THE JOURNEY OF YOUR LIFE

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

Spring 18: March April May
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PURSUE LEARNING

I found a quote the other day that made me think of Osher. “Where my reason, imagination or interest were not engaged, I would not or could not learn.” Winston Churchill wrote that in an essay recounting his early “School Days.” When I read that quote I thought, “Churchill should have had Osher.”

Osher Lifelong Learning Institute at the University of Utah is a place where we work to engage your reason, your imagination and your interest so that all that you want to do is learn. Over the past several months, volunteers, instructors and staff have been hard at work to develop courses that are sure to get you excited to come to class every day. Courses where you won’t be able to help but learn something.

In planning for all of these courses we realized that we needed to add some space too. So we added a day of courses at the Commander’s House. This spring term Osher courses will be meeting at the Commander’s House on Monday, Tuesday, Wednesday and Thursday.

We also thought that we’d try to offer a few courses at the Monson Center down on East South Temple. On Thursday afternoons you can take Writing Your Story with Terrell Dougan or History of Rock and Roll with Lynn Lehman in one of the newly renovated classrooms in this historic mansion.

And finally, if you learn best outside of the classroom, our Special Events volunteers have set up an outstanding number of behind-the-scenes tours of places like the University of Utah Dumke Gymnastics Center, Utah Film Studios and Sri Sri Krishna Temple.

Come join us and see. I think that you’ll quickly find that we’ve engaged your interest and imagination.

Lauren Andersen
Director
Courses
Taking classes at Osher offers a great return for the time and money you invest. Tuition is affordable and scholarships are available. Classes are held at the Commander's House in Fort Douglas and other nearby locations. Most classes meet for 90 minutes, once per week, for 6 weeks, allowing plenty of time for other interests. Osher instructors teach with both style and substance. They are able to entertain as well as educate. And when you take classes you are eligible to obtain a U of U student ID card that brings many more opportunities and benefits to you.

Special Activities
The brown bag Lunch and Learn lecture series and the Special Events are included in the basic membership (just $30 per year). The weekly Lunch and Learn lectures at the Commander's House in Fort Douglas can be a nice intermezzo between classes. The Special Events provide a way to learn about the surrounding community and to stay connected when classes are not in session.

People
Osher members are dynamic individuals who each bring a lifetime of experience to every conversation. You will meet new, interesting people and may even renew a long lost connection from your past.

Campus
The Osher Institute is your portal to the University of Utah. U of U faculty teach abbreviated classes at Osher, the Campus Highlights program brings the best of campus right to your e-mail inbox, and staff are available to help you navigate.

Discounts
Osher members are eligible for select benefits (with U of U student ID card*) including free admission to the Utah Museum of Fine Arts. Red Butte Garden grants Osher members free admission to members who show their Osher name tag at the admission gates. Discounts are also available at Pioneer Theatre Company.

*T U of U Student ID card is available to Osher members taking classes. There is a fee for the card. Obtain the card at the U Card office in the Olpin Union (801-581-2273). The card is active in semesters in which you are registered for at least one class.

Membership in the Osher Institute is one of the best gifts you can give yourself and those you care about.

Everyone knows learning is good for your brain. The Osher Institute at University of Utah makes it easy and fun.

Treat Yourself
It’s understood that learning benefits our minds and researchers are now finding that a lifetime filled with learning has tremendous benefits for our bodies as well. Active aging can give us amazing benefits. Osher members stay in top form throughout the lifespan by gaining access to opportunities to optimize physical, mental, and social well-being.
Studies have shown your brain slowly begins to shut down when you stop engaging in cognitively complex tasks. The best way to combat this deterioration and to keep your mind nimble is by continuing to learn. And there’s no better way to exercise your mind than through the Osher Lifelong Learning Institute.

Osher courses cover a wide variety of subjects that will not only sharpen your intellect, but will also energize your body, and even cleanse your soul. In every class, you’ll find useful information that will carry over into your daily activities and constantly enrich your life. Plus, you won’t find a better opportunity to spend time with other deep thinkers who, like you, love to learn and expand their horizons.

On the docket this semester are a diverse slate of educational-oriented classes and engaging special events. You’ll also find several dynamic new offerings that are sure to pique your interest, including Ancient Cities in Mesoamerica, Conflict Self-Defense Workshop, Shakespeare: Potpourri, Balanced Bodies, Live Free of Clutter and Get Organized at Last, All People are Created Equal, Musical Form: Listening for Structure, Astronomy and the Winter Sky, Six Nobel Prizes—Six Utah Stories, Art Along the Silk Road, and many more!

Sign up for an Osher membership today, because when it comes to your mind, you’ve got to use it or lose it.
**Courses by Category**

### History
- A Look Behind the Iron Curtain: Life, Politics, and Institutions of East Germany
- A Talk with J. Kael Weston
- Ancient Cities of Mesoamerica
- Islamic Civilization
- The American War in Vietnam: One Citizen-Soldier's Experience
- The Spanish Borderlands: Spanish Colonial Exploration and Settlement in the United States

### Law, Government, and Politics
- Conflict Self-Defense Workshop
- Culture of Utah Politics
- Current Issues In American Public Affairs & Politics
- Great Decisions

### Literature
- Anonymous Was a Woman
- Poetry for Further Enrichment
- Shakespeare: Potpourri

### Medicine, Health, and Fitness
- Balanced Bodies
- Build a Bone
- Dance Fitness
- Exercise Science: Transform Your Quality of Life
- Gifts from India: Spiritual Transformation
- Spiritual Gandhi: How He Changed Himself and the World

### Nature, Outdoors, and Lifestyle
- Becoming a Bird Watcher
- Hiking in the Wasatch
- Improving Balance and Flexibility with Alignment Yoga
- Join the Flock
- Live Free of Clutter and Get Organized at Last!
- Spring Herb Gardening
- Wines of Southern France

### Other Humanities
- All People Are Created Equal
- Basho: The Poet of the Seasons
- Bon Voyage! French for Travelers 1
- Bon Voyage! French for Travelers 2
- Contemporary Issues in Medical Ethics
- Does Practicing the Golden Rule Still Matter?
- History of Rock and Roll
- Issues with Journalism and Reporting: Is There or Can There Be Fair Reporting of Events Affecting Your Life
- The First Fifty Pages
- Writing Your Story

### Performing Arts
- Beginning Ukulele
- Musical Form: Listening for Structure
- Opera Preview: Die Fledermaus
- Preview: Utah Symphony Finishing Touches Rehearsal
- The Simple Joys of Singing: Yesteryear Songs in a Casual Group-sing Setting

### STEM
- Astronomy and the Winter Sky
- Digitizing Memories
- Earth Science Outside
- Google Drive Basics
- Google Maps
- Hot Rocks: An In-depth Look at the World of Gems and Precious Stones
- Internet Security
- iPad Basics
- iPad Beyond the Basics
- Mac Basics
- Mac: Beyond the Basics
- Meteorology Online
- Six Nobel Prizes, Six Utah Stories
- Water: The New Oil

### Visual Arts
- Architectural Appreciation for the European Traveler
- Art Along the Silk Road
- Drawing and Painting Fundamentals
- Drawing: Workshop
- From the Grand Tour to Grand Scandal: Antiquities in the Modern World
- Fundamentals of the Still Life
- Intermediate Photo
- Jewelry: Historic Perspectives and Individual Creation
- Opening Eyes to Today's, Yesterday's, and Tomorrow's Art World
- Queens, Art and Power in Early Modern Europe
- The Art of Sketchbooking
A Look Behind the Iron Curtain: Life, Politics, and Institutions of East Germany

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 • Thursdays, Mar 29-May 3
3:15 - 4:45 PM
LOCATION: Commander’s House
INSTRUCTOR: Christoph Dressler
TUITION: $99

A Talk with J. Kael Weston

Join author J. Kael Weston for a lecture and discussion of his book, **The Mirror Test: America at War in Iraq and Afghanistan**. Weston spent seven years on the ground in Iraq and Afghanistan working for the U.S. State Department. Upon returning home, traveling throughout the United States to pay his respects to the dead and wounded, he wondered what lessons, if any, could be learned from these wars. In this important book, Weston questions, interprets, and explains our wars in the Middle East through a tapestry of voices—Iraqi, Afghan, and American—taking readers across California and Fallujah, Khost and Colorado. Along the way we meet generals, corporals, and captains, former Taliban fighters, Afghan schoolteachers, SEAL teams, imams, and many Marines.

OSHER 91-001 • Tuesday, Apr 17
6:00 - 8:00 PM
LOCATION: Commander’s House
INSTRUCTOR: J. Kael Weston
TUITION: $25

All People Are Created Equal

The Declaration of Independence says that all human beings are equal and endowed with unalienable rights to life, liberty, and the pursuit of happiness. This basic human equality is fundamental to our political tradition and underlies not only the demand for basic rights but also for other things such as equal opportunity, democracy, equal voting rights, the rule of law, non-discrimination, tolerance, etc. But are people equal? And, if so, in what sense? People differ in many factual ways, but there is nothing odd about one person saying to another: “You may be wealthier, more powerful, smarter, prettier than me but I am just as good as you as a human being.” How should we understand this basic moral equality of all persons? How can we justify it?

OSHER 121-001 • Mondays, Mar 26-Apr 30
9:30 - 11:00 AM
LOCATION: Commander’s House
INSTRUCTOR: Bruce Landesman
TUITION: $99

Ancient Cities of Mesoamerica

Prepare to embark on a tour of some of the great cities of ancient Mexico and Central America. Using a series of famous archaeological sites to explore important institutions of Mesoamerican civilization, we will discuss: San Lorenzo Tenochtitlan, the New World’s first complex society; conquest and early urbanism at Monte Alban; Teotihuacan, Mesoamerica’s first true city; Mayan writing and political history at Tikal, Copan, and Calakmul; and the mysterious relationship between Tula and Chichen Itza.

OSHER 86-001 • Wednesdays, Mar 28-May 2
3:15 - 4:45 PM
LOCATION: Commander’s House
INSTRUCTOR: Rick Paine
TUITION: $99
Anonymous Was A Woman

“Reading poetry is an adventure in renewal, a creative act, a perpetual beginning, a rebirth of wonder,” Edward Hirsch writes in How to Read a Poem and Fall in Love with Poetry. It is a kind of pilgrimage into the heart and mind of another person. We will sample a cross section of American women poets who have achieved both critical acclaim and popular appeal. No class on 4/26/18.

OSHER 124-001 • Thursdays, Mar 29-May 10 11:30 AM - 1:00 PM
LOCATION: Commander's House
INSTRUCTOR: Sally Smith
TUITION: $99

Architectural Appreciation for the European Traveler

This course will explore the fascinating history of European architecture, with particular emphasis on the awe-inspiring buildings that can be visited by travelers today. We will begin with the creation of the classical tradition in ancient Greece and Rome, then analyze the evolution of Romanesque and Gothic styles in the castles and cathedrals of the Middle Ages. We will trace the rebirth of classicism in the palaces and churches of the Renaissance, the elaboration of these architectural forms in the Baroque period, and the beautiful variations of Neoclassicism and Romanticism. We will close with an examination of the beginnings of modernism and some of the great examples of contemporary European architecture.

OSHER 977-001 • Wednesdays, Mar 28-May 2 1:30 - 3:00 PM
LOCATION: Commander's House
INSTRUCTOR: Paul Anderson
TUITION: $99

Art Along the Silk Road

The Silk Road represents an early phenomenon of how political and cultural integration can occur due to inter-regional trade. At its height the Silk Road sustained an international culture that strung together groups as diverse as the Magyars, Armenians and Chinese. Trade between East and West developed on the sea as well as land, extending from Venice in Italy to Alexandria in Egypt to Guangzhou in China. Like the Silk Road itself the class will travel over time and distance to explore the changes that took place from east to west. Today these changes are mainly visible in architecture, art forms and literature of the cultures that were influenced by the existence of the Silk Road.

OSHER 99-001 • Tuesdays, Mar 27-May 1 9:30 - 11:00 AM
LOCATION: Commander’s House
INSTRUCTOR: Bernadette Brown
TUITION: $99

Astronomy and the Winter Sky

This course presents an overview of astronomical phenomena related to the winter season. Topics will include a short history of astronomy, night sky viewing, auroras, and meteor showers. Historical events and the cultural significances of phenomena will be discussed as well as contemporary scientific endeavors to study such phenomena. After-class group stargazing session to be organized with class interest.

OSHER 92-001 • Thursdays, Mar 29-May 3 5:15 - 6:45 PM
LOCATION: Commander’s House
INSTRUCTOR: Paul Bergeron
TUITION: $99

Balanced Bodies

Mindful breathing, balance, flexibility, physical strength and walking are keys for healthy living. We will begin each class with a mini-workshop on one of the five keys, followed by practice using a variety of activities including slower, easier yoga and Qigong
poses. Leave with new or improved skills to use every
day. This is a perfect way to get active again after
the slower-paced winter. No prior yoga experience is
needed. Wear comfortable clothes for movement.

OSHER 117-001 • Fridays, Mar 30-May 4
1:30 - 3:00 PM
LOCATION: 10th East Senior Ctr., 237 S. 1000 E., SLC
INSTRUCTOR: David Keyes
TUITION: $99

Basho: The Poet of the Seasons
Basho is a celebrated 17th century Japanese poet.
He was devoted to the burgeoning genre of hokku,
the direct ancestor of today’s haiku. The hokku
characteristically had a seasonal theme, like today’s
haiku. This course will focus on the hokku and examine
how Basho treated seasonal motifs, jewels in the
rhythmic passage of time in nature. It will be a joint
exploration, a field work, in one of the literary cultures
of the world, and in a mode of experiencing nature
in that culture. Basho wrote in Classical Japanese,
but no knowledge of that language is required, nor
any previous acquaintance with his poetry. Instructor
Yukio Kachi hopes to be able to serve you as a guide
along a path across the gaps in time, space, culture, and
language, back to Basho.

OSHER 109-001 • Thursdays, Mar 29-May 3
11:30 AM - 1:00 PM
LOCATION: Commander’s House
INSTRUCTOR: Yukio Kachi
TUITION: $99

Becoming a Bird Watcher
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 class is a mix of
in-class lessons and field trips. Beginning bird watchers
develop skills that allow them to classify and identify
birds based on plumage, song, behavior, habitat and
season. In-class lessons focus on identifying birds,
selecting good gear, getting involved in local birding
groups, participating in citizen science, and online and
print resources. This course will also feature three field
trips to various habitats.

OSHER 868-001 • Wednesdays, Mar 28-May 2
9:30 - 11:00 AM
LOCATION: Commander’s House
INSTRUCTOR: Jeanne LeBer
TUITION: $99

Beginning Ukulele
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.

OSHER 595-002 • Wednesdays, Mar 28-May 2
3:15 PM – 4:45 PM
LOCATION: 10th East Senior Center, 237 S. 1000 E., SLC
INSTRUCTOR: Marci Villa
TUITION: $99

Bon Voyage! French for Travelers 1
Gain confidence and “savoir faire” when traveling to
France by learning to communicate in French. You will
learn essential conversational skills, navigational phrases,
emergency expressions and other clues from an experienced
traveler. Topics for discussion will include transportation,
customs, money, directions, accommodations, dining,
shopping, medical issues, sight-seeing, and entertainment.
Practicing conversations with classmates will gently
implant expressions into your memory. Extra tips to assist
you with social manners and customs will be shared. Some
technology using iPhone Apps, translators and currency
exchange and/or books may be suggested.

more class information on page 9
OSHER 23-001 • Mondays, Mar 26-Apr 30
1:30 - 3:00 PM
LOCATION: Commander’s House
INSTRUCTOR: Linda Bayes
TUITION: $99
SPECIAL FEE: $1

Bon Voyage! French for Travelers 2
This second level course builds upon basic vocabulary. You will learn essential conversational skills, navigational phrases, and other clues from an experienced traveler. Important topics include emergency expressions, medical issues, tourism, transportation, leisure activities, dining, shopping, and entertainment. Discover useful verbs and idioms to enliven your speech. Practice conversations and stories with classmates to gently implant expressions into your memory. Extra tips to assist you with social manners and customs will be shared. Some technology sites may be suggested.

OSHER 56-002 • Mondays, Mar 26-Apr 30
3:15 - 4:45 PM
LOCATION: Commander’s House
INSTRUCTOR: Linda Bayes
TUITION: $99
SPECIAL FEE: $1

Build a Bone
Osteoporosis is a major public health threat for millions of Americans 50 years and older. If you have heard the terms osteopenia or osteoporosis from your medical professional, take this class to learn what can be done to improve your bone health and prevent bone loss. Experts lead the class in weight bearing, weight lifting, spine extension, balance, and core strengthening exercises. We learn how walking and proper nutrition can improve bone strength and reduce the risk of falls by 50%. Classes are motivating, fun, and physically interactive. Wear appropriate clothing.

OSHER 189-002 • Thursdays and Mondays, Apr 12-23
3:30 - 5:30 PM
LOCATION: Oral Health Sciences Building, Rm B1140, 526 Wakara Way, SLC
INSTRUCTOR: Raven Berman
TUITION: $89
SPECIAL FEE: $5

Conflict Self-Defense Workshop
Most courses on conflict emphasize ways to avoid or negotiate conflicts. While these are important subjects this course assumes that conflict is a pervasive, normal, part of human relations. Indeed, many conflicts, such as elections and business competition, are institutionalized in our society. Some conflicts are not socially sanctioned and thus usually include covert acts.

This course will look at both individual and group conflict. Hopefully it will help the participants avoid conflict when possible and teach them how to respond to unavoidable conflicts.

OSHER 96-001 • Thursdays, Mar 29-May 3
9:30 - 11:00 AM
LOCATION: Commander’s House
INSTRUCTOR: Rod Julander
TUITION: $99

Contemporary Issues in Medical Ethics
Using recent and contemporary media reports of controversial clinical cases and medical practices, we will identify and explore current and emerging ethical problems. Participants will propose and evaluate solutions based on personal experience, cultural or professional perspectives, and content knowledge. We will discuss technology’s effect on the doctor-patient relationship, the way doctors manage medical errors, the unusually high cost of U.S. healthcare, conflicts of interest for physicians and what decisions are possible at the end of life and how patients and families make them. New cases, articles and court decisions will be discussed.
Culture of Utah Politics
Utah politics is a fascinating mix of policy making, local culture, and religion. The course will explore Utah politics, how citizens can be more engaged, and how to deal with voter apathy. It will provide insights for non-native Utahns into the idiosyncrasies of Utah politics. We will cover political structures in Utah from a historical perspective and discuss current Utah cultural influences on politics, citizens' involvement and engagement in the political process, single party dominance and its effect on political culture, and the plight of disenfranchised voters.

OSHER 630-002 • Tuesdays, Mar 27-May 1 1:30 - 3:00 PM
LOCATION: Commander’s House
INSTRUCTOR: Tim Chambless
TUITION: $99

Dance Fitness
Studies prove that dancing can improve mental and physical fitness levels. This fun workout will have you moving to the oldies, incorporating dance moves you love as well as current music and styles. Improve balance, endurance, tone and rhythm as you dance your way to increased physical fitness and mental acuity. All skill and fitness levels are welcome; the workout will include warm-up and cool-down stretch. Wear clothes and athletic workout shoes allowing you to move to the music. The last 15 minutes of class will be dedicated to optional muscle toning exercises. Bring a yoga mat if you plan to stay for this part.

OSHER 855-002 • Wednesdays, Mar 28-May 2 2:00 - 3:15 PM
LOCATION: 10th East Senior Center., 237 S. 1000 E, SLC
INSTRUCTOR: Denise Gibson
TUITION: $89

Digitizing Memories
Do you want to know what can be done with all your print photos, negatives, slides, and videos? This class will teach you all you need to know about how to preserve, archive and even restore your non-digital media. We will go over how easy it is to share your memories with family and friends, including putting images on Facebook and your digital devices (computer, phone & tablet). Learn about available alternatives and the answers to frequently-asked questions regarding how to “do-it-yourself” or what to look for in a vendor so you get the most for your money while protecting your irreplaceable memories.
OSHER 25-001 • Friday, Apr 6
9:30 AM - 1:30 PM
LOCATION: Annex Building, Room 1018
INSTRUCTOR: Debbie White
TUITION: $39
SPECIAL FEE: $5

Does Practicing the Golden Rule Still Matter?
Increase awareness and the practice of compassion, kindness, and peace by sharing the universal principle of the Golden Rule “treat others as you want to be treated.” Using the life experiences of those in class, we will explore major current events: poverty and homelessness; immigration; and health care. This will not be a right vs. left political discussion, but rather an exploration of what our moral obligations are to each other. How might we treat others with kindness and compassion even when we differ in so many ways? Students will spend time in small group discussions and sharing with the entire class.

OSHER 59-001 • Wednesdays, Mar 28-May 2
9:30-11:00 AM
LOCATION: Commander’s House
INSTRUCTOR: Susan Soleil
TUITION: $99

Drawing and Painting Fundamentals
When you pick up a pencil or a brush what are the elements that help you to make the marks that you want to make? How do you go about getting better at the craft? Does it really matter how colors are mixed and what’s the difference between different types of paper or canvas? How do the different types of media and substrates affect the outcome of the piece? These are just some of the questions we will address in this class. Whether you are a seasoned artist or just starting out, this class is geared to help you enjoy the journey. It is a time to experiment with the medium and subject of your choice. Please bring your own painting or drawing supplies, still life objects or reference materials you would like to work from. Also, please feel free to bring some of your work if you would like to share and discuss it.

OSHER 87-001 • Mondays, Mar 26-Apr 9
10:00 AM - 1:00 PM
LOCATION: Annex Building, Room 1025
INSTRUCTOR: Michael Calles
TUITION: $99
SPECIAL FEE: $15

Drawing: Workshop
In a workshop setting, gain additional skill and confidence working in colored pencil, portrait rendering, or conté crayon. Set your own goals and work at your own pace. Supervised instruction, guidance, and feedback will be available to students as needed. Come prepared with something to work on at the first session of the workshop or have ideas for review by the instructor. A prerequisite for taking this class is to have completed at least one Osher Colored Pencil or Portrait Drawing course, or to have the approval of the instructor. Students are responsible for purchasing their own supplies. Materials needed will be discussed in the first class and a shopping list will be provided.

OSHER 875-001 • Tuesdays and Thursdays, Mar 27-May 3
1:30 - 3:15 PM
LOCATION: 10th East Senior Center, 237 S. 1000 E., SLC
INSTRUCTOR: Bill Laursen
TUITION: $159
SPECIAL FEE: $3

Earth Science Outside
Admire, treasure, and appreciate our local, spectacular geology. Learn how it came to be. Sessions will be outside and include mild walking. Chairs will be provided for discussion/lecture portions. Locations subject to change due to weather. IMPORTANT: check earthscienceducation.org for up-to-date information. The first class will take place at the Commander’s House, where the instructor will give a course overview and begin with a look around Fort Douglas.
Exercise Science: Transform Your Quality of Life

Exercise can provide health benefits from better movement, balance, and strength. Although our minds want to perform like the athletes or weekend warriors we once were, the changes to our bodies are undeniable and require adjustments to continue to safely enjoy an active lifestyle. Learn about the history and evolution of exercise, the continually evolving field of exercise science, and what exercise may look like in the future. Develop your own personalized comprehensive exercise program to improve your physical function and performance and to prevent injury. This course will cover power, balance, and conditioning. Dress for exercise and be comfortable to get up and down off of floor mats for exercise.

From the Grand Tour to Grand Scandal: Antiquities in the Modern World

This course traces the modern phenomenon of collecting antiquities, particularly from Greco-Roman, Egyptian, and Near Eastern cultures, and issues surrounding their collection. Young students and seasoned travelers going on a Grand Tour in the 1700s came back with objects that brought a new level of appreciation for Greek and Roman art. These travels would soon lead to the discipline of archaeology, with strict guidelines on digging. In the 19th and 20th centuries, collectors and museums started to grapple with the legal and moral issues of buying a piece of the ancient past. In the 21st century, that material culture is now looted and targeted for destruction by extremist groups. Among the topics the course will bring up include Lord Elgin and the Parthenon Marbles, the Euphronius Krater, Medici/Hecht looting, ISIS and culture terrorism.

Fundamentals of the Still Life

The still life has been used as teacher, subject, and experiment since the middle ages and continues to be a fun and interesting genre’. What better way to experiment, study and learn the process of painting and drawing? Join us to learn the fundamentals of painting and drawing this time honored subject matter in the 21st century. In this 3-session class, we will discuss the work of past and present artists to see how they approached this varied subject. Then we will create our own still life set-ups and practice in the studio. The class is open to all media, so you can work in whichever you are comfortable with, or try something new. You should bring your own subject matter to draw or paint from. In addition please bring your own painting/drawing materials. The special fee for this class includes parking passes for the Annex parking lot.
Gifts from India: Spiritual Transformation

Our modern, fast-paced, materialistic lifestyle is leading many people to seek a deeper meaning in our lives. India has an ancient and vibrant spiritual tradition. From its inception, Indian Hindu spiritual seekers explored how to realize their divinity. Through inner expiration and practice, they discovered that different practices to inner peace all lead to the Divine and Self-Realization. We will examine the philosophy and practice of four approaches to spiritual development. Each approach is based on the understanding that people have different personalities and are drawn to different practices. They include devotion, thinking, action and mediation. Our class will be interactive, experiential, practical and fun.

OSHER 94-001 • Thursdays, Mar 29-May 3
11:30 AM - 1:00 PM
LOCATION: Commander’s House
INSTRUCTOR: Harry Keshet
TUITION: $99

Google Drive Basics

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. Please create a Google Account before class if you do not already have one. Bring your phone or tablet to class. Let’s have fun and get organized! The special fee includes a parking pass for the Annex Building’s parking lot.

OSHER 120-001 • Thursday, Mar 15
1:00 - 4:00 PM
LOCATION: Annex Building Computer Lab, Room 2182
INSTRUCTOR: Pat Lambrose
TUITION: $39
SPECIAL FEE: $5

Google Maps

Discover tips and tricks for using Google Maps. Create and save custom maps in your own My Places Google Maps account. Learn to map your favorite restaurants, fishing holes, bike routes, golf courses, trail heads, etc. The course will explore the variety of features available in Google Maps through demos, hands-on exercises, and discussion. The class will be held in a computer lab. The special fee includes the cost of a parking pass for the Annex Building parking lot.

OSHER 469-001 • Tuesday, Apr 10
5:00 - 8:00 PM
LOCATION: Annex Building Computer Lab, Room 2180
INSTRUCTOR: Pat Lambrose
TUITION: $39
SPECIAL FEE: $5

Great Decisions

Join Great Decisions, a discussion group where sharing knowledge, ideas and opinions will strengthen your understanding and relevance of timely international issues that are vital to U.S. foreign policy. Discussion group participants will have access to in-depth topic resources and a Great Decisions Briefing Book, listen to local experts and watch video clips that provide context on the discussion. 2018’s topics include: “The Waning of Pax Americana?”, “Russia’s Foreign Policy”, “China and America: the New Geopolitical Equation”; “Turkey: a Partner in Crisis”; “U.S. Global Engagement and the Military”; and “South Africa’s Fragile Democracy”. The course is offered in partnership with the Utah Council for Diplomacy, a local nonprofit affiliate of the World Affairs Council of America.

OSHER 14-001 • Mondays, Mar 26-May 14
9:30 AM - 1:30 PM
LOCATION: Commander’s House
INSTRUCTOR: John Cox
TUITION: $139
Hiking in the Wasatch
This class will feature short hikes in several of the local canyons. The pace will be slow enough to enjoy the environment, view any wildlife that may be encountered, and socialize with other participants. The following hikes are planned: (i) 3/27, Temple Quarry Tr. to Wasatch Resort Rd., 1.8 mi., elevation gain 250 ft. (ii) 4/03, Bonneville Shoreline Tr.: Orson Smith T.H. to Bear Canyon, 2.4 mi., elevation gain 470 ft. (iii) 4/10 Lower Bell’s Canyon Reservoir, 1.8 mi., elevation gain 640 ft. (iv) 4/17 Alexander Canyon, 4.0 mi., elevation gain 445 ft. (v) 4/24, Clark’s Tr./Hoof and Boot Loop, 3.9 mi., elevation gain 905 ft. (vi) 5/01, Pipeline Tr. to Salt Lake Overlook, 3.3 mi., elevation gain 710 ft. Sturdy walking or hiking shoes are recommended, and trekking poles may be helpful. Bring lunch (or a snack), water, a warm jacket or sweater, and rain gear. No dogs allowed. Students will meet at the Holladay Park & Ride, 6200 South, Wasatch Blvd. and carpool to trail-heads.

OSHER 26-001 • Tuesdays, Mar 27-May 1
9:30 AM - 1:30 PM
LOCATION: Students meet at Holladay Park & Ride, 6200 South, Wasatch Blvd.
INSTRUCTOR: Dave Smith
TUITION: $99

History of Rock and Roll
Rediscover Rock and Roll with a popular Salt Lake City disc jockey whose career spanned much of the sixties, seventies, and early eighties. We will study the events, inventions, discoveries, and talents that made this phenomenal art form possible. How did Rock and Roll affect the nation’s history? How did Salt Lake City’s tune charts differ from other markets? Let musical clips take you back, feel the vibes, and relive those moments. Come ready to share your favorite artists and songs, and then watch them become a part of the class experience.

OSHER 539-001 • Thursdays, Mar 29-May 3
5:30 - 7:00 PM
LOCATION: Monson Center, Zions Bank Classroom, 411 East S. Temple, SLC
INSTRUCTOR: Lynn Lehman
TUITION: $99

Improving Balance and Flexibility with Alignment Yoga
Alignment Yoga (AY) is a gentle and therapeutic style of yoga that emphasizes increasing core strength and stability while creating more ease and flexibility in movement. The tools and techniques unique to AY provide insight into other forms of yoga and exercise, and one’s daily activities. AY is accessible to people of all ages, abilities, and backgrounds. Both beginners and experienced practitioners will benefit from cultivating mindfulness, relaxation, and physical vitality through attention to optimal alignment, breathing, and inner awareness. Note: The yoga studio has mats and all props that will be used in class.

OSHER 881-002 • Thursdays, Mar 29-May 3
11:30 AM - 1:00 PM
LOCATION: Mindful Yoga Collective, 223 S 700 E, Ste.4
INSTRUCTOR: Carla Anderson
TUITION: $99

Hot Rocks: An In-depth Look at the World of Gems and Precious Stones
This course will leave you with a working knowledge of the gem kingdom and an understanding of the identification and value components of gems and precious stones. You will also be exposed to some of the curious folklore and history of mining and selling organizations. You will look under the microscope and gain hands on experience with some of a gemologist’s tools.

OSHER 943-001 • Tuesdays, Mar 27-May 1
11:30 AM - 1:00 PM
LOCATION: Commander’s House
INSTRUCTOR: Brent McMaster
TUITION: $99
Every Osher instructor brings an incredible amount of knowledge, experience, and yes, heart to each class. You’ll find instructors who not only have great passion for their subject matter, but who understand how to engage students to facilitate robust and honest discussion. The conversation between members is so lively, it often continues after class in the hallways or at the coffee shop.
Intermediate Photography
As taking pictures becomes more prevalent it is important for the community concerned with significant photography to set a standard. High-quality images should be distinguished from the rest by their technical mastery and clarity of vision. We will learn to manage the photographic controls with greater care and swiftness to capture the moments of life and wonder. We will endeavor to explore the next level, which is about becoming multifaceted, creative and sweeping the viewers off of their feet. This course will have painless weekly assignments and critique for those daring and desiring to participate. Prior students are welcome to take part in this fresh offering.

OSHER 67-002 • Tuesdays, Mar 27-May 1
5:15 - 6:45 PM
LOCATION: Commander’s House
INSTRUCTOR: Rodger Newbold
TUITION: $99

Internet Security
The first section of this three-session course will cover internet threats such as security, privacy, viruses, malware, scams/frauds/identity theft, computer hackers, phishing, and more. We will also discuss a number of suggested offensive and defensive safety tips and best practices for both Mac and Microsoft platforms, including most mail clients.

OSHER 51-003 • Tuesday, Mar 27-Apr 10
3:15 - 4:45 PM
LOCATION: Commander’s House
INSTRUCTOR: Debbie White
TUITION: $50

Internet Security
The second section of this three-session course will cover internet threats such as security, privacy, viruses, malware, scams/frauds/identity theft, computer hackers, phishing, and more. We will also discuss a number of suggested offensive and defensive safety tips and best practices for both Mac and Microsoft platforms, including most mail clients.

OSHER 51-004 • Tuesday, Apr 17-May 1
3:15 - 4:45 PM
LOCATION: Commander’s House
INSTRUCTOR: Debbie White
TUITION: $50

iPad Basics
People to whom smart phones and tablets are daunting will find this course the perfect introduction to connecting with our changing world of technology. This class is a hands-on experience focused on having fun with your iPad. We will take time to explore the operating system, as well as highlighting some of the multi-faceted capabilities of the iPad. Bring your iPad to class; iPhones are welcome, too. At the end of six weeks, you will know the basics of using your device and be excited about its convenience.

OSHER 844-002 • Tuesdays, Mar 27-May 1
11:30 AM - 1:00 PM
LOCATION: Commander’s House
INSTRUCTOR: Debbie White
TUITION: $99

iPad Beyond the Basics
Most people only scratch the surface of the iPad’s functions. Learn how to get the most out of your iPad as you participate in a hands-on experience going beyond exploring the basics of the operating system. The course will highlight key applications (apps,) trouble-shooting techniques, and tips and tricks to get the most from your device. We will also explore some exceptional apps that will personalize and help expand the uses of your iPad. Bring your iPad to class—iPhones are welcome, too. This class is not intended for those who have never used a tablet or smart phone; instead, iPad Basics is for you.

more class information on page 17
Islamic Civilization

This course will explore the evolution of the Islamic civilization from its origins until its fall. Through the Umayyad and the succeeding Abbasid Caliphate’s early phase lies the period of Islamic history known as the Islamic Golden Age, between 692 and 945 AD, with stable political structures and flourishing trade. Major religious and cultural works of the empire were translated into Arabic. The culture inherited Greek, Indic, Assyrian and Persian influences, and a new common civilization formed, based on Islam. An era of high culture and innovation ensued. The goal of this course is to encourage the student to think about Islamic civilization from an historical perspective and to appreciate how Islamic civilization can inform the study of history.

Students will understand Islamic civilization, sciences, technology, and medicine in their historical and social contexts during the height of Islamic civilization.

Issues with Journalism and Reporting: Is There or Can There Be Fair Reporting of Events Affecting Your Life?

A series of moderated discussions will include representatives of local media outlets including local television stations, the Salt Lake Tribune, Deseret News, alternative publications and blogsters. They will tell how and why they cover the stories they do. Specifically, how do they maintain fairness in their reporting and story selection and “show order” (when certain stories lead a newscast or are “above the fold”)? A chance for lively discussion centering on news you can use.

Jewelry: Historic Perspectives and Individual Creation

Explore the history of jewelry and personal adornment at the Utah Museum of Fine Arts (UMFA) with your instructor, Mary Lambert, a UMFA docent. Then spend the next two classes completing two jewelry pieces related to what we saw and learned about at the museum.

Join the Flock

Program participants will learn through lecture, hands-on experiences, and walking tours about Tracy Aviary’s $30,000,000 renovation that has transformed this cultural asset into one of Salt Lake’s finest gems. Participants will get an insider’s understanding of how Tracy Aviary connects people to nature through exhibits, inviting landscapes, intimate bird shows, innovative education programs, and citizen science conservation projects. The class will be divided into six parts: the history of Tracy Aviary and the future of zoos; how we train birds (featuring nose-to-beak experiences); a look at advances in aviculture and how we address the special needs of more than 120 species of birds; a walk through wildlife habitats designed to be experiential and aesthetically pleasing; education developed to be fun, with a goal of introducing people to the world around them; and, finally, an explanation of why a small organization launched an ambitious conservation program that funds projects throughout the world while also conducting research in Salt Lake.
Live Free of Clutter and Get Organized at Last!

How would it feel to have your home free of clutter? In today’s world we are bombarded with information and stuff. So there is clutter everywhere – on our phones and computers, desktops and countertops, bedrooms and basements, closets and cupboards. We crave being free of the clutter and fantasize about being organized but it feels impossible. Marla Dee is here to change that. As a professional organizer for 18 years, Marla has seen the pain. With contagious enthusiasm and stories from real clients, Marla shares her belief that organized living is a skill anyone can learn. Why bother learning this skill? Because getting organized frees you to be present for what matters most. Her Clear & Simple Systems teach where to start, what to do and how to keep it up.

Mac Basics
Expand your ability to enjoy and personalize your Mac computer. This lab-based course is a great environment for those who are switching from PC to Mac or those who would like to increase their aptitude and general understanding. In four sessions we will highlight key features on a variety of apps within the Apple operating system, along with best practices, settings, and trouble-shooting. At-home weekly assignments will be suggested and will enhance class activities. Some prior use and understanding of computers is required for this class. This is not intended as an introduction to computers. Mac Basics is a recommended requirement for this class. The special fee included in the class includes parking passes at the Annex Building parking lot.

Meteorology Online
The course will explore online meteorology resources, to include earth.nullschool.net and weather.unisys.com, and a few others. The course will be “hands on”. Students will learn how to navigate these sites and interpret the information available from them. The special fee for this class includes parking passes for the Annex Building parking lot.
OSHER 95-001 • Tuesday and Thursday, Mar 27-29
3:15 - 4:45 PM
LOCATION: Annex Building Computer Lab, Room 2182
INSTRUCTOR: Chris Biltoft
TUITION: $39
SPECIAL FEE: $10

# Musical Form: Listening for Structure
What is the name of the fugue’s simpler cousin? How is the medieval Bar Form like American Blues? Which form was used by Mozart and Dizzy Gillespie? This series of presentations will focus on traditional forms of Western Music (fugue, sonata-allegro, rondo, variations, and blues), and will include one non-Western style. Come and improve your listening skills.

OSHER 118-001 • Thursdays, Mar 29-May 3
1:30 - 3:00 PM
LOCATION: Utah Opera Productions, 3rd floor Learning Center, 336 N. 400 W., SLC
INSTRUCTOR: Lew Phelps
TUITION: $99

Opening Eyes to Today’s, Yesterday’s, and Tomorrow’s Art World
The Phillips Gallery in Salt Lake City has invited six artists to conduct six 1 1/2 hour sessions at the gallery. The artists will share their own perspective to approaching and understanding art. Featured artists for the winter session are Jean Arnold (abstract oil painter); Simone Simonian (traditional landscape and still life, various media, painter); Joe Ostraff (abstract mixed media painter); Rodger Newbold (photographer); Rebecca Livermore (landscape watercolor painter); and Deborah Hake Brinckerhoff (abstract oil/palette knife painter).

OSHER 955-002 • Wednesdays, Mar 28-May 2
9:30 - 11:00 AM
LOCATION: Phillips Gallery, 444 E. 200 S., SLC
INSTRUCTOR: Meri DeCaria
TUITION: $99

Opera Preview: Die Fledermaus
Each class in this multi-term series will focus on a Utah Opera production during the company’s season. You will learn the historical background of the opera, and will have the opportunity to listen carefully and get acquainted with the work’s beloved musical moments. The class has been planned so that participants may sit in on some of the rehearsal process in the opera production studios. It’s a great way to prepare to have a fantastic experience attending a performance of the opera in the Capitol Theatre, and to appreciate all of the work that goes on behind the scenes. This term, the class on May 1 will focus on Johann Strauss Jr.’s Die Fledermaus, the closing production in Utah Opera’s 40th anniversary season. Join Utah Opera for a lavish, costumed spectacle to celebrate our 40th anniversary season with an uproarious production of the ultimate party opera.

OSHER 343-001 • Tuesday, May 1
1:30 - 2:30 PM
LOCATION: Utah Opera Productions, 3rd floor Learning Center, 336 N. 400 W., SLC
INSTRUCTOR: Paula Fowler
TUITION: $19

Poetry for Further Enrichment
First rate poetry, properly presented, deepens our experience and makes life richer. This class continues Osher’s Poetry for Enrichment series in which we see how good poetry illuminates life, beauty, death, love, war, loneliness, faith, and joy. In the process, we also investigate poetry itself—its art, craft, and history. Some of the poems will be funny, and some will be sad. All will be important and worthwhile. No prerequisite is required. This class is for people who don’t know much about poetry and who are about to discover how much they enjoy it.
OSHER 960-002 • Thursdays, Mar 29-May 3
1:30 - 3:00 PM
LOCATION: Commander’s House
INSTRUCTOR: Roy Ellefsen
TUITION: $99

Preview: Utah Symphony Finishing Touches Rehearsal
The Finishing Touches Rehearsal is a behind-the-scenes look at the orchestra during a Masterworks Series rehearsal. Join Craig Fineshriber, former Utah Symphony Principal Percussionist and Orchestra Librarian, for an informative and entertaining hour learning about the music by Franck, Prokofiev and Tchaikovsky to be performed at the Rehearsal. This section includes a special fee to cover the cost of your ticket to the performance.

OSHER 44-001 • Friday, Apr 6
8:30 - 9:30 AM
LOCATION: First Tier Room, Abravanel Hall, 123 South Temple, Salt Lake City
INSTRUCTOR: Craig Fineshriber
TUITION: $19
SPECIAL FEE: $11.25
NOTE: This section includes the price of a ticket following the rehearsal.

OSHER 44-002 • Friday, Apr 6
8:30 - 9:30 AM
LOCATION: First Tier Room, Abravanel Hall, 123 South Temple, Salt Lake City
INSTRUCTOR: Craig Fineshriber
TUITION: $19
NOTE: This section does not include a ticket to the rehearsal.

Queens, Art and Power in Early Modern Europe
Royal patronage has often been important to the production of great art. This course will examine the art patronage of famous European queens including Catherine the Great of Russia, Elizabeth I of England, Catherine and Marie de’Medici of France, and Christine of Sweden. Art was an avenue these queens chose to boost their power and influence. Fascinating dilemmas faced each ruler. We will see how art enabled them to negotiate both court intrigue and the political situations they found themselves in.

OSHER 100-001 • Wednesdays, Mar 28-May 2
3:15 - 4:45 PM
LOCATION: Commander’s House
INSTRUCTOR: Jennifer Brown
TUITION: $99

Shakespeare: Potpourri
We survey six plays: one per session. They include the tragic Anthony and Cleopatra, the romance of love’s greatest couple, Romeo and Juliet, and with one of his last plays, Henry VIII. In each class we will study the play and read sections aloud. The plays are: Romeo and Juliet; Two Noble Kinsmen; Anthony and Cleopatra; King John; Pericles and Henry VIII. This series completes the canon of Shakespeare offered over the last two years.

Six Nobel Prizes, Six Utah Stories
The Nobel Prize is awarded each year in six categories: Medicine, Chemistry, Physics, Literature, Peace and Economics. Each week we will learn about the work honored by a Nobel Prize in a different category and the unique Utah connections to each body of work. The lectures are designed to provide deeper understanding to the general public of the significance and impact of Nobel Laureates contributions to humanity. Lectures will also provide a personal view of the Nobel Laureates personality and life.

801-581-7155 • www.oshers.utah.edu
more class information on page 21
Spiritual Gandhi: How He Changed Himself and the World
Mahatma (the great-souled one) Gandhi’s primary goal was realization or “moksha”. He was a shy and fearful child and young man. Over time, he transformed himself into an international statesman, a man of strength, love and integrity able to change the Indian culture and uplift a people from years of humiliation, poverty and self-doubt. Through spiritual study and practice, he created a new form of social change called nonviolence. It is based on the ancient Hindu principle of non-hurting and faith in the transformative power of love. Our course will be interactive, lively, open to humor and uplifting. Participants often experience emotional, psychological and spiritual change and well-being inspired by Gandhi’s example.

Spring Herb Gardening
The goal of this class is to inform and inspire students to imagine and create garden(s) that include the culinary and medicinal herbs they want both for use and for pleasure. We will discuss potting, companion planting, cultivation, design, harvest, preservation, and more. Hands on demonstrations will enable the students to grow herbs with confidence. A worksheet will be provided along with fresh herb samples from Merry’s garden. This class will have three meetings.

The American War in Vietnam: One Citizen-soldier’s Experience
During this course, instructor Neil Olsen will present his observations and share materials he collected during his year in Vietnam. He highlights his infantry duty and subsequent posting as an advisor with a mobile advisory team which trained indigenous troops to better patrol and fight enemy forces in their province. The course will not focus on battle situations, but highlight civilian and military projects aimed at helping the local people to have a better life.
**The First Fifty Pages**
The key to getting your novel published could lie in the first 50 pages of your manuscript. These are the pages that an agent or editor will ask to see first, in considering publication. In this course, we’ll talk about how to make them riveting in terms of plot and how to create characters that will last in your reader’s mind long after they close the book. We’ll also build critiquing skills that will last long past this first book. If you’ve already completed a novel or if you’re just thinking of starting one, this is the course for you.

**The Simple Joys of Singing: Songs of Yesteryear in a Casual Group-sing Setting**
Decades before Pandora, Alexa, karaoke and YouTube fairly drowned the public in millions of recorded songs, families and friends often gathered around a piano in the parlor and sang select songs of the day and the enduring tunes of yesteryear. “The Simple Joys of Singing” is an invitation to revisit that bygone era and group-sing a wide variety of songs accompanied by Osher instructor K. Wayne Egan on the piano. The playlist will cross diverse idioms of well-liked music, including songs made popular by a range of performers from Sinatra to the Beatles to Hank Williams and more to boot. Egan will lead participants in open and casual sing-along. Course participants will learn key points about the historical background of the songs, leaving the bulk of the time to be spent performing the songs as a group of singers and listeners. Students may choose to sing along or just to enjoy listening to the rest of the group.

**The Spanish Borderlands: Spanish Colonial Exploration and Settlement in the United States**
This course will examine the effects of Spanish explorers and settlers in Florida, Texas, New Mexico, California and parts of Georgia, Arizona, Colorado and Utah. It will focus on ways in which colonial Spain extended its empire’s culture, language, religion, and architecture into the borderland areas of what is now the continental United States. The period covered in this course will start with Ponce de Leon’s exploration into Florida in 1513 (nearly 100 years before the first English settlers landed at Jamestown, Virginia) to the conclusion of Mexico’s war for independence in 1821.

**Water: The New Oil**
Many people feel that oil is the quintessential non-renewable resource. Because of its utility and scarcity, the map of the world has been changed and wars have been fought to control it. Water, on the other hand, is the ultimate renewable resource: it is all around us and has been from the beginning of time. Our own bodies
are 80% water. Yet water supplies are becoming increasingly scarce, especially as populations expand and require ever more clean, fresh water. We already see the beginnings of struggles over water availability. Oil may be useful for energy, but, quite literally, water is life. This class will examine water issues worldwide, with an emphasis on the Mountain West, including supply, the technologies of clean and safe water, and the increasingly political issues of who gets water, how much, and at what cost.

OSHER 108-001 • Tuesdays, Mar 27-May 1
9:30 - 11:00 AM
LOCATION: Commander’s House
INSTRUCTOR: Alan Eastman
TUITION: $99

Wines of Southern France
With a wine history which begins in 125 BC, France is the leader in the wine world. French wine grapes are the most well-known, and each wine region has an interesting tale to tell, illustrated by delicious examples. This session, explore the Southern wine region—its culture, history and wine making traditions—and taste the many styles of wines. Bring a notebook to record your impressions.

OSHER 274-001 • Wednesdays, Mar 28-Apr 4
4:00 - 6:00 PM
LOCATION: Café Trio, 6405 S. 3000 E., SLC
INSTRUCTOR: Sheral Schowe
TUITION: $49
SPECIAL FEE: $109

Writing Your Story: Beginners and Intermediate
This course is meant for those who have always wanted to write their story, or parts of a family story, to leave for posterity. For those who have taken this class winter quarter, this will be a continuation. The first goal is to help you arrive at a place that makes writing your story seem possible as well as fun. We will explore all the forms memoirs can take, which will open new paths for you. We will have a small reading list, and a little homework each week. We hope to hear parts of your work in class, but reading aloud is not required. You will be required to bring a notebook big enough to write on quickly (I like 8.5 by 11”) and a pen or two.

OSHER 80-002 Thursdays, Mar 29-May 3
3:30 - 5:00 PM
LOCATION: Monson Center, Zions Bank Classroom, 411 East S. Temple, SLC
Instructor: Terrell Harris Dougan
Tuition: $99
Special Events

University of Utah Dumke Gymnastics Center
Monday, March 19, 2018 • 2:00 PM
1825 E South Campus Drive, Salt Lake City 84112
The Dumke Gymnastics Training Center is home to the University of a Utah Women's Gymnastics team. It opened in 1998 and is an 18,000 square foot standalone building, a completely self-contained gymnastics training facility with a locker room, athletic training and rehabilitation room, aerobics and lounge area, and a strength and conditioning area exclusively for the Utah Gymnastics team. We will tour the building and then watch the gymnastics team practice. Utah Gymnastics has qualified for a record 42-straight National Championships. They have won 10 national championships and average over 15,000 fans per meet. Go Red Rocks!

U of U Department of Physics and Astronomy Electron Microscope
Monday, March 19, 2018 • 1:00PM
INSCC, 155 S 1452 E, Salt Lake City 84112
Nano is the buzz word of the 21st century, but what does it mean? We will start by defining the term through numerous examples in many fields. We will then use a state-of-the-art scanning electron microscope to view things in the "nano-world," along the way explaining how the microscope works and demonstrating its many capabilities. Students will be encouraged to bring their own materials to view through the microscope. A $5 fee will be payable in cash at the event.

Utah Trust lands: Statehood to Bears Ears
Tuesday, March 20, 2018 • 9:00 AM
Utah School and Institutional Trust Lands Administration, 675 E 500 So #500, Salt Lake City 84102
Often confused with public lands, Utah’s trust lands are held in trust for public schools and other state institutions. Visit the Utah School and Institutional Trust Lands Administration (SITLA) and learn how Congress granted land, called trust land, to the new state of Utah to support schools, state hospitals, colleges and universities. Today, SITLA manages this 3.4 million-acre land trust, generates revenue from energy, real estate, and surface development projects, and deposits proceeds into permanent endowments for each state institution. Also, learn how SITLA works with other agencies on stewardship, conservation, and land exchanges.

Hinckley Institute of Politics
Wednesday, March 21, 2018 • 1:00 PM
332 S 1400 E, Bldg 72, room 102, Salt Lake City 84112
One of the first of its kind in the nation, the non-partisan Hinckley Institute was founded with the mission to engage students in governmental, civic, and political processes, promote a better understanding and appreciation of politics, and train ethical and visionary students for public service. Enjoy a tour of the facility and learn more about the goals, plans and programs this Institute has to offer.

Jenkins-Soffe Mortuary & Crematorium
Wednesday, March 21, 2018 • 1:00PM
1007 West So. Jordan Parkway, South Jordan 84095
This tour will focus on a visit to the crematorium where we will see the retorts (where the actual cremations take place) and also the area for family members who wish to witness the process. While sitting in comfort in the funeral chapel, the manager will give a brief overview of the services provided, describe options available, and answer questions.

Salt Lake Tribune
Friday, March 23, 2018 • 9:45 AM
90 S 400 W Ste 700, Salt Lake City 84101
The Salt Lake Tribune is Utah’s largest independent voice. We will join Jennifer Napier-Pearce, editor, at her morning meeting with staff reporters as they discuss current events, what will appear in the day’s news, and how each staff member will approach the day. You must arrive by 9:45AM to participate in this event. Be prepared to stand.

CWAC Canines with a Cause
Friday, March 23, 2018 • 1:00PM
The Family Dog, 4050 S 2700 E, Holladay 84124
Canines with a Cause trains and places dogs with veterans suffering from PTSD. The dogs are rescued from shelters and pre-trained at the Utah State Prison by female inmates. Dogs are then adopted by a veteran and training continues.

Harmons Healthy Living Tour
Saturday, March 24, 2018 • 11:00 AM
100 S 135 E, Salt Lake City 84111
Harmon’s has in-store dietitians to help you with your shopping and nutrition questions, whether related to disease or if you just want to eat healthier. Take a stroll through Harmon’s City Creek aisles to learn the ins and outs of making healthy choices and maybe discover delicious new foods along the way.

Utah Film Studios
Monday, April 2, 2018 • 11:00 AM
4001 Kearns Blvd., Park City 84060
The Utah Film Studios offer a purpose-built motion

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picture and television studio designed for all types of film and television production. With three 15,000 sq. ft. sound stages and an additional 16,000 sq. ft. of office space, Utah Film Studios is comparable to those found in Los Angeles. The 90-minute tour will provide access to all areas of the studio (pending any client provisions or restrictions) and you will be able to witness firsthand how and where TV & movies get produced.

Utah State Capitol Building
Friday, April 6, 2018 • 10:00 AM
350 N. State Street, Salt Lake City
Since its completion in 1916, the Utah State Capitol building has been both the home of state government and one of the state’s most prominent landmarks. From 2004 to 2008, it underwent one of the largest historical preservation projects in the United States. In addition to safeguarding the building against the risk of an earthquake, the project also repaired and restored the original beauty and artwork of the Capitol. On this guided tour you will have an opportunity to see the results of the preservation project as you walk through this historic building and view art and exhibits relating to Utah’s history and heritage.

Camper ReParadise
Friday, April 6, 2018 • 6:00 PM
2382 South Redwood Rd., Salt Lake City 84119
Camper ReParadise is a team of travel trailer experts specializing in full restorations, appealing updates, and everything in between. Started more than five years ago by people who love Utah’s outdoor recreation opportunities, Camper ReParadise saves tired and dilapidated vintage travel trailers and transforms them into fully functioning units ready for any adventure. After gaining restoration experience, they decided to branch out and began producing their own twist on the classic. The result was their Tin Bar line which are small trailers that can be purchased or rented for events such as weddings, parties or photos. In addition to the vintage trailer work, the company designs and creates mobile offices, living quarters in horse trailers, and build-outs in shipping containers.

Natural History Museum of Utah
Friday, April 13, 2018 • 10:00 AM
301 Wakara Way, Salt Lake City 84108
Tour the special exhibit Nature’s Ultimate Machine with the exhibit designer as our guide. Immerse yourself in the marvels of natural engineering. Imagine if your jaws could crush over 8,000 pounds in one bite, your punch could break through aquarium glass, and your ears could act as air conditioners. From the outside in, every living thing—including humans—is a machine built to survive, move, and discover.

Open Classroom Charter School of Salt Lake City
Friday, April 13, 2018 • 12:00 PM
134 D Street, Salt Lake City, 84103
Open Classroom, a free, public charter school in the SLC School District, is a teacher-directed, parent-supported, child-centered school established in 1977. This is a parent-cooperative school where parents participate in the classroom every week, providing a better adult/student ratio, allowing small group learning. A school for pre-K through 8th grade, the OC has a certified teacher for every classroom. The OC is an intentional community, brought together not by geography or demographics, but by a common philosophy and desire to see children thrive.

Spectrum Studios
Monday, April 16, 2018 • 1:00 PM
196 W Malvern Avenue, Salt Lake City 84115
Glass artist Dan Cummings has been running Spectrum Studios since 1994. Working in metal, glass and other materials, artists can work on an individual project or collaborate on large projects such as an artistic installation for a public space or a more industrial endeavor like a giant lens for a space telescope in Germany. This tour will demonstrate glass making, display kiln techniques, and explain the types of glass and procedures used.

Viridian Event Center
Monday, April 16, 2018 • 1:30 PM
8030 S 1825 W, West Jordan 84088
Salt Lake County Library’s Viridian Event Center is a beautifully modern and ecofriendly community space. Built primarily to host Library events, this full-service venue regularly hosts corporate meetings and conferences, weddings and receptions, galas and fundraisers, concerts, film screenings and festivals. The tour will cover the 7,100 square foot event space, which can easily be divided into up to three separate rooms. We’ll also view the state-of-the-art audio visual equipment, the outdoor amphitheater connected to the indoor space via a 30-foot glass door, and the spacious pre-function area. The facility also has a large catering kitchen, easily accessible staging areas and a loading dock. After the tour of Viridian Event Center, we’ll take
Remember to cancel your RSVP if your schedule changes so a member on the wait list will have an opportunity to attend.

Waterpocket Distillery
Saturday, April 21, 2018 • 1:00 PM
Saturday, April 21, 2018 • 2:00 PM
2084 West 2200 South, West Valley City 84119

Alan and Julia Scott opened Waterpocket Distillery in February 2017. Their motto is “OPEN WILD” and they suggest you “be prepared to be challenged and delighted.” Julia combines her skills as a Ph.D. in biochemistry with Alan’s creative genius to develop products by fermentation and distillation. Named for the Waterpocket Fold in Capitol Reef National Park, which the Scott’s consider a quintessential Utah landscape and a national treasure for the adventurer. It is this spirit that informs their product lineup. Through their research, they discovered a rich vein of pre-Prohibition herbal spirits, bitters and long lost liqueurs and they mine these recipes for flavor gold. In addition to rum and rums flavored with in-house roasted coffee and cocoa, they produce intensely flavored botanical liqueurs including Oread, a botanical spirit based on sage, sweet orange and star anise; the kümmel called Snow Angel, an old world cordial made with caraway, peppermint and fennel; or the Notom amaro, a bittersweet amaro digestive. $10 fee payable at event.

Ruby Snap Cookies
Saturday, April 28, 2018 • 9:00 AM
770 S 300 W, Salt Lake City 84101
Cookies, cookies, cookies - who doesn’t love them? At Ruby Snap, we will tour the facility where founder/owner Tami Steggel makes her creatively distinctive flavor combination cookies, each baked with fresh ingredients. The company was started in 2008 and has grown each year. Tami’s mantra is “If it isn’t wonderful, it doesn’t belong in your mouth.”

Align Integration and Movement
Saturday, May 5, 2018 • 10:00 AM
231 E 2100 South, Salt Lake City

Pain free living requires a balanced nervous system and healthy connective tissue. Discover how stress affects the nervous system, which then can affect our entire system, and learn how to begin to improve your body’s ability to restore balance and repair itself.

Rowland Hall Lower School
Friday, April 27, 2018 • 10:00 AM
720 Guardsman Way, Salt Lake City 84108

Rowland Hall is a non-denominational school that was founded in 1867 and is the oldest continuously operating private school in Utah. There are over 100 teachers and 950 students attending classes on one of their two campuses—pre-school to 5th grade and 6th through 12th. Average class size is 16 students, and the focus is to provide a well-rounded education, including sports and arts, to prepare them for college.

Euclid Timber Frames
Monday, May 7, 2018 • 11:00 AM
3093 W South Hwy 189, Heber City

Euclid Timber Frames, started in 1987, is Utah’s premier timber framing company. Combining some of the most sophisticated machinery in North America with the traditional timber-framing techniques used for thousands of years, Euclid Timber Frames is able to create some of the most aesthetically pleasing, and long-lasting, structures used in construction today. In addition to Euclid’s timber frame operations, in recent years Euclid has developed a Solid Wood Wall (ICLT) system which utilizes the ever-growing amount of beetle kill timber infecting our forests. In conjunction with the Forest Service and private land owners, Euclid responsibly harvests the infected trees and uses them to build ICLT wall panels for use in residential and commercial structures that are not only beautiful, but are also healthy, absorb moisture, fight mold, filter the air, and are incredibly strong. This tour will include a walk-through of Euclid’s design and production facilities in the beautiful Heber Valley.

City View Memoriam
Monday, May 7, 2018 • 10:00 AM
1001 E 11th Ave, Salt Lake City, UT 84103

City View Memoriam on 11th Avenue was constructed in 1928 and opened for burials in 1929. It has 47 original Tiffany stained glass windows and two more which have been added in recent years. It is an historic place with a beautiful view of the valley. The stained glass windows tell their own stories with the warmth of sunlight shining through. City View was the first crematory and mausoleum in Salt Lake City, and is still operational today. It is also used for private functions. Come on a tour of this unique building and learn about the functions they provide.
Hike the Jordan River Parkway  
Tuesday, May 8, 2018 • 9:30 AM  
Meet at the Park & Ride at 6200 Wasatch Blvd. and carpool to the trail.  
Enjoy a hike with David Smith along the Jordan River Parkway. The length will be 2.2 miles round trip, the trail is paved and there are restrooms available. There are informational signs focusing on both the history of the area and the ecology of the river that will be used for discussions. Please wear comfortable walking shoes.

Training Center for the Blind  
Wednesday, May 9, 2018 • 1:00 PM  
250 N 1950 W, Suite B, Salt Lake City 84116  
The Training and Adjustment Services (TAS) Program teaches blind and visually impaired individuals skills for independence in the following areas: Braille, Home Management (including cooking!), Computers/Adaptive Technology, Cane Travel, Needle Arts and Wood Shop. A structured discovery method is used by instructors to provide opportunities for students to learn to use deductive reasoning to find solutions to any situation, not just one answer to solve just one problem. Training shades are used for students with any vision because immersion significantly aids in the learning process. Come see this unique training program in action!

Land Cruiser Heritage Museum  
Thursday, May 10, 2018 • 1:00 PM  
470 W 600 S, Salt Lake City 84101  
The Land Cruiser Heritage Museum houses approximately 75 vehicles, from 1953 to current production, including many right-hand-drive and diesel-engine variants rarely seen in the United States. The Land Cruisers are not merely display pieces – they are veterans of countless adventures. Also enjoy the collection of Land Cruiser-related memorabilia, toys and tools.

Sri Sri Radha Krishna Temple  
Thursday, May 10, 2018 • 10:30 AM  
311 W 8500 S, Spanish Fork 84660  
Sri Sri Radha Krishna Temple (also called Lotus Temple) is situated on an elevated 15-acre plot with a commanding view of south Utah Valley and panoramic mountain vistas on all sides. This 50-foot temple is modeled after a famous devotional palace in India and is clearly visible from I-15. Each spring the Holi Festival of Colors is held at this location. On the tour of the farm and animal park, you will encounter llamas, parrots, peacocks and a pond full of koi. The guided temple tour covers the history, beliefs and deities of Krishna consciousness. Our visit will include a tour of the farm and temple, followed by a buffet vegetarian lunch (salad bar and many exotic hot preparations from the on-site organic garden). $2 tour fee payable at tour.  

Wasatch Back Alpacas  
Saturday, May 12, 2018 • 10:00 AM  
1880 S 2400 E, Heber City 84032  
Wasatch Back Alpacas is located in the beautiful Heber Valley. On this tour you will have an opportunity to learn about alpacas and Navajo Churro sheep. There will be an opportunity to get up “close and personal” with alpacas. In May there should be both lambs and a baby alpaca, called a cria. Discover interesting facts about alpaca wool and fiber and visit the small on-site store that offers alpaca products for sale.

Trolley Square  
Saturday, May 12, 2018 • 12:00PM  
602 700 E., Salt Lake City 84102  
Discover the hidden history of Trolley Square- from its beginnings as the 10th Ward to becoming the Utah fairgrounds. Learn how it became the heart of the best streetcar system in the world. Finally, see how it was transformed by Wally Wright into a shopping marketplace called Trolley Square. Meet at the Water Tower to begin the tour.

Jordan River Parkway Labyrinth  
Wednesday, May 16, 2018 • 10:00 AM  
1550 S., 1125 W., SLC 84104  
The labyrinth is a tool that can be used as part of walking meditation. It may surprise you to learn that we have six labyrinths in the Salt Lake Valley. Join us as we visit 2 of these, learn about these specific labyrinths, gain insight for making your walk meaningful, and have an opportunity experience the practice. Wear comfortable clothing and shoes suitable for walking or standing.

Utah Division of Water Rights  
Thursday, May 17, 2018 • 1:00 PM  
1594 W North Temple, Salt Lake City 84114  
As one of the oldest agencies in the state of Utah, the office of the state engineer (i.e., the division of water rights) has a long history of playing a critical role in the management of the state’s water resources. Consequently, water users rely on the expertise of
the Division of Water Rights to provide order and certainty in the distribution of Utah’s water. Come hear from representatives of our office to learn more about our role in statewide water right issues that have a meaningful impact on every aspect of life in the arid West.

LDS Motion Picture Studio
Saturday, May 19, 2018 • 2:00 PM
2230 N 300 West, Provo 84604
This state-of-the-art studio, originally called the BYU Motion Picture Studio, was founded in 1953 by Wetzel O. Whittaker, who had been head animator at Walt Disney Studios. It separated from BYU in 1991, and its south campus in Elberta, Utah, was started in 2010. This tour will include two sound stages, a back lot with a western/pioneer town, a huge props and costume building, and the post-production department. Our tour guide, Pete Czerny, has worked at the studio for nearly 40 years and has some great stories to tell.

Refugee Education and Training Center
Monday, May 21, 2018 • 1:00 PM
250 West 3900 South (inside the SLCC Meadowbrook Campus), Salt Lake City 84107
The Refugee Education and Training Center (RETC) is the hub for the Refugee Services Office (a department of Workforce Services) programming. The RETC programs help refugees access higher education and training programs needed for better paying jobs that will support their families. Some of these programs are ESL classes, resume assistance, web development, basic computer skills, sewing, public speaking and many more. The tour will include a detailed look at RETC’s programming as well as how the Refugee Services Office fulfills its mission to energize, educate and empower refugees to achieve their dreams through quality services offered in a collaborative resource-rich environment.

Baldwin Radio Factory
Tuesday, May 22, 2018 • 11:00AM
3474 S 2300 E, Salt Lake City 84109
The Baldwin Radio Factory was built in 1922 by the inventor of audio headphones, Nathaniel Baldwin. At one time it employed hundreds of workers who manufactured radios and speakers, in addition to headphones. It has a fascinating history, and in the last decade it has been renovated into an art space of 19 art studios and a cafe. $5 fee payable at event.

Associated Food Stores Distribution Center
Friday, June 1, 2018 • 1:00PM
1825 W 2530 N, Farr West 84404
Associated Food Stores Distribution Center, located in Farr West, is a 1.2 million square foot warehouse, making it one of the largest distribution centers in the Western United States. This facility receives and distributes grocery items to over 500 independently owned retail grocery stores in eight western states. To accomplish this they have 1500 employees and 120 trucks driven by 53 drivers who drive over one million miles a year, 24 hours a day, seven days a week. AFS is a billion dollar co-op and the independent stores own Associated Foods, serve on their board of directors and make the decisions. When these independent grocery stores come together, their buying power allows them to compete with the big box stores. They consider their distribution processes a work of art that gives the independents an ability to own their own business, be competitive, and live the American Dream.

Eccles Theatre Tour
Monday, June 4, 2018 • 10:00 AM
131 Main Street, Salt Lake City 84111
The George S. & Delores Doré Eccles Theater had its ground breaking on June 3, 2014 and opened on October 21, 2016. It includes the 2,500-seat Delta Performance Hall, which hosts national touring Broadway shows, concerts, comedy and other popular entertainment events. The Regent Street Black Box hosts innovative local arts performances as well as community and private events. The six-story Grand Lobby overlooks Main Street and is enhanced by two dramatic public art pieces and a public terrace. Our tour will include both the front and back stage areas of the theater.

Porter Fork/Millcreek Canyon Hike
Tuesday, June 5, 2018 • 10:00 AM
4 miles up Millcreek Canyon, ¼ mile above Log Haven restaurant
Porter Fork was a mining community of 200 people in 1800s. Located in Millcreek Canyon, it is now a recreational and residential area. Come explore, enjoy nature, and learn about its colorful history. This hike will involve a gradual 200 feet elevation gain over 1 mile on paved road or packed trail.
Artificial Intelligence
3/28/2018, 12:00 – 1:00 PM
Commander’s House, Fort Douglas
Larry Campbell, Ph.D.
In this presentation, Larry L. Campbell, Ph.D. in Electrical Engineering from the University of Utah, will present the facts on artificial intelligence. We will learn what it is, whether it is dangerous, and who in the world is developing it. This lecture will also discuss how artificial intelligence can keep us safe and could be used for climate change solutions and in elderly care, taking stock of both the progress and the challenges for current research. We’ll look at the potential benefits and dangers of this research, and consider the political implications of what may come of successfully developing increasingly capable systems and programs.

Wild Utah: America’s Redrock Wilderness
4/4/18, 12:00 – 1:00 PM
Commander’s House, Fort Douglas
Dave Pacheco, Utah Grassroots Organizer
The Southern Utah Wilderness Alliance’s mission is the preservation of the outstanding wilderness at the heart of the Colorado Plateau, and the management of these lands in their natural state for the benefit of all Americans. SUWA promotes local and national recognition of the region’s unique character through research and public education; supports initiatives to permanently protect the Colorado Plateau wild places; builds support for such initiatives on both the local and national level; and provides leadership within the conservation movement through uncompromising advocacy for wilderness preservation. Recent campaigns include advocacy for National Monuments, protecting wild lands from the threat of off-road vehicles and oil & gas development, among many others. SUWA currently is challenging President Trump’s orders to repeal & replace Bear Ears and Grand Staircase-Escalante National Monuments.

Legal Review of End of Life Decisions
4/11/2018, 12:00 – 1:00 PM
Commander’s House, Fort Douglas
Laura Milligan Gray, JD, LL.M.
Having a proper plan for the disposition of your assets when you pass away is essential. Additionally, planning for potential disability has never been more important. In this interactive luncheon with seasoned estate planning attorney Laura Milliken Gray, we will discuss proper planning with wills and revocable living trusts, and also cover how to properly protect yourself and your assets in the event of a temporary or permanent disability.

Monitoring Arctic Snowfalls from Mountain Tops and Space
4/18/2018, 12:00 – 1:00 PM
Commander’s House, Fort Douglas
Steve Cooper, Associate Research Professor in Physics/Atmospherics
Global snowfall distributions play an important role in climate change scenarios through their impact on the surface energy budget. These feedbacks are particularly critical for high-latitude regions, where model predictions suggest the most dramatic temperature increase in response to the release of greenhouse gases into the atmosphere. In this talk, we discuss research at the University of Utah focused on better understanding arctic snowfall properties and distributions. Specifically, we will discuss how we monitor and quantify changes in snowfall for these often remote and rugged polar regions. Results from both a NSF field campaign in Scandinavia and the NASA CloudSat satellite mission will be used to explore this complex topic.

Advances in Healthcare: Dry Needling for Musculoskeletal Pain, Headaches, and Nerve Pain
4/25/2018, 12:00 – 1:00 PM
Commander’s House, Fort Douglas
Todd Schwartz, PT, DPT, OCS, Cert., DN
Trigger point dry needling has grown in popularity nationally and has become increasingly popular for treatment of numerous conditions including musculoskeletal pain, headaches and migraines, and nerve pain. The practice was introduced in Utah after passing legislation for physical therapists to perform in August 2014. Still, many people have little knowledge of this treatment modality and why it is so powerful. Todd will address the origins of the treatment, how it is different from acupuncture, who it can help, and why it is so effective when applied in conjunction with other treatments.
Paul Anderson
Architectural Appreciation for the European Traveler
Paul L. Anderson is a retired architect, artist, museum designer, and curator. He has degrees in architecture from Stanford and Princeton Universities, and worked for 35 years creating exhibitions in art museums. He has also designed homes and business buildings. He taught architectural history classes and seminars at Brigham Young University. He has published several articles and book chapters on architectural history. He is an enthusiastic traveler, and has enjoyed visiting, analyzing, and sketching great architecture throughout Europe. He has studied formally in France and England, and has toured in nearly all of the countries in Europe and most of the major cities.

Carla Anderson
Improving Balance and Flexibility with Alignment Yoga
Carla began practicing yoga in 2007 and has completed 500 hours of advanced teacher training at Alignment Yoga, an educational and learning center based in Madison, Wisconsin. She currently teaches at Yoga Upstairs, Mindful Yoga Collective, and the Huntsman Cancer Institute. In addition to teaching group classes and private sessions, she serves as Director of School Programs for GreenTREE Yoga, a 501(c)3 nonprofit.

Genevieve Atwood
Earth Science Outside
Dr. Atwood has spent her distinguished career on the interface of Earth science and public policy. As Chief Education Officer of Earth Science Education, she encourages elementary school teachers to go outside with their students and share joy of the Earth Science. She is a former adjunct associate professor of geography at the University of Utah (now Emeritus), former State Geologist of Utah (now Honorary), former member of the Utah House of Representatives, and Fellow of the Geological Society of America.

Linda Bayes
Bon Voyage! French for Travelers 1 & French for Travelers 2
Linda Bayes is passionate about all things French. Holding a Bachelor of Arts major in French from the University of Utah, she completed advanced courses at UCLA, California State University, and Brigham Young University. She has studied a variety of subjects in France on multiple occasions and traveled through the country eleven times. A retired language teacher and former Osher instructor on French culture, she is active in multiple associations advocating French language and culture. Linda served as the Attaché for the French Olympic Committee in 2002.
Here at Osher, we’re constantly floored by the talents, knowledge, and passion of our members and instructors, all of which motivates us to go the extra mile to make the program as amazing as the participants.

DEDICATED TO YOU

Telling True Stories instructors

Nan Seymour and Giuliana Serena

Your Osher membership not only provides you with access to a wide array of fascinating classes and special events, but it also gives you access to many other benefits on the University of Utah campus, including free admission to Red Butte Garden, the largest botanical garden in the Intermountain West. Enjoy over 21 acres of developed gardens and five miles of hiking trails winding through unique plant collections, display gardens, and more than 450,000 springtime blooming bulbs.

IN FULL BLOOM
Paul Bergeron  
*Astronomy and the Winter Sky*  
Paul Bergeron is a Ph.D. candidate in the Department of Physics and Astronomy. He received his BS in physics and his BA in mathematics from the University of California Santa Cruz in 2013, and his MS in Physics from the University of Utah in 2017. His research interest is in theoretical particle physics and cosmology, using dark matter as a window for physics beyond the Standard Model of particle physics.

Raven Berman  
*Build a Bone*  
Raven is a Certified Athletic Trainer (ATC) currently working toward his Master’s in Health and Wellness Coaching at the University of Utah. Focusing on a holistic approach to health and wellness (with a strong investment in preventative care), Raven believes a real impact can be made in the lives of individuals and in society as a whole. Growing up on a small farm in the mountains of North Central Washington, Raven learned to value a balanced lifestyle consisting of regular exercise, well-rounded nutrition, and stress management. As he practices these values, Raven believes that the key to living a long, healthy life is to prioritize and invest in healthy lifestyle choices.

Chris Biltof  
*Meteorology Online*  
Christopher has a B.S. in Engineering from the United States Military Academy, a B.S. in Meteorology from St. Louis University, and an M.S. in Meteorology from the South Dakota School of Mines and Technology. After serving in the U.S. Air Force and working a year for the Tennessee Valley Authority, he began a 35-year career at U.S. Army Dugway Proving Grounds. While there, he was a meteorologist and the field test Program Director. His background experience includes synoptic meteorology, weather forecasting, instrumentation, atmospheric turbulence and dispersion. He has authored numerous articles in scientific journals.

Charles Boynton  
*Shakespeare: Potpourri*  
Charles Boynton has spent decades studying Shakespearean plays and sonnets and examining the problem: “Who wrote Shakespeare?” His expertise and enthusiasm are reflected in his previous work as Chair of the Marin Shakespeare Company and his membership in the well-respected Shakespeare Oxford Society. Charles’ post-graduate education is in Business.

Rob Branch  
*Issues with Journalism and Reporting: Is There or Can There Be Fair Reporting of Events Affecting Your Life?*  
Rob Branch earned his B.A. in Communications from Antioch University in Santa Barbara, California. He has 40 years’ experience working as a journalist in print, radio, and television, as well as 30 years’ experience as a community college Associate Professor of Journalism, Radio, TV, and English.

Bernadette Brown  
*Art Along the Silk Road*  
Bernadette Brown worked as the Curator of African, Oceanic, and New World Art at the Utah Museum of Fine Arts. She earned an M.A. in Anthropology and a Certificate in Museum Studies from New York University and a B.A. in Anthropology with a minor in Art History and Archaeology from Hunter College.

Jennifer Brown, Ph.D.  
*Queens, Art and Power in Early Modern Europe*  
Dr. Jennifer Brown received her Ph.D. in Art History from Johns Hopkins University. She lived, conducted research, and taught in study abroad programs in Europe for 10 years before returning to her native Utah. In addition to her publications and teaching in art history, Dr. Brown has received numerous awards for her work promoting the humanities, fine arts, and educational equity.

Tim Brown  
*Join the Flock*  
Tim Brown has been executive director of Tracy Aviary for 13 years. He has a B.S. in wildlife biology...
from the University of Vermont and a Master’s degree in Environment and Community from Antioch University in Seattle. He also has several decades of experience in the non-profit sector focused on organizations related to education and conservation. Tracy Aviary’s very capable senior staff will lead classes sharing their specific expertise in different subject areas including horticulture, bird training, education, conservation and aviculture.

Michael Calles
*Drawing and Painting Fundamentals and Fundamentals of the Still Life*
Originally from the Northeast, Michael Calles has lived in the Intermountain West for over twenty years. He received his B.F.A. and M.F.A. in illustration from Utah State University. He also studied at the Lyme Academy College of Fine Arts for three years. He has taught at the Bear River Bird Refuge Education Center, the Brigham City Fine Art Center, and for the past six years, at a private high school.

Tim Chambless
*Current Issues in American Public Affairs and Politics*
Tim Chamb less, Ph.D., has taught courses in the University of Utah’s Department of Political Science since 1987. He emphasizes current events and contemporary world problems in his courses because he wants his students to see political science as the study of government as both an experiment in democracy (George Washington’s term) and as a tool for problem-solving.

John Cox
*Great Discussions*
John Cox earned his undergraduate degree from the University of Arkansas at Little Rock, with a joint major in International Business and French. He later got his M.B.A. from the Ross School of Business at the University of Michigan. John lived and studied in Paris for a year and later lived and worked in Spain for almost five years. His “first career” was with a global producer of industrial chemicals and specialty equipment where he held various positions in Sales & Marketing, Business Development, and Operations Finance. Since college, John has had a keen interest in international affairs and world events, and looks forward to facilitating discussions in the Great Decisions program.

Marla Dee
*Live Free of Clutter and Get Organized at Last!*
Marla has been a professional organizer for 18 years and a teacher of the Clear & SIMPLE Way to get organized for 16 years. She is a master messenger and an international speaker. She has appeared on numerous TV, radio and podcast programs throughout the years. Marla is the author of *Get Organized, The Clear & Simple Way and The ART of Letting Go*. She is a Certified Professional Organizer and former President of Utah Professional Organizers. If you are ready for a change, Marla will set you free of the clutter and chaos at last.

Terrell Dougan
*Writing Your Story*
Terrell Harris Dougan’s most recent book is a memoir, *That Went Well: Adventures in Caring for My Sister* (Hyperion, 2009). Other books include: *This is the Place: An Entertaining Guide* (1976-1986) with Jo Rose, and *We Have Been There: A Guidebook for Families of People with Mental Disabilities*. Her award-winning humor column appeared for 13 years in *The Deseret News*. More recently, she has been a blogger for *Huffington Post*. (You can read her work by googling Terrell Harris Dougan). She is at work on two books: an update of her memoir about her sister, *Normal People Worry Me*, and a memoir about growing up as a descendent of handcart pioneers.

Christoph Dressler
*A Look Behind the Iron Curtain: Life, Politics, and Institutions of East Germany*
Christoph grew up on the southern slopes of Thuringia. Historically, the land and forests he played in as a child belonged to ancient kingdoms tied to northern Frankonia. His homeland was occupied in the 14th century by the Hapsburgs who also controlled the Austrian province of Carinthia.
by the Russians from the end of World War II (way before he was born) until 1989. He grew up in East Germany. His passion for history and a love for his home has inspired him to take a look at his own past and to study the place where he grew up.

Alan Eastman
Water: The New Oil
Alan Eastman has a Ph.D. in Chemistry from the University of Utah. He worked for 30 years as a research chemist for a major oil company. After “retiring” from that company, he co-founded, and is now the Principal Research Scientist of, GreenFire Energy, a geothermal energy company. He wrote a successful $1.4 million grant proposal for GreenFire, and is now the grant administrator. This is funding a proof-of-concept field demonstration of GreenFire’s innovative proprietary technology. His knowledge of energy is wide and deep, and he loves sharing it with Osher members.

Wayne Eagan
The Simple Joys of Singing: Yesteryear Songs in a Casual Group-sing Setting
Wayne Kenneth Egan has a Ph.D. in German from the University of Texas at Austin. He taught at the University of Texas, Westminster College, and the University of Phoenix. His avocation is traditional jazz piano. He is an adept improvisor, well-versed in basic jazz harmony and the songbook that will be the subject of the course. He has lectured on the great American songbook for private groups for several years and has recorded and produced three CD’s on the Nuance label.

Roy Ellefsen
Poetry for Further Enrollment
Roy Ellefsen received a B.A. and an M.A. from Brigham Young University in musicology and French Literature. He received his Ph.D. from Florida State University in Humanities with an emphasis in musicology as well as ancient and Renaissance studies. He is a certified instructor at the Utah Writing Project. He has taught music, English, history, humanities, and theater history at Snow College. He is a good pianist with extensive training and experience in choral conducting.

Craig Fineshriber
Preview: Utah Symphony Finishing Touches Rehearsal
Craig Fineshriber was Principal Percussionist of the Utah Symphony from 1972-2011. He also served as the Orchestra Librarian from 1972-95. Other activities include a year as host of a classical music program on KUER, composing works for KUED and the Utah Symphony, lecturing, and writing music reviews for his Facebook friends. Since retirement he lives a quiet life in Cottonwood Heights with his wife, Dr. Kathie Allen, and their two kitties, Salinger and Tiara.

Paula Fowler
Opera Preview: Die Fledermaus
Paula Fowler is the Director of Education and Community Outreach for Utah Symphony | Utah Opera, a position she has held since the two companies merged in 2002. She was Education Director for the Utah Opera for five years before the merger. She helps oversee Utah Opera’s Resident Artist program, manages outreach to schools and communities around the state, runs the company’s classroom operas program, and enjoys creating music events for special populations. Dr. Carol Anderson has been principal coach for the Utah Symphony | Utah Opera since 2003, where her duties include presenting the popular Opera Preludes before every Utah Opera performance. She serves as the official accompanist for both the Utah District Metropolitan Opera National Council Auditions (MONCA) and the MONCA Southeast Regional Auditions in Atlanta, and spends her summers on the music staff of the Santa Fe Opera.

Denise Gibson
Dance Fitness
Denise Gibson was a professional ballroom, swing, and jazz dancer for over eight years and has been teaching ballroom dance, step aerobics, dance aerobics, kickboxing, and spinning for over 30 years. She is the founder and owner of fitness.edu, a continuing education provider for fitness professionals.
Mette Ivie Harrison
The Fifty First Pages
Mette Ivie Harrison is the author of seven young adult novels including The Princess and the Hound, and three adult mystery novels set in Mormon Utah, including The Bishop’s Wife, a national bestseller and New York Times notable book. She has also published a memoir, Ironmom, about her experiences training for her first Ironman race after the death of her sixth child. She is a regular blogger about religious topics at Huffington Post and Religious News Service.

Merry Harrison
Spring Herb Gardening
Merry Lycett Harrison, RH (AHG), is the owner of Millcreek Herbs, LLC, in Salt Lake City, Utah. A trained clinical herbalist and professional member of the American Herbalists Guild, she received her training from Michael Moore of the Southwest School of Botanical Medicine in 1998. She’s studied ethnobotany at the Baca Institute of Ethnobotany and the science of essential oils at Purdue University. Merry is an author and researcher whose work can be read in the HerbalGram; the Journal of the American Botanical Council and Utah’s own Catalyst Magazine. She teaches classes on medicinal and culinary herbs, herb gardening, harvesting, preparations, and is also the creator of the herbal energy solution Thrive Tonic.

Paul Holbrook
Exercise Science: Transform Your Quality of Life
Paul Holbrook has a Master’s degree in Gerontology from the Fischer Institute for Wellness at Ball State University and experience at the Human Nutrition Research Center on Aging at Tufts University. A Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, he has worked as a personal trainer for over twenty years. In 2005, Paul founded the Age Well Center, a human performance training center for older adults.

Jay Jacobsen
Contemporary Issues in Medical Ethics
Dr. Jacobson, Professor Emeritus in Internal Medicine, has studied, trained, or taught at the Universities of Michigan, Florida, Chicago, and Utah, and at the Centers for Disease Control. His specialties are Infectious Disease and Medical Ethics. He does clinical consultation at both Intermountain Healthcare hospitals. He established the multidisciplinary Division of Medical Ethics and Humanities at the University of Utah Medical School in 1989. His academic interests include medical errors and apologies, professional conflicts of interest, and ethical issues at the end of life.

Walter Jones
The Spanish Borderlands: Spanish Colonial Exploration and Settlement in the United States
Walter Jones, retired Head of Western Americana at the J. Willard Marriott Library, teaches history at Salt Lake Community College. He has Master’s degrees in Library Science from BYU and in History from the University of Utah. Walter was a Korean linguist in the U.S. Army (four years active duty and 23 years Reserves) and in the National Guard. He has presented papers and written about the Vietnam War.

Rod Julander
Conflict Self-Defense Workshop
Rod Julander graduated from the University of Utah with a Master’s degree in Philosophy. In 1984 he earned a Ph.D. in Political Science. He served as the chairperson of the Department of Political Science and Philosophy at Weber State University. In the 1970s he was a member of the Utah Senate, and in the 1990s was the vice-chair of the Utah Democratic Party.
Abdul Nasser Kaadan
Islamic Civilization
Dr. Abdul Nasser Kaadan arrived in the U.S. in December of 2016 as a refugee from the Syrian crisis. He was an orthopedic surgeon and a professor of the History of Medicine at Aleppo University. He now teaches as a Visiting International Professor at Weber State University’s History Department. His courses include the History of Medicine, the History of Science, the History of the Middle East, the History of the Syrian crisis, and the Islamic Renaissance. Professor Kaadan founded the International Society for the History of Islamic Medicine, and still serves as its President and Editor of its journal. His work and writing led him to be nominated for the Nobel Prize in 2012.

Yukio Kachi
Basho: The Poet of the Seasons
Born in England and schooled in Japan as well as the United States, Yukio Kachi taught philosophy for four decades at the University of Utah. After retirement, he turned to literary studies with a particular concentration on Basho. He briefly returned to teaching in the Department of World Literature, offering classes on Basho and Classical Japanese. He is now working on a book entitled Back to Basho. This project is, after a fashion, his cultural homecoming. It enables him to serve as a guide to Basho’s literary creation and the cultural history surrounding it for his students. In his spare time, he goes to the mountains; his friends call him “Old Man of the Wasatch.”

Luke Kelly
From the Grand Tour to Grand Scandal: Antiquities in the Modern World
Luke Kelly is Associate Curator of Collections and Antiquities at the Utah Museum of Fine Arts. For the museum’s reopening in August 2017, he curated the new Chinese and South Asian installations as well as revamping the ancient Mesoamerican and Mediterranean exhibits. In addition to conducting provenance research on the ancient Greek, Roman, and Egyptian art in the permanent collection, he has researched and lectured on the issues surrounding the collecting of ancient art.

Harry Keshet
Spiritual Gandhi: How He Changed Himself and the World and Gifts from India: Spiritual Transformation
Harry Keshet, Ph.D., is a clinical and organizational psychologist with degrees from the University of Michigan and Temple University. He has taught social science at the University of Massachusetts and spiritual classes at the Osher Lifelong Learning Institute at Chico State University in California. He brings personal and academic knowledge, humor and joy to his classes.

David Keyes
Balanced Bodies
David Keyes completed his yoga teacher training soon after retiring from Salt Lake City School District. He teaches yoga, Qigong, and other healthy living classes in the community.

David Kieda
Six Nobel Prizes, Six Utah Stories
Dave Kieda received his B.S. degree in Condensed Matter Physics from M.I.T. in 1982, and received his Ph.D. in Experimental Astrophysics from the University of Pennsylvania in 1989. While at the University of Utah he worked with Raymond Davis, Jr. (winner of the Nobel Prize in Physics in 2002) studying particles and neutrinos one mile deep in the Homestake Gold Mine, Lead, South Dakota. Since 1990 he has been a faculty member at the University of Utah working in the field of experimental cosmic-ray and gamma-ray astrophysics, where he worked with James Cronin (winner of the Nobel Prize in Physics in 1980). He received the Utah Governor’s Medal for Science and Technology in 2013, and was also the recipient of the University of Utah’s Distinguished Scholarly and Creative Research Award that year. He served as Chair of the Department of Physics and Astronomy from 2007-2013, and is currently Dean of the Graduate School at the University of Utah and Co-director of the University’s Consortium for Dark Sky Studies.
INSTRUCTORS

Brian King
Culture of Utah Politics
Brian S. King graduated from the University of Utah College of Law in 1985 and has practiced law in Salt Lake City for over 25 years. Most of that time he has represented individuals and health care providers litigating against health, life and disability insurers, and self-funded employee benefit plans. He is a past president and current member of the Board of Governors of the Utah Association for Justice. Since 2008 Brian has served in the Utah State House of Representatives as the representative for District 28 in Salt Lake City. He is the minority leader for the Utah State House and is on the Executive Committee of the Utah Democratic Party.

Mary Lambert
Jewelry: Historic Perspectives and Individual Creation
Mary began learning metalsmithing in a community education class. She has taught for Osher’s sister program Lifelong Learning since 2016. Metalsmithing is a passion of Mary’s that she is happy to share with Osher members. She looks forward to learning from her students as they grow as artists and metalsmiths.

Pat Lambrose
Google Drive Basics and Google Maps
Pat Lambrose has a B.A. in Recreation and Youth Leadership, a B.A. in Education, and an M.Ed. in Technology and Computers, all from the University of Utah. She taught in middle and high schools and was an instructional technology facilitator in Salt Lake City School District. As a retiree, she is now pursuing her passion for outdoor adventures like backcountry skiing hut trips in Canada, cycling in Europe, and river running. Pat coordinates statewide geospatial technology opportunities.

Bruce Landesman
All People Are Created Equal
Bruce Landesman received his B.A. from the University of Rochester and his M.A. and Ph.D. in Philosophy from the University of Michigan. He taught at the University of Utah for 44 years, retiring in 2012. His specialties are Political Philosophy, Ethical Theory, and Applied Ethics. He has taught graduate and undergraduate courses in political philosophy, ethics, medical ethics, business and legal ethics, and other areas of philosophy.

Bill Laursen
Drawing: Workshop
Bill Laursen, a well-known Salt Lake area artist and educator, has been painting and teaching his entire career. His art credits include Best of Show from the Brigham City Museum Gallery, the Oneta J. Thorne Memorial Art Award for Outstanding Watercolor, and an Award of Merit from the Park City Arts Festival. Bill is a member of the Salt Lake County Art Selection Committee.

Jeanne LeBer
Becoming a Bird Watcher
Jeanne Le Ber has a B.A. in English Literature and a Master’s degree in Library Science. A passionate bird watcher for the past 35 years, Jeanne has studied and bired with Terry Tempest Williams, Ella Sorenson, Mark Stackhouse and other experts. As a result of this excellent mentoring, Jeanne has a Utah bird list of 324 species, a North American bird list of 530 species and an international bird list of 1100 species. Jeanne regularly participates in local bird counts including the Salt Lake City Christmas Bird Count, the Jordan River CBC (as the lead compiler), and the Brighton Bird Count, held in July. She is also an active participant with the Strawberry Valley Bluebird Box Trail, on which 100 nesting boxes are maintained in the Strawberry Valley.

Lynn Lehman
History of Rock and Roll
Lynn Lehmann began his career in broadcasting when he was 17 years old, hosting a morning show in Salt Lake City from 1966 to 1980. He left radio and his work as on-camera television talent to pursue a career in writing and producing for television. He created and co-produced a television series for Fox Television with Dick Clark Productions in Hollywood. He has written four books.
Brent McMaster  
*Hot Rocks: An In-depth Look at the World of Gems and Precious Stones*

Brent McMaster was the Vice President of retail operations for the O.C. Tanner Company for 30 years, with responsibility for the overall management and the procurement and marketing of diamonds, gemstones, fine jewelry, exclusive watches, and fine gifts. He is a graduate of the Gemological Institute of America and certified as a gemologist by the American Gem Society. He also served on the Board of Directors for the Couture Jewelers of America.

Rodger Newbold  
*Intermediate Photo*

Rodger is a 36-year veteran of teaching and performing photography. He attended the University of Utah, Utah State University, and Santa Fe, New Mexico photo workshops. He studied with Ansel Adams, Ruth Bernhard, Cole Weston and others. He has contributed to many books of photography and was named Photographer/Educator of the year in 1997 by the Salt Lake Chamber of Commerce.

Neil Olsen  
*The American War in Vietnam: One Citizen-soldier’s Experience*

Neil H. Olsen served in Vietnam (1967-8), first in the infantry, then as an advisor to South Vietnamese indigenous troops, comprised mostly of highland ethnic minority peoples (known as Montagnards). During that time Olsen wrote letters home describing combat encounters and observations of the soldiers and people he interacted with. He took over 500 photographs which have been collated and cataloged. Olsen will relate his experiences in a combat unit and then as an advisor to local provincial troops. Living on the local economy while learning several languages, he documented the language and folkways of the people he encountered. Olsen’s Ph.D. dissertation was descriptive grammar of the Koho language of the people he lived and trained with.

Rick Paine  
*Ancient Cities of Mesoamerica*

Rick Paine has a B.A. from McGill University and a Ph.D. from Penn State. He is an Associate Professor of Anthropology and has been introducing University of Utah students to the wonders of Mesoamerican archaeology since 1995. Rick, an experienced Maya scholar, has conducted excavations at Maya sites in Guatemala and Honduras. He has also excavated in Turkey and in the United States. Rick is currently a member of the Mirador Basin archaeological project. El Mirador is a colossal pre-Classic Maya site in the Peten rainforest of Guatemala.

Lew Phelps  
*Listening for Structure*

Lew Phelps earned the B.M., M.M.Ed., and A.Mus.D. degrees at the University of Arizona, studying voice, music history, and composition. He served as choral director at Point Loma High School, San Diego, and as professor of music at Mount Union College, Alliance, Ohio. He received the Great Teacher Award in 1999. A career highlight was spending a year lecturing at the BYU Jerusalem Center and Hebrew University.

Sheral Schowe  
*Wines of Southern France*

Sheral Schowe is the founder and owner of Wasatch Academy of Wine. She teaches for the Lifelong Learning program at the University of Utah, Harmons Grocery and Cooking Schools, and Salt Lake Community College Culinary Institute. She is certified as a French Wine Scholar in the areas of Provence and the Rhone through the French Wine Society. She has a Master’s degree in Adult Education and is a Licensed Wine Educator through the Utah Department of Alcoholic Beverage Control.

David Smith  
*Hiking the Wasatch*

David Smith has been hiking and skiing in the Wasatch Mountains for nearly 50 years. He is a Life Member of the Wasatch Mountain Club, and has
organized many activities for them. He spent his professional life working in the mountain sports industry and enjoys having more time to hike and ski since he retired. He has a B.S./B.A. from Regis College in Denver, Colorado and an M.B.A from Westminster College in Salt Lake City.

**Anonymous Was A Woman**

Sally Smith owned and operated A Woman’s Place Bookstore for ten years. She taught English literature for 22 years at Judge Memorial Catholic High School and West High School. She graduated from the University of Utah with a major in English and minors in History and French.

**Does Practicing the Golden Rule Still Matter?**

Susan Paris Soleil is a Utah native. For more than 25 years, she has worked with nonprofits and has had the great privilege of witnessing the loving and giving hearts of Utahns on a regular basis. Susan is the Executive Director of the Golden Rule Project, with the mission of spreading the Golden Rule. Different versions of the Golden Rule are found on all continents, in all cultures, and through all time. It is a unifying and universal principle.

**The Art of Sketchbooking**

Bonnie Sucec is a creator of spiritual and imagist works and also an art educator. Sucec first studied with Don Olsen at Jordan High School. She then studied at Brigham Young University. She studied further at California College of Arts and Crafts and Virginia Commonwealth University. Sucec earned an M.F.A. in painting and drawing from the University of Utah in 1984. Her work is nonrepresentational and her preferred medium is oil pastel. *The War and the World, Life Line, and Fluid Vision* are examples of her work. Her work is included in the collection of the Salt Lake Art Center, the Utah Arts Council, and the Utah Museum of Fine Arts. The Phillips Gallery represents her work. Her website is BonnieSuccc.com.

**Beginning Ukulele**

Marci Villa is a self-taught ukulele player with a passion for the cheery little instrument whose Hawaiian name translates as “jumping flea”, and enthusiastically shares her love of the instrument and for music. Twenty years’ experience as a corporate trainer have honed her understanding of how people learn and given her an exceptional ability to teach new skills.

**A Talk with J. Kael Weston**

John Kael Weston represented the United States for more than a decade as a State Department official. He was acknowledged for his multi-year work in Fallujah with the U.S. Marine Corps when he received the Secretary of State’s Medal for Heroism.

**iPad Basics, iPad Beyond the Basics, Mac Basics, Mac Beyond the Basics, Internet Security and Digitizing Memories**

Debbie White has over thirty years of experience in teaching. She earned her M.Ed. at Westminster College and her Technology Endorsement via the eMINTS program. After an extended period teaching sixth grade, Debbie spent three years as an Apple Product Professional, teaching Mac and iPad basics and software programs such as iPhoto and iMovie. She enjoys teaching in a variety of settings, particularly with students as eager to learn as those enrolled in the Osher Lifelong Learning Institute.
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<tr>
<th>Monday</th>
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<td>9:30 – 11:00 AM</td>
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<td>Drawing and Painting Fundamentals, 3/26-4/9, 10am – 1pm</td>
<td>Water: The New Oil</td>
<td>Contemporary Issues in Medical Ethics</td>
<td>Culture of Utah Politics</td>
<td>Finishing Touches (4/6, 8:30)</td>
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<td>Fundamentals of the Still Life, 4/16-4/30, 10am-1pm</td>
<td>Art Along the Silk Road</td>
<td>Becoming a Bird Watcher</td>
<td>Conflict Self-Defense Workshop</td>
<td>(4/6, 9:30-1:30)</td>
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<td>All People Are Created Equal</td>
<td>Mac Basics</td>
<td>Does Practicing the Golden Rule Still Matter?</td>
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<td>Great Decisions</td>
<td>Hiking the Wasatch (9:30 – 1:30)</td>
<td>Opening Eyes</td>
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<td>Jewelry (9:30-12, 4/10-4/24)</td>
<td>Join the Flock</td>
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<td>The Spanish Borderlands</td>
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<td>Earth Science Outside</td>
<td>Current Issues</td>
<td>Architectural Appreciation for the European</td>
<td>Painting &amp; Enrichment</td>
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<td>The Art of Sketchbooking</td>
<td>iPad Beyond the Basics</td>
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<td>Drawing: Workshop (T,H 10E)</td>
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<td>Drawing Workshop (TH10E)</td>
<td>Issues with Journalism and Reporting</td>
<td>The Simple Joys of Singing</td>
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<td>Opera Preview (5/1)</td>
<td>Dance Fitness (2-3:15)</td>
<td>Musical Form: Listening for Structure</td>
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<td>3:15 – 4:45 PM</td>
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<td>A Look Behind the Iron Curtain</td>
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<td>From the Grand Tour to Grand Scandal</td>
<td>The American War in Vietnam</td>
<td>Ancient Cities in Mesoamerica</td>
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<td>Bon Voyage 1</td>
<td>Internet Security</td>
<td>Queens, Art and Power in Early Modern Europe</td>
<td>Writing Your Story, Mon. Ctr. (3:30)</td>
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<td>Build a Bone (3:30)</td>
<td>Meteorology Online</td>
<td>Beginning Ukulele</td>
<td>Online Meteorology (3/27–3/29)</td>
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<td>Weston Lecture, 4/17 6-8</td>
<td>Intermediate Photography</td>
<td>Six Nobel Prizes, Six Utah Stories</td>
<td>Astronomy and the Winter Sky</td>
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<td>Mac: Beyond the Basics</td>
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<td>(Annex)</td>
<td>Google Drive (4/10, 5-8)</td>
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<td>History of Rock and Roll, Mon. Ctr. (5:30)</td>
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Commander’s House, Fort Douglas
Osher classes held at Ft. Douglas, Salt Lake City are based at the Commander’s House. Arrive a few minutes early on your first day of class for a cup of coffee, tea, or cocoa, and to find out where your class will be held. An Osher representative will be on hand to welcome you and help you find your class.

Enter gates of Fort Douglas from South Campus Drive or Mario Capecchi Dr. Left at first stop sign. Left on the one-way street immediately before the Officer’s Club into parking lot. Whenever classes are in session you may park in any space in this lot except the handicap and University vehicle stalls. Overflow parking is available in the lot behind the University Guest House to the north.

Administrative and Registration Offices
The Osher offices are located in the Annex. The registration office is on the north end of the first floor, room 1185. Administrative offices are in rooms 1173 and 1169.

The Annex is the building on the corner of Mario Capecchi Dr. (formerly Wasatch Dr.) and South Campus Dr., just east of the Huntsman Center. Metered parking is available on the north and west sides of the building. Note, some meters are only 20 minutes.

Tenth East Senior Center
237 S. 1000 E., Salt Lake City
The center is on the east side of the street. Parking is in the lot behind the center and is free at all times.

Thomas S. Monson Center
411 South Temple, Salt Lake City
Parking Available in lots North and East of the Monson Center.

Check the class listing in this catalog for your class location.
THE OSHER LIFELONG LEARNING INSTITUTE is one of three personal enrichment programs offered by the University of Utah.

Here are Osher’s Sister Programs to Enrich Your Life

Lifelong Learning at the University of Utah designs its courses for inquisitive adults ages 18 to 118. Sign up for a course and learn more, do more, become more.
Take your knowledge further as you explore the world with hand-selected U of U faculty in a program that combines education with a vacation. It’s the most intelligent way to travel. golearn.utah.edu
Class Registration and Special Event RSVP
Request Processing
Register online at osher.utah.edu or by calling 801-581-7155. Registration and RSVP requests are processed as they arrive in the office or online. If a class or event you request is full your name will be placed on the wait list. Registration status (confirmed or wait listed) will be noted on your confirmation.

Special Fees
In many cases special fees may be waived if you do not wish to receive the materials. Please call the Osher office for assistance.

Refunds
Because space is limited and we have arranged to provide our students access to various University facilities, you may drop a course and receive a full refund up to the start of class. Once class has begun, you may drop the course, but a $20 late drop fee and class special fee will be subtracted from your refund. If you have an extenuating reason for dropping past the start of class, please contact the Osher office at 801-587-9037, so that we may identify the best option to meet your individual circumstance.

Attending Classes for Which You Are Not Registered
You must be registered before you attend a class. This includes attending a different section of a class. Sitting-in on a class disrupts the experience for those students who are legitimately registered for the class. Please respect your fellow students and instructors by only attending classes for which you are registered.

Guests
Bringing guests age 50 and over to Osher is a lovely way to introduce them to our community. Members are encouraged to bring guests to Lunch and Learn Lectures. These lectures offer an opportunity to experience the more academic side of Osher and to meet some members. Guests are welcome to sample Special Events and courses on a space available basis with prior approval of the Osher office. Call four days before the event or one day before the course to check availability and register your guest. There is no guest charge, but remember, the guest policy is for sampling Osher. Please encourage your guests to join so they too can enjoy the full benefits.

Cancellation of Classes
In the event of university closure, Osher classes and activities will be canceled. Listen to your local radio station for university closure announcements or call the Osher office. Occasionally a class will be cancelled at the request of the instructor. Every effort will be made to schedule a make up class at a time that is convenient for the most students.

Accessibility
To request a reasonable accommodation for a disability, please contact the Center for Disability Services at 801-581-5020 or online at disability.utah.edu. Reasonable notice required.

Special Events
RSVPs are required for all events. To ensure all members have an opportunity to attend some events there is a four event per member limit. Additional events may be requested one week in advance of the event and will be honored on a space available basis. Call the office to check availability.

If you can’t attend it is important that you call to cancel as far in advance as possible. This allows us to give someone else a chance to attend and is respectful of our hosts and fellow members. Your RSVP is nontransferable. Members on the wait list have priority for open spots and must be processed in order.

Event size is limited at the request of our hosts to ensure a great experience for participants. Do not attend an event for which you do not have a confirmed reservation as this can place a burden on our host and is not fair to other members.

Tuition Reduction
U of U faculty and staff tuition reduction benefits are available for Osher classes. To receive the discount you must submit an application to Human Resources (801-581-7447) every semester. Failure to submit the application will result in a balance due on your account and may result in a hold on your account preventing future registration.

Communication
The Osher office uses email for registration confirmation, special event reminders, and for general communication with Osher members. Please be sure you have a current email address on file and that you check your email periodically. If you do not use email, consider getting an email buddy who can pass communication along to you in a timely manner.
Our donors, sponsors, and partners allow us to bring together a community of adult learners who share a passion for intellectual and social interaction.

**MASTER SPONSOR**
Continuing Education & Community Engagement (CECE)
CECE provides the operational infrastructure for our Osher Institute.

**MASTER DONOR**
Bernard Osher Foundation
The Bernard Osher Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. Among other priorities, the Foundation funds Osher Lifelong Learning Institutes for people 50 and older on 120 campuses of higher education across the country.

**MEMBERS MAKE THE DIFFERENCE!**
Members’ tax-deductible gifts are greatly appreciated and help sustain and expand the quality Osher programming. In 2017, donor gifts helped 155 members attend Osher courses by supporting over $10,000 in scholarships. Thank you! Visit www.oshер.utah.edu/support or call the office to discuss giving options.

**FACULTY PARTNERS**
Thank you to the esteemed faculty from the University of Utah Colleges and Academic Departments who will share their expertise with Osher members this term.

**CAMPUS AND COMMUNITY PARTNERS**
Marriott Library
Natural History Museum of Utah
Red Butte Garden and Arboretum
Tenth East Senior Center
The University Guest House and Conference Center
Utah Museum of Fine Arts

**Advisory Committee**
Rob Branch
Marilyn Copeland
Luci Malin
V. Pasupathi - chair
Claudia Raab
Tamara Springer

**Curriculum Committee**
Dorothy Blakely
Janice Blum
John Boles
Charles Boynton
Kathie Coopersmith - past chair
Marilyn Copeland
Connie Kirkpatrick
Helle LeRette
Luci Malin - chair
Barbara Reid - past chair
Mary Jo Westien

**Lunch & Learn**
Steven Hudson - chair

**Special Events Committee**
Nancy Morrison
Connie Reed
Jill Smith
Tamara Springer - chair

Anne Wilde
Frank Wilson
Pam Wilson

**Class Assistants**
Too numerous to list, but none-the-less important to the success of the Osher Institute.

**OSHER MEMBERS MAKE IT HAPPEN!**
The Osher Institute depends on members who volunteer their time and talents to make our programs the best they can be. Volunteers multiply the reach of our small staff and are integral to curriculum, special events, and lunch and learn planning and to instructor and member support.

**INTERESTED IN BEING A VOLUNTEER?**
Anyone can be a volunteer at the Osher Institute. Opportunities range from being a contributing member of one of the standing committees to proposing and leading a new initiative to spreading the word in the community. Contact the Osher office to express your interest and share your ideas.
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 gain 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. See page 45 for the guest policy.