Pathways Past & Future
Academic Year 2019

- Pathway to the Moon - P. 14
- A Matter of Balance - P. 12
- American Presidents I - P. 12

Stay Young, Stay Connected. Join Osher@Mizzou.
ABOUT MU EXTENSION

Using research-based knowledge, University of Missouri Extension engages people to help them understand change, solve problems and make informed decisions.

MU Extension makes university education and information accessible to create

- economic viability,
- empowered individuals,
- strong families and communities and
- healthy environments.

MU Extension partners with the University of Missouri campuses, Lincoln University, the people of Missouri through county extension councils, and the National Institute for Food and Agriculture of the U.S. Department of Agriculture.

Learn more at extension.missouri.edu.
Osher’s theme for the 2018-2019 academic year, *Pathways – Past and Future*, was inspired by a few ground-breaking events:

* 2018 marked the 50th anniversary of the National Trails System Act, which led to the creation of the National Historic Trail system. The Lewis & Clark and Santa Fe National Historic trails run right through mid-Missouri, while the start to the Pony Express trail is just a few hours away, in St. Joseph, Mo.

* The 50th anniversary of the Apollo 11 Moon Landing is also coming up, on July 20, 2019. What a pathway the Apollo 11 team forged! “That’s one small step for man; one giant leap for mankind.”

Courses and sessions this year will focus on related topics, including historical trailblazers, literary journeys and strategic planning to find our way forward. We hope the theme inspires you to forge your own path in lifelong learning.

### SUMMER SEMESTER AT A GLANCE

Choose from more than 20 courses on a myriad of topics during this four-week semester. Classes start on Monday, June 3.

<table>
<thead>
<tr>
<th>CELEBRATING NOTABLE ANNIVERSARIES</th>
<th>ACTIVITIES &amp; HANDS-ON SESSIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>America’s Path to the Moon (T, 10 a.m.)</td>
<td>Summer Sing (M, 3 p.m.)</td>
</tr>
<tr>
<td>Moon Landing Potpourri (Th, 5:30 p.m.)</td>
<td>A Matter of Balance (M &amp; Th, 1 p.m.)</td>
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<tr>
<td>Woodstock (Th, 10:30 a.m.)</td>
<td>Math is Not a 4-letter Word (Th, 9:30 a.m.)</td>
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<tr>
<td>Notable Anniversaries (Th, 1 p.m.)</td>
<td>*Salsa Making (W, 3 p.m.)</td>
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<table>
<thead>
<tr>
<th>HISTORICAL MARKERS &amp; PERSPECTIVES</th>
<th>CREATIVITY &amp; THE ARTS</th>
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</thead>
<tbody>
<tr>
<td>Civil War Round Table (M, 10 a.m.)</td>
<td>Patchen, Proletarian Visionary (T, 9:30 a.m.)</td>
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<tr>
<td>The American Presidents (M, 1 p.m.)</td>
<td>Romance Novels (T, 1 p.m.)</td>
</tr>
<tr>
<td>Years Between the Wars (W, 10 a.m.)</td>
<td>Potpourri of the Arts (F, 9:30 a.m.)</td>
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<table>
<thead>
<tr>
<th>FINDING YOUR PATHWAY FORWARD</th>
<th>GETTING TO KNOW THE WORLD AROUND US</th>
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<tbody>
<tr>
<td>Interrogating Whiteness (M, 10:30 a.m.)</td>
<td>Missouri River (W, 3 p.m.)</td>
</tr>
<tr>
<td>*Understanding Alzheimers/Dementia (T, 12:30 p.m.)</td>
<td>What to Know About Utilities (W, 12:30 p.m.)</td>
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<tr>
<td>*Pathways Through Grief (T, 12:30 p.m.)</td>
<td>Travel Perspectives (W, 1 p.m.)</td>
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<table>
<thead>
<tr>
<th>FORGE-FORWARD FRIDAYS</th>
<th>COURSE KEY</th>
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<tr>
<td>Potpourri of the Arts (9:30 a.m.)</td>
<td>* indicates 2-week session</td>
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<tr>
<td>Brown Bag Seminar Series (11:30 a.m.)</td>
<td>M: Monday, T: Tuesday, W: Wednesday, Th: Thursday</td>
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<tr>
<td>Friday Afternoon Film Festival (1:30 p.m.)</td>
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WHY BE A PART OF OSHER?
The goal of Osher is to create a community for participants who are 50+, which offers many benefits:

- Intellectual health impacts physical health
- You can have thoughtful interactions about topics of interest to you
- Taking classes helps nurture your natural intellectual curiosity
- We create new opportunities for socializing, networking and meeting interesting people
- Learning is fun

Curiosity never retires. If you have an active mind, love learning and are over 50 years old, come join us. Stay young. Be active. Learn at Osher@Mizzou.

OSHER MEMBERSHIP AND FEES

Osher membership at all levels includes joint membership between Osher and the Columbia Parks and Recreation 50+ program, plus an “all-access pass” to use Parks and Recreation facilities for Osher functions such as Travel Club, Spanish Club, Saturday Morning Book Talks and other groups.

Premium membership (school year)
For $240 each fall*, you become a yearlong Osher member. Premium membership follows the school year, from Aug. 1 to July 31. ( *New premium membership purchased in the summer session is prorated to $100 and good for the remainder of the school year.) The premium membership includes all of the benefits of a basic membership, as well as these perks reserved for premium members:

- Enroll in as many classes each semester as you wish to attend and pay only $10 to enroll per semester
- Attend Friday Afternoon Film Festivals for the full school year (four semesters)
- Bring a guest at no charge to Brown Bag Seminar Series and the Friday Afternoon Film Festival sessions
- Request a University of Missouri library card for one full academic year

Premium Membership (continued)
- Receive an invitation to the Robert G. Silvers Memorial Seminar, usually held in the fall
- Become eligible to serve on the Osher Advisory Council

Semester membership
Enroll in one or more classes for a single semester, paying a $20 enrollment fee and individual fees for each course in which you enroll. Course fees vary, from $40 to $60, according to the course length and semester (see enrollment form).

In addition to attending the course for which you enrolled, you receive all of the benefits of a basic membership for that semester.

Basic membership (school year)
The Basic Osher membership costs $40 for the school year. This level of membership lets you do the following:

- Attend Brown Bag Seminar Series
- Attend all Saturday Morning Book Talks
- Take part in any of the Osher clubs. See page 24 for details.
- Have a Columbia Parks and Recreation 50+ membership with additional program benefits
- Attend Friday Afternoon Film Festivals

The University of Missouri complies with the Americans With Disabilities Act of 1990. If you have a disability and need accommodations for an Osher course or event, please notify the Osher@Mizzou Office at 573-882-8189 or 344 Hearnes Center, Columbia, MO 65211 as soon as possible so necessary arrangements can be made.
MEMBERSHIP VALUES FOR ONE SCHOOL YEAR (AUG. 1 TO JULY 31)

Osher@Mizzou Membership Structure

<table>
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<tr>
<th>Membership type:</th>
<th>Premium</th>
<th>Semester</th>
<th>Basic</th>
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<tr>
<td>Provides membership benefits?</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Duration of benefits during the school year</td>
<td>All school year</td>
<td>*Only during term registered (applies to content below)</td>
<td>All school year</td>
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Content included with membership:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Premium</th>
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<tr>
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<td>Yes*</td>
<td>Yes</td>
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<tr>
<td>Extramural events and clubs</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
</tr>
<tr>
<td>Brown Bag Seminar Series</td>
<td>Yes</td>
<td>Yes*</td>
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<tr>
<td>Friday Afternoon Film Festival</td>
<td>Yes</td>
<td>Yes*</td>
<td>Yes</td>
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Courses

<table>
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<th>Purchase Individually</th>
<th>Features</th>
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<tbody>
<tr>
<td>Parks and Recreation 50+</td>
<td>Yes</td>
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<td></td>
</tr>
<tr>
<td>Extramural events and clubs</td>
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<tr>
<td>Brown Bag Seminar Series</td>
<td>Yes</td>
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<tr>
<td>Friday Afternoon Film Festival</td>
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Price:

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<th>Membership Type</th>
<th>Details</th>
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<tr>
<td>Premium</td>
<td>$240* (plus $10 each additional term)</td>
</tr>
<tr>
<td>Basic</td>
<td>$40</td>
</tr>
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</table>

*Copies if purchased in summer semester

COURSE INSTRUCTORS

Wayne P. Anderson  
Robert (Robin) Blake  
Brandon A. Boyd  
Ken Braso  
Nancy F. Browning  
Larry Campbell  
Cindy Claycomb  
James Cummings  
Carolyn Dye  
Judy Elliott  
Brian Flowers  
Julia Gaines  
Joe Geist  
Val Germann  
Liz Harrison  
Denise Haskamp  
Stephen Heying  
Sharon Kinden  
Craig Kluever  
Ralph Kreigh  
Gene McArtor  
Margot McMillen  
Kristin Miller  
Jeff Moran  
Judith Mutamba  
Janette Nichols  
Diane Peterson  
John Peterson  
Anastasia Pottinger  
Tom A. Rafiner  
Barbara Schneider  
Lucas Schwarte  
Jane W Smith  
Angela Speck  
Jay Ward  
Sharon Weedin  
Kelsey Weitzel  
Nancy West  
Jim Windsor  
Clarence Wolfshohl
IMPORTANT DATES

**Tuesday, May 21, 2019**
Summer Registration Opens

**Monday, June 3, 2019**
Summer Semester Begins
*(4-Week Session)*

**Tuesday, Aug. 20, 2019**
Fall Registration Opens

**Monday, Sept. 9, 2019**
Fall Semester Begins
*(8-Week Session)*
Start to New Academic Year

OSHER@MIZZOU FOR ALL

We are dedicated to making Osher Lifelong Learning Institute at the University of Missouri membership and participation affordable and accessible to Columbia area residents over 50 who wish to be involved. If you would like to request tuition assistance or require disability-related accommodations or special assistance, contact the Osher@Mizzou office at osher@mizzou.edu or 573-882-8189.

If you wish to make a gift to support our programs (including our scholarship fund), go to Osher’s website *(lisher.missouri.edu)* and click on **Give to Osher@Mizzou**. Or you may contact Osher’s staff at Osher@Mizzou.edu or 573-882-8189.

INCLEMENT WEATHER POLICY

If the Columbia Public School System cancels classes due to inclement weather, Osher@Mizzou classes will **not** meet on that day.

CONDUCT OF STAFF, ADVISORY COUNCIL, INSTRUCTORS, MEMBERS AND VOLUNTEERS

Osher members and Osher instructors are fundamental in partnering with MU Extension to guide and deliver programs relevant to the citizens of Missouri. Extension depends on volunteers to operate with a high standard of ethical conduct.

All Osher members and instructors must understand and observe these basic standards:

- Treat all youths and adults with respect and without discrimination. This standard includes providing equal access to participation for all, regardless of their race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability or protected veteran status.
- Avoid harming youths or adults, whether through neglect, sexual harassment, physical force, verbal or emotional abuse.
- Obey the laws of the locality, state and nation.
- Display mutual respect to one another.
- Practice personal and intellectual integrity.
- Demonstrate responsible decision-making.
- Display tolerance and respect for diverse opinions and perspectives.
- Avoid situations where a conflict of interest may occur, regarding their role as an MU Extension volunteer and their business interests.

Additional information and policy details may be found within the MU Extension Volunteer Conduct policy.
Osher@Mizzou does not collect individual waivers for use of photographs or for liability.

Osher@Mizzou reserves the right to take photographs or videos during the operation of any program and to use them, whether taken by a representative of Osher@Mizzou or by other participants, for promotional purposes. By enrolling in an Osher@Mizzou program, participants agree to allow their images to be used in such photography. Participants who prefer their images not be used are asked to contact the Osher@Mizzou office at 573-882-8189.

Individuals acknowledge and assume any and all risk associated with participation in Osher@Mizzou activities. The University of Missouri makes no representation regarding the appropriateness of any activity for an individual. Osher@Mizzou disclaims any and all liability for each individual’s participation in said activities.

If you register for a course or event that involves physical activity, you are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended you consult your physician before participating in any physical activity. Osher@Mizzou disclaims any and all liability for each individual’s participation in any course that involves physical activity.

Volunteer instructors are responsible for developing their own course content. The information, views and opinions provided by Osher@Mizzou instructors are those of the instructor and do not necessarily reflect the views and opinions of the University of Missouri or the Osher@Mizzou program.

New Scholarships!

Osher@Mizzou will offer a limited number of scholarships for individuals who would like to join at the Premium membership level but, due to financial constraints, are unable to do so. This summer, scholarships will cover $60 of the $100 Premium membership tuition cost. For an application, contact Osher’s staff at Osher@mizzou.edu or (573) 882-8189.

For those age 70 ½ or older, it is possible to make tax-favored charitable gifts from traditional and Roth IRA accounts. A total of up to $100,000 can be transferred directly from traditional or Roth IRAs to one or more qualified charities, such as the University of Missouri, free from federal income tax each year.

There may also be state income tax savings. Amounts given in this way count toward required IRA minimum withdrawal amounts for the year of the gift.

If you are ready to make a charitable IRA rollover to Osher@Mizzou:

- Contact your IRA provider as soon as possible to initiate the rollover.
- Contact the MU Office of Gift Planning and Endowments to alert the university to receive the rollover.
- Call 1-800-970-9977 or email giftplanning@missouri.edu.

Osher is a program that thrives thanks to the devoted work by our advisory council and its standing committees:

- Program
- Finance
- Development
- Volunteer
- Outreach

Osher Advisory Council committees are open to all interested members. We count on our members to guide the program in substantial ways. Contact any of our staff or a member of the Advisory Council to learn more.
## COURSE CALENDAR

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Moss A</td>
<td>Moss B</td>
<td>Hillcrest D</td>
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<td>10:00</td>
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<tr>
<td>10:30</td>
<td><strong>10–11:30 a.m.</strong> Civil War Round Table (Various)</td>
<td><strong>10–11:30 a.m.</strong> The Proletarian Visionary – Patchen (Wolfshohl)</td>
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<td>11:00</td>
<td><strong>10:30 a.m.–12:30 p.m. Interrogating Whiteness (Browning)</strong></td>
<td><strong>10–11:30 a.m.</strong> The Years Between the Wars (Ward) No class June 19, finishes July 3</td>
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<tr>
<td>11:30</td>
<td>Noon</td>
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<td>Noon</td>
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<td>12:30</td>
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<td><strong>12:30–2 p.m. Wks 1–2:</strong> Understanding Alzheimer’s (Nichols) <strong>12:30–2 p.m. Wks 3–4:</strong> Pathways through Grief (Claycomb)</td>
<td><strong>12:30–2 p.m.</strong> Utilities – What Every Ratepayer Should Know (Windsor) <strong>1–2:30 p.m.</strong> Travel from Different Perspectives (Anderson)</td>
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<tr>
<td>1:00</td>
<td><strong>1–2:30 p.m.</strong> American Presidents – Part One (Ward)</td>
<td><strong>1–2:30 p.m.</strong> The Evolution of Romance (Peterson)</td>
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<td>1:30</td>
<td><strong>1–3 p.m.</strong> Matter of Balance (Miller, Mutamba, Weitzel)</td>
<td><strong>1–2:30 p.m.</strong> The Evolution of Romance (Peterson)</td>
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<td>2:00</td>
<td><strong>3:30–4:30 p.m.</strong> Summer Sing (Boyd)</td>
<td><strong>1–2:30 p.m.</strong> Exploring the Missouri River (Campbell)</td>
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<td>5:00</td>
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### All courses are four sessions except as noted.

**☆☆** Osher Café will take place, per usual, on Fridays in Moss B. Tables will be set up in Moss B during the week, as well, so that Osher students may eat lunch and visit when classes are not meeting in the space.
<table>
<thead>
<tr>
<th>WEDS. (cont.)</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td>8:00</td>
<td>MU Family Impact Center</td>
<td>Moss A</td>
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<td>10:30</td>
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<tr>
<td>11:00</td>
<td>9:30–11 a.m. Math is Not a 4-Letter Word (Campbell)</td>
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<tr>
<td>11:30</td>
<td>10:30 a.m.–noon Woodstock, 50 Years Later (Heying)</td>
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<td>Noon</td>
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<td>12:30</td>
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<td>1:00</td>
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<tr>
<td>1:30</td>
<td>1–3 p.m. Notable Anniversaries (Various)</td>
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<td>2:00</td>
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<td>3:00</td>
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<tr>
<td>3:30</td>
<td>3–5 p.m. Salsa-Making (Harrison) Two sessions, starts June 19</td>
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<td>7:00</td>
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<td>9 a.m.–3 p.m.</td>
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<tr>
<td><strong>Osher Café</strong></td>
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Civil War Round Table
[4 Sessions]
10:00 – 11:30 a.m., Moss A
Mondays: June 3, 10, 17, 24

The Mid-Missouri Civil War Round Table returns for its ninth summer with Osher@Mizzou, offering a sample of the monthly programs presented by its members at Round Table meetings since 1983. Like other Round Tables across the nation, mid-Missouri’s is made up of professional and amateur historians and anyone else interested in the Civil War.

Coordinator: Ralph Kreigh

June 3: The Vicksburg Campaign
What do the United States Navy, saps, a canal, underwater mines, caves and Colorado Governor John Hickenlooper’s great grandfather all have in common? The Vicksburg Campaign, of course! So long as the Confederacy controlled the Mississippi River at Vicksburg, Union farmers and manufacturers from the upper Midwest did not have unfettered access to markets via shipping down the Mississippi River and through the Gulf of Mexico. Conversely, preserving its stronghold at Vicksburg ensured to the Confederacy access to much needed manpower and war material from the Trans Mississippi (land west of the Mississippi River). Come hear Sharon Weedin lead us through the military campaign that ultimately allowed “the Father of Waters to again go unvexed to the sea” (as President Lincoln so eloquently put it) and, many would argue, sealed the doom of the Confederacy.

Instructor: Sharon Weedin

June 10: Cinders and Silence
“Cinders and Silence” provides the first chronicle of Missouri’s “Burnt District.” Between 1854 and 1870, three western Missouri border counties plunged from prosperity to devastation, and finally, to oblivion.
The border conflict between Missouri and the Kansas Territory intensified during the Civil War. Revenge-driven, Kansans leveled western Missouri between 1861 and 1863. Lawrence, Kansas, triggered General Orders No. 11. Within six weeks, the district suffered depopulation and total destruction. Historical silence shrouded the tragedy for decades. “Cinders and Silence” recovers the history and breaks the silence.

**Instructor:** Tom A. Rafiner, a Jackson County native, continues his focused and dedicated journey to uncover western Missouri history. For ten years, he has researched family and community histories buried in the border conflict and the Civil War. Tom’s first history, *Caught Between Three Fires: Cass County, Mo., Chaos and Order No. 11*, documented previously lost Civil War history. A sought-after speaker and storyteller, he has spoken throughout Missouri and Kansas. Tom holds a B.A. degree from the University of Missouri, Columbia, and an M.A. from the University of Missouri, Kansas City.

**June 17: Three Interesting Civil War Deaths**

Jim will focus on the deaths of Albert Sidney Johnston, Stonewall Jackson and Abraham Lincoln and discuss why the deaths of these three men is interesting in three ways. The first is the circumstance of each death, combined with the importance of the decedent. The second is the medical situation surrounding each death, with the ultimate question of whether the decedent could have survived. Finally, Jim will examine the importance of each death in the overall historical picture of the war and times.

**Instructor:** James Cummings

**June 24: The Siege and Battle of Corinth**

In 1862, the small town of Corinth, Miss., was a major strategic value to both Union and Confederate forces as they fought for control of the Mississippi Valley. This was primarily the result of two major railroads intersecting the town. Following the major battle at Shiloh on April 6–7, won by the Federals with tremendous casualties on both sides, the Union pushed south under General Halleck with over 120,000 troops. Confederate troops retreated to Corinth with over 70,000 men and fortified the town. As the Union forces approached, the Confederates evacuated the town in the greatest hoax of the war. Union forces occupied the town and added to the fortifications. In the Battle of Corinth on October 3–4, 1862, Confederate forces attacked but were defeated with heavy casualties on both sides and again retreated to the south. Missouri regiments fought on both sides at Corinth.

**Instructor:** Gene McArtor holds bachelors, masters and doctoral degrees from the University of Missouri. He and his wife, Donna, have been married for 54 years. They have two sons, Steven and Michael, and five grandchildren. His interest in the Civil War has been lifelong, and he is a member and presenter at the Mid-Missouri Civil War Round Table. His last Osher program was on the Civil War locomotive, “The General.”

**Interrogating Whiteness**

[4 Sessions]

10:30 a.m. – 12:30 p.m., Moss B

Mondays: June 3, 10, 17, 24

What do the Chinese Exclusion Act, the treatment of a white lesbian on a plane and the alt-right have in common? All three are windows into the concepts of “whiteness” and white privilege that we will explore in this course. Through assigned readings that will inform our class discussions and by watching documentaries/videos, we will investigate how the concept of whiteness privileges those whom society considers “white,” while simultaneously targeting people of color. The class will read Robin DiAngelo’s short book, *White Fragility: Why It’s So Hard for White People to Talk about Racism*. For our first class, please be ready to discuss the foreword and to the middle of page 28 (for week 2, to page 88; for week 3, to page 122; for week 4, to page 154/end). We would love to hear your perspectives and stories about living in a nation where race and racism greatly influence who has power and privilege.

**Instructor:** Professor Emeritus of Cultural Diversity Nancy F. Browning taught “Cultural Diversity in Modern America” to thousands of students at Lincoln University. In her retirement, she attends Osher classes, facilitates the Diversity Book Club and Friday diversity films, and writes the “Spotlight.” Nancy hosts a gluten-free website and edits scientific grants and papers. She enjoys walking, singing, needlework and volunteering for social justice causes as well as spending time with friends, family and her husband, Rawn.
The American Presidents – Part One
[4 Sessions]
1:00 – 2:30 p.m., Moss A
Mondays: June 3, 10, 24; July 1 (no class on June 17)

This course will examine those men who have served as presidents of the United States, starting with George Washington and moving forward chronologically through James Madison. Their family histories, education, previous work history and life experiences will be considered to see if any of those factors can provide a clue to the quality of their presidency and whether they provide a guide in selection in elections that are to come. This class is the first of a series.

Instructors: Jay Ward was born in Springfield, Mo., and raised in Lexington, Mo. He was an undergraduate at Northwestern University and received a medical degree from the University of Missouri. Retiring from medicine after 30 years, he received a master’s degree and doctorate in United States history from the University of Missouri.

A Matter of Balance
[8 Sessions]
1:00 – 3:00 p.m., Hillcrest D
Twice weekly, on Mondays and Thursdays: June 3, 6, 10, 13, 17, 20, 24, 27

As the No. 1 cause of injuries and death from injury, falls threaten the independence of older adults and often prove costly, as well. A Matter of Balance helps adults 60 years old and up realize that falls — and the fear of falling — are controllable. The program provides information on ways to change your environment to limit risk factors that contribute to falling, and will help you find strength and balance exercises to reduce your chances of falling.

This award-winning program may be for you if you:
• Are concerned about falls
• Have fallen in the past
• Restrict activities because you’re worried about falling
• Are interested in improving your flexibility, balance and strength
• Are at least 60 years old, ambulatory and able to problem solve

Join us to learn the steps you can take to prevent falls and continue enjoying your favorite activities.

Instructors: Kelsey Weitzel is an assistant Extension professor in Nutrition and Exercise Physiology. She has been a certified exercise physiologist for five years and helps manage the University of Missouri Extension exercise programs. She loves to help others improve their health and fitness. She lives with her husband in Columbia, but is originally from Iowa.

Judith Mutamba obtained her B.S. in Nutrition & Dietetics at MU and a masters in Medical Sciences at Uppsala University, Sweden. Judith served 20 years as a dietitian, public health nutritionist and deputy director of national nutrition in the Ministry of Health & Child Welfare, Zimbabwe. Judith is an intern with Columbia/Boone County Health Department as she completes her M.S. in Nutrition, Exercise & Physiology at MU. Judith believes in lifelong learning and is dedicated to working with older adults in promoting healthy lifestyles.

Kristin Miller is an assistant Extension professor in Nutrition and Exercise Physiology. She manages some of state-wide Nutrition and Health programs for University of Missouri Extension. She has a passion for helping others live their healthiest life and enjoys being active. She is from Ashland, Mo., where she currently lives with her husband, Kyle, and daughter, Anna.
Summer Sing 2019
[4 Sessions]
3:30 – 4:30 p.m., Moss A
Mondays: June 3, 10, 17, 24

Summer Sing 2019 will focus on building the habits of a successful choral singer, no matter your age, experience or voice part. As we learn wonderful literature (old and new), all singers will be encouraged to improve their skills together as we work individually and collectively, enhancing musicianship. Along with musicianship, we will focus on enhancing our musical expression and the art of musicality. [This class will replace the Osher Sings! club for the month of June.]

Instructor: Brandon A. Boyd is an assistant director of choral activities and assistant professor of choral music education at the University of Missouri, where he conducts the Mizzou Men’s Choir. In addition to his conducting duties, he teaches undergraduate and graduate courses in choral conducting and music education. Boyd appears regularly as a conductor, clinician, composer-in-residence, pianist and conference presenter. He holds two degrees from Florida State University (Ph.D. and M.M.) and earned a B.S. in from Tennessee State University.

Sandeep Gautam, MD, is a cardiac electrophysiologist. Truth be told, his work is remarkable. Using the most advanced AFib technology, he’s able to make a 3D map of a patient’s heart to pinpoint the cause of their arrhythmia – and correct it. All without exposing them to harmful radiation. He’s actually one of the first in mid-Missouri to ever do this kind of ablation procedure, but if you ask him about it, he’ll tell you it comes down to three simple words.

I FIX HEARTS.

Health Care
muhealth.org/hearts
Starting his career in the 1930s under the influence of other working class writers in the United States, Kenneth Patchen (1911-1972) is often referred to as a Proletarian visionary. Compared with William Blake and Walt Whitman, Patchen explored new forms in poetry and prose and pioneered what he called picture poems. Also labeled a godfather of the San Francisco and Beat poetic movements, he spoke against war, capitalism and intolerance, often sardonically but with hope in the power of imagination. This course will consider Patchen’s poetry and his artwork, their Blakean combinations and his typographical-narrative experiments in prose. The instructor will provide copies of the class material, since it will come from a variety of his many works, but if interested you may find many of his books online. The instructor recommends Patchen’s Selected Poems and the novel, Sleepers Awake.

Instructor: Clarence Wolfshohl is professor emeritus of English at William Woods University. He taught for 40 years and operated Timberline Press for 35 years, until the end of 2010. His poetry and creative non-fiction and scholarly articles have appeared in many journals and reviews as well as chapbooks. He has been involved with Osher for six years as student and teacher.

As the 50th anniversary of the first moon landings draws near, it is well worth a look back at how it all began, and then ended, as NASA forged America’s path to the Moon. In our four sessions, we will start with a discussion of Apollo’s origins in the surprising goal of a Moon landing, set by the newly elected President, John F. Kennedy. We will then examine the course of the Apollo program, its successes and failures, as well as its effect on U.S. science and technology. Finally, we will discuss the legacy of Apollo and the Moon flights, including its importance to the environmental movement.

*If this course interests you, you might also consider signing up for the Thursday Osher@Night Moon Landing Potpourri.

Instructor: Val Germann grew up with the space program and remembers the effect of the Russian Sputnik on his extended family. “It’s another Pearl Harbor,” said an uncle. Val has maintained a strong interest in space-related issues throughout his life and, in the 20 years he was an instructor in astronomy for Columbia College, always kept his students up to date on both U.S. and world space developments. Val is an MU grad, and he and his wife, Marla, have lived in Columbia since 1972.
Understanding Alzheimer’s and Dementia  
[2 Sessions]  
12:30 – 2:00 p.m., Moss A  
Tuesdays: June 4, 11

In the first session, you will learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms and Alzheimer’s Association resources. In the second session, the instructor will cover typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection and the benefits of a diagnosis and the diagnostic process.

Instructor: Janette Nichols is the community outreach coordinator for the Alzheimer’s Association Greater Missouri Chapter. She works with programs and outreach at the community level and covers the greater Missouri region. Janette is based out of the Columbia office location. She is currently working on attaining her Ph.D. in Human Services and Social Work. As a caregiver, she wants to share information to support those in a caregiving role and to educate those new to dealing with dementia.

Pathways Through Grief  
[2 Sessions]  
12:30 – 2:00 p.m., Moss A  
Tuesdays: June 18, 25

By the time full maturity has been achieved, most people have endured the life-changing experience of grieving a loss. We tend to think first, perhaps, of the death of a much-loved person which can leave a sometimes overwhelming void for the person(s) yet living. In addition, other losses can alter the course of life: divorce, the loss of work through retirement or termination, death or loss of a pet, estrangement or physical distance from loved ones, changes in health and physical function. This two-session class will use Trans-State Induction Theory as a basis for examination of ways to chart a course through grief, to reconstruct the Self that has been compromised and to regain a sense of purpose, satisfaction and even joy in living.

Instructor: Cindy Claycomb is a licensed psychologist who is retired from clinical practice. She is trained in Trans-State Induction Theory and has used it as a basis for conducting psychotherapy for 20 years.

The Evolution of Romance  
[4 Sessions]  
1:00 – 2:30 p.m., Moss B  
Tuesdays: June 4, 11, 18, 25

The world of romance novels has undergone great changes in its short history. Starting with romance in early literature, this class will examine how the genre has grown to the most popular one in U.S. publishing. We will consider the influences of the publishers, the development of various sub-genres and the status of romance publishing today.

Instructor: Diane Peterson is a retired school library media specialist who promotes the romance novel industry as an analyst, speaker, reviewer and writer. Diane is very active on Goodreads, tracking her own extensive library of romance books, writing reviews and following many authors and groups.
**The Years Between the Wars**  
[4 Sessions]  
10:00 – 11:30 a.m., Moss A  
Wednesdays: June 5, 12, 26; July 3 (no class on June 19)

The period between the end of World War I and the beginning of World War II is a fascinating era in American history. This course will examine the 1920s, during which the United States entered the modern era. The advent of the motor car, the moving picture, the radio, modern advertising and electric appliances led to the emergence of a national culture, as opposed to the many regional cultures of previous eras. Prohibition, women’s suffrage, the income tax and the new mobility provided by the automobile created a strange new world, which we will explore together.

**Instructor: Jay Ward** was born in Springfield, Mo., and raised in Lexington, Mo. He was an undergraduate at Northwestern University and received a medical degree from the University of Missouri. Retiring from medicine after 30 years, he received a master’s degree and doctorate in United States history from the University of Missouri.

**Travel from Different Perspectives**  
[4 Sessions]  
1:00 – 2:30 p.m., Moss B  
Wednesdays: June 5, 12, 19, 26

Longtime travel writer for the Columbia Daily Tribune and retired MU professor, Wayne Anderson, will present on the following topics:

- **The Gap Year**: Pros and cons of high school students taking a year off before college to travel and volunteer.
- **Creating Your Bucket List**: What experiences and adventures do you want to have before you die?
- **My Sabbatical Year**: Three countries and the FBI up close and personal.
- **Offbeat Travel**: Exploring the unexpected and mysterious.

**Instructor: Wayne P. Anderson**, Ph.D., is professor emeritus of psychology, University of Missouri-Columbia. From 1995 to 2010, Wayne was a team member for the International Center for Psychosocial Trauma, training teachers, physicians and mental health workers in trauma zones as therapists; he made 24 international trips with the team and seven trips within the U.S. Since 1998 he has been a correspondent and weekly travel writer for the Columbia Daily Tribune. From 1997 to 2011, he was adjunct professor for the Columbia College Criminal Justice Program, teaching a master’s level course in crisis management and the capstone course.

**What Every Ratepayer Should Know About Electric Utilities**  
[4 Sessions]  
12:30 – 2:00 p.m., Moss A  
Wednesdays: June 5, 12, 19, 26

Electricity is an important part of our daily lives, yet we rarely think about it unless there is a power outage or we get a large bill. What do you know about how electric utilities operate? What makes a reliable utility? How are renewable sources displacing non-renewable sources? Why are we charged what we are charged? What does the future look like? If you want to have a basic understanding of how electric utilities operate; how charges are determined; the potential for renewable sources; and, many other issues that every ratepayer should understand, you will want to take this course.

**Instructor: Jim Windsor** spent an almost 36-year career working for the Columbia Water and Light Department. During his career, he educated customers about energy efficiency; developed budgets; designed electric rates that encouraged efficiency; performed cost-of-service studies; forecasted electric loads; and negotiated power supply contracts. He routinely communicated with professionals at other utilities and in related industries. He retired as the assistant director of utilities, responsible for all the financial aspects of five municipal utilities.
Exploring the Missouri River from Source to Mouth
[4 Sessions]
3:00 – 4:30 a.m., Moss A
Wednesdays: June 5, 12, 19, 26

This course is based on the instructor’s 2016 seven-week exploration trip (by car) down the entire Missouri River, from official source in Three Forks, Mont., to its confluence with the Mississippi near St. Louis. By the time of the course’s completion, a wide variety of the River’s personality and make-up will be explored. The course should be of interest to everyone, from armchair travelers to history buffs, with scenery, photography, geography, the River’s people and much more, thrown in for good measure. Course content will likely include (though perhaps not be limited to) a variety of topics: general overview of the trip and the course; cities along the river; the four state capitals and capitols; adventures and special sites/sights; human treasures; people and stores along the river; and Lewis and Clark. Amount of time on various topics will be based partly on desires, input and special interests of class members.

Instructor: Larry Campbell spent his professional career working as a mathematics education professor. Since retirement, he has been running AfterMath Enterprises LLC, an umbrella organization for a variety of activites. He has written two books and also writes a bi-weekly educational column for the Springfield News-Leader. In Summer 2016, he spent seven weeks exploring (by car) the Missouri River from its source in Montana to its mouth near St. Louis. That once-in-a-lifetime adventure is the basis for this course.

Let’s Can-Can Salsa! (No dance partner needed)
[2 Sessions]
3:00 – 5:00 p.m., MU’s Family Impact Center (105 E. Ash St., Suite 200)
Wednesdays: June 19, 26

It’s salsa time! Join us to learn how to prepare and safely preserve salsa. This hands-on class will showcase a tomato-based salsa in week one and a fruit-based salsa in week two. Recipes will be provided for both types of salsa each week. The class provides the latest research-based guidelines for preserving salsa. University of Missouri Extension faculty will answer questions on canning and freezing salsa for long term storage.

NOTE: There is a $10 materials fee for fruits/veggies and canning supplies. Additionally, participants may bring their dial-type pressure canner lids for testing. Canner gauge testing will be offered during each session at no cost to participants. Dial-type gauges should be tested annually to ensure accuracy and prevent bacterial contamination of preserved foods. (Testing is not necessary for weighted gauges.)

Instructor: Liz Harrison, MPH, CHES®, is the MU Extension County Engagement Specialist for Howard County; she also is the Nutrition and Health Education Specialist for Boone and Howard counties. Liz offers research-based courses for the community on topics, including disease management, nutrition, mindfulness, balance and physical activity. She is most excited to offer programs that meet the needs and wants of the communities where she lives and works!
THURSDAYS

Math is Not a 4-Letter Word!
[4 Sessions]
9:30 – 11:00 a.m., Moss B
Thursdays: June 6, 13, 20, 27

Mathematics is so much more (and more fun) than times tables, long division by paper/pencil, arbitrary movement of decimal points and seemingly random and arbitrary ‘rules.’ This course will explore these differences in a light-hearted, hands-on AND FUN manner. NO ONE will be uncomfortable at any time and EVERYONE will have a good time and learn some interesting facts, distinctions, shortcuts and practical uses of mathematics. No prerequisite is required for this course; it should appeal to both math-phobics and math enthusiasts. Furthermore, prior attendees in a similar course (Spring ‘18) will also enjoy the course as a Part Two. There are so many topics, problems, brain teasers and other fun material to explore that everyone – at all levels – should have fun (in a ‘safe’ environment). Some likely topics: Course Review, Overview, and Preview; Guaranteed Fun: Brain Teasers, Games, Puzzling Problems, Patterns, and Other Goodies (new goodies, as well as old favorites, will be explored); Exploration and Examination of Our Fun sessions (with emphasis on how these things affect (as in hinder or help) our learning of practical mathematics – what are ‘basic skills’ anyway?!)

Instructor: Larry Campbell spent his professional career working as a mathematics professor, split equally (17 years each) between the College of the Ozarks and Missouri State University. Since retirement, he has been running AfterMath Enterprises LLC, an umbrella organization for a variety of activites. He also puts out a (free) photo sharing e-mail blog which combines his photography hobby with several other Monday morning brighteners and tidbits for the week.

Limit of 25 students

Woodstock, Fifty Years Later:
A Conversational Look Back
[4 Sessions]
10:30 a.m. – noon, Moss A
Thursdays: June 6, 13, 20, 27

“If you remember where you were in the 60s, you weren’t at Woodstock!” said Osher instructor and storyteller, Larry Brown. That may be, but those of us who were not there (but were alive and the right age to have wished we were there) learned a lot about ourselves in that age and what we hoped to be. As a group, we will ponder all the input, questions and answers we lived through. This class will include, but not ultimately be about, the Academy Award-winning movie. So much more happened and influenced us that the conversation will cover much more than just Woodstock. June 6: The sign of the times that made Woodstock a happening; June 13: The people that made Woodstock a happening; June 20: The music that made Woodstock a happening; June 27: The life events and stories we have taken from the era of Woodstock that are still happening.

Instructor: Steve Heying grew up in the 60s, graduating high school in 1969, got his first hawk in falconry that year, and started college that year, and was born a February Aquarian (age of Aquarius and all that baggage!). “I hope to just be a facilitator of this course and not an ‘instructor!’”

A Century of Notable Anniversaries
[4 Sessions]
1:00 – 3:00 p.m., Moss A
Thursdays: June 6, 13, 20, 27

Help celebrate the anniversaries of four significant U.S. programs and events by learning more about their illustrious histories, as well as hearing status updates and looking to the future.

Coordinator: Carolyn Dye

June 6: 100th Anniversary Passage of 19th Amendment to the U.S. Constitution

2019 marks the 100th anniversary of the passage of the 19th amendment to the U.S. Constitution. Learn about efforts in Missouri to bring this about. On a hot, sticky June day in St. Louis, thousands of women lined Locust Street wearing sashes inscribed “Votes for Women.” They stood in the heat for hours while the Democratic delegates marched past on their way from the Jefferson Hotel to the Convention Center. It was 1916, and the women were “the most interesting part of a dull convention,” according to the St. Louis Post Dispatch. This “golden lane” was one of the final chapters in a St. Louis suffrage saga that began before the Civil War.

Instructor: Margot McMillen is a writer and farmer living in Callaway County. She is retired from

**June 13: 75th Anniversary Appalachian Spring Ballet and Music**

Come learn about the creation of the Appalachian Spring Ballet for Martha Graham, with music by Aaron Copland. Clips of the ballet will be shown.

**Instructor:** Ken Braso is the rehearsal director of Missouri Contemporary Ballet. Ken came to Columbia with over 30 years of professional dance experience. He was a featured dancer with Southern Ballet Theatre, Pittsburgh Ballet Theatre, Ballet Austin, Boca Ballet, Chattanooga Ballet, Cincinnati Opera Ballet, Children’s Theatre of Cincinnati and Walt Disney Productions. Ken retired after the completion of a long tenure with the Louisville Ballet.

**June 20: 50th Anniversary In the Shadow of the Moon**

In the 1960s, President John F. Kennedy proposed landing a man on the moon before the decade was finished. The 2007 British documentary film, *In the Shadow of the Moon*, features interviews with ten of the surviving astronauts of the successful Apollo program. Through training, tragedy and triumph, we follow the greatest moments of one of humanity’s greatest achievements. Occasional supplementary information is presented on screen with text and archival television footage presenting the words of journalists, such as Jules Bergman and Walter Cronkite. Critics gave the film very positive reviews. The *Los Angeles Times* called the film a “fresh and compelling film, made with intelligence and emotion.” The *Hollywood Reporter* concluded that “the value of this film, not just to moviegoers today but to future generations, is simply enormous.” *In the Shadow of the Moon* received thunderous ovations at the 2007 True/False Film Fest. If you saw the film then, you will want to view it again as we commemorate the 50th anniversary of that momentous event.

**Instructor:** Sharon Kinden, world traveler.

**June 27: 25th Anniversary Mobility Worldwide (originally called the PET Project)**

Mobility Worldwide, originally called the PET Project (for Personal Energy Transportation), has been making three-wheeled, hand-cranked carts and distributing them to people with a mobility disability in developing countries all over the world for 25 years. More than 75,000 of these carts have been given to people who prior to receiving the carts had crawled on the ground, sometimes for many years. Their lack of mobility had reduced many of these people to being beggars and dependent on others to provide for them. After being lifted off the ground and given the gift of mobility, many cart recipients begin or return to a productive life of dignity: they can return to school, go to church and the markets, visit friends. Many begin a business or provide services to others. In this session, we will trace the history of this project and its prospects for the future.

**Instructor:** Jeff Moran has been a volunteer with Mobility Worldwide for more than eight years, and has been on mobility cart distribution trips to Guatemala and Kenya. Prior to retirement, he worked at the University of Missouri for more than 25 years as a researcher at the School of Medicine and as the science/math editor at the Assessment Resource Center.

**A Matter of Balance**

[8 Sessions]

1:00 – 3:00 p.m., Hillcrest D

Twice weekly, on Mondays and Thursdays: June 3, 6, 10, 13, 17, 20, 24, 27

Full course information on page 12.

**Apollo Moon Landing Potpourri: Physics, Culture – and Moon Rocks!**

[4 Sessions]

5:30 – 7:00 p.m., 215 Tate Hall on the MU Campus

Thursdays: June 6, 13, 20, 27

**June 6: Engineering Challenges of Apollo 11: Getting to the Moon**

MU professor – and real-life rocket scientist – Craig Kluever will present an overview of the Apollo 11 moon landing, including descriptions of mission-critical events, such as launch, injection to lunar orbit, reaching lunar orbit, landing, ascent from the moon and return to Earth. This first class will focus on the trip...
from Earth to the moon, and will include topics such as the Saturn V rocket, space navigation, and the lunar landing. This mission was conducted on a massive scale; Professor Kluever will help us make sense of the enormity of the event. [Note: For those of you who attended Kluever’s Brown Bag presentation in Fall 2018, this will be a good refresher; Dr. Kluever will also include additional details.]

Instructor: Craig Kluever is a professor in the Mechanical and Aerospace Engineering Department and has been with MU since 1993. Prior to joining MU, he worked as an aerospace engineer on the Space Shuttle program. Dr. Kluever has performed research for NASA, Aerojet and SpaceX in the areas of orbital mechanics and space mission design. He recently completed the textbook *Space Flight Dynamics*, published by Wiley & Sons.

June 13: Wishing for the Moon: Apollo 11 and the American Cultural Imagination

This session will invite students to share their own memories and artifacts of the moon landing as it draws attention to the films, literature and other cultural forms that have shaped the Apollo 11 mission in the American imagination.

Instructor: Nancy West teaches cultural studies and film studies at The University of Missouri. She writes about a wide variety of subjects including film noir, photography, historical fiction, adaptation, and television drama. She is currently writing a cultural history of the TV show, *Masterpiece Theatre*.

June 20: The Moon Landing as Represented at the Missouri State Capitol and Museum

This program will highlight two resources that are associated with the Missouri State Capitol and Missouri State Museum.

- Robert Heinlein, sci-fi writer, was inducted into the Hall of Famous Missourians in 2016. John Peterson will discuss how his work inspired the astronauts, scientists, and engineers who led Moon and Space exploration. Heinlein was on TV with Walter Kronkite during the Apollo 11 landing, and in 1988, NASA posthumously awarded him its Distinguished Public Service Medal.

- Lucas Schwartze has been an Interpretive Resource Specialist with the Missouri State Museum for three years, providing interpretation on a variety of topics relevant to Missouri’s history and natural resources. Lucas obtained a BA in archaeology from Washington University in St. Louis, and a MA in anthropology from the University of Nebraska in Lincoln.

June 27: Engineering Challenges of Apollo 11: Returning to Earth

Dr. Kluever will continue his presentation, this time focusing on the “really tricky bits” that were essential for Apollo 11’s return to the Earth, such as rendezvous in lunar orbit, communicating with the onboard computer and the re-entry guidance system’s reliance on extremely crude computers and clever math.

Instructor: Craig Kluever (see bio above)
FRIDAYS

Potpourri of the Arts
[4 Sessions]

9:30 – 11:00 a.m., Moss A
Fridays: June 7, 14, 21, 28

Each semester, Osher invites the movers and shakers of mid-Missouri’s arts scene to discuss, display, perform and showcase their work. Join us for this grab bag of arts topics.

Coordinator: Carolyn Dye

June 7: The Ashby Hodge Gallery of American Art – The Gem of Howard County

Gallery Curator Denise Haskamp and Registrar Joe Geist will give an overview of the past 25 years of the Ashby Hodge Gallery, located in Fayette, Mo., at Central Methodist University. They will focus on the creation and development of the gallery, including a presentation about the collection, the artists, scheduling of exhibits, the role of the gallery within the CMU community and a slide show featuring specific pieces in the permanent collection.

Instructors: Denise Haskamp began as curator of the Ashby Hodge Gallery at Central Methodist University in 2013; she also teaches history and sociology courses in the College of Graduate and Extended Studies. As curator, she is responsible for the daily operation of the gallery, care of the paintings, planning exhibits and working with docents and students.

Joseph E. Geist was a major player in the creation of the Ashby Hodge Gallery and was professor of English at Central Methodist University from 1972 to 1998, where he served as chair of the English department for 15 years. He has received numerous teaching awards, including the 1997 Governor’s Award for Excellence in teaching.

June 14: Journeys in Photography

Photographer Anastasia Pottinger will share about her recent experiences in taking a photo project from an idea all the way to getting it published. She also will discuss a recent project she is working on using her iPhone, and how you might start a similar project of your own.

Instructor: Anastasia Pottinger is a professional portrait photographer and founder of Rogue Studios. Pottinger burst on the national and international scene when her black and white portrait series of people a hundred years old and up ‘went viral’ and was featured on thousands of websites and in publications around the globe, including CNN and Bored Panda. Later, the series grew and became 100: What Time Creates, published by Marcinson Press.

June 21: Nineteenth Century French Art Before Impressionism

The art movement known as Impressionism blossomed in France in the last third of the nineteenth century, and that art remains popular today. Prior to the advent of Impressionism, French artists such as Courbet, Delacroix, Gericault, Ingres, David and others produced superb paintings in the styles of either Realism, Romanticism or Neo-classicism. This presentation will highlight these artists and their work.

Instructor: Robert (Robin) Blake is a retired physician who in recent years has developed an avid interest in the history of western art. He has taken numerous art history courses at the University of Missouri and visited many art museums. He serves as a docent at the MU Museum of Art and Archeology. Previously, he gave presentations at Osher on Representations of Medicine in the History of Art and Caravaggio: Bad Boy Genius of Baroque Art.

June 28: The Fascinating World of Tambourines

There are not many instruments that are played in every culture around the world, but the tambourine, or a version thereof, is one of them. Beginning in biblical times with sistums and ending with the rock’n’roll rhythm shaker, the tambourine has roots everywhere. Come to this class to learn a little ethnic culture, hear a few unusual rhythms, and see several examples of tambourines from around the world.

Instructor: Julia Gaines is Director of the School of Music at the University of Missouri. She received her DMA from the University of Oklahoma, her masters and a Performer’s Certificate from the Eastman School of Music, and her bachelors from the Lawrence Conservatory of Music. Her first solo CD, Tiger Dance, was released by Centaur Records in April 2017. Her first pedagogical book, Sequential Studies for Four-Mallet Marimba – Level 1 is the only beginning four-mallet marimba book of its kind.
THE BROWN BAG SEMINAR SERIES

Brown Bag Seminar Series
[4 Sessions]
11:30 a.m. – 1:00 p.m., Moss A
Fridays: June 7, 14, 21, 28

Brown Bag seminars are open to all Osher Premium and Basic members throughout the academic year. Semester members may attend for the semester in which they enroll. Feel free to bring some food to this “lunch & learn.”

Coordinator: Carolyn Dye

June 7: Show Me 66: Main Street Through Missouri, a Documentary about Route 66 in Missouri

Missouri has long been a key player in the Route 66 story. Equal parts travelogue and historical narrative, Show Me 66 explores the sights and landscapes found along Route 66 in Missouri. It also examines the Show Me State's biggest Route 66 stories from across the decades, including the road's birth in Springfield, the effects of World War II, the road's relationship to the Ozarks and St. Louis, its decline to the interstates and the rediscovery still taking place today. The Missouri Historical Society's first feature-length documentary, Show Me 66 chronicles the Missouri cities, landscapes, people, and events that helped transform the highway into an internationally recognized icon. The film won the Mid-America EMMY Award for Best Historical Documentary in 2017. A copy of the film will be raffled at the end of the film.

Instructor: Barbara Schneider has been an Osher member for almost three years, since retiring from the University of Missouri where she did marketing and admissions with the College of Business MBA program. She has become interested in Missouri history during her 30+ years living in Columbia.

June 14: Missouri's Conservation Legacy

Missouri has a rich history of citizen-driven and -led conservation efforts. Today, Missouri leads the way in the conservation of fish, forest and wildlife resources, but it wasn't always like this. From pre-settlement conditions to exploitation of wildlife and degradation of habitat, Missouri's resources have truly come back from the brink of destruction. Learn where we've been, where we're going and what challenges today's conservation managers face.

Instructor: Brian Flowers serves as a regional outreach and education supervisor with the Missouri Department of Conservation in 33 counties in the central and northeast portions of Missouri. He is a 1994 graduate of MU's School of Natural Resources and a 2018 Earnest Thompson Seton award winner for his leadership and commitment to conservation. He is also the 2014 recipient of the MDC Outreach and Education Division award of achievement. Brian resides in Columbia with his wife JoAnne, loves history, hunting, fishing, floating and always enjoys exploring Missouri's outdoors.

June 21: Science, Science Communication and Women

There is a long history of women in science, but there is also a long history of women being excluded from science opportunities. Even when women have been able to participate in science, their skills and contributions are often overlooked. One aspect of the life of any scientist has always been treacherous: communicating science to the public. From Galileo to Carl Sagan to Neil deGrasse Tyson, the public personality has been an anathema. For many scientists, being a science communicator implies a lack of seriousness about science. The line between translating difficult concepts and dumbing down the science is a tightrope. When we fold in the implicit/systemic bias and its role in precluding women from scientific
endeavors, the path of scientist/communicator becomes even more difficult. Dr. Speck will discuss her role as a scientist and a science communicator and why it is important to be both - especially as a woman.

**Instructor: Angela Speck** is a professor in the Department of Physics and Astronomy and the director of Astronomy at the University of Missouri.

**June 28: Fasting: Ancient Secret of Health**

Simply put, fasting, in its strictest sense, is the voluntary abstinence from all food and drink, except for water, for a period of time, and reliance on the nutritional reserves of the body to sustain normal function. While some studies on fasting have included coffee, teas, juices and sometimes even drugs, fasting with water only is the most effective and safest way to fast. Humans have been fasting throughout evolution. Sometimes it was done because food was not available. It has also been a part of many religions, including Christianity, Islam, Judaism and Buddhism. For most of history, there have not been supermarkets, refrigerators or food that was available all year round. After a brief walk through the history of fasting, this class will present some of the benefits of fasting and methods of adapting the more recently developed art of Intermittent Fasting. And, as is my usual practice at Osher, I’ll bring along a snack to help you get started with your own fasting practice.

**Instructor: Jane Smith** has been a student of nutrition and lifestyle her entire adult life. She raised seven children and worked as a hospital chaplain for 25 years. She now owns Abundant Raw Life: Better Health at Any Age, where she provides health-coaching programs, webinars and online cleanses, both locally and remotely. She believes that people are bio-individual and that everyone benefits from eating more raw fruits, vegetables, nuts, and seeds.

**Photo credits:**

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**Friday Afternoon Film Festival**

[Each Friday during the semester]

Films begin at 1:30 p.m., Moss A. Fridays: June 7, 14, 21, 28

Quality films are followed by genuinely interesting discussions. Films will be announced weekly via email and on the Facebook page for Osher@Mizzou. The Friday Afternoon Film Festival is open to all Osher members and guests of premium members.
SPECIAL EVENTS: EXTRAMURAL

**Osher Clubs**

Take full advantage of your Osher membership and join a club, open to all current members, including Premium, Semester and Basic.

**El Club de Español**

*Wednesdays, 2:00–4:30 p.m., Hillcrest C*

Habla español? Osher’s Spanish club is for participants who have studied the present and the preterite tenses in Spanish. Beginners meet from 2 to 3 p.m. and advanced speakers from 3 to 4:30 p.m. Call club organizer Judy Elliott at (573) 424-4244 if you plan to participate.

**Diversity Book Club**

*Every third Thursday, 3:30–4:30 p.m., Hillcrest C*

Nancy Browning, professor emeritus of cultural diversity at Lincoln University, facilitates this monthly book discussion centered on diversity issues. Plan to have read the book in advance and come ready for discussion. Books are decided by the group and will be announced via Osher’s e-newsletter.

**Osher Sings Club**

*On hiatus for the summer*

Please consider signing up for the Summer Sings 2019 class, offered in the time slot normally held for Osher Sings club: Mondays, 3 to 4:30 p.m., June 3, 10, 17 and 24.

**Travel Club**

*Every second Wednesday, 2:00 p.m., Hillcrest D*

Travel Club is an open forum and agenda for sharing travel tips, tales, opportunities, photos, destinations and deals. If interested, please email coordinator Sharon Kinden at sharon-kindon@yahoo.com.
Osher Saturday Morning Book Talks
Join us on the first Saturday of each month. Coffee and cakes at 9:30 a.m.; Book Talk at 10 a.m., in Hillcrest D. Book selling & signing will follow. Free for current Osher members; all others, $3 per session or $20 for 10-event punch card.

June 1
*Rollin’ Down the River* (2017)
by Larry Campbell
**Sponsor:** Acclaim Press

Some 60 years ago, I (Kit) had a summer construction job prior to beginning college. A buddy and I thought we ought to float down the Mississippi and visit New Orleans (oh, the folly of youth!) We built an 8’ x 12’ raft and towed it to the Wisconsin River to begin our two weeks of vacation. We envisioned celebrating in New Orleans on Day 14. In reality, we sold our raft to a dentist in Dubuque, Iowa, and hitchhiked back to Madison, Wisc. This Book Talk will add sensible perspectives to the riverside fans of the life and landscape of the Missouri River. Author Larry Campbell made his seven-week trip from the official source in Three Forks, Mont., to its confluence with the Mississippi River not on raft, but in his “Blue Goose” sedan. Campbell’s journey is punctuated with a colorful report on the people and places he met on his river odyssey. *Rollin’ Down the River* takes us along the intricate course of the Missouri River and reminds us of the dynamic significance of historical river discoveries. Bargen offers vignettes such as driving his mother to a new ‘skilled nursing facility.’

_She turns to me and asks why I’m engaged to a six-year old. I don’t know what to say. She read it in the newspaper. She believes this is why we are traveling so far, to escape the publicity. The highway rough before bridges over creeks and rivers. The jostle and jolt cause her to grimace. She turns to me, “What are you trying to do, kill the road?”_

This volume will bring a pensive quiet to our Saturday Morning Book Talk as Bargen identifies worlds some in the audience will know too well from their own family experiences.

July 13
*My Other Mother’s Red Mercedes* (2018)
by Walter Bargen
**Sponsor:** “Bender, Friend of Poets”

When introducing July’s book to *Columbia Tribune* readership, journalist Aarik Danielsen wrote, “Words, like ants, are capable of carrying more than their body weight. The words in Walter Bargen’s latest book, *My Other Mother’s Red Mercedes*, bear more than most.” Bargen—the first Missouri Poet Laureate—takes his readers through the mystery and agony of his mother’s dementia. In this sadly beautiful book, Bargen offers vignettes such as driving his mother to a new ‘skilled nursing facility.’

_She turns to me and asks why I’m engaged to a six-year old. I don’t know what to say. She read it in the newspaper. She believes this is why we are traveling so far, to escape the publicity. The highway rough before bridges over creeks and rivers. The jostle and jolt cause her to grimace. She turns to me, “What are you trying to do, kill the road?”_

This volume will bring a pensive quiet to our Saturday Morning Book Talk as Bargen identifies worlds some in the audience will know too well from their own family experiences.

August 3
*Show Me the Sinister Snowman* (2017)
by Carolyn Mulford
**Sponsor:** Doreen Dabney

Author Carolyn Mulford has created a provocative cottage industry of murder mysteries in her *Show Me* series. She has captured readers’ ongoing attention by building her mysteries around ex-CIA agent Phoenix Smith and acting Sheriff Annalynn Keyser, a duet made even more interesting by the addition of K-9 dropout Achilles. Mulford writes to “create the quirky possible rather than the highly probable.” For instance, in *Sinister Snowman*, a tardy keynote speaker at a campus political rally results in Phoenix playing the piano to occupy the crowd. After being dragged onstage, she asks the organizer, “Do you want me to play the white keys or the black keys?” The organizer patted her on the shoulder and replied, “Let’s be bipartisan tonight. Play both.” There is a good contest between casual and causal actions as this Mulford mystery leads us to determine how Congressman Condon died. The author will bring copies of her earlier *Show Me* books, as I’m certain she will gain new followers.
COLUMBIA PARKS AND RECREATION 50+

Columbia Parks and Recreation welcomes Osher members to an exciting new summer session at Waters-Moss Memorial Wildlife Area that includes Hillcrest Community Center, Moss Building and Waters House.

We hope you have taken advantage of the added benefits offered this Osher academic year (September 2018 through June 2019) that included a 2019 Parks & Recreation Hillcrest 50+ membership. As members, you can enjoy the following activities at Parks & Recreation facilities at Waters-Moss: Osher clubs, Saturday Morning Book Talks, painting groups, Mah Jongg, adult coloring, rug hooking, knitting, Karaoke and games, such as Mexican train dominoes, bingo and jigsaw puzzles, as well as potlucks.

Pick up a monthly newsletter/calendar from the racks in our buildings or visit www.CoMo.gov, then search “Senior/50+” or let the Hillcrest front desk know you would like to receive the calendar by monthly email. The weekly Osher@Mizzou email also has a Parks & Rec link at the bottom of the page. The Hillcrest front desk can be reached Monday–Friday, 8:30 a.m.–4:30 p.m., at 573-874-7475.

50+ travel opportunities

Watch our newsletters for future 2019 trips or call or stop by the Hillcrest front desk for the most up-to-date information (573-874-7475).

50+ Explorers

Our 14-passenger Parks and Recreation bus takes monthly trips at a minimal cost around Columbia. Each activity also includes a meal for social time together. The front page of the monthly newsletter lists the current destination.

Tuesday, Sept. 3: Katy Trail Tram Ride from Jefferson City to Hartsburg, and back. Leave the Hillcrest Community Center at noon (eat an early lunch at home) with Central Dairy ice cream stop; return by 5:30 p.m. Price: $10 fee, plus $5 tram donation, plus cost of ice cream.

50+ Tours

OAK Tours and 50+ Tours have operated for the past 50 years, taking trips to many destinations. The tour manager is retiring in mid-July. No further motor coach trips are planned past that time. The position is undergoing a restructuring that will serve the Parks and Recreation Department and the 50+ community in the best possible way. We are grateful for the interest and support of the travel program over the past 50 years and want to thank our past travelers.

Activities and meeting space

The Moss Building and Waters House are available for weekend rentals and some mid-week dates on a limited basis. With space for 80–150 people, they make a great place for meetings, birthdays, graduations, wedding receptions, reunions and other events. With a two-hour minimum, plus a refundable deposit, consider this affordable and versatile space for your next gathering. Contact Parks and Recreation Main Office at 573-874-7460 for availability and pricing for rentals.

Summer Opportunities

Summer brings families and friends together. Often you reach out for new and different activities to add to the enjoyment of your time together. Why not consider these Parks & Rec summer programs? May through September, look out for these free, family-friendly events:

On the first Thursday of the month, catch a concert at the beautiful Stephens Lake Amphitheater Concert Series – performers range from Missouri Symphony Society, Columbia Community Band to high school band showcases. On the second Friday of the month, Movies in the Park at Cosmo Park offers the nostalgia of watching a film on the big screen under the stars. Films begin around sunset and include Ferdinand, Mary Poppins Returns and Ralph Breaks the Internet. On the third Wednesday, young children will love Family Fun Fest at Cosmo Park. Bounce houses, live entertainment, face painting, balloon animals, crafts and more relate to each month’s theme.
INVESTING IN OSHER@MIZZOU

It’s easy to invest in the future of Osher@Mizzou. Your support means the world to a volunteer-driven organization that strives to build a community of lifelong learners who take classes, engage in clubs and attend events – all for the sheer joy of learning. You may give online, by mail or in person. For more information, please reach out to Osher’s staff at 573-882-8189 or email them at Osher@Mizzou.edu.

Thank you to the 2019 OSHER ADVOCATES
(January through March 2019)

Osher members who support our continuing-education program at the level of $500 or more per year qualify as OSHER ADVOCATES. Please consider joining this group that allows the program to thrive and continue to grow, while keeping Osher membership fees affordable. We appreciate their leadership and generosity! Contributions and pledges received after March 31, 2019, will be acknowledged in the Fall 2019 Catalog.

Tom and Barbara Bender* Carolyn Dye* Jeanne Dzurick William B. Fisch* Anne and David Gifford* Dave and Nancy Griggs Beverly Kabrick* Hanna and David Klachko Greg and Gail Luce Carol A. McAllister* Jack and Terry Meinzenbach Georgia Morehouse* Jerry Murrell* John Parker Von and Joyce Pittman* Michael and Rose Porter* Sally Silvers* Jim and Kathy Tunink Jack Wax* Nan Wolf*

Thank you to the 2019 FRIENDS OF OSHER (January through March 2019)

Special thanks to the FRIENDS OF OSHER, who have provided support through monetary contributions above their registration fees ($10 to $499). Contributions received after March 31, 2019, will be acknowledged in the Fall 2019 Catalog.


* These generous donors gave foundational gifts in 2017 that established the Osher Advocate program, and are known as OSHER ADVOCATE FOUNDERS. Thank you for your leadership!
MESSAGE FROM ADVISORY COUNCIL CHAIR JACK WAX

Keep on Pushing

When I was a teenager, I liked a song by a group, the Impressions. The musicians came out of a gospel background, so typically, their songs were inspirational. I especially liked “Keep on Pushing,” a song with lyrics that went on to say, “Can’t stop now. Move up a little higher, someway, somehow.” (Aside: Isn’t the power of poetry and music amazing? I can’t remember a single math formula from 50 years ago, but the music and lyrics that inspired me are still with me.)

The song comes to mind now, as I think about the two weeks I recently spent in Cuernavaca, Mexico, at the Universidad Internaccional. I had to really keep on pushing to get through the school’s intensive Spanish language immersion experience. Am I fluent in Spanish? I wish. I speak and understand Spanish better, but am several long miles away from being at ease or even competent in the language. I went to Cuernavaca (the same school Judy Elliott has taken Osher groups to) hopeful of improving my Spanish. I did, and I am glad I took part in the program. But, maybe, the more valuable lesson I learned was the importance of having to “keep on pushing.”

From 8 a.m. until 2 p.m., I was in class with several other students, and no one – not the teacher nor the other students – spoke a word of English all day. The idea is that as you grapple with your language environment, you learn to guestimate what is being said. You are forced to learn cues and vocabulary. Your ear learns to discern words and phrases from the blur of language that fills the air around you. I found the experience very challenging. I had to remind myself that almost every child learns language, and if kids can do it, so could I. I was miles out of my comfort zone – about 2,800 miles to be exact.

Retirement can be so easy – too easy. I’m used to having pleasant, interesting days with an occasional challenge thrown in. I’ve learned to make myself comfortable, to quietly appreciate being in a position to control my days. But in Mexico, I felt like a child, struggling to understand the linguistic world around me for five hours each day – Monday through Friday.

By the last day, I had so many Spanish nouns, verbs, adverbs and tenses bouncing around my head, that I felt my brain was as mushy as 10-day old cauliflower.

But here is what I learned. Older learners, like me, can do a lot more than we think we can. Unlike many young learners, we have the discipline to stay on task and the commitment to stick it out through challenging experiences. We can compensate for slower processing speeds by being able to put things into meaningful context. We have learned what’s important and what’s not. Taking part in a Spanish immersion program was difficult in the same way that exercise at a gym can be tough or how dealing with any physical or mental challenge can seem at times overwhelming. But looking back now, I realize the program was like a shot of adrenalin. I’m ready and eager to learn more Spanish.

Lucky for me, Osher@Mizzou offers various different ways to keep on pushing. In addition to our slew of classes, during different times of the year Osher offers El Club de Español, the Diversity Book Club, Osher Sings, the Travel Club and Saturday Morning Book Talks.

– Jack Wax, Osher Advisory Council Chair
STEP 1
Tell us who you are.

Name: __________________________________________
Address: _________________________________________
City: __________ State: _______ Zip: __________
Phone: __________________________ Email: ________________

☐ Yes, please email me about course changes and cancellations for inclement weather, as well as information about upcoming films. (We will not share your email address with other organizations.)

☐ Yes, please contact me about Osher volunteer opportunities.

STEP 2
What membership would you like? Please select one.

Premium
$100 (or $10 re-enroll)
- Enroll in unlimited number of courses
- Lasts the entire school year
- Includes all perks of a Basic Membership all year long

Semester
$20 + Per-course fees
- Pay “by-the-course”
- Lasts one semester
- Includes all perks of a Basic Membership only during the semester you are enrolled

$100 Premium or $10 Re-Enroll (Returning)
Unlimited courses this semester (includes Basic perks)

$20 Semester + $ ______ (Course Fees)
Pay “by-the-course” this semester only (includes Basic perks)

$40 Basic

Would you like to add a donation?
$ ______
We appreciate your support!

Total Fees and Donations
$ ______
(Semester Members $20 + course fees from below)

STEP 3
Select your courses (course fees apply to Semester Members only). Basic Members skip to STEP 4.

Monday
☐ ($40) Civil War Round Table
☐ ($40) Interrogating Whiteness
☐ ($40) American Presidents
☐ ($40*) Summer Sings!

Monday & Thursday (Twice Weekly)
☐ ($40) A Matter of Balance (Limit 15)

Tuesday
☐ ($40) Proletarian Vision: Kenneth Patchen’s Poetry
☐ ($40) America’s Path to the Moon
☐ ($20) Understanding Alzheimer’s
☐ ($20) Pathways through Grief
☐ ($40) The Evolution of Romance

Wednesday
☐ ($40) The Years Between the Wars
☐ ($40) What Every Rate-Payor Should Know About Utilities
☐ ($40) Travel From Different Perspectives
☐ ($40) Exploring the Missouri River
☐ ($30) [Includes $10 Materials Fee] Salsa-Making (Limit 12)

Thursday
☐ ($40) Math is Not a Four-Letter Word (Limit 25)
☐ ($40) Woodstock
☐ ($40) Anniversaries
☐ ($40) Osher Evening Course: Apollo Moon Landing Potpourri

Friday
☐ ($40) Potpourri of the Arts

* Summer Sings! is free to Basic Members, Premium Members & Semester Members who are taking at least one other class.

$ ______ (Course Fees)
Semester members add to total in STEP 2

Continued on back...
Total due and payment information.

Payment by check or money order:
Enclose check or money order payable in U.S. dollars to the University of Missouri. Do not mail cash. Mail payment to:

Osher@Mizzou
344 Hearnes Center
Columbia, MO 65211

Payment by credit card:
Mail your completed enrollment form to the address to the left, or register over the phone by calling 573-882-8189.

Cancellation Policy: There is a $20 processing fee for canceling courses and no refunds will be issued once the class has held one session. Email cancellations to Osher@Mizzou.edu or by mail to:

Osher@Mizzou, 344 Hearnes Center, Columbia, MO 65211.

For office use only

Customer ID ___________________ Receipt _______
Check # _______ Date ________

Note: We occasionally take pictures or record video segments of Osher classes and participants for internal and external communication regarding Osher@Mizzou. If you would prefer that we NOT include you in photos or identify you individually in photos that may eventually appear in brochures, press releases or in other forms, please notify one of the Osher staff. We cannot control how photos and video taken by the media at public sessions are used, but Osher will do its best to honor your request for Osher publications and presentations.
DIRECTIONS AND PARKING
Courses are held in the Moss Building at the Waters-Moss Memorial Wildlife Area at 1905 Hillcrest Drive in Columbia, Mo., unless otherwise noted.

Directions:
Located about 1/3 mile from the Stadium/Old Highway 63 intersection. Turn on Hillcrest Drive. The Moss Building (Osher@Mizzou) and the Hillcrest Community Center will be on the left. The Moss building entrance is located on the east side.

Parking is conveniently located.
Visit osher.missouri.edu to view our catalog online.

OSHER UPDATES
Each week we email all members and these emails often include information not printed in the course catalog. Details about upcoming Brown Bag Seminar sessions and reviews of the movies to be shown at the Friday Afternoon Film Festival are routinely shared in these emails. In addition, new and exciting events might come up later and will be scheduled as a talk, a formal presentation or seminar. We rely on email to get you this timely information.

You can stay well-informed if you send your email address to osher@mizzou.edu. Do it today! Be sure to check your email for information about spontaneous events that might prove exciting.

THANK YOU
Bernard Osher Foundation

Barbro and Bernard Osher