Course listings, membership information and registration

OLLI @ OSU
Osher Lifelong Learning Institute
Oklahoma State University

Tulsa | Bartlesville
Stillwater | Oklahoma City

Fall
2018

Online enrollment available:
https://education.okstate.edu/olli
What is the Osher Lifelong Learning Institute?

OLLI @ OSU is a program of educational courses for people who want to enrich their lives through new learning experiences. Non-credit courses on a variety of topics are offered each semester to the public. Instructors are qualified volunteers from various career backgrounds, including academia, business, the arts, and government. Courses are geared toward those 50 and older who have a genuine interest in continuing their learning experiences and intellectual excitement.

Sponsored by the Osher Lifelong Learning Institute and the OSU College of Education, Health and Aviation, OLLI @ OSU is governed by a Board of Directors elected by the membership. Each site has an Executive Committee. Members may attend classes and social events and recommend instructors and courses. Member fees and support from the Bernard Osher Foundation and Oklahoma State University fund OLLI @ OSU operating costs.

To enroll

Enroll online at education.okstate.edu/olli or complete the form for your city, located on pages 44, 45, 46 or 47 of this booklet, and mail with your check or credit card information to us. A confirmation will be sent to you.

Best Value: Joining at the $200 Annual Membership level allows unlimited course enrollment through 6/30/2019!

Questions?

Need-based scholarships are available.

Contact the OLLI @ OSU office for more information.

There are no tests or grades… just the joy of learning.

Oklahoma State University in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal laws and regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, financial aid, and educational services. Title IX of the Education Amendments and Oklahoma State University policy prohibit discrimination in the provision of services offered by the University based on gender. Any person (student, faculty or staff) who believes that discriminatory practices have been engaged in based upon gender may discuss their concerns and file informal or formal complaints of possible violations of Title IX with the OSU Title IX Coordinator, Director of Affirmative Action, 408 Whitehurst, Oklahoma State University, Stillwater, OK 74078, (405) 744-5371 or (405) 744-5576 (fax). This publication, issued by Oklahoma State University as authorized by the Director, OLLI @ OSU, Oklahoma State Regents for Higher Education, was printed by Royle Printing at no cost to the taxpayers of Oklahoma 4.5M/Aug 2018.
2018 – 2019 Membership

The only requirements for membership are that you are an adult with an interest in continuing educational experiences and will support the program through participation and payment of a membership fee.

Choose your membership level:

$200 Unlimited Annual Membership: unlimited attendance to dozens of courses during the Fall, Spring & Summer sessions at any OLLI location - Stillwater, Tulsa, Oklahoma City, and Bartlesville.

$40 Annual Membership: each course costs an additional $25.

Membership is valid through 6/30/2019.

Membership allows participation in all social events, travel opportunities, and other special programs, OLLI luncheons, committee membership, voting privileges, and course evaluation. Membership runs July 1 through June 30. The membership year has 3 semesters: Fall (6 weeks), Spring (6 weeks), and Summer (3 weeks).

Tulsa Course Offerings

Course Information: pages 6-19
Enrollment Form: page 44

Bartlesville Course Offerings

Course Information: pages 20-25
Enrollment Form: page 45

Stillwater Course Offerings

Course Information: pages 26-37
Enrollment Form: page 46

OKC Offerings

Course Information: pages 38–43
Enrollment Form: page 47
Enroll Online for OLLI @ OSU’s Lifelong Learning Classes & sign up for our day trips!

To enroll online:
- Go to the website: https://education.okstate.edu/olli
- Follow the link to register online.
- On the right-hand side of the page, there is a box titled LOGIN.
  - If you enrolled online previously, enter your password.
  - If not, click FORGOT YOUR PASSWORD. You will then be prompted to enter your email address. An email will be sent to you with your login information.
- Our annual membership runs July 1- June 30. You will need to decide on your membership level before enrolling. Membership must be purchased separately from classes, so remember to choose your classes after purchasing a membership.
  - If you choose the $200 unlimited membership, you may enroll in classes in Tulsa, Bartlesville, Stillwater, and Oklahoma City without additional tuition fees through June 30, 2019.
  - If you choose the $40 membership, your tuition will cost an additional $25 per class.
- Once you’ve logged in as a paid member, you will be able to research the classes offered and enroll. You may pay your fees, purchase texts, and purchase lunches on this site. Classes are listed by city through the selection of the Stillwater, Tulsa, Bartlesville, and Oklahoma City Program Type.
Make your gift today!

Name:_____________________________________________
Address:__________________________________________________________________________
City/State/Zip:_____________________________________________________________________
Email:___________________________________________

Gift Designation

☐ I wish my gift to be designated to: OLLI @ OSU OSUF 25-79300
☐ My gift of $___________________ is enclosed.

Please make check payable to the OSU Foundation & mail to:
OLLI @ OSU, 100 Scott Hall, Stillwater, OK 74078

☐ Or bill my gift of $___________________ to my credit card.
   Card No.: ___________________________ Exp. Date: __________
   Name on Card : ____________________________________________
   Signature: _______________________________________________
   Date: ____________________________________________________

☐ Or I pledge a total of $_______ over a period of ________ years
beginning __________________ and ending _________________________

Please remind me:
   ☑ Monthly   ☑ Quarterly   ☑ Semi-Annually   ☑ Annually
   Signature: ___________________________ Date:_____________________

☐ Other - For gifts of real estate, property, stocks, or estate gifts from a
will or trust, contact Denise Melot, Sr. Development Director, College of
Education, Health & Aviation, OSU Foundation, 405.385.5663 or dmelot@osugiving.com

*Pictured: Dr. Mary Frye, Stillwater Member and OLLI @ OSU
Board of Directors Member.
Beginning Watercolor Painting

The beautiful transparent and luminous qualities of watercolor paintings come from the pigment suspended in water, laid down on a wet or dry surface, usually paper. The techniques of watercolor painting are easy to learn, challenging to master, and extremely satisfying to beginners and experienced professionals alike. Artist Tandi Memmott will share the many techniques of tones and textures to achieve the effects you’re imagining. No experience in drawing or painting is necessary to enjoy this contemplative and eloquently expressive medium. Tandi Memmott taught art in the public schools for 11 years before opening her own studio. She is the owner of Art on 6th, a beautiful studio where she teaches private lessons and hosts wine and canvas classes. She is a certified art teacher with over a decade of experience in Stillwater Public Schools. She teaches painting and drawing in private and small group lessons.

Painted Barn Quilts

Folklore tells us that Barn Quilts were used to communicate information about the Underground Railroad. Historians claim that there were codes built into the ten squares of the quilt through knots, block shapes, colors, and symbols to guide escaping slaves. In the early 2000s, barn quilts started appearing on the American landscape again, only this time the fabric quilts were replaced by geometrically shaped boards, colorfully painted and assembled to resemble a quilt square which are then attached to barns. Today’s barn quilts create art trails across America. The concept originated on an Ohio tobacco farm and has spread to 43 states. The Quilt Trail promotes tourism and community camaraderie. Create your own painted barn quilt with Donna Robbins, OSU Extension Service director for Osage County. You’ll work on two barn quilts, using both sides of 2’ x 2’ plywood to create beautiful artwork to be enjoyed for generations.
Designing anything that human beings interact with from clothing to furnishings and spaces so that people can use them safely and efficiently with greater ease is the applied science known as ergonomics. Dr. Aditya Jayadas’ research focus is on understanding capabilities and limitations of individuals in order to solve problems and design solutions for them. Dr. Jayadas will teach you how problem solving, research methods, empathic design, and biomimicry are used by engineers to address issues such as falls in older individuals, physical and cognitive barriers for patients and caregivers, musculoskeletal disorders resulting from poor posture and mobility related challenges, while offering a myriad of ways to improve quality of life for people with declining physical and cognitive abilities. His work will change the way you look at and interact with your world.

Aditya Jayadas is an Assistant Professor in the Dept. of Design, Housing & Merchandising at OSU. He received his PhD in Industrial Engineering with a Human Factors and Ergonomics emphasis from Texas Tech University in 2013. He is a member of the Human Factors and Ergonomics Society. When he is not teaching or doing research, he likes to spend time in nature, watch football and basketball, and cook.
Is it any wonder that an accounting of U.S. women’s history is fraught and challenging? Until the last half century, much of that history was missing. The country was ruled by men, the law and property rights were controlled by men, even art and thought were the purview of men. And the historians were, for the most part, men. As women have expanded their influence in the professions, politics, and the law, a picture is emerging that lay hidden for generations, encompassing women of every race and socio-economic position. This rich fabric of our national story is finally coming to the fore. From the equality of the Quakers and relatively high status held by some Native American women to the crushing burdens of slave women in the cotton South, we’ll study a long line of women who should have been included in the history books.

Please, have pity on the poor male historian who pretends to be able to compress all that into twelve hours, but join the course and enjoy it.

Dr. James Showalter was raised in New York, Ohio, and Illinois. He holds a BA from Maryville College, an MA from Northern Arizona, and a PhD from OSU. He was the first curator and restorationist of Old Central and has taught 30 years at Langston University and one year at Southwestern State University in Weatherford.
The Art of Traditional Chinese Medicine

The art of Traditional Chinese Medicine has roots that stretch back some 2400 years. Unlike Western medicine, TCM addresses health holistically and understands disease as an imbalance in the integrated web of relations that synergistically work together to form our human being. Traditional Chinese medical theory is deeply philosophical and reflects a paradigm of understanding that defies easy assimilation of its ideas into Western medicine, making it a complementary body of insight and practice that greatly enriches Western approaches to health and well-being. We will explore the fundamental aspects of TCM including the pathways of energy, the organs and their functions, the main patterns of disharmony, and the basics of diagnosis, though we will pay special attention to the role of “spirit” in its view of our nature as well as our health.

Marty H. Heitz received his Ph.D. from the University of Hawai‘i at Manoa in 1999 in Comparative Philosophy, focusing on a comparative study of the early thought of Martin Heidegger and the Zhuangzi. He is an Associate Professor of Philosophy at OSU, where he teaches Asian and Comparative Philosophy and Existential Phenomenology.
**Oct 2:** Dr. **Tyler Ley** is a civil engineer with a passion for concrete. That’s right...concrete! It’s the second most used commodity in the world with over 6 billion cubic meters produced annually. Tyler investigates the microstructure and elemental makeup of industrial byproducts which will be used as cements for construction applications. His goal is to improve the sustainability, economy, and long-term performance of concrete. He has taught civil engineering courses at OSU for 10 years, won numerous awards for his teaching excellence and research, and he has his own Youtube channel just for concrete. Tyler is setting the foundation for future generations of civil engineers, and he wants you to catch the excitement, too.

**Oct 9:** **Lawrence Ware** is co-director of the Africana Studies Program and Teaching Assistant Professor and Diversity Coordinator in the Department of Philosophy. He is a contributing writer to *Slate Magazine, The New York Times* and *The Root*. He has been a commentator on race and politics for the *Huffington Post Live, NPR*, and *TV One*. Lawrence has taught and lectured across the country on issues ranging from race to economic policy. He organizes the Critical Conversations series, which hosts a number of events on campus related to race, gender, and religion.

**October 16:** **Heritage Germans of Oklahoma - Their Contributions Past & Present**

In the summer of 2017, **John te Velde** completed a research project with Oklahoma Humanities Council support that included heritage Germans who came from Russia via Kansas and Germans who came directly from Germany or from some other German settlement in the U.S. Because Oklahoma was settled through land runs and lotteries, the German settlers were usually not able to form the relatively homogenous communities found in some states. However, this difference did not diminish their participation in the establishment of Oklahoma as we know it today. In many communities, they assumed leadership positions in civic, church, and social organizations, so that today we can say: “Out of few came many and much.” John R. te Velde is Professor of German in the Department of Languages and Literatures at OSU, where he’s been teaching courses related to German language, culture, and history since 1991.
Oct 23: Stillwater Success Stories - SST Software & Proagrica
Years ago helping his dad run a cattle ranch, David Waits began thinking of agricultural applications for global positioning satellite (GPS) software. He founded SST Software in 1994, which evolved into a firm that provides information-based technologies to fertilizer dealers, crop consultants and other agriculture service providers to help farmers improve productivity and lower costs. SST was acquired in 2018 by Proagrica, also a provider of data-driven precision farming services. Bill Richardson, Director of Training, will share with us about the future direction of agriculture and the surprising advances of the past decade.

Oct 30: Candidate Q&A - District Attorney
In 2018, Oklahoma took the lead with the highest incarceration rate in the United States. Meet the two candidates running for District Attorney in District 9, incumbent Laura Austin Thomas (R) and challenger Cory Williams (D). Laura Austin Thomas has served as DA since 2008 in Payne and Logan Counties. Cory Williams has served as State Representative since 2009. The candidates will be given time to share their visions of how the District Attorney’s Office will operate, including policies on charging and plea bargaining, the use of alternative treatment programs, and programs to reduce crime and increase public safety. Each candidate will give a presentation followed by a question and answer session.

Nov 6: Stillwater Success Stories – Interworks
With a lifelong passion for all things tech and a gift for finding people with talent, founder and CEO Behfar Jahanshahi, an OSU grad, has taken his company from a small startup in 1996 to a global presence headquartered in Stillwater. Interworks employs more than 200 individuals specializing in IT infrastructure, data management, analytics, enablement, and strategy. Behfar shares his insight on creating and running an information technology enterprise, his philosophy on building a successful team, and how the work they do changes our lives.
Forbidden Hollywood: Pre-Code Movies

Before the Motion Picture Production Code was adopted in 1935, many Hollywood motion pictures used “sex and sin” to enhance their plots. Before the line was drawn, silent and early sound films featured nudity and social behavior that, by the 1940s, became restricted. To study this interesting period of cinema history, we will view documentaries, film excerpts, and individual movies exposing a wide range of famous films and stars. See how master showman, Cecil B. DeMille, handled romantic encounters and orgiastic parties in Cleopatra and Madam Satan. Norma Shearer in The Divorcee and Barbara Stanwyck in Baby Face deliver outstanding performances as they push the limits of a woman’s acceptable behavior. The serious commentary of these films also challenged our political and economic structure. Walter Huston and Irene Dunne withstand social disgrace in the adaptation of the Sinclair Lewis novel Ann Vickers. Sylvia Sydney struggles to survive in Street Scene by Pulitzer Prize winner Elmer Rice. Director William Wellman tells the tough story, Heroes for Sale, as Loretta Young and Richard Barthelmess battle injustice and hardship. Join us for an entertaining and informative series as we journey through the Pre-Code World.

Vickie Sturgeon is a graduate of the Radio-TV-Film program at OSU. She studied broadcasting and motion picture history at the University of Kansas. Vickie taught Mass Communication and Media courses for 20 years at Tennessee State University in Nashville. She has worked for several public radio stations including KOSU and Minnesota Public Radio.
American Royalty:
The Life and Music of Duke Ellington

There are few musicians who could capture the culture of America the way Duke Ellington did. He created a truly American sound that was soulful with overall drive and feeling. A prolific composer, Duke is regarded by many as the Mozart of American music. As a bandleader, he found some of the most gifted musicians whose improvisational skills were amazing. The Duke Ellington Band performed across the U.S. and all over the world. Many of his tunes that started as instrumentals later added vocals like Mood Indigo. Then there was Sweet Dreams of Love, Blue Harlem and one called Oklahoma Stomp. Duke had something for everyone! His pop tunes, such as Sophisticated Lady and It Don’t Mean A Thing If It Ain’t Got That Swing, would cause audiences to get up and dance—it was impossible not to!

We’ll delve into the genius of Duke Ellington. Howard Potter will explain the theory and Margaret Potter will discuss his life in D.C. as a child as well as his life on the road. We’ll listen to recordings and watch videos to explore the technique of his compositions and the elements of music. This will be an interactive course that should bring back memories for many of us—memories of record players, the radio, and black and white TVs!

Margaret Potter is the author of numerous magazine articles, cover stories, essays, and plays. She is also the author of Washashore: Beach Stories from the Sands of Cape Cod. Additionally, she has written a memoir about her experiences resettling Cambodian refugees after the Vietnam War. Her writing workshops on how to write your own life story emphasize the importance of documenting and sharing family experiences.

Dr. Howard Potter serves as Professor and Head of the Greenwood School of Music at OSU. Prior to coming to Stillwater, he served as Associate Dean of Community and Continuing Education at the Eastman School of Music where he was also Associate Professor of Jazz Mallets and the founder and director of the Eastman Youth Jazz Orchestra. Next to being a husband and father, his greatest source of pride is being a teacher and sharing his love of music with his students.
Russia: A Geography Inside Out

In the U.S., our knowledge of Russia is superficial and mostly focused on very general facts such as the idea that Russia is just a big, cold country of forests, vodka, ballet, and Olympic athletes, often mixed with trivial facts determined by the news of the moment. This course attempts to explain, in detail, geographic facts about Russia including its enormous diversity of climates, landscapes, resources, people, and lifeways. We’ll explore how Russia became such a big country; what advantages and disadvantages its geography presents for economic development; how Russians see their geography; and how its geography has molded its governments and influenced literature and intellectual life.

Carlos Cordova is a professor of Geography at OSU and a scholar affiliated with Kazan Federal University in Russia. He has a lifelong interest in the Russian language and literature. His main field is geoarchaeology and environmental history. He is the author of the book Crimea and the Black Sea: An Environmental History (2016) and Geoarchaeology: A Human-Environmental Perspective (2018).

Mahjong is a Chinese game, very similar to Rummy, played with engraved tiles instead of paper cards. The name means “clattering sparrows” from the sound created by mixing the tiles. With origins dating to the 1800s, Mahjong spread to the rest of the world at the beginning of the 20th century and enjoyed rapid expansion in the US in the 1920s. While there are many versions of the game played around the world, we will play an easy-to-learn form of the game based on the “Simplified Chinese” version. Players will learn rules, strategies, and scorekeeping for playing Mahjong. This class is for beginners, but experienced players are welcome to join the fun. Carol Outhier retired after 31 years of teaching elementary and adapted physical education in Enid. Carol is Mahjong group leader for Stillwater Newcomers Club and has taught Mahjong for five years.
Age Defying Miracle Diet!

You know them as the diseases of aging—health issues that increase with age, such as osteoporosis, osteoarthritis, Alzheimer’s disease, cancer, heart disease, insulin resistant diabetes. Actuaries say they are inevitable. Popular culture says you can fight it with fad diets; Big Pharma has pills you can take; alternative medicine has other ideas. Maybe you should exercise more, or maybe you’re getting too much?

Let’s ask OLLI’s favorite Professor of Biochemistry, Dr. Martin Banschbach, for the most current advances in health sciences and how they can help you avoid, or at least slow down, these age-related diseases. He will share insight on the role of vitamins and minerals in maintaining normal metabolism, nutrients and the immune system, and the pathophysiology associated with nutrient deficits and excesses. Science rules. Knowledge is power, and this course will make you strong!

Martin Banschbach received his Ph.D. degree in Biochemistry and Nutrition from Virginia Polytechnic Institute in 1973. He has been teaching human nutrition to OSU medical students, OSU graduate students, Rogers State University Nursing Students and TCC students for over 20 years.
Agricultural & Food Controversies

- Is livestock production humane?
- Is the local food movement good for the local economy?
- Can we feed ourselves without chemical fertilizer?
- Are pesticides dangerous?
- What is a GMO?
- Is gluten unhealthy?

These are just a few of the questions that cause concern about the modern food supply and lead to heated arguments. We’ll discuss these issues and more, helping you better understand the modern food system and come to your own conclusions about these important questions.

A South Carolina native, Dr. Bailey Norwood dreamed of living in a state like Oklahoma where many others roped cattle and competed in rodeos. After receiving degrees from Clemson, Kansas State, and North Carolina State Universities, he got that chance. Since 2003, he has been a faculty member in the Dept. of Agricultural Economics at OSU. He is the holder of the Barry Pollard, MD/P&K Equipment Professorship in Agribusiness. His research interests include agricultural controversies, consumer preferences for food, and food insecurity.
The International Kitchen

Are you up for culinary adventure? We hope you are, because OLLI is partnering with the OSU Family Resource Center for an on-campus exploration of foods from around the world. In this cooking demonstration class, you’ll enjoy visiting with students and their families while learning new recipes and preparation techniques with lunch to follow! Each week we’ll explore a new variety of flavors with a new group of friends. Share the international language of food and hospitality with some of Stillwater’s most interesting visitors.

Special parking arrangements are available for participants. If you do not have an Emeriti or Staff Parking permit, you may purchase a special parking permit which will allow you to park in the Family Resource Center lot during classes.

Optional Parking Permit: $6
Consumable Materials Fee: $25
Stillwater Registration Form

Annual Membership is valid through 6/30/2019.
Please include your check or credit card information. A confirmation will be sent to you.
Please complete, detach, and mail your registration form to this address:
OLLI @ OSU, 100 Scott Hall, Stillwater, OK 74078
Or enroll online at https://education.okstate.edu/olli
Questions? Call the OLLI office at 1.405.744.5868

NAME(S)
MAILING ADDRESS   CITY  ZIP CODE
EMAIL ADDRESS
PHONE     DATE OF BIRTH
EMERGENCY CONTACT
PHONE     RELATIONSHIP

Course(s) Enrolling in:
☐ Beginning Watercolor Painting, Mondays, 10-Noon, Art on 6th, 10/1-11/5, $25
☐ Ergonomics & Aging, Tuesdays, 10-Noon, SPL, 10/2-11/6
☐ US Women’s History, Tuesdays, 10-Noon, SPL, 10/2-11/6
☐ Traditional Chinese Medicine, Tuesdays, 10-Noon, SPL, 10/2-11/6
☐ Town Hall, Tuesdays, 1-2:30 pm, SPL, 10/2-11/6
☐ Forbidden Hollywood, Tuesdays, 6-8:30 pm, FUMC, 10/2-11/6
☐ Painted Barn Quilts, Wednesdays, 10-Noon, Art on 6th, 10/3-11-7, $15
☐ American Royalty: Duke Ellington, Thursdays, 10-Noon, SPL, 10/4-11/8
☐ Russia: A Geography Inside Out, Thursdays, 10-Noon, SPL, 10/4-11/8
☐ Mahjong, Thursdays, 10-Noon, SPL, 10/4-11/8
☐ Age Defying Miracle Diet!, Thursdays, 1-3 pm, SPL, 10/4-11/8
☐ Agricultural & Food Controversies, Thursdays, 1-3 pm, SPL, 10/4-11/8
☐ Bridge for Beginners, Thursdays, 1-3 pm, SPL, 10/4-11/8
☐ The International Kitchen, Fridays, 11:30-1 pm, FLC, 10/5-11/9, $25

PICK ONE
☐ $200 Unlimited Annual Membership (Unlimited Lecture Courses through 6/30/2019)
☐ $40 Regular Annual Membership (each course $25)

$________ # of courses X $25 = $________
☐ Tuesday Lunch (6@$9 each) @ $54
☐ Thursday Lunch (6@$9 each) @ $54

$________ *Texts/material fees to accompany courses
$________ Total Enclosed

(Make checks payable to OSU) or bill credit card listed below:
Card No. ___________________________  Exp. Date __________