ONWARD & UPWARD

SPRING 2021 | MARCH-MAY

Visual Arts • Politics • History • STEM • Fitness • Literature • Music

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Welcoming Spring

Educational and non-profit organizations everywhere will remember the year of March 2020 to March 2021 as a time of accelerated digital transformation. Our Osher Lifelong Learning Institute at the University of Utah is no exception. Early last spring, we rose to the remote learning occasion. We continue to ride this digital wave as spring arrives again.

At this time last year, as our spring catalog went to print, no one could have imagined what was in store for us. But we weathered the storm bravely and beautifully. Last March, as the world as we knew it began to shut down, 28 bold instructors agreed to try teaching their courses online and 343 members adventurously followed. By May, we had 32 instructors and 567 Osher members gathering on Zoom. By Fall, our numbers more than doubled with 60 instructors and 1,236 registrations.

My great thanks to everyone who worked together to make this learning curve possible: instructors, members, volunteers, and especially the indefatigable Osher staff members, Emily Miller and Sheila Jacobsen. We did it! We learned and taught each other to screen share, mute and unmute ourselves, create and keep track of Zoom links, and raise each other’s spirits. We kept our learning and engagement going, continuing to do what we love best. And that has made all the difference.

So many Osher members have told me, before or after Zoom class, how much their courses have been a literal lifeline to them during this time of social isolation. The same is true for Osher instructors, as well as staff. Meeting with you each week on Zoom has given us an expanded vision and a greater purpose to our days. Thank you.

Let’s continue our adventure of learning together this spring. We have 52 courses to offer and 12 of them are brand new. You can join us for anything from ukulele and singing, to armchair traveling, bird-watching, and exercising. We will welcome a handful of instructors new to teaching for Osher as well as our returning favorites. Special Events continue to meet online with virtual tours, such as those presented by Utah Museum of Fine Arts docents and movie guides by Marcie Collette of the Salt Lake Film Society. Check our website and weekly email newsletter for updates to our offerings. New events are continually added by our staff and special events committee volunteers.

Dive in this spring and follow your curiosity to wherever you want to virtually go!

- Jill E. Meyer, Interim Director
Some people reach a certain age and think their best days are behind them. Not Osher members. Our outlook remains bright, because we know the future belongs to the curious. And no matter the source of your curiosity, you'll find a course to scratch that itch, whether it be in technology, history, the arts, mindfulness, exercise, current events, or any other subject under the sun!
A Look Behind the Iron Curtain: Life, Politics, and Institutions of East Germany
Christoph Dressler

What was “East Germany”? How did this country come about? What was life like behind the Iron Curtain? What sustained East Germany and made it tick for forty years? We will look at how one country existed in the Union of Soviet Socialist Republics as we discuss daily life, politics, institutions, culture, and art. The classes will be a combination of stories and images, debunking some stereotypes and confirming others. Come prepared to share your own views of history, to time travel, and to imagine living in East Germany.

OSHER 39-001 | Monday 11:30 AM - 1:00 PM
Mar 22-Apr 26, 2021

Becoming a Bird-Watcher
Jeanne Le Ber

The key to becoming a bird-watcher is understanding the general impression, size, and shape (GISS) of the bird. The GISS, plus the color pattern, habitat, and song/call are characteristics that lead bird-watchers to accurately identify the bird. This course will be a mix of alternating Wednesday Zoom class lessons and Thursday or Friday in-person field trips. Field trip size is limited to six class members. Beginning bird-watchers will develop skills that help them to classify and identify birds based on plumage, song, behavior, habitat, and season. In-class lessons focus on identifying birds, selecting appropriate gear, how to get involved in local birding groups, participating in citizen science, and online and print resources. This course will feature three field trips to various habitats, one group of six going on Thursdays and one group of six going on Fridays.

OSHER 868-001 | Wednesday and Thursday or Friday 9:30 - 11:00 AM
Wednesday March 24, 31, and April 7 for Zoom class
Thursday March 25, April 1 and 8 OR
Friday March 26, April 2 and 9 for field trips TBD

SPRING 2021 COURSES

Beginning Ukulele
Marcia Villa

Learning to play the ukulele is fun and easy. This versatile instrument can be played in any style from rock and roll to gospel, old classics to new songs. This course is for soprano, alto, and tenor C-tuned ukuleles. We will learn the various parts of the ukulele and their functions, how to play 12 ukulele chords, and how to strum simple songs. Music is provided. Class held via Zoom.

OSHER 595-002 | Monday 9:30 - 11:00 AM
Mar 22-Apr 26, 2021

Climate Change: Where We Are, How We Got Here, and Now What Do We Do?
Alan Eastman

Climate change has received a lot of attention from all sorts of people and interest groups—so much so that many of us are just plain confused. Is our climate really changing? If so, what is causing it—the sun, natural cycles, people, volcanoes? And if it really is changing, what (if anything) can we do about it? This course will
attempt to give the answers to those questions, with an emphasis on science and a de-emphasis on politics, so that class members can have the information they need to make up their own minds on how to approach the subject.

OSHER 873-001 | Thursday 1:30 - 3:00 PM
Mar 25-Apr 29, 2021

Critical Junctures: The United States and Other Democracies at the Tipping Point
Jane Yager

This course builds on the framework, concepts, and readings from Osher 159 Why Nations Succeed or Fall Apart, taught in spring, summer, and fall of 2020. Students will be involved in applying the framework and concepts to identify and analyze the threats and critical junctures faced by the United States and other democracies around the world. A guest speaker will provide insights about how political appointees in the U.S. Executive Branch can affect government operations and impact the functioning of democratic institutions.

OSHER 326-002 | Wednesday 9:30 - 11:00 AM
Mar 24-Apr 28, 2021

Current Issues in American Public Affairs and Politics
Tim Chamble

Examine current political and governmental issues breaking that day and week--locally, nationally, and internationally! This class is highly interactive. Controversial questions are scrutinized. Group discussions are encouraged. Articles from The New York Times and NPR, as well as local newspapers and internet sources, will be provided. News articles and videos seed the discussion, but often grow into entirely different topics based on student interest and contributions. Class members are encouraged to ask hard questions, exchange views, and to participate actively and respectfully.

OSHER 630-002 | Tuesdays 1:30 - 3:00 PM
Mar 23-Apr 27, 2021

Everyday Mindfulness
Julie Howell

Osher members will experience the two complementary ways to practice mindfulness: learning the formal practice of meditation and the informal experience of letting mindfulness spill over into everyday life. This course will introduce the concept of mindfulness, covering history, benefits, and the science behind this age-old practice. When a practitioner pays attention to the present moment, mindfulness unfolds an entirely new level of awareness. Meditation has been shown to have numerous beneficial effects, both mental and physical.

OSHER 62-002 | Wednesday 3:30 - 5:00 PM
Mar 24-Apr 28, 2021

Exploring the Jordan River
Anne Terry

This course will alternate between meeting online via Zoom and in-person, outdoors at Tracy Aviary’s Jordan River Nature Center (masks and social distancing required). Throughout the course, students will gain a holistic appreciation for the Jordan River as an important riparian ecosystem for Utah’s wildlife, a critical migratory pathway for birds, and a geographic hub of rich human history. Topics will cover anthropology, history, ecology, conservation biology, human development, conservation planning, and stewardship as these relate to the Jordan River.

OSHER 289-001 | Wednesday 1:30 - 3:00 PM
Mar 24-Apr 28, 2021
Fall Prevention and Balance Improvement
David Keyes
Balance is a motor skill that we begin to lose as early as in our 20s! Falling is the most common mechanism of injury in the senior population. This class will use a variety of balance exercises, including qigong and tai chi, to improve your balance and reduce your chances of falling. Wear comfortable clothing for moving. Class taught via Zoom.

OSHER 140-002 | Thursday 1:30 to 2:30 PM
Mar 25-Apr 29, 2021

Frank Lloyd Wright
Barbara Reid
Frank Lloyd Wright is described by many (including himself) as “America’s greatest architect.” From classical training, he moved to a style that valued, above all, how a building fit into the natural landscape. Although his houses were sometimes criticized as being structurally flawed, they were also eminently livable. Over his 70-year career, he went through several artistic phases, from Shingle Style to Abstract Modernism. Most of his work was residential but his personal favorites were often projects that were not built or ubiquitously admired. Along the way, we will try to trace the inspiration for a particular structure, although Wright often denied inspiration from anything other than his own artistic process. The class will present the various stages of his broad career from 1887 through his death in 1959.

OSHER 264-001 | Wednesday 1:30 – 3:00 PM
Mar 24-Apr 28, 2021

Google Tools: Drive and Sites
Pat Lambrose
Discover how to use Google Drive to store documents, spreadsheets, slides, and forms in the cloud. Access your files on Drive anywhere, using your mobile devices or desktop computers. Learn how to create, organize, and store your files about family events, travel, business, social activities, and much more. Work with new Google Sites to build websites quickly and easily. Google Sites is a free and easy way to create and share webpages. Bring your phone or tablet to class. We will have fun and get organized.

OSHER 120-001 | Thursday 4:00 - 7:00 PM
Apr 8 & 15, 2021
Location: 540 Arapeen Drive, Room 249

Great Artists Who Captured an Age and Challenged Tradition
Colleen Wood
This is the second class in the series, “Great Artists Who Captured an Age,” in which we examine great European artists whose life’s works captured their times in history and whose art has had a powerful influence on Western art over time. This spring we will cover artists with work categorized as 19th century Romanticism, Realism,
Impressionism, and Post-Impressionism including Romantic painters Eugene Delacroix and J.M.W. Turner, Realist Gustave Courbet and Modernist Edouard Manet, Impressionist Claude Monet and Post-Impressionists Vincent Van Gogh and Paul Cezanne. These artists dared to challenge the established art of their times and subsequently influenced art of the 20th century.

OSHER 384-001 | Thursday 9:30 - 11:00 AM
Mar 25-Apr 29, 2021

**Great Decisions**
*Emma Russell and Guest Speakers*

Join Great Decisions, a discussion group where sharing knowledge, ideas, and opinions will strengthen your understanding of timely international issues that are vital to United States foreign policy. Osher members will have access to in-depth topic resources, including a Great Decisions Briefing Book, videos that provide context, and lectures by local experts who will expound on the topics and lead the virtual class discussions. Spring 2021 topics include Persian Gulf Security Issues, Brexit and the European Union, Struggles Over the Melting Arctic, China’s Role in Africa, Roles of International Organizations in a Global Pandemic and more. This course is offered in partnership with the Utah Council for Citizen Diplomacy, a local nonprofit affiliate of the World Affairs Council of America.

OSHER 14-001 | Wednesday 1:30 - 3:00 PM
Mar 24-May 12, 2021

**Hard-Boiled Fiction: The Golden Year**
*Robert Weibezahl*

Down-at-the-heels private eyes, immoral women, opportunistic double-crosses—the hard-boiled crime fiction of the 1930s and ’40s captured a singularly dark, even nihilistic, vision of America during the Great Depression and World War II. In this course we will explore four short, seminal noir novels, *The Maltese Falcon* by Dashiell Hammett, *The Postman Always Rings Twice* by James M. Cain, *The Big Sleep* by Raymond Chandler, and *In a Lonely Place* by Dorothy B. Hughes. We will delve into the backgrounds of these writers, their times, and their works, and have lively class discussions of the novels themselves. Students should read each novel before each session; please consult the course syllabus. Further discussion will touch upon the movie adaptations of these novels and the ways they helped establish a beloved subgenre of both literature and film.

OSHER 383-001 | Tuesday 3:30 - 5:00 PM
Mar 23-Apr 27, 2021

**History and Literature: This Tender Land by William Kent Kreuger**
*Diane and Stan Henderson*

Historical novels tell interesting stories about a time and a place and the people who live there, requiring the authors to do extensive research so their writing accurately reflects the history of the period. Using the book *This Tender Land* by William Kent Kreuger as the launching point, this class will offer a one-hour look at the history of the Great Depression and then continue with a one-hour discussion of the novel as a piece of contemporary literature. Readers and history buffs welcome! Participants should read *This Tender Land* before the class.

OSHER 382-001 | Monday 11:30 AM - 1:30 PM
Apr 26, 2021 ONLY

**History of Funerary Practices**
*Shannon Warenski*

This course is a brief introduction to the modern-day funeral service covering historical developments, contemporary practices, and the values of funeral service. Professional qualifications and ethics and their application to current practices will be discussed.

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OSHER 14-001 | Wednesday 1:30 - 3:00 PM
Mar 24-May 12, 2021
Students will learn about religious rites, ceremonies, and memorial practices of different faiths. These include Protestant, Roman Catholic, Jewish, and Buddhist religions, as well as military, veteran, and fraternal organizations. Instruction includes guest speakers. We will also discuss modern-day funeral service operations, laws and regulations.

OSHER 420-002 | Thursday 5:00 - 6:30 PM
Mar 25-Apr 29, 2021

How to Change the World
Warner P. Woodworth

The objective of this course is to strengthen one’s capacity to change the world by learning and then applying social entrepreneurship skills to empower the poor. We will first gain an understanding of the current context of suffering, conflicts, and other human struggles. A brief analysis of several paradigms including the socio-economics of global change will be taught. Other emerging conceptual constructs that lead to societal change will be utilized, such as the following: third sector, positive deviance, the archaeology of social change, stewardship, new social inventions, bottom-of-the-pyramid tools, the tipping point for making an impact, social capital, Gross National Happiness, appreciative inquiry, social enterprise creation, capacity-building, sustainability, and building civil society. Innovative methods and tools will be studied for expanding economic self-reliance in Africa, Latin America, Asia, and more.

OSHER 290-002 | Thursday 3:30 - 5:00 PM
Mar 25-Apr 29, 2021

History of the Middle East
Abdulnaser Kaadan

We will survey major historical events, cultural patterns, nationalism, “modernization,” revolution, and wars in the Middle East. Emphasis will be given to the 19th and 20th centuries, but we will also examine the roots of Islamic civilization dating back to the time of its founder, Muhammad, in the early 7th century. Major developments include the growth and evolution of Islamic society, the expansion of European powers in the region, challenges the West presented to traditional culture, government, and society, and the struggle for independence and political pluralism by Middle East peoples and their rulers.

OSHER 634-001 | Thursday 1:30 - 3:00 PM
Mar 25-Apr 29, 2021

International Law and Criminal Enforcement
Wayne McCormack

International law is generally understood as consisting of the norms and rules governing relations among nations, leaving many people questioning whether it is really “law” at all. The war crimes trials following World War II brought sanctions to bear on individuals and opened the door for application of other norms in addition to the law of war. In a globalized socioeconomic setting, there are numerous areas of criminal behavior crossing national borders, such as human trafficking and cyber-crimes, which may be called transnational rather than international crimes. This course explores the background and emerging application of both international and transnational rules and their enforcement.

OSHER 363-001 | Thursday 3:30 - 5:00 PM
Mar 25-Apr 29, 2021

Joy, Spirituality, and Brain Science
Harry Keshet

The Dalai Lama and Archbishop Tutu identified seven pillars of joy: acceptance, compassion, forgiveness, humility, humor, generosity, and gratitude. A new brain science called neurotheology shows how spiritual practices affect the brain to support joy and spirituality.
COURSES

This course will explore joy scientifically and experientially and help bring more joy into your life.
OSHER 368-001 | Thursday 9:30 - 11:00 AM
Mar 25-Apr 29, 2021

Law in Film Part 2
Scott Williams

Do movies influence what the public believes about the judicial system? In this class we will examine how lawyers and the legal system are portrayed in film. After viewing and discussing *A Man for All Seasons, Witness for the Prosecution, Compulsion, Inherit the Wind, Philadelphia, A Few Good Men, and The Rainmaker*, Osher members will better understand the work of lawyers and how the criminal and civil judicial systems tackle the complex cultural issues of society. Class analysis will help students understand the styles and techniques used by filmmakers to enhance the use of reason, passion, and emotional appeal in the legal dramas studied. They will also recognize the parallel between a filmmaker and a trial lawyer as each works to prepare and present a compelling and emotion-packed story. To enhance class discussion students are responsible for watching films at home before class. Check for availability at your public library or online sources such as iTunes, Amazon, and Netflix.

*Note: Law in Film Part 1 is not a prerequisite for this course.*

OSHER 8-001 | Tuesday 11:30 AM - 1:00 PM
Mar 23-Apr 27, 2021

Life Lessons from Mountaineering Around the World
Carol Masheter

Dr. Masheter will describe why and how she became involved in high-altitude mountaineering, what preparing for and climbing each of the Seven Summits (the highest peak on each continent) was like, and what she learned from each climb that can help students in their own lives. She will use concepts from crisis theory, vicious cycles and benign cycles, management of self-doubt/anxiety, and team dynamics.

OSHER 285-002 | Tuesday 3:30 - 5:00 PM
Mar 23-Apr 27, 2021

Listening with the Third Ear: The Art of Interviewing
Eileen Hallet Stone

Oral history interviewing is both a science and an art form. Find out what works, what doesn’t, and why. Learn strategies to strengthen communication, glean the effects of verbal and nonverbal cues, and how to navigate unwieldy interviews. Create a bond, trust your instincts, become an effective listener, and produce a worthy interview.

OSHER 398-001 | Thursday 9:30 -11:00 AM
Mar 25-Apr 29, 2021

Literature of Aging and the Community II
Sally Smith

In this discussion-based class, we will read several masterpieces of 20th century American literature and gain exposure to many authors. These selections all deal with aging as it affects the dynamics of a community. Many of us experience changes in our involvement with our communities as we age. In fact, we may let some of them go in favor of new ones. Friends may have moved away or died. Family members often scatter, and we may have lost a spouse. We are probably retired. Possibly, we are unable to participate in sports we once enjoyed. Perhaps some of our religious views have shifted. What has your experience been? Do you ever feel invisible when you enter a restaurant or a store? What new alliances have you established? What role has Osher played? We have so much to talk about. We will draw on personal experience when a
Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
COURSES

Medical Ethics and Epidemics: New Challenges, Old Problems
Jay Jacobson

Using contemporary media reports of controversial clinical cases and public health measures, we will explore new and recurring ethical problems. Participants will respond based on personal experience, cultural and professional perspectives, and content knowledge. Issues likely to emerge include: what is the scope of medical ethics, who decides what’s right, is there a right to health care, decision making in uncertainty, why and how we ration care, do epidemics change ethics, what decisions are possible at the end of life, and how do patients and families make them. Students who have taken this class before are welcome to return, as we will discuss new concerns.

OSHER 512-001
Wednesday 9:30-11:00 AM
Eight sessions Mar 24-May 12, 2021

Music Appreciation II
Geraldine Johnson

This course is designed for those who attended our previous music appreciation class last fall or winter, or those who already have a basic understanding of Western music and would like to explore it further. We will cover music created during the baroque era through the contemporary period, with a focus on different composers including Chopin, Tchaikovsky, Ravel, Verdi, Shostakovich, and others. Come listen to great music from more favorites!

Note: Music Appreciation I is not a prerequisite for this course.

OSHER 387-001 | Tuesday 1:30 -3:00 PM
Mar 23-Apr 27, 2021

Policing in America
Paul Cunningham

This course will explore the role of police in America, particularly in the context of the focus of current events. We will examine how police officers are selected, trained, managed, and disciplined. We will look at issues including police use of force, racism, profiling, and “militarization.” We will also discuss improving police transparency and accountability. Each class will include a discussion of current police-related news.

OSHER 687-002 | Monday 1:30 - 3:00 PM
Mar 22-Apr 26, 2021
Visit osher.utah.edu for additional information, including pricing, special instructions, and to register.
Later Shakespeare plays are labeled romance plays which means they are not comedies nor tragedies nor history plays. The label is applied to plays as different as The Tempest and Pericles, as unbridled as Henry VIII, and as closed circuit as The Winter’s Tale. The romance genre is not easily pigeon-holed. This course will study six of these plays. Three of them, Pericles, Cymbeline, and The Comedy of Errors, will be featured at Utah Shakespeare Festival this coming summer as the Festival reopens its doors. Three others are classic romance plays: The Winter’s Tale, The Tempest, and Henry VIII.

We will study the plays and as well bore into one of the many layers built into all of Shakespeare’s writings. In Shakespeare’s time there were two overriding social and political problems; religion and succession (who would follow Elizabeth). Both come together in the reign of Henry VIII. However, the underlying changes in Elizabethan society which occasioned their meeting in Henry VIII’s reign had been occurring for decades. We’ll highlight examination of each of the six plays’ exposition of some religious developments of Elizabethan society as it was moving from a Catholic religion-based social order to the Church of England and Protestantism. Shakespeare was fully aware of this evolution and incorporated his thoughts about it in his romance plays, one of the main reasons the romance plays are written as they are.

OSH 388-001 | Tuesday 9:30 - 11:00 AM
Mar 23-Apr 27, 2021

Silent Screams: The Dawning of the Horror Motion Picture (1896 - 1931)
Chris Stockslager
Axe murderers, exorcisms, ghosts, vampires, zombies, gruesome goop everywhere -- we all know the tropes. But how did the genre of horror films come to be a part of modern culture? Come on a spooky cobwebbed adventure, dusting off and examining the oldest of old horror masters. Through these wonderful films, we will all examine how one of the most popular genres came to be. Do you think silent films are boring? Have you never even seen a silent film? ENTER IF YOU DARE!

OSH 165-001 | Thursday 6:00 - 8:00 PM
Mar 25-Apr 29, 2021

Singing for Fun and Well Being!
Stacey Cole
This delightful four-week course combines a weekly Virtual Sing-Along (lyrics provided) of popular songs from the first half of the 20th Century up through the 1960’s, led by singer/musician Stacey Cole. It includes fun vocal warm-ups and practical information on how to take care of our voices. Healing and uplifting! Shy singers welcome and encouraged.

OSH 288-001 | Thursday 11:30 AM - 12:30 PM
Four Sessions: Mar 25-Apr 1, 2021

Singing Through the Pandemic: Vocal Play and Harmony
Stacey Cole
Do you love singing harmony, or have you been longing for the opportunity to learn HOW to sing a harmony part? Have you ever wondered how a singer makes a certain kind of sound? Come explore vocal harmony, resonance, and vocal ornamentation with musician and vocal coach Stacey Cole. We’ll keep our brains sharp and our hearts light, while having fun singing together--virtually! Each week you will learn a short, wonderfully novel song (novel as in new, a song you’ve never heard on the radio) and you will learn harmony parts for each song. Audio files (MP3 format) will be provided so that you can have access to the songs and parts for your own use. In addition, we will explore vocal resonance (chest voice, head voice, mixed voice, etc.) as well as vocal ornamentation (trills, flipping, and sliding the voice). What have you got to lose? You’ll be able to do all of this
from the privacy of your own space. This class is a great way to keep learning while making new discoveries with your voice. No previous experience singing necessary.

OSHER 386-001 | Wednesday 11:30 AM - 12:30 PM
Four Sessions: March 31 to April 21

Stay Connected with Zoom
Debbie White

This two-day online class will cover the use of the conference-calling program, Zoom. This online program provides a great way to stay connected with others. The class will show you how to create your own account, how to set up meetings, and how to use the settings for your personal preferences, along with the fun features of Zoom to maximize your online experiences.

OSHER 341-002 | Thursday 11:30 AM - 1:00 PM
Mar 25-Apr 1, 2021

The Horse in Art
Gladys Muren Webb

The relationship between human and horse goes back 30,000 years. Gallop through years of art history wherein the horse is the featured subject, and explore its symbolism and meaning. View and discuss the horse as portrayed in numerous cultures; in many artistic styles, from antiquity to contemporary times; and in a variety of media, including wood, found objects, paintings, illustrations, quilts, bronze, and even sand. “A horse is a horse, of course.” Perhaps one will “speak” to you.

OSHER 137-001 | Thursday 1:30 - 3:00 PM
Mar 25-Apr 29, 2021

Ulysses S. Grant and the American Way of War
Kevin Peterson

Ulysses S. Grant was the unlikeliest of military heroes. A mediocre student at West Point, he was stationed on the West Coast after the Mexican War, where he drifted into loneliness and alcoholism and was eventually forced to resign. With the coming of war in 1861, Grant resumed his career, becoming general-in-chief of the Union Army in 1864. During this time, Grant implemented what was the uniquely American way of waging war.

OSHER 371-001 | Thursday 11:30 AM - 1:00 PM
Mar 25-Apr 29, 2021

The Matter of Rome
Gordon Jones

Previous Osher courses in this series have covered The Matter of Britain (King Arthur) and The Matter of France (Charlemagne). This course will cover the third of the three great traditional “matters” of medieval literature, The Matter of Rome. Join us to explore how (mostly) French literature dealt with the great Greek and Roman epics, The Iliad, The Odyssey, and The Aeneid, and heroes, Alexander, Caesar, Troilus, “Sir Orfeo,” and others. Europeans had very little of the classical literature in the original. Consequently, they were relatively free to use their imagination in recreating the great myths and stories. The results are entertaining and instructive, as we will see.

OSHER 366-001 | Tuesday 11:30 AM - 1:00 PM
Mar 23-Apr 27, 2021

World War II in the Pacific
Stephen C. Hall

This class will cover the major events of World War II in the Pacific theatre. We will discuss the decision processes that guided these events, how and why decisions were made, and the pros and cons of the decisions. Why did the Japanese bomb Pearl Harbor? Why did the Allies drop two atomic bombs on Japan—wouldn’t one have sufficed? What did the
decision-makers know that guided their actions, and
why did they pursue the courses of action they did?

OSHER 754-001 | Tuesday 9:30 - 11:30 AM
Mar 23-Apr 27, 2021

Writing Through Grief
Debbie Leaman

Writing can help guide us toward a deeper understanding of the pain and suffering of loss. Whatever the reason for grieving – death of a loved one, the pandemic, divorce, illness, aging, job loss, empty-nesting – this workshop is designed to provide a supportive environment for participants to explore and honor all feelings of grief. Writing prompts and short readings will offer new ways to express thoughts. Putting pen to paper gives us the opportunity to change perspective and transform suffering into healing. One optional goal of the class is to write a personal essay. All writing levels are welcome. No writing experience is necessary.

OSHER 606-001 | Wednesday 9:30 - 11:30 AM
Mar 24-Apr 28, 2021

Yoga for All Bodies
Roz Newmark

Roz Newmark brings over 25 years of experience in teaching yoga oriented toward individuals with injuries, those recovering from injuries, or those with other special needs. The perfect recipe for stability, easeful movement, and a calmer nervous system varies for each individual. Working from the ground up, we will begin to personalize a practice for each Osher member’s specific needs. Drawing from the Iyengar yoga tradition, attention will be focused on alignment and the therapeutic uses of various asanas, or poses. This course is accessible to students with any body type. Please wear clothing appropriate for moving. In order to ensure safety and proper alignment, everyone taking this class will need to attend with their Zoom camera videos turned ON. We will use props to help customize the asanas and to create a more balanced condition for the body. Each class member will be required to have one yoga mat, two blankets, two yoga blocks, one strap, an armless chair, and a good sense of humor. The props can be ordered from Hugger Mugger. As this company is located locally, delivery of orders should be pretty prompt.

OSHER 299-002 | Wednesday 3:30 - 5:00 PM
Mar 24-Apr 28, 2021

Your Life is Only as Comfortable as Your Movement
Carol Lessinger

This class is an introduction to the Feldenkrais Method of Awareness Through Movement. (See www.feldenkrais.com for information about the method.) You will do easy, fun, intriguing movements that bring you to better balance, more flexibility, and increased stability. But most of all, most people experience a greater sense of ease and comfort in their body when they do this work!

OSHER 881-001 | Tuesday 9:30 - 11:00 AM
Mar 23-Apr 27, 2021
Justice Ruth Bader Ginsburg: A Legal and Cultural Icon
Lauren Andersen

This course will take a look at Justice Ruth Bader Ginsburg’s life and career. We will examine her early life, her education, her teaching, her work with the ACLU’s Women’s Rights Project, as well as her work at the D.C. Court of Appeals and the Supreme Court. Clips from the documentary, RBG, and the film, On the Basis of Sex will be shown and discussed.

Please note: This course will be taught online, via the Canvas platform, as asynchronous instruction. This means class members will access video recordings and materials online, on their own time schedule as individual study, not as a virtual group meeting.

Enrolled Osher members will need their University of Utah ID number, which is the same number as your Osher membership, and is included on your Osher member badge. Class members will also need to obtain a login password and credentials to use the University of Utah’s Central Information System, CIS. Training on using CIS and Canvas will be provided before the class begins.

OSHER 588-001
Class held on Canvas
SPECIAL EVENTS

One of the many benefits of an Osher membership, our Special Events give you the perfect bite-sized opportunity to try something new, opening you up to unique experiences and fresh possibilities. Discover gems around the Wasatch Front and beyond — from tours, to cooking classes and tastings, to learning and skill-building opportunities, and a variety of unique experiences to discover — there is bound to be a Special Event that will appeal to you. And even though most of our Special Events are currently being presented online via Zoom, you’ll be anything but alone. With Osher, you’re always together with a group of fellow learners, united in purpose and fun as you travel along exciting new paths.

New events are continually scheduled. For a complete and up-to-date listing, please watch for our weekly Osher email newsletters and refer often to osher.utah.edu.
OSHER LIFELONG LEARNING INSTITUTE
OPEN HOUSE

A special free online event for people age 50 and better.
Osher membership is not required to attend.

March 10 & 11, 2021  |  10:00 am - 12:00 pm
Online Webinar via Zoom

Get a chance to meet our instructors, ask questions, and learn more about upcoming classes.

Open House presentations will be grouped by topic:
- Art & Architecture
- History
- Science & Technology
- Travel
- Health
- Literature & Writing
- Music
- Politics & Government

LEARNING SHOULD NEVER END
The Osher Lifelong Learning Institute at the University of Utah creates opportunities for academic engagement, civic involvement, personal growth and fun. Join or renew your membership in this thriving community of 1,800 lifelong learners.

CAN’T ATTEND THE OPEN HOUSE?
Visit osher.utah.edu to learn more about the program and benefits of membership.
ENGAGING INSTRUCTORS

Think back and recall your favorite teachers—the ones who stood out and made learning fun. Of course, if you’re an Osher member, you don’t need to go all the way back to your school days. You can just think of today’s class and the engaging instructor who made a huge impact on your life by making learning fun again.
Saving Birds One Window at a Time
March 24, 2021

Jeanne Le Ber, Osher Bird Watching Instructor, Board Member of the Great Salt Lake Audubon
Linda Johnson, Board Member of the Great Salt Lake Audubon Society
Cooper Farr, Director of Conservation at Tracy Aviary

Birds are important to us. They provide a sense of place, a connection to the wild. They delight us, enrich our lives, and bring hope, beauty, music, and wonder to our world. We invite them into our yards, feed them, and spend money on plants, shrubs, and water features to support them. Birds are environmental indicators, pollinators, carrion eaters, and provide pest control and seed dispersal.

Birds cannot see windows and so they often collide with them. Even birds that appear to only be injured eventually die. Research has shown it is day-to-day collisions that occur year-round at residential and low-rise commercial buildings that account for the majority of bird-window collisions. We will show you how you can prevent bird-window collisions, recommend products that are available to “fix” your windows, and tell you about local projects aimed at preventing collisions.

Integrating Affordable Housing and Urban Agriculture
March 31, 2021

Ashley Patterson, Executive Director, Wasatch Community Gardens

Since 2012, Ashley Patterson has served as the Executive Director of Wasatch Community Gardens (WCG). Prior to joining WCG, Ashley was with the University of Utah serving as Outreach & Education Coordinator in the Office of Sustainability. While in that capacity, Ashley helped educate thousands of students about recycling, organic, urban agriculture, green building, energy and water conservation. She is also the founder of The Green Building Center, a wholesale and retail environmentally friendly building supplier. Ashley holds a Master’s degree in Environmental Health from the University of Washington and a Bachelor’s degree in English from Yale University.

Ashley will talk about the Wasatch Community Gardens’ Campus project on 800 S. and 600 E. where the organization has operated an urban teaching and community garden since the late 1980’s. In 2017, WCG bought three parcels adjacent to the garden to locate the organization’s administrative headquarters on that site and expand the garden and teaching spaces. They were required to build housing as a condition of Salt Lake City and have embarked on a journey to learn about sustainable urban design.
Utah COVID-19 Economic Insights
April 7, 2021

Natalie Gochnour, Director of Kem C. Gardner Policy Institute and Associate Dean, David Eccles School of Business, University of Utah

Natalie Gochnour serves as an associate dean in the David Eccles School of Business at the University of Utah, and as director of the Kem C. Gardner Policy Institute. She served in the administrations of three Utah governors – Bangerter, Leavitt and Walker – and was a political appointee in the George W. Bush administration. She authors regular columns in Utah Business magazine and the Deseret News and co-hosts the weekly radio program Both Sides of the Aisle on KCPW.

Natalie will be discussing economic impact and insights, both positive and negative, regarding the COVID-19 pandemic.

What Does the Utah Division of State History Do?
April 14, 2021

Chris Merritt, Utah State Historic Preservation Officer

Chris is the State Historic Preservation Officer for Utah, and is part of the Utah Division of State History. He has spent the last 16 years as a professional archaeologist in the Intermountain West, with the last 8 years at the State of Utah. Finally, he teaches evening courses in archaeology at Salt Lake Community College.

Few people know that the State of Utah employs a bunch of historians, archivists, and archaeologists, but they do! The Utah Division of State History has a number of programs that help Utahns connect to, learn more, and protect their collective history. This talk will highlight the various programs within the Division, share online resources that we provide, and overall offer an invitation to learn more about us and history.

Efforts to Reform Utah’s Homeless Services System
April 21, 2021

David Litvack, Senior Policy Advisor to Salt Lake City Mayor Erin Mendenhall

David served in the Utah State House of Representatives from 2000-2012 and is passionate about working on issues that advance social justice, equity, and inclusiveness. He currently serves as a Senior Policy Advisor in the Salt Lake City Mayor’s Office. He will address the homeless problem in Salt Lake, what the city is doing to help the homeless, and recent efforts to reform Utah’s Homeless Services System.

Sliced Bread, Betty White, and Oldsmobiles
April 28th, 2021

Deborah Keyek-Franssen, Associate Vice President and Dean of Continuing Education, The University of Utah

What do sliced bread, Betty White, and Oldsmobiles have in common? Find out during an interactive presentation by Associate Vice President and Dean of Online and Continuing Education (OCE), Deborah Keyek-Franssen, Ph.D. Deb will inspire you to think about the evolution and future of higher education, highlighting dramatic shifts in methods and modalities that have accelerated in the past year, and situating the U and OCE in this historic moment.
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<tr>
<th>Time</th>
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<tr>
<td>9:30 AM</td>
<td>Mac Basics, Roots of Western Art, Beginning Ukulele</td>
<td>WWII in Pacific, Shakespeare, Yoga for All Bodies</td>
<td>Medical Ethics - 8x, Critical Junctures, Birdwatcher 3x, Writing/Grief 2hrs</td>
<td>Mac Essentials, Joy, Spirituality, Brain Science, Great Artists, Listening/Interviewing</td>
<td>Birdwatcher TRIPS 3x</td>
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<td>11:30 AM</td>
<td>Behind Iron Curtain, History &amp; Literature 4/26</td>
<td>The Horse in Art, Law in Film, Mindfulness Watercolor</td>
<td>Vocal Play/Harmony 4x</td>
<td>Sing Fun/Wellbeing 4x, Literature &amp; Aging, Ulysses S. Grant, Connect with Zoom 3/25 &amp; 4/1</td>
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<td>12:00 PM</td>
<td>Marcie's Movie Club</td>
<td>- LUNCH &amp; LEARN</td>
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<td>1:30 PM</td>
<td>Rest in Peace, Policing in America, Putin’s Russia</td>
<td>Current Issues, Music Appreciation 2</td>
<td>Frank Lloyd Wright, Jordan River, Great Decisions 8x, Living Consciously/Ageist Culture</td>
<td>Fall Prevention 1:30-2:30pm, Matter of Rome, History of Middle East, Climate Change</td>
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<td>3:30 PM</td>
<td>Geography of Buddha</td>
<td>Hard-Boiled Fiction, Rhythm Ukulele, Mountaineering</td>
<td>Mindfulness Meditation, Your Life/Movement</td>
<td>International Law, How to Change the World</td>
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<td>History of Funeral Service</td>
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All Spring 2021 classes except for Google Tools will be conducted via Zoom. Your Zoom link will be e-mailed to you two days before class begins and will be the same link for every session. Please save your e-mail and/or course syllabus so that you may access your class link.
Share Osher
Invite a friend to class

What better way to show someone how great Osher is than inviting them to join you? Sharing the Osher experience is a win-win-win. The new member gains access to an amazing array of learning opportunities, the program becomes stronger with each new member, and you have the satisfaction of making a difference in someone’s life (and possibly even gaining a companion with whom to take classes and attend special activities). Invite your friends to feel the energy of the members and catch a glimpse of the interesting classes and life-enhancing experiences that await them when they join the dynamic Osher community.

Note: Some people may like to sample the Osher experience before joining. Guests are welcome to sample Special Events and Courses on a space available basis with prior approval of the Osher office. E-mail the Osher office at osher@utah.edu to learn more.