar. 12	6:30 - 7:30 p.m.	Z	12

See page 8 for the Morgantown Schedule at a Glance.
Although listed separately, classes and events offered in Morgantown
only are open to all OLLI at WVU members.

Symbol Key

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

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

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

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

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

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

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

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

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

Special Member Events & Benefits

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

Ask a Geek

Michelle Klishis*

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

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

Get Your Brick On: The World of LEGO®

Victor Urecki*

Wednesday, Feb. 1, 10:00 - 11:30 a.m.
B'nai Jacob Synagogue, Charleston



The instructor didn't grow up playing with LEGO nor did any of his children. For almost 60 years of his life, he had never even purchased a LEGO set. Then COVID happened. During those months of lockdown, he and his wife bought their very first set...and have been building ever since. Every night. And they are not alone. Discover why LEGO has become so popular with adults today, and why more and more seniors are finding LEGO to be not just fun but a great way to stimulate and maintain brain function and manual dexterity. See the *Titanic*, Madrid and Manchester Stadiums, a globe, a vintage Ford Mustang, various flower arrangements, and more, all made of LEGO. Participants will have the opportunity to their own creativity with bricks. A limited number of small kits will be available for purchase.

POSTPONED

Old-Time Radio Shows Performance

Monday, Mar. 20, 1:30 - 3:00 p.m.
Classroom B



After six weeks of rehearsal, OLLI members enrolled in Old-Time Radio Shows this winter will share their work in a free performance for their friends and family. Show titles will be announced in February.

Whole Grains Sampling Day 2023

Cindy Gay

Wednesday, Mar. 29, 12:00 - 1:00 p.m.
Morgantown A



Join retired dietitian Cindy Gay for Whole Grains Sampling Day to enjoy a light lunch while viewing posters around the room detailing some 20 whole grains. In addition to recipe ideas, learn what grains are environmentally friendly, which are complete proteins and what's grown locally. Your goal is to find one new whole grain you'd like to make at home. This year's event is a come-and-go; there is no lecture.

OLLI Virtual Happy Hour

Sundays, Jan. 22 - Mar. 12, 6:30 - 7:30 p.m., Zoom

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

Winter Film Forum I: *Out of Africa*

James Held*

Friday, Jan. 27, 10:00 a.m. - 3:00 p.m.

Classroom B

Fee: \$12.00 (payable at the time of registration)

Lunch will be provided.



Directed by Sydney Pollack in 1985, *Out of Africa* tells the story of Karen Blixen's time at her home in Africa. Karen's pen name was Isak Dinesen, one of the most admired of all writers from Denmark. Filmed in Africa, this wide-screen epic is a love story and a travelogue in one, starring Meryl Streep, Robert Redford and Klaus Maria Brandauer as Baron von Blixen. Similar to the epic films of David Lean, *Out of Africa* is a feast for the eyes and a chance to see actors doing their best work for a great director. 161 minutes.

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

- OLLI member

Winter Film Forum II: *Exodus*

James Held*



Friday, Mar. 3, 10:00 a.m. - 3:00 p.m.

Classroom B

Fee: \$12.00 (payable at the time of registration)

Lunch will be provided.

Israel, Palestine, and the history of that Holy Land has provided film directors with plenty of material. *Exodus*, filmed by Otto Preminger in 1960, was a now classic and honest attempt to portray the history of the founding of Israel after the end of the British control of Palestine. It deals with real issues on both sides of the struggle, acted out by a stellar cast including Paul Newman, Eva Marie Saint, Ralph Richardson, Peter Lawford, Lee J. Cobb, Sal Mineo, John Derek and George Maharis. Dalton Trumble, a black-listed writer, wrote the screenplay from Leon Uris's popular novel. 208 minutes.

Community Events

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

T'ai Chi Classes

Led by Cecil Pollard* & Bill Koehler*

Hosted by OLLI at WVU and

The Shack Neighborhood House



Jan. 21 - Mar. 25

The Shack Neighborhood House (537 Blue Horizon Dr.)

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

Introduction to T'ai Chi and Qigong

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

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

Intermediate T'ai Chi

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

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

A Taste of OLLI

Winter Open Houses

Zoom **CORRECTED DATE**
Monday, Jan. 9, 3:00 - 4:30 p.m.

Morgantown (Mountaineer Mall)
Tuesday, Jan. 10, 3:00 - 4:30 p.m.

Kanawha Valley (Schoenbaum Center)
Thursday, Jan. 12, 3:00 - 4:30 p.m.

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



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

Special Interest Groups

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

Let's Do Lunch!

Facilitator: Diane Cale - NEW FACILITATOR

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

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

Maximum enrollment: 12



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

Take a Walk

Facilitator: Susan Martino



Mondays, Feb. 6 & Mar. 6, 10:00 - 11:30 a.m.

Charleston Trails

Join OLLI members for a monthly, leisurely walk on various trails around Charleston. Participants must be able to complete a walk up to 3 miles in 90 minutes. Trails will be decided by the group via an email chat the week prior. Dogs on leashes welcome.

Walking Outdoors with Campus Club

Facilitator: Hope Covey

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

Morgantown Trails



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

Yarn Arts

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



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

On ZOOM

Campus Club Evening Book Discussion

Facilitator: Hilary Attfield

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

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

Campus Club Morning Book Discussion

Facilitator: Lynne Ostrow

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

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

Twilight Trivia

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

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

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

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

Arts & Literature

Adventure and Intrigue in Operetta: Sigmund Romberg's *Desert Song* and *The Student Prince*

Bob Harrison*



Thursdays, Jan. 26 & Feb. 2, 10:00 a.m. - 12:00 p.m.
Kanawha Valley Schoenbaum Center

Operetta is the musical bridge built between Grand Opera and the American Musical Theater. Sigmund Romberg's *Desert Song* and *The Student Prince* are classic examples of this beautiful art form. Participants will view productions of both works.

Beyond *The Good Earth*: Exploring Pearl S. Buck's Other Works

Jay Cole*

Fridays, Feb. 3 - 24, 12:45 - 2:15 p.m.
Zoom & Morgantown B

Pearl S. Buck's most famous work is *The Good Earth*. During the course of her prolific career, however, Pearl wrote and published many more books in a variety of genres and styles, from a Gothic mystery set in an old English castle to a novel about the development of the atomic bomb. This course will explore some of these other works with a goal of introducing Pearl's wider literary world and showcasing her skill and versatility as a writer.

Creating and Decorating a Junk Journal

Judy Hurst & Sue Hatfield

Thursdays, Jan. 26 - Feb. 16, 3:00 - 4:45 p.m.
Morgantown A



Create your own junk journal by binding together pages and then decorating the pages with (mainly) recycled items. Participants who took the previous class are encouraged to attend and learn how to create some embellishments for their journal.

Faerie Tale Theatre

Andrea Elkins

Tuesdays, Jan. 17 & 24, 10:00 - 11:30 a.m.
Zoom

Faerie Tale Theatre debuted on Showtime on September 11, 1982. Conceived by Shelley Duvall, the series retold the fairy tales of The Brothers Grimm, Charles Perrault, and Hans Christian Andersen, among others. This class will explore the origins of this award-winning show, the episodes, and the talented casts.

An Introduction to Greek Myths

Janet Kemp

Tuesdays, Feb. 14 - 28, 10:00 - 11:45 a.m.
Zoom & Morgantown A ♦

Greek myths are complex and varied but are useful in appreciating the development of European (Western) literature and art from the Middle Ages to the 20th century. This course will cover the main Greek gods and heroes and their stories, which are both fun and fantastic.

Lap Dulcimer

Judy Werner*

Mondays, Jan. 23 - Mar. 20, 10:00 - 11:45 a.m.
Zoom & Morgantown B

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

Learn to Play the Tin Whistle

Judy Werner*

Thursdays, Feb. 2 - Mar. 16, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Be ready to celebrate St. Patrick's Day with some music of Ireland by learning to play the tin whistle. The whistle is an easy instrument to learn with additional complexity to keep you learning for a long time. This beginners' class is designed for individuals with little or no musical experience. You will need to have a tin whistle in the Key of D which are available at Fawley's Music in Sabraton or in the OLLI Office.

MonRiver New Horizons Band

Justin McCrary, Ryan Kerwin



Mondays, Jan. 23 - Mar. 20, 3:30 - 5:00 p.m.
Morgantown B **NEW DATES**

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

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

Old-Time Radio Shows

Jascenna Haislet

Mondays, Jan. 30 - Mar. 13, 12:45 - 2:15 p.m.
Monday, Mar. 20, 12:45 - 3:30 p.m.
Morgantown B



Mystery, suspense, drama, or comedy? Participants will choose an old-time radio show to rehearse and perform. No experience necessary.

Photography 101

Corina Chang



Wednesday, Jan. 18, 12:00 - 1:00 p.m.
Zoom & Morgantown B

DSLR (digital single-lens reflex) cameras continue to produce more professional-looking photos compared to their phone competitors. Level up by learning how to get started on your DSLR camera. This lesson is a true beginner's lecture that touches on camera settings, composition, and the exposure triangle.

Photography Composition 101

Corina Chang

Friday, Jan. 20, 12:00 - 1:00 p.m.
Zoom & Morgantown B

Are your photos falling a bit flat? Composition is the first step to creating more dynamic photos. Delve into the world of best practices with guides on where best to place your subject in your frame. This session will include a short lecture and an opportunity to practice your new skills in a controlled exercise. Camera functions and fundamentals will not be covered.

The Promise of America: The Competing Views of Hawthorne and Dvorak

Byron Nelson

Fridays, Mar. 17 & 24
10:00 - 11:30 a.m.
Morgantown A

**New
Dates!**



The creators of two of the most famous American works of the 19th century, *The Scarlet Letter* and the symphony *From the New World*, offered dramatically different assessments of the American experience. The novelist Nathaniel Hawthorne (conservative New Englander, private, introverted) offered a distinctly pessimistic view and helped to confirm a gloomy view of early America. The composer Antonin Dvorak (Bohemian, internationally acclaimed, and a 3-year visitor to America) provided an optimistic view of the future of American classical music which was largely ignored by the musical establishment.

A Taste of Jewish Short Stories

Carolyn Atkinson

Mondays, Jan. 23 & 30, 10:00 - 11:30 a.m.
Kanawha Valley Schoenbaum Center



Jewish short stories are rich and colorful: filled with religious practices, thought-provoking ideas and questions, and a flavor of the countries and backgrounds of the authors. In two classes, we will explore short stories from Pulitzer Prizewinner Phillip Roth and Yiddish author I. L. Peretz. The stories will be provided in advance of the classes for a stimulating discussion.

Financial Literacy & Retirement Planning

Contemporary Economic Policy Issues

Jon Haveman

Wednesdays, Jan. 25 - Mar. 1, 12:45 - 2:15 p.m.
Zoom & Morgantown A ♦

Economics plays a central role in the functioning of every aspect of society. This course will address a set of prominent policy issues which have economics at their core. We will explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Lectures will be stand-alone, taught by subject matter experts, all of whom have a Ph.D. in Economics. Potential topics include Climate Change, Healthcare Economics, Economic Inequality, and many more. The topics presented will be determined by what is most topical at the time of the course.

Looking for More Income From Your Investments?

James Wigen

Thursday, Feb. 2, 12:45 - 2:15 p.m.
Zoom & Morgantown A ♦

Generating income from bonds, bond funds, CDs, and income funds, has been extremely challenging for years. Selling covered call options on stocks you already own may provide another source of earned income. Stocks paying dividends are good for earning income, however, that income may not be enough. This class will teach you what selling covered call options are, how they generate additional income from dividend and non dividend paying stocks, and may reduce risk in your investment portfolio: great strategy inside IRA accounts.

Winter 2023 Classes

Scam Prevention Basics

Sarah Smith

Tue days, Jan. 4 - Feb. 28, 12:45 - 2:15 p.m.

Zoom & Morgantown A

Scams come in many forms, commonly through phone and online through calls, text messages, and emails. Other than targeting older adults, their primary goal is to steal your personal information and your money. Participants will learn the basic signs of a scam, how to report a potential scammer, where to find resources and assistance, and more!

Wills and Powers of Attorney

Daniel Oliver

Tuesday & Thursday, Mar. 7 & 9, 12:45 - 1:45 p.m.

Zoom & Morgantown B

In planning for a possible death or incapacity, we will review the considerations in getting one's affairs in order. What instruments are available and how do they work? What happens if there are no executed instruments?

Health & Wellness

Dining With Diabetes

Andi Hoover, David Roberts, Dana Wright

Wednesdays, Feb. 8 - Mar. 1, 10:00 - 11:30 a.m.

Zoom & Morgantown A

A program for diabetics and/or caregivers, the course will focus on four different topics related to a diabetic diet: basic diabetes overview, tests and ways to manage diabetes; carbohydrates and sweeteners; fat and sodium; and fiber, vitamins and minerals. Each class will include a cooking demonstration and a short physical activity.

Healthy Aging

Catelynn Swartz

Thursdays, Jan. 26 - Mar. 9, 3:00 - 4:30 p.m.

Zoom & Morgantown B

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

Home Safety and Fall Prevention

Eric Small

Thursday, Mar. 2, 12:45 - 1:45 p.m.

Zoom & Morgantown B

Falls are one of the leading causes of injury-related death and disability in adults over the age of 65. This course discusses some of the risk factors and leading causes of falls in the home and in public spaces, as well as strategies to mitigate those risks and create a safe home environment.

Involuntary Hospitalization Process in West Virginia

Justin Semack

Tuesday, Jan. 24, 10:00 - 11:45 a.m.

Zoom & Morgantown B

This course will consider the Chapter 27 Mental Hygiene Code in the State of West Virginia, including the entire process from filing an application through evaluation and the civil commitment hearings. Emphasis will be on the ways the actual experience does and does not follow the stated legal code, using colorful real-life experiences learned over the instructor's career. No confidential information will be disclosed.

Mobility for Seniors

Catelynn Swartz

Tuesdays, Jan. 24 - Mar. 7, 3:00 - 4:30 p.m.

Zoom & Morgantown B

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

Stop the Bleed®

Eric Small

Thursday, Feb. 23, 12:45 - 1:45 p.m.

Morgantown B

American College of Surgeons and ACS Committee on Trauma have developed Stop the Bleed®, a hands-on education program designed to train the public how to recognize and treat life-threatening bleeding. Stop the Bleed® teaches three primary techniques to treat bleeding: direct pressure, packing a wound, and correct use and application of a tourniquet. This program, presented by the WVU Hospital Critical Care & Trauma Institute, is designed to be the CPR of traumatic injury and bleeding.

History

1800 Presidential Election: Turning Point in American History

Kenton Colvin*

Thursday, Jan. 19, 12:45 - 2:30 p.m.

Zoom & Morgantown B

After more than two centuries of democracy, Americans are conditioned to expect a politician who loses an election to gracefully surrender his office to the winner. In 1800, the new American nation had yet to test this principle. When John Adams (Federalist), after a close and bitter election for U.S. president peacefully ceded power to Thomas Jefferson (Republican), it marked an important precedent-setting moment in the young republic. In the 18th century, it was almost a rule that political parties were dangerous and undesirable. This course focuses on the 1800 election and the impact of exploding party politics.

History and Impact of Manufacturing on American Society

Kenton Colvin*

Thursdays, Feb. 2 - 16, 12:45 - 2:30 p.m.

Zoom & Morgantown B

In the 18th century American manufacturing was an artisan process. Every craftsman began his career as an apprentice to a master. Every craftsman made a complete product out of a small shop, with his own tools, and according to his schedule. Learn how the Industrial Revolution began the transition to new manufacturing processes about 1760 and impacted the world in manufacturing. This was a major turning point in history. This course will cover the history of manufacturing in the world and focus on the effects of manufacturing on U.S. society from the Industrial Revolution to the present time.

Indigenous Appalachia Exhibit Tour and Discussion

Sally Brown

Tuesday, Feb. 7, 10:00 - 11:30 a.m. Zoom

Thursday, Feb. 23, 10:00 - 11:30 a.m.

Morgantown WVU Downtown Library

Lead curator Sally Brown will deliver an online presentation and lead a discussion on Feb. 7 on *Indigenous Appalachia*, an exhibit at the WVU Downtown Library featuring works by Indigenous artists, scholars and communities. She will then host a tour and post-tour discussion of the exhibit on Feb. 23. Participants may attend one or both dates.

<https://exhibits.lib.wvu.edu/exhibits/indigenous-appalachia>

Only Hope: My Mother and the Holocaust Brought to Light

Irving Lubliner

Tuesday, Mar. 14, 1:00 - 3:00 p.m.

Zoom

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her life in Nazi-occupied Poland during the Holocaust, including her internment in ghettos and two concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have been published by her son, Irv Lubliner, an emeritus professor at Southern Oregon University. He will share excerpts from *Only Hope: A Survivor's Stories of the Holocaust*, shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition. Participants are invited to visit <https://www.onlyhopebook.com> for additional information.

The Other Royals: Japan's Enduring Legacy

Jack Hammersmith*

Tuesdays, Mar. 7 & 14, 10:00 - 11:45 a.m.

Zoom & Classroom B

Mention royalty, think Elizabeth II, at least in today's world, given her historic tenure, but the Japanese monarchy, like its English equivalent, also retains an enduring presence. Beyond such similarities as religious role--crown and Christianity, emperor and Shintoism--there have been stark differences: a lack of scandal, transparency and gender opportunity in Japan. This two-part class will center on Japan's monarchy, its survival in the ashes of World War II and its redefinition in an increasingly democratic society, largely unsympathetic to its continuation.

Titanic: Final Conclusions

Justin Semack

Thursday, Feb. 23, 12:45 - 2:30 p.m.

Morgantown A

This class is the final one on the *Titanic*, which will look at the conclusions drawn from the hearings of 1912 in the U.S. and England, along with making statements regarding what we know, what we don't know, or what is still unknown. There will be a greater focus on group discussion of the philosophical and psychological questions the *Titanic* tragedy evoked for all of us.

M

Winter 2023 Classes

The Western Frontier and History of the Greenbrier

Stephen Crislip

**Now on
Zoom**

Thursday, Feb. 9, 12:45 - 2:00 p.m.
Zoom & Kanawha Valley Schoenbaum Center

Enjoy an overview of the history of Greenbrier County as the western frontier leading to the settlement of the healing springs areas. The history of the Greenbrier Resort and its role in West Virginia's history will be included.

Wheeling Women during the Civil War

Barb Howe*

Wednesdays, Jan. 25 & Feb. 1, 10:00 - 11:45 a.m.
Zoom & Morgantown A♦

Wheeling was the largest city in western Virginia/West Virginia during the Civil War, the capital of the new state, a transportation hub, and a center of industry. During the war, women worked as prostitutes, nurses at Wheeling Hospital, teachers, and businesswomen, among other jobs. We will look at both what they did and how we uncover their stories through sources like lawsuits and credit records.

Other Interests

Antiques and Flea Marketing in 2023

Justin Semack

Tuesday, Feb. 7, 10:00 - 11:45 a.m.
Zoom & Morgantown B

This class is intended to describe current day issues for collecting and selling antiques and collectibles. If you want to learn about buying, selling, and collecting, this class will address these areas as they apply to local in-person and internet options. The class is intended to help the class members become more knowledgeable and appreciative of the experience of buyers and sellers in both in-person and online options.

Indo-European Languages That Tie Three Billion People of the World

Sumitra Reddy*

Tuesdays, Jan. 24 & 31, 12:45 - 2:30 p.m.
Zoom & Morgantown B♦

An Indo-European language is a first language of 40% of the world's population. Due to colonization there is a dominance of Indo-European languages in the fields of science & technology, medicine, finance, sports, and also on the Internet with English continuing to lead the group. Sir William Jones, a British jurist and polyglot, while living in Calcutta observed in 1786 that Sanskrit had a strong resemblance to

Greek and Latin; he is considered to be the father of modern linguistics. In this class, the fascinating subject of the Indo-European languages will be discussed with examples.

An Introduction to Modern Fandom

Teresa Bhaile

Mondays, Jan. 23 & 30, 6:00 - 7:30 p.m.
Zoom

Fandom has come a long way from its roots. Beginning with merchandising from network television shows in the 40s and 50s through mail order fan clubs to today's cosplay and conventions, people have shown their love and devotion to the creative works of others. While most people think of fandom related to science fiction, we will not limit our discussions. Together we will discuss the current state of fandom, how people interact with fandom and how fandoms continue to thrive in our over stimulated world. Come prepared to discuss your favorite fandom and learn about the fandoms of others.

West Virginia State Capitol Complex

Ed Johnson*

Fridays, Feb. 17 & 24, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Encore

Wednesday, Mar. 8, 10:00 a.m. - 2:45 p.m.
(lunch break from 11:45 a.m. - 1:00 p.m.)
Kanawha Valley Schoenbaum Center

With numerous videos and photos, plus Google Maps Street View, we will "tour" the campus, including the numerous statues and memorials, inside the Governors' Mansion, and the Culture Center and State Museum. In the second session, we will view a few of Capitol Building's external details, then venture inside for looks at both legislative chambers, the rotunda and the chandelier, the Supreme Courtroom, Governor's office, and other areas.



Philosophy & Religion

More Midrash: Diving In Again

Rabbi Joe Blair

Tuesdays, Feb. 7 & 14, 1:00 - 2:30 p.m.
Zoom & Morgantown B◆

A little tour of topically related midrash on several themes, the class will discuss selected stories around the Golden Calf, Joseph, Samuel, Solomon, and Egypt. Participants are asked to have available a version of the biblical text for reference. The Midrashim will be provided in advance.

Science & Math

American Chestnut: the Demise and Rebirth of an Iconic Species

Jim Rentch

Wednesday, Feb. 8, 10:00 - 11:45 a.m.
Zoom & Morgantown B

The American chestnut once dominated portions of the eastern U.S. forests. It was among the largest, tallest, and fastest-growing tree in these forests. Its wood was rot-resistant and suitable for furniture, fencing, and building materials. Its nut fed insects, birds, and mammals and was a significant cash crop for rural families. This changed during the early 20th century with the introduction of a deadly blight from Asia. In 50 years, the blight ended the Chestnut's presence as an overstory tree. However, the species is not extinct, and efforts to develop a blight-resistant tree are now becoming a reality along several fronts.

Everything You Ever Wanted to Know about Dinosaurs and More

Richard Smosna*



Mondays & Wednesdays, Jan. 23 - Feb. 13
3:00 - 4:30 p.m., Morgantown A

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

Fifty Shades of Trilobite

Steven Holsclaw*



Thursday, Mar. 2, 10:00 - 11:30 a.m.
Kanawha Valley Schoenbaum Center

Trilobites are one of the iconic fossil invertebrates revered by professional and amateur paleontologists alike. Finding a complete specimen is always a memorable experience. Prominently displayed in museums and private collections, these extinct marine arthropods spanned a 270 million-year period from ~522 to 252 million years ago. They crawled on and in the bottom ooze of ancient oceans and occupied all levels of the food chain as predator, scavenger and prey. Trilobites displayed remarkable evolutionary adaption to their environment. Three states have designated a trilobite as the state fossil.

Petrified Wood Makes Poor Campfires, But Warms Rock Collectors' Hearts

Steven Holsclaw*



Thursday, Feb. 23, 10:00 - 11:30 a.m.
Kanawha Valley Schoenbaum Center

Of course petrified wood won't burn. But rock collectors will take a polished slab of colorful petrified wood any time. This presentation features beautiful specimens and scenes from the Petrified Forest in Arizona and includes an amazing pictorial gallery of petrified wood sections from many different locations and countries. The natural process of turning tree trunks and limbs that lived in the geologic past into stone can be so detailed and complete that individual wood cells and annual rings are often faithfully preserved.

Plant Symbioses

Zach Fowler*

Wednesdays, Feb. 22 & Mar. 1, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Symbiosis is a biological term describing a close and historical association between organisms of two different species. Plants engage in many symbiotic relationships with other organisms. These symbioses play important roles in plant nutrition, reproduction, interactions with other plants and consumers of plants, etc. In this class we will learn about these amazing and important plant relationships with other organisms.

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

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

Red Spruce Forests of West Virginia

Jim Rentch

Thursday, Jan. 26, 12:45 - 2:15 p.m.
Zoom & Morgantown B

Red spruce forests once ranged over a million acres in the high elevation areas of West Virginia. They housed a unique ecosystem of plants, animals, climate, and soils that were distinct from those common to the state's lower-elevation deciduous hardwood forests. However, in the time span of about forty years, these magnificent forests virtually disappeared into the sawmills and pulpmills during the logging boom, 1880-1920. This talk will cover red spruce biology, its former and current range, and its unique flora and fauna. It also will describe current steps to restore this former ecosystem.

Spring Wildflowers of the WVU Core Arboretum Presentation

Zach Fowler*

Encore

Wednesdays, Mar. 15 & 22, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Participants will learn about the spring ephemeral wildflowers of the WVU Core Arboretum. This will be a classroom discussion about what spring ephemeral wildflowers are and a slide-show introduction to species that occur in the arboretum. There is a separate class listing for a 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!



Social Sciences, Political, & Current Events

Meeting with Elected Officials: How to Use Your Power as a Constituent

Sarah Smith

Wednesday, Mar. 8, 10:00 - 11:00 a.m.
Zoom & Morgantown A ♦

Are you unsure of how you can continue to be involved in your community now that election season is over? Learn the basics of civic engagement and community involvement with the West Virginia chapter of RESULTS, a global, non-partisan advocacy group that is dedicated to ending poverty. We'll cover topics like how to find out who your elected officials are, how to request a meeting with your officials, and how to leverage your power as a constituent of your community. Join us and raise your voice today!

The New Yorker Discussion Group

Hilary Attfield, Michael Attfield

Mondays, Jan. 23 - Mar. 13, 10:00 - 11:45 a.m.
Zoom

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

No News Is Bad News

David Raese

Monday, Jan. 23, 12:45 - 2:15 p.m.
Zoom & Morgantown B

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

Technology & Training

Digital Decluttering

Michelle Klishis*

Encore

Wednesday, Feb. 15, 10:00 a.m. - 12:00 p.m.
Zoom & Morgantown B

By now, most of us have gigs and gigs of data on our hard drives (be they on our phones, tablets, or computers) and no idea how to deal with all these pictures and songs and videos and files, many of which we'll never look at again. This class will give you some ideas about how to begin the process as well as systems that you could maintain to keep things from getting cluttered again.

Facebook

Michelle Klishis*

Encore

Tuesday, Jan. 31, 10:00 a.m. - 12:00 p.m.
Zoom & Classroom B

If you are on any form of social media, you are probably on Facebook. Even if you're not on Facebook, you have almost certainly heard about the issues the company has encountered regarding privacy laws and governments in other countries. Facebook is in many ways a monopoly and we are stuck playing in their sandbox. In this class, we'll discuss some of those issues as well as what you can do to help protect your privacy while using the app.

Streaming Video Services With Your Library Card

Sarah Palfrey

Wednesday, Mar. 8, 12:45 - 1:45 p.m.
Zoom & Classroom B

Many libraries in West Virginia offer streaming video collections through Kanopy, Hoopla, and other platforms. This class will focus on the offerings of the Morgantown Public Library System (MPLS), but the knowledge gained can be used with other libraries in the state. Participants will learn how to navigate MPLS's large online film collection through a computer, hand-held device, and on their television. The collection includes documentaries, foreign films, BBC and other television series, as well as children's programming, classic movies, and current releases. The collection includes thousands of titles, truly something for everyone.

Technology Security

Michelle Klishis*

Encore

Tuesday, Mar. 21, 10:00 a.m. - 1:00 p.m.
Zoom & Morgantown B

"If you are not paying for it, then YOU are the PRODUCT." As more of our lives become digitized, it's important to make sure you are being safe with your electronic gadgets and online information. Anti-virus programs, malware, hacking, and identity theft all make computers and smart phones sound terrifying. But there are simple steps you can take to make your data more secure and to feel more comfortable surfing the web and shopping online.

Travel & Adventure

Celebrations in India, Part 2, Fall 2019 - A Personal Video Odyssey

Heimo Riedel

M

Tuesdays, Jan. 24 - Feb. 7, 3:00 - 4:45 p.m.
Morgantown A

After an earlier scheduling in 2020 was cancelled during the pandemic, this is the second part of a vivid and intimate close-up view of the vibrant and colorful street life of India with high-resolution video clips and sound. The class will highlight an adventurous trip from Delhi to Calcutta by train, bus, and plane. It will focus on festivals and celebrations in Fall 2019. Participants will learn about India but there will be no focus on a systematic overview of the country.



Winter 2023 Classes

OLLI Computer Camp with Michelle

OLLI is offering the Microsoft Office series all in one week, Mar. 27 - 30. Classes will meet in the computer lab. The maximum enrollment is 6 for each class.

Microsoft Office: The Basics

Monday, Mar. 27, 10:00 a.m. - 12:00 p.m.

Skill Level I

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

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

Using Microsoft Word

Tuesday, Mar. 28, 10:00 a.m. - 12:00 p.m.

Prerequisite: Office Basics **Skill Level I**

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

Using Microsoft PowerPoint

Wednesday, Mar. 29, 10:00 a.m. - 12:00 p.m.

Prerequisite: Office Basics **Skill Level I**

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

Using Microsoft Excel

Thursday, Mar. 30, 10:00 a.m. - 12:00 p.m.

Prerequisite: Office Basics **Skill Level II**

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

Travel with Collette

Greece Island Hopper

featuring Athens, Mykonos, and Santorini
11 Days • 13 Meals • Activity Level 2

September 7 - 17, 2023

Reservation Deadline: March 1, 2023

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, an Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotiri. Make the most of a free day on the picture-perfect island of Santorini. From the ruins of Athens to the bright rooftops of Mykonos and Santorini – embrace the country at its best.

Christmas on the Danube

featuring a six night Danube River Cruise
9 Days • 19 Meals • Activity Level 1

November 27 - December 5, 2023

Reservation deadline: March 21, 2023

On a boat cruise along the Danube, explore charming Christmas markets and see Europe dressed in its holiday best. Join a local expert and explore historic Vienna. Float through the Wachau Valley dotted with castles and hillside houses. Visit the 900-year-old Benedictine Melk Abbey, one of Europe's largest Baroque monasteries. Enjoy a Glühwein Party – a German holiday party with mulled wine. Explore Nuremberg, home to one of the oldest and largest Christmas markets in the world. Discover Würzburg, an ancient Franconian wine town. Relax as you are transported to beloved riverside towns and delve into local holiday traditions. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1112892>

For more information, visit the trip websites or call the OLLI office at 304-293-1793.

Visit <https://www.gocollette.com/en-ca/collette-gives-you-more/faq#pacing> for a description of Collette's activity level ratings.

Instructor Biographies

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

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

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

Teresa Bhaile, a recent transplant to West Virginia, brings the experience of 20 years of public sector work with her as she seeks to help her fellow Mountaineers find their inner nerd. A science fiction and fantasy fan from way back will learn with you as you rediscover all the nerdy things adulthood made you put aside.

Rabbi Joe Blair is the religious and spiritual leader of Temple Israel in Charleston, WV. He has taught several other courses for OLLI.

Sally Brown is an artist, curator and writer currently based in Morgantown. She holds a BA-Studio Art, a MPA, and MA- Art History and Feminist Theory. She is a former member of the College Art Association National Committee on Women in the Arts, and serves as Exhibits Coordinator for West Virginia University Libraries.

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

Corina Chang is the Associate Director of Communications for Monument Lab. In this capacity, she oversees the organization's comprehensive communications efforts, and manages its communications department, to include marketing, social media, external media, design, publications, podcast, and public programs. Most recently, Chang was responsible for leading the marketing and communications vision for the Morgantown Public Library.

***Jay Cole** has taught or co-taught OLLI courses on Pearl S. Buck, Dante's *Divine Comedy*, science fiction and radio astronomy, and *Shakespeare and Star Trek*. To increase awareness of Buck, he has helped to organize two international conferences, led a K-12 teachers' institute, and co-edited a volume of essays published by the WVU Press. He is treasurer of the Buck Birthplace Foundation.

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

Steve Crislip is retired as the General Counsel of the Jackson Kelly PLLC law firm. He currently serves as one of two Uniform Law Commissioners for the State of WV. He is the author of the alleged legal humor book, *Down to the Hard Road*.

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

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

Cindy Gay retired from WVU Medicine as the Manager of the Health Science Center Cafeteria - the "Healthy Cafe"- serving meals that were nutrient dense and made from scratch. Cindy enjoys cooking with the many whole grains and sharing what she's learned with others.

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

***Jack Hammersmith**, retired after 48 years in the WVU History Department, has a background in teaching both East Asian and U.S. history. Having lived in Japan and observed its very different monarchical traditions, he is aware that unlike the White House, penetrating the imperial palace presents a far more difficult assignment.

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

Sue Hatfield is a retired prepress technician. She has taken classes in book binding and majored in fine arts before graduating with a BA in photography. She is enamored with books and paper in their many forms.

Jon Haveman is the Executive Director of the National Economic Education Delegation (NEED). He provides audiences with economic information that is readily useful in their work and private lives. Haveman was previously a Senior Economist with the President's Council of Economic Advisers, held a faculty position at Purdue University and holds a PhD in Economics from the University of Michigan.

Instructor Biographies

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

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

Andi Hoover serves as the Families and Health Extension Agent in Greenbrier County. She has worked for WVU Extension service for over 19 years assisting youth and adults in making healthy lifestyle choices. Through WVU Extension, she teaches community health education, diabetes and healthy eating, canning and preserving, food safety and programs to live a healthy well-balanced life.

***Barb Howe** taught American women's history at WVU and has published numerous articles on 19th century Wheeling women in journals like *American Catholic Studies* and the *Journal of Appalachian Studies*.

Judy Hurst is a retired teacher of the visually impaired, however she has become obsessed with creating "junk journals." She makes them for her personal use and has sold several. Her goal is to create a junk journaling community in Morgantown.

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

Janet Kemp taught Humanities at WVU for several years including courses dealing with Greek Myths and Greek Drama. She also taught Greek (classical) to students on an individual basis.

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

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

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

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

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

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

Daniel Oliver is a retired lawyer who practiced law in the areas of business transactions and estate planning and taught both Business Law and Sports Law at West Virginia University for more than 30 years.

Sarah Palfrey is the Director of the Morgantown Public Library System. She has held a variety of roles including Archives, Librarian at Sea, and Programming. Palfrey believes deeply in the MPLS core values of Service, Learning, Story, and Inclusion, and thinks that sharing the Digital Library through OLLI is a great way to embrace them all.

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

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

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

Instructor Biographies

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

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

David Roberts joined WVU Extension in 2011 and serves as the Family and Community Development Agent in Lincoln County. He is trained in social work with a safety background. Prior to joining Extension, he worked with at-risk youth, and their families, across southern West Virginia. As a single-agent county, Roberts enjoys the opportunity of sharing resources from the university on a wide variety of topics; saying "on any given day, I may talk to community members on anything from understanding a soil test result to how an individual with diabetes can lower their A1c."

Eric Small is a member of the Jon Michael Moore Trauma Center of the WVUH Critical Care and Trauma Institute and serves in the role of Trauma Outreach and Injury Prevention Coordinator. He has been a nurse at WVUH in Morgantown for ten years.

Sarah Smith is a violence prevention expert and community advocate passionate about preventing crimes before they

occur. She has completed over 70 trainings with the Office for Victims of Crime and has volunteered with RAINN, OVW, the AARP, and more.

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

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

James Wigen has a primary focus on private portfolio management & wealth management for individuals, businesses, and non-profits. He has been working in the financial services business since 1996, ran the training department for two International investment firms, and has been teaching non-credit investment classes since 1998 through universities, community colleges, and Osher Lifelong Learning Institutes.

Dana Wright is an Associate Professor at WVU Extension working in southern WV. She has provided education and healthy lifestyle initiatives for more than a decade. She also delivers positive youth development and community development education.

* Donotes Honor Roll instructor.

Curious About Teaching for OLLI?

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Although many of our instructors are teachers, professors, or business and civic leaders, many others are community members with a desire to share their knowledge and passion with their peers.

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. And you don't have to grade exams!

Courses are offered during fall, winter, spring, and summer terms in the areas of arts, literature, history, philosophy and religion, current events, political affairs, science, math, health and wellness, travel, and more. Courses may be from one to six sessions. Most sessions last about two hours.

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

Volunteer for OLLI

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

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

Volunteer opportunities include:

Instructor or presenter • Board or committee member • Office support
Project Team member • Class host • Events host or staff • Technical assistant

Visit olliatwvu.org/current-members/volunteer/, scan the QR code to the right, or call 304-293-1793 for more information.



OLLI Policies

Classroom Etiquette

OLLI instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:

- staying on topic during discussions
- attending only courses for which you have registered

Exposure to new and different ideas is what OLLI is all about. We encourage you to embrace this philosophy and be respectful in classroom discussions.

Refunds

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

Weather Closings

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

Class Disclaimer

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

All information is provided “as is,” with no guarantee of completeness, accuracy, timelines or of the results obtained from the use of the information, and without

warranty of any kind, expressed or implied, including, but not limited to warranties of performance, merchantability, and fitness for a particular purpose. Neither OLLI at WVU nor its information providers will be responsible to any program participant or anyone else for any decision made or action taken in reliance on the information presented by OLLI at WVU, or for any consequential, special or similar damages, even if advised of the possibility of such damages.

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Non-Discrimination Statement

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



OLLI at WVU - Your Next Adventure Begins Here

Winter registration begins January 3

Phone: 304-293-1793

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Benefits of OLLI Membership

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

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