With heavy hearts we share that our friend and Advisory Council member Betsy James Elmehais has passed away. A Council member since 2013, OLLI-RU celebrates her life and dedication to lifelong learning, knowing our program was made better because of her. A longtime friend and dear member of our community, Betsy will be missed.

John Lenard and Coleen Marks Schlaffer have moved on from serving on the OLLI-RU Advisory Council. John was a 4-year member of the Council and an invaluable Curriculum Committee member. He lent his expertise and talent to the selection, development, and approval of courses for our curricula leading to well-rounded offerings for each session.

Coleen, a 9-year member of the Council, was always willing to jump in where needed, serving most recently as Council Secretary. Her human resources background was a huge help to the Council and her upbeat energy and positive attitude was enjoyed by all.

Thank you, John and Coleen, for your years of service to OLLI-RU and the Advisory Council!
OLLI-RU Experience

The Osher Lifelong Learning Institute at Rutgers University (OLLI-RU) is proud to be part of The Bernard Osher Foundation’s nationwide network of outstanding centers providing continuing education to individuals over 50, who are looking for an opportunity to expand their horizons, learn in an engaging environment, and meet new friends. OLLI-RU offers noncredit education that is stimulating, friendly, and informal. There are no tests and no grades! You will be part of a learning community that is full of diversity, insight, wisdom, intellectual and cultural stimulation, and friendship.

MEMBERSHIP

To ensure we can continue to serve our community, like many sister OLLI’s across the nation we have a separate annual membership cost of $50. Once a year (starting before our spring session) our community will renew their membership so they may take courses at the member rate and enjoy other benefits. Should an individual opt-out of membership, we welcome your participation and we have an alternate course fee structure to accommodate non-members.

➢ 2022 membership includes the winter 2023 session.

➢ 2023 membership starts with spring session registration on January 19, 2023. You can renew your membership or sign up for a new one starting on November 28, 2022.

ONLINE CLASS EXPERIENCE

Online classes are on Zoom.

Zoom links are emailed to registered students approximately 3 to 5 days before the first class. Please make sure to check for the link at least 24 hours before your class. If it’s not in your inbox, make sure to check your junk or spam file. If not there, email olliregistrations@docs.rutgers.edu

Things still happen: At times technology can fail one or all of us. We do our best to help when we can but some things are beyond our control. The ability to connect to the class and the quality of the connection depends on many factors and we will not be able to troubleshoot or solve every issue. OLLI-RU has no control over issues with a student’s technology that may prevent them from logging in to a class.

IN-PERSON CLASS EXPERIENCE

Our winter session is fully online. We will resume in-person courses in both our New Brunswick and Freehold locations for the Spring, Summer and Fall sessions.
MEMBERSHIP

When: OLLI-RU membership runs from Spring session to Winter session.

- Pay it once a year to enjoy the benefits all year.
- Renew or sign-up for a new membership before registering for spring classes to ensure you continue to get the member rate.
- Memberships can be purchased at any point of the year but it will not be pro-rated.

⭐ 2022 Members continue to get the member rate for winter session courses.

2023 membership begins on January 19, 2023. Renew or sign up starting Nov. 28!

What: The once-a-year $50 membership fee provides the following:

- Register for courses at the member rate. Non-members can still take courses but it’s at an increased rate.

- Longer withdrawal periods to receive a full refund. Members can get a full refund if they notify OLLI-RU before the start of the fourth class meeting. Non-members only have until before the start of the second class.

- Members can get refunds for one-day programs if notifying OLLI-RU staff in writing before the program takes place. Non-members are not provided refunds for one-day programs.

- Priority registration and pricing for our highly subscribed day trips (when they resume) as well as for certain events and programming.

- Special events and programming for members only.

How: Go to our website olliru.rutgers.edu

- On our website, (olliru.rutgers.edu) click on “Register”
- Click on the Winter tab
- You will see “2023 Membership” as a course listing. Proceed to register for your membership just as you would sign up for a course.

Secure membership before registering for courses in order to receive the membership rate.
REGISTRATION

Winter registration opens
Thursday, Nov 17

How to Register Online

1. Go to OLLI-RU website- olliru.rutgers.edu and click the “Register” tab. Scroll down to see course listings.

2. Click “Register” next to the chosen class (it says description until the day of registration)

3. Scroll to the bottom right of that page and click “Register/Sign-in Now”

4. Follow directions through the rest of the process

5. Receive two confirmation emails- one for registration and one for payment. Confirmation emails are sent automatically by the system immediately upon successful registration. If you do not receive both emails, check your spam or junk folder. If they are not there, please contact us at olliregistrations@docs.rutgers.edu or call 848-932-6554.

Check out How-to Guides here:

Click here for: How to Register Online Guide

Click here for: How to Register 2 People from One Account

NO PAPER REGISTRATION:
We are unable to accept paper registration. DO NOT MAIL ANYTHING to the OLLI-RU office.

Zoom links

Links are emailed approximately 3 to 5 days before the class starts. If you don’t see it in your inbox, check your spam or junk folder. If not there, email olliregistrations@docs.rutgers.edu.

Check for link at least 1 day before your class. If you wait until a few minutes before class starts we may not be able to respond to you right away. Email olliregistrations@docs.rutgers.edu if you don’t have the link.
POLICIES

REFUND POLICY

Members

- **Multi-week courses (5 weeks and above):** A full refund for multi-week courses will be provided if we receive the request in writing before the start of the fourth class. **Courses that are 2-4 weeks,** refunds are available if OLLI-RU is notified before the start of the second class. Refunds will be issued in the original form of payment and only to the individual who paid for the class.

- **One-day programs:** Refunds will be issued for one-day programs if OLLI-RU is notified in writing before the program takes place.

Non-Members

- **Multi-week courses:** A full refund for multi-week courses will be provided if we receive the request in writing before the start of the second class. Refunds will be issued in the original form of payment and only to the individual who paid for the class.

- **One-day programs:** no refunds for one-day programs.

**To request a refund or transfer** *(transfers permitted for any student at any time upon confirmation from OLLI-RU)* complete the Refund/Transfer web form or email ollirefunds@docs.rutgers.edu.

HOLIDAYS

OLLI-RU is a secular organization that is part of a public university. As such, we follow the University schedule and do not close for any religious holiday. If you plan to miss a class due to observing a religious holiday, please contact our office well in advance and we will gladly work with you and the instructor to ensure you stay abreast of important content. Email olliregistrations@docs.rutgers.edu with your request.

RECORDINGS

A large part of OLLI-RU’s mission is to create and build community among our members. For online courses, the best way for us to continue our community is through synchronous class attendance where, just like an in-person class, students and instructors meet together at the same time and engage with each other in an academic and socially meaningful way. To that end, OLLI-RU does not record online classes on a regular basis. We do make exceptions (religious holidays, illness, etc.) upon request only if the instructor agrees. If you would like to request a class to be recorded, please email olliregistrations@docs.rutgers.edu.

MISSED CLASSES

Individual classes that are canceled for any reason by OLLI-RU or the instructor will be made up either by adding additional time to each remaining class or by extending the class by an additional meeting.

CANCELLED COURSES

Students registered for a course that gets canceled due to low enrollment will be notified approximately one week before the class is scheduled to start. You have the opportunity to transfer to an alternate open class or receive a refund. The minimum number of students required to run a class is carefully calculated based on the cost of running the class. If a course does not meet the minimum enrollment, we, unfortunately, have to cancel it to avoid operating at a financial loss.
## INDEX BY TOPIC

### ART HISTORY and APPRECIATION
- Gallery Talks on the Road .................................................. 19
- Mysteries of Art History .................................................... 9
- Religions of India through Art ............................................ 18

### BODY, MIND & SPIRIT
- Chair Yoga and Relaxation ................................................ 15
- Game On! .............................................................................. 9
- Take a Laughter Break ...................................................... 10

### CREATIVE ARTS – (IN PRACTICE)
- **Art**
  - Calm Your Mind with Drawing ........................................ 10
  - Drawing the Contemporary Still Life ................................ 12
  - Painting Exotic Birds ..................................................... 16
  - Winter Painting Studio .................................................... 14
  - Winter Sketch Class ....................................................... 12
  - Creative Writing/Poetry
    - Memoir Techniques .................................................... 13
    - Poems for the New Year ............................................ 12

### CURRENT AFFAIRS, POLITICS & LAW
- Let’s Discuss: Current Events ......................................... 20
- Policy and Politics of Land Use in NJ ................................. 15

### FILM & TV STUDIES
- Five Films from Five Different Countries ......................... 16
- Great Mysteries – All Hitchcock! ...................................... 13
- More Fathers in Film ....................................................... 19

### HISTORY & CULTURE & GENEALOGY & HOBBIES
- American Railroads & Impact on Hobby Model
  - Railroading ..................................................................... 14
  - First Warships of the U.S. Navy ....................................... 11
  - Gorgeous Genealogy ..................................................... 20
  - Jack the Ripper...Autumn of Terror ................................ 17
  - What is Artificial Intelligence? ....................................... 18
  - Women’s Education Comes to Colonial College ................. 10

### LITERATURE
- Nectar in a Sieve ............................................................... 15
- Searching for America: 2 Novels by Sinclair Lewis .......... 17

### MUSIC, THEATER APPRECIATION & PERF. ARTS
- From the Page to Broadway Stage .................................... 19
- Intro to Improv ................................................................. 10
- With a Song in My Heart: Female Songwriters & A Few Good Men ............................................. 17

### SPIRITUAL TEXTS & PHILOSOPHY
- Ethics of the Fathers ....................................................... 11
- Following the Torah Cycle .............................................. 11

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### Give the gift of OLLI-RU

Education is a gift that
- always fits
- doesn’t require batteries
- lasts a lifetime

Gift certificates for OLLI-RU courses and membership will be available soon.

Let your family and friends know what you’d like this year or share your love of learning with another adult over 50.

Information will be posted on our website

[olliru.rutgers.edu](http://olliru.rutgers.edu)
or call 848-932-6554
# Week-at-a-Glance

## Winter Session (Jan. 6 to Feb. 10)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Women’s Education Comes to Colonial Colleges  
*Paul Soltis*  
10:30am-12pm  
Jan. 23 | The First Warships of the U.S. Navy  
*Bruce Tucker*  
10:30am-12pm  
1/10-1/31 | American Railroads & Their Impact on the Hobby of Model Railroading  
*Bruce Tucker*  
10:30am-12pm  
1/11-2/1 | Jack the Ripper...The Autumn of Terror  
*Charlie Smith*  
10:30am-11:30am  
1/12-2/9 | Game On!  
*Monica Shah*  
10:00am-12pm  
January 6 |
| Take a Laughter Break for the Health of It  
*Noreen Braman*  
10:30am-12pm  
Jan. 30 | Following the Torah Cycle  
*Joseph Rosenstein*  
10:30am-12pm  
1/10-1/27 | Chair Yoga & Relaxation  
*Pratibha Jani*  
10:30am-12pm  
1/11-1/25 | Searching for America: Two Novels by Sinclair Lewis  
*Nicholas Bims*  
10:30am-12pm  
1/12-2/9 | More Fathers in Film  
*Sally Bauer Cohen*  
10am-12pm  
1/13-2/10 |
| Ethics of the Fathers  
*Steve Frankel*  
1pm-2pm  
1/9-2/6 *no class 1/16 | Poems for the New Year  
*Maxine Susman*  
10:30am-12pm  
1/10-1/27 | Nectar in a Sieve  
*Vandana Walia*  
10:30am-11:30am  
1/11-1/25 | With a Song in My Heart: Female Songwriters & A Few Good Men  
*Sam & Candy Caponegro*  
10:30am-12pm  
1/12-2/9 | Gallery Talks on the Road with Princeton U. Art Museum Docents  
10:30am-11:30am  
1/13-2/10 |
| Intro to Improv  
*Monica Shah*  
1pm-3pm  
Jan. 23 | Winter Sketch Class  
*Jeff Cohen*  
10:30am-12pm  
1/10-2/7 | Policy & Politics of Land Use in NJ  
*Stephen Eisdorfer*  
10:30am-12pm  
1/11-2/8 | Religions of India through Art  
*Sayyid Tirmizi*  
1pm-2:30pm  
1/12-2/9 | From the Page to the Broadway Stage  
*Susan Speidel*  
1pm-2:30pm  
1/13-2/10 |
| Drawing the Contemporary Still Life  
*Karl Lorenzen*  
1pm-3pm  
1/10-2/7 | Five Films from Five Different Countries  
*Roz and Steve Shaw*  
1pm-2:30pm  
1/11-2/8 | What is Artificial Intelligence?  
*Saul Einbinder*  
1pm-2:30pm  
1/12-1/19 | Gorgeous Genealogy  
*Rochelle Stern*  
1pm-2:30 pm  
1/13-2/10 |
| Great Mysteries—All Hitchcock!  
*Nawaz Merchant*  
1pm-3pm  
1/10-2/7 | Painting Exotic Birds in Watercolor  
*Karl Lorenzen*  
1pm-3:00pm  
1/11-2/8 | Mysteries of Art History  
*Valerie Snyder*  
4pm-5pm  
Jan. 12 | Let’s Discuss: Current Events  
*Leonard Parry*  
1pm-2:30 pm  
1/13-2/10 |

= 1-day class

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### Memoir Techniques*

*Deborah Greenhut*  
1pm-2:30pm  
1/10-2/7

*FREE COURSE FOR MEMBERS!

### Calm Your Mind with Drawing

*Valerie Snyder*  
4pm-5pm  
Jan. 18

### Give the gift of OLLI-RU

Gift Certificates for OLLI-RU courses and membership available soon.

Information will be posted on our website olliru.rutgers.edu.
Catalog information

Order of Course Listings
Multi-week courses: listed Mon-Fri and separated into
- Morning
- Early Afternoon
- Late Afternoon

One-Day Classes: listed by date earliest to latest

Class Size
- Small: 10-20 students
- Medium: 21-35 students
- Large: 36 and above

Locations
Courses are online only for the winter session.
ONE-DAY CLASSES

Game On!

Friday, Jan. 6
10:00 a.m. - 12:00 p.m.
Class Size: Small
Member: $25 / Non-Member: $38

Play taps into essential cognitive skills, such as decision making, higher level strategic thinking, creativity, and problem solving. Exercise your brain by stimulating areas that are responsible for memory formation and complex thought processes. Join us for online versions of games and trivia in a fun and spirited environment. (course code RD1)

Instructor: Monica Shah

Mysteries of Art History

Thursday, Jan. 12
4:00 p.m. - 5:00 p.m.
Class Size: Small
Member: $25 / Non-Member: $38

Wait…Mona Lisa might be a man? You’ve seen the artworks now find out what’s been hiding in plain sight! Join us for a light-hearted romp through art history’s mysteries and find out what you’ve been missing! (course code RD2)

Instructor: Valerie Snyder

Thumbs up for Val’s Mysteries of Art History!

“Val is amazing! More, more, more!”

“This was the most delightful and informative class. Valerie was well prepared and had a wonderful way of presenting the art! It was also interactive which made it more enjoyable.”

“Valerie seemed to know all the artists’ secrets!”

“Valerie was FABULOUS! She presented the information in such a fun, engaging and entertaining way! She has great knowledge but her personality and spirit made this class GREAT!”

“Instructor was creative, prepared and very interesting!”
<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Class Size</th>
<th>Fee</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calm Your Mind with Drawing</td>
<td>Wednesday, Jan. 18</td>
<td>4:00 p.m. - 5:00 p.m.</td>
<td>Small</td>
<td>Member: $25 / Non-Member: $38</td>
<td>Instructor: <a href="#">Valerie Snyder</a></td>
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<td><strong>Learn to use art to de-stress in just one minute using drawing exercises. All you need is a pencil, some paper, a quiet room and a comfy chair in order to change your life. (course code RD3)</strong></td>
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<tr>
<td><strong>Women’s Education Comes to Colonial Colleges</strong></td>
<td>Monday, Jan. 23</td>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>Large</td>
<td>Member: $25 / Non-Member: $38</td>
<td>Instructor: <a href="#">Paul Soltis</a></td>
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<tr>
<td>In the fall of 1918 women studied for the first time at two of America’s colonial colleges. The Influenza Pandemic called the “Spanish Flu” spread around the world and the Armistice finally ended four years of fighting in Europe as Mabel Smith Douglass opened the College for Women at Rutgers and coeducation began at William &amp; Mary. This workshop explores the struggles and triumphs of the first women students at New Jersey College for Women and William &amp; Mary through a fateful fall in world affairs. (course code RD4)</td>
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<tr>
<td><strong>Intro to Improv</strong></td>
<td>Monday, Jan. 23</td>
<td>1:00 p.m. - 3:00 p.m.</td>
<td>Small</td>
<td>Member: $25 / Non-Member: $38</td>
<td>Instructor: <a href="#">Monica Shah</a></td>
</tr>
<tr>
<td>Explore your theatrical side with fun acting exercises and improvisation games. This class is for anyone who enjoys acting or performing, playing with imagination, and taking on different characters. Inventing a character that interacts with others triggers the brain’s natural problem-solving capacity and stimulates the release of dopamine, which is associated with learning and happiness. Improv can even increase confidence and give your public speaking skills a boost. No prior experience is necessary in this safe, judgement-free, friendly space. (course code RD5)</td>
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<tr>
<td><strong>Take a Laughter Break for the Health of It</strong></td>
<td>Monday, Jan. 30</td>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>Medium</td>
<td>Member: $25 / Non-Member: $38</td>
<td>Instructor: <a href="#">Noreen Braman</a></td>
</tr>
<tr>
<td>Anthropologists now believe that Laughter is a survival mechanism existing in humans even before language, or even a sense of humor developed. Laughter is so powerful it can both lift up the oppressed when used for healing, or take down oppressors when used as a weapon. This session explores that two-edged sword description of laughter as well as introduces the concept of laughter as a well-being exercise that does not rely on jokes or humor. (course code RD6)</td>
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MULTI-WEEK CLASSES

MONDAY Early Afternoon

Ethics of the Fathers

Mondays*, Jan. 9 – Feb. 6 *no class Jan. 16
1:00 p.m. - 2:00 p.m.
Class Size: Medium
Member: $40 / Non-Member: $60

*no class Jan. 16

Ethics of the Fathers is a six-chapter classic Talmudic work delving into Jewish ethics, answering questions and providing guidance on topics such as who is considered rich, how to relate to politicians, and how to gain and give respect. We will review the teachings within the historic context and discuss how the lessons can be understood in the 21st century. (course code RV7)

Instructor: Steve Frankel

TUESDAY Morning

The First Warships of the U.S. Navy

Tuesdays, Jan. 10 – Jan. 31
10:30 a.m. - 12:00 p.m.
Class Size: Medium
Member: $40 / Non-Member: $60

On March 27, 1794, at a total cost of $688,888.82 (equivalent to $12,583,000 in 2021) six unique warships were built during the formative years of the United States Navy. Two future Presidents, John Adams and Thomas Jefferson debated the need for them. A Scottish born immigrant named Joshua Humphreys designed the ships to be powerful enough to engage any frigates of the French or British navies yet fast enough to evade any ship of the line. This course follows the history of these vessels and these 6 ships and their impact on American history. (course code RM8)

Instructor: Bruce Tucker

Following the Torah Cycle

Tuesdays, Jan. 10 – Feb. 7
10:30 a.m. - 12:00 p.m.
Class Size: Small
Member: $50 / Non-Member: $75

The Torah consists of the five books of Moses, the first five books of the Bible. The Torah is divided into about 50 sections, and the traditional Jewish practice is to read one section on each Sabbath so that over the course of a year, the entire Torah is read and discussed. In this course, the students will read the weekly portion before each class (from a Bible or online), and then the class will focus on discussing what takes place in that portion. The five weekly portions addressed in this class will cover the first 20 chapters of Exodus. No prior knowledge or faith commitments are assumed; everyone is welcome. (course code RV9)

Instructor: Joseph Rosenstein
Poems for the New Year

Tuesdays, Jan. 10 – Feb. 7
10:30 a.m. – 12:00 p.m.
Class Size: Small
Member: $50 / Non-Member: $75

In this creative poetry workshop we will write poems about what’s in the news, in our hearts, and on our minds. We’ll read published poems by a diversity of poets present and past, leading to lively discussions about meaning, craft, voice, and artistic choices; each week there will be a prompt for writing a new poem drawn from our own experiences as well as from new things we learn. Class members will have a chance each class to read their work, and to participate in critique in a non-competitive, supportive atmosphere. (course code RV10)

Instructor: Maxine Susman

Winter Sketch Class

Tuesdays, Jan. 10 – Feb. 7
10:30 a.m. – 12:00 p.m.
Class Size: Small (15 max)
Member: $50 / Non-Member: $75

Learn to capture the essence of a scene, a still life and people, with the simplest lines. It’s great fun. I will guide you along the way, so you can expect plenty of individual attention. Come sketch with me. (course code RV11)

Supplies needed: F Faber/Castelli graphite pencil, 3B Faber/Castelli graphite pencil, 7B Faber/Castelli graphite pencil, medium pink beveled eraser, 11x14 50lb. stock sketch pad or Canson 70lb. stock drawing pad.

Instructor: Jeff Cohen

TUESDAY Early Afternoon

Drawing the Contemporary Still Life

Tuesdays, Jan. 10 – Feb. 7
1:00 p.m. – 3:00 p.m.
Class Size: Small
Member: $50 / Non-Member: $75

Traditional still life drawings and paintings usually depicted idealized arrangements of food, flora, and attractive objects. We will explore a contemporary take on drawing still life arrangements and objects that are more ephemeral, and that are based more on emotions than aesthetics. Drawing samples will be provided by the instructor. The material has been developed so it is available to students at all levels of ability: no previous art experience required.

Required materials: 9" x 12" 98 lb. Mix Media pad; HB #2 pencil; eraser; cotton swab. (course code RV12)

We will draw the following:

- Class 1: The Other Side: a sneaker, shell, and timepiece
- Class 2: Broken: a pine tree branch, broken dish, and nail clipper
- Class 3: Final Notice: eggshells, lightbulb, and a headphone
- Class 4: Vernissage: a cocktail glass, paintbrush, and eyeglasses
- Class 5: Some Other Spring: a surgical glove, necklace, pills, and band aid

Instructor: Karl Lorenzen
**Great Mysteries - All Hitchcock!**

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<thead>
<tr>
<th>Tuesdays, Jan. 10 – Feb. 7</th>
<th>Class Size: Small Class Size: Small</th>
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<tbody>
<tr>
<td>1:00 p.m. - 2:30 p.m.</td>
<td>Member: $50 / Non-Member: $75</td>
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</tbody>
</table>

Alfred Hitchcock made over 500 movies, many of which are all-time classics. Even if you've seen them before, they still draw a reaction! We will discuss each film's plot and theme, analyze intriguing characters and their motivations and relationships. The movies are available at most libraries, On Demand or on Netflix. We will discuss the following five movies: 1/10 - Strangers on a Train, 1/17 - The Lady Vanishes, 1/24 - Spellbound, 1/31 - Vertigo, and 2/7 - Notorious. *(course code RV13)*

**Instructor:** Nawaz Merchant

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**Memoir Techniques**

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<thead>
<tr>
<th>Tuesdays, Jan.10 – Feb.7</th>
<th>Class Size: Small Class Size: Small</th>
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</thead>
<tbody>
<tr>
<td>1:00 p.m. - 2:30 p.m.</td>
<td>Member: FREE / Non-Member: $75</td>
</tr>
</tbody>
</table>

Students will probe and appreciate their own memories with various prompts to select, draft, and begin to polish short memoir pieces. We will write, read selections, and offer questions to each other to gain insights about our writing processes and topical priorities. Collegial critiques will occur in the form of questions. The authors can consider the answers. The instructor will provide online links to texts as needed. Any genre can work. Zoom conferences (outside of class time) with the instructor (two per student) will be available as requested. *(course code RV14)*

**Instructor:** Deborah Greenhut

---

**Meet new OLLI-RU instructor Dr. Deborah Greenhut**

Award-winning author of a novel, plays, and poetry, Rutgers GSNB Alumna, Dr. Deborah Greenhut, directed the Douglass/Cook Writing Center. Following her time as an Assistant Professor of Literacy Education at NJCU, she served as Associate Dean for Humanities and Social Sciences at Hudson County Community College. Her novel, *The Hoarder's Wife*, debuted from Woodhall Press in April 2022.

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**DID YOU KNOW?**

2022 OLLI-RU Membership **INCLUDES** the winter session in January of 2023.
Winter Painting Studio

Tuesdays, Jan. 10 – Feb. 7
1:00 p.m. - 2:30 p.m.
Class Size: Small (15 max)
Member: $50 / Non-Member: $75

This course will focus on how to paint. You decide the medium you would like to paint in--watercolor, acrylics, or oils. Come to the first class with a subject you are interested in tackling -- a copy of an artist's work, a photo, or something from life, and be ready to get started. For experienced painters, I will offer suggestions to help sharpen your skills. Below are the supplies needed depending on your chosen medium. (course code RV15)

**Watercolor:** #1, #4, #8 round watercolor brushes (camel, sable hair, or synthetic), Yarka watercolor set (12 color, pan, not tube), Strathmore 9"x12" cold press watercolor pad or Bienfang 9"x12" watercolor pad of ph neutral paper, 2B pencil with eraser.

**Acrylics:** Liquitex six pack basics (feel free to bring any additional colors you may own), acrylic synthetic round brushes (#2, #5, #8), 9"x12" pad of canvas paper, plastic or china plate to use as palette, small cup for water, 2B pencil and eraser.

**Oils:** Starter oil set (containing primary colors and black and white -- feel free to bring any additional colors you may own), synthetic round brushes (#2, #5, #8), 9"x12" pad of canvas paper, palette or plastic plate to use as palette, small amount of turpentine in small jar (odorless, if possible), 2B pencil and eraser.

**Instructor:** Jeff Cohen

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WEDNESDAY Morning

American Railroads and Their Impact on the Hobby of Model Railroading

Wednesdays, Jan. 11 – Feb. 1
10:30 a.m. - 12:00 p.m.
Class Size: Medium
Member: $40 / Non-Member: $60

This course covers both the unique history of America’s railroads and an exploration of its impact on the development of the toy train companies and the hobby of model railroading. By the end of the 19th century, steam railroads were the dominant means of passenger travel and commerce. America’s love and dependence of steam rail transportation along with the development of the electric light and power, inspired a few entrepreneurs to create a whole new kind of toy and hobby. The toy train industry sold millions, spanned generations, survived a depression and two world wars. (course code RM16)

**Instructor:** Bruce Tucker

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Click his name to watch a brief intro video.
Chair Yoga and Relaxation

Wednesdays, Jan. 11 – Jan. 25  Class Size: Small
10:30 a.m. - 12:00 p.m.  Member: $30 / Non-Member: $45

This beginner course includes gentle traditional chair yoga exercises synchronized with breathing techniques (pranayam) to target various muscle groups and joints in the body at a gentle and slow pace. While most of our practice will be done seated on the chair, there will be some balancing poses standing next to the chair. The relaxed breathing techniques help to release stress and anxiety, which can also help to lower blood pressure, cholesterol and minimize joint pains. Participants should wear loose and comfortable clothing. While practicing, all students should listen to their body. (course code RM17)

Instructor: Pratibha Jani

When you see the hand icon, click on the instructor name to watch a brief intro video.

Nectar in a Sieve

Wednesdays, Jan. 11 – Feb. 1  Class Size: Small
10:30 a.m. - 11:30 a.m.  Member: $40 / Non-Member: $60

Nectar in a Sieve is a 1954 novel by Kamala Markandaya, an Indian writer who is known for writing about the clash of rural and urban cultures in the rapidly developing India of the early 20th century. The novel was cited as an American Library Association Notable Book in 1955 and its main theme is the effect of industrialization on a peasant family. In this class we will discuss its background, plot, theme and characters. By the end of the course we hope to achieve an understanding of a world very different from ours, yet containing those hopes, fears and desires which are shared by all of humanity. (course code RM18)

Instructor: Vandana Walia

Policy and Politics of Land Use in NJ: Build it anywhere but here

Wednesdays, Jan. 11 – Feb. 8  Class Size: Medium (24 max)
10:30 a.m. - 12:00 p.m.  Member: $50 / Non-Member: $75

There are buildings that almost everyone would agree should be someplace, but almost no one wants next door: hospitals, churches, schools, electric substations, drug treatment centers, group homes for recovering alcoholics, low income housing etc. The response is “Build it anywhere but here.” New Jerseyans believe in “home rule,” including the notion that each of the state’s municipalities has the power to decide what can be built on every lot within its borders. In this course, we will explore New Jersey municipal zoning and land use law focusing on the legal (and political) conflict between home rule and the need to permit construction of these locally undesired land uses (LULUs) somewhere. We will explore the manner in which courts, the New Jersey Legislature, and even Congress have struggled to resolve these conflicts. Our primary mode of learning will class discussion of particular instances, informed by primary source materials: court decisions, local ordinances, state statutes, federal regulations. (course code RV19)

Instructor: Stephen Eisdorfer
### Five Films from Five Different Countries

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<tr>
<th>Wednesdays, Jan.11 – Feb. 8</th>
<th>Class Size: Medium</th>
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<tr>
<td>1:00 p.m. - 2:30 p.m.</td>
<td>Member: $50 / Non-Member: $75</td>
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The five films to watch for this course are all award-winning dramas from across the globe. Watch the films at home (available on Netflix) and join us each week for a lively discussion about the film, the theme, the cinematography, choices made by the director and actors, and more. It's like a book club for movies! Each film must be viewed prior to the class. The films are listed in the order they will be discussed: *The Legends of the Fall* (1994-United States), *The Forgotten Battle* (2020- Netherlands), *Rose Island* (2020- Italy), *Lulana: A Yak in the Classroom* (2019- Bhutan), *My Mother's Wound* (2016- Turkey, Bosnia). *(course code RV20)*

**Instructors:** [Roz and Steve Shaw](#)

### Painting Exotic Birds in Watercolor

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<th>Wednesdays, Jan.11 – Feb. 8</th>
<th>Class Size: Small</th>
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<tr>
<td>1:00 p.m. - 3:00 p.m.</td>
<td>Member: $50 / Non-Member: $75</td>
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Using watercolor, we will paint exotic birds from Asia and the Pacific Islands. Painting samples will be provided by the instructor. The material has been developed so that it is available to students at all levels of ability: no previous art experience is required. *(course code RV21)*

We will paint the following exotic birds:

- **Class 1:** Cockatoo (Oceania)
- **Class 2:** Parrots (Australia)
- **Class 3:** Golden Pheasant (China)
- **Class 4:** Victoria crowned pigeon (Indonesia and New Guinea)
- **Class 5:** Bird-of-Paradise (Papua New Guinea, Indonesia, Australia)

**Required materials:** Prang Watercolor Oval Pan Set, 8 Colors (includes a mixing tray and #6 round watercolor brush); student grade #0 watercolor round brush; 9” x 12” 98 lb. Mix Media pad; HB #2 pencil.

**Instructor:** [Karl Lorenzen](#)
## Jack the Ripper…The Autumn of Terror

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<th>Thursdays, Jan. 12 – Feb. 9</th>
<th>Class Size: Small</th>
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<td>10:30 a.m. - 11:30 a.m.</td>
<td>Member: $50 / Non-Member: $75</td>
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Come, take a deep dive into the mystery of the greatest unsolved serial killings of all time. Hansom cabs, gas-lit streets, pea soup fog. We will review details of the crimes and identify the strongest suspects. Become a “Ripperologist!” PowerPoint slides, handouts, props, discussion and lecture comprise the course. *(course code RV22)*

**Instructor:** Charlie Smith

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## Searching for America: Two Novels by Sinclair Lewis

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<tr>
<th>Thursdays, Jan. 12 – Feb. 9</th>
<th>Class Size: Small</th>
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<tr>
<td>10:30 a.m. - 12:00 p.m.</td>
<td>Member: $50 / Non-Member: $75</td>
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The first American to win the Nobel Prize for Literature, Sinclair Lewis (1885-1951) is well known as a satirist of American conformity and complacency. In reading two of his novels, *Main Street* and *Dodsworth*, we will, however, also look for deeper levels: a lyricism, a sensitivity to class, gender, and social structure, and a profound concern for his country’s future. *(course code RV23)*

**Reading assignment for first class:** read up to the end of Chapter 13 of Sinclair Lewis’s *Main Street*, *(page 210 of the Bantam paperback edition).*

**Instructor:** Nicholas Birns

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## With a Song in My Heart: Female Songwriters and A Few Good Men

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<th>Thursdays, Jan. 12 – Feb. 9</th>
<th>Class Size: Large</th>
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<td>10:30 a.m. - 12:00 p.m.</td>
<td>Member: $50 / Non-Member: $75</td>
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We’re back with the 4th course in this series with all new clips. Explore the songs and times of the great songwriters of stage and screen. Using clips from Broadway, film, and television, we will share their life stories, hits and misses, some gossip (all in good fun) and appreciate their genius. We will concentrate on female composers such as Mary Rodgers, Betty Comden, Dorothy Fields, Carolyn Leigh and a few good men. If music be the food of life, let us gorge ourselves. *(course code RV24)*

**Instructors:** Sam and Candy Caponegro
Religions of India through Art

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<tr>
<th>Thursdays, Jan. 12 – Feb. 9</th>
<th>Class Size: Medium</th>
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<tr>
<td>1:00 p.m. - 2:30 p.m.</td>
<td>Member: $50 / Non-Member: $75</td>
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India is perhaps the only country that has been home to so many religions in the world and for so long. Apart from the Indic religions like Hinduism, Buddhism, Jainism, and Sikhism, it has also embraced its fold religions like Islam and Christianity. All of these religions helped create the rich and diverse art traditions of India. Join me on this journey to explore the many religions of India and the art they have inspired. (course code RV25)

Instructor: Sayyid Tirmizi

What is Artificial Intelligence?

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<th>Thursdays, Jan. 12 – Jan. 19</th>
<th>Class Size: Small</th>
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<tr>
<td>1:00 p.m. - 2:30 p.m.</td>
<td>Member: $30 / Non-Member: $45</td>
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Does AI think? Can it be creative? Should we be worried? Artificial intelligence is working its way into farming, cars, medicine and most every other business sector. In this engaging talk we'll break down the topic, strip out the hype and have some fun. After seeing how a machine actually learns, we’ll be better able to understand the positive and negative impacts of this transformative technology. (course code RM26)

Instructor: Saul Einbinder

There’s nothing artificial about students’ acclaim for Saul.

Here are just a few of their comments.

...."Instructor was able to simply explain a very complex subject. Terrific."

...."Mr. Einbinder made difficult topics easy to understand, followed up questions people had with personal emails during the week, and was tremendously prepared and knowledgeable!!!"

...."Well prepared and extremely interesting!"

...."Outstanding presenter!"

...."Saul’s range of knowledge is amazing. I thoroughly enjoyed and appreciated all he had to offer."
**FRIDAY Morning**

**Gallery Talks on the Road with Princeton University Art Museum**

Fridays, Jan. 13 – Feb. 10  
10:30 a.m. - 11:30 a.m.  
Class Size: Large  
Member: $50 / Non-Member: $75  

Each week a different Princeton University Art Museum docent will discuss works of art, artists, and/or themes using examples from across the Museum’s collections for comparison, enrichment, and an in-depth exploration. Students will be invited to ask questions and engage in a lively discussion about the art after the docent’s presentation.  
*(course code RV27)*

**Instructor:** Princeton U. Art Museum Docents

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**More Fathers in Film**

Fridays, Jan. 13 – Feb. 10  
10:00 a.m. - 12:00 p.m.  
Class Size: Medium (22 max)  
Member: $50 / Non-Member: $75  

Dive in to more movies that focus on fatherhood. With the goal of developing your cinema literacy, join us as we explore how these accomplished filmmakers use cinematic techniques to highlight the joys and challenges of fatherhood. You'll watch each film prior to its listed discussion date. Check the website Justwatch.com for streaming platforms, and/or consult your public library for possible viewing sources. The tentatively selected films are: 1/13 - *All My Sons* (1948); 1/20 - *East of Eden* (1955); 1/27 - *Field of Dreams*; 2/3 - *Mr. Holland's Opus*; 2/10 - *The Chosen*.  
*(course code RV28)*

**Instructor:** Sally Bauer Cohen

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**FRIDAY Early Afternoon**

**From the Page to the Broadway Stage**

Fridays, Jan. 13 – Feb. 10  
1:00 p.m. - 2:30 p.m.  
Class Size: Medium  
Member: $50 / Non-Member: $75  

A look at five classic musicals that were based on great books: *Phantom of the Opera, Man of La Mancha, Oliver, Les Miserables, and Ragtime*. Each week, we'll discuss the works, explore how they were developed and adapted, and look at clips from various productions of the shows.  
*(course code RV29)*

**Instructor:** Susan Speidel

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"Susan Speidel is probably the best instructor I have experienced so far at OLLI-RU- so totally prepared...solid...wonderful class-sorry it's over"

"Susan is a FANTASTIC instructor/presenter!...She's a perfect mix of talking, showing picture, showing videos, listening to comments and answering questions."

"What a delightful course from beginning to end."

"Susie is a great lecturer with an engaging and delightful personality. Her research is impressive!"

"Susan Speidel is a wonderful instructor. She was always well prepared, and her knowledge of musical theater is impeccable."
Gorgeous Genealogy

Fridays, Jan. 13 – Feb. 10
1:00 p.m. - 2:30 p.m.
Class Size: Small
Member: $50 / Non-Member: $75

This course combines creative arts with the trend to find our roots. Learn how to conduct basic genealogy searches and tap into your creativity to capture what is discovered through beautiful scrapbooking. Participants will need to do their own research outside of class time and are encouraged to share their findings for discussion. A personal subscription to Ancestry is not required but participants need to be able to access it to do research. Many local libraries have Ancestry but you may need to go to the library to use it. (course code RV30)

**Supplies needed:** a mixed media blank art book, watercolors (or water soluble crayons or standard crayons), black ink pen, thin black markers, black ink pen, pencil with eraser, small envelopes, scissors, glue stick and white-out.

**Instructor:** Rochelle Stern

Meet **new** OLLI-RU instructor **Rochelle Stern**

Rochelle holds a Master's Degree in Library Information Science from Rutgers University. She has worked in both corporate and public librarianship. She has over 10 years experience in programming events and teaching workshops for adults, including basic genealogy searching. Rochelle believes that genealogy is a rewarding and inspiring endeavor and is looking forward to sharing basic genealogy searching and organizational tips. She is currently studying expressive arts facilitation.

Let’s Discuss: Current Events

Fridays, Jan. 13 – Feb. 10
1:00 p.m. - 2:30 p.m.
Class Size: Small
Member: $50 / Non-Member: $75

A moderated discussion group focused on a lively, free-wheeling (and often humorous) consideration of current interesting events, both domestic and international. Come prepared to offer your own opinions, to listen respectfully to the opinions of others, and to engage in friendly, spirited discussion. Participants across the entire political spectrum are warmly welcomed to bring their viewpoints and to try to break through society’s over-polarization to reach common ground. Agreement is not necessary - but a sense of humor and an open mind is! (course code RV31)

**Instructor:** Leonard Parry
INSTRUCTOR BIOS

Nicholas Birns (pg.17) teaches at NYU and is the author of many books and articles of literary and cultural criticism.

Noreen Braman (pg.10) is a strategic communications professional and author of “Treading Water,” a collection of her humor columns and essays. A member of the Association for Applied and Therapeutic Humor (AATH), Noreen is certified in laughter yoga and laughter wellness and helps others enhance their well-being through her Smile Side of Life Laughter & Happiness Club presentations, workshops, classes and special events.

Sam and Candy Caponegro (pg.17) have worked in all aspects of theater for over 40 years. They hope to keep the Golden Age of Broadway and the classic movie musical alive through their lectures.

Sally Bauer Cohen (pg.19) has applied her Master's Degrees in Media Education (N.Y.U.) and Library Science (Rutgers) in a successful career as a creative N.Y.C. high school English/film instructor and Library Media Specialist. She has enjoyed enhancing the Cinema Literacy of her OLLI-RU students since 2011.

Jeff Cohen (pgs.12, 14) is an award-winning professional painter and sculptor and he currently serves as a commissioner at the Barron Arts Center in Woodbridge, NJ. Jeff earned a BA in art at Upsala College, and completed graduate work at New York University.

Saul Einbinder (pg.18) held senior technology and business positions at Bell Labs, uReach Technologies and Spirent Communications, and has appeared in the New York Times, Boston Globe, Forbes, and on Marketplace radio. Since retiring in 2020 he has been teaching with the lifelong learning programs at Rutgers, Tufts, UNC, and other schools.

Stephen Eisdorfer (pg.15) is a graduate of Harvard Law School and practiced law, primarily land use and environmental law, in New Jersey for 45 years. He handled many cases involving LULUs, representing proponents, objectors, and municipalities. Stephen clerked for the New Jersey Supreme Court, taught land use law at the University of Pennsylvania Law School for two years, and taught many courses on land use law and related topics under the auspices of the NJ Institute for Continuing Legal Education, the NJ Chapter of the American Planning Association and the NJ Builders Association.

Steve Frankel (pg.11) was born in Williamsburg, Brooklyn and educated both in the NYC public school system and an Ultra Orthodox high school. He graduated from Brooklyn College, majoring in Judaic Studies and Political Science. He has lived in Israel for the past 46 years where he has organized tours and educational experiences and lectured internationally about Jewish Life at the end of the Temple Period. He currently works for The Israel Experience as the Director of Onward Israel.

Deborah Greenhut (pg.13) Award-winning author of a novel, plays, and poetry, Rutgers GSNB Alumna, Dr. Deborah Greenhut, directed the Douglass/Cook Writing Center. Following her time as an Assistant Professor of Literacy Education at NJCU, she served as Associate Dean for Humanities and Social Sciences at Hudson County Community College. Her novel, The Hoarder's Wife, debuted from Woodhall Press in April 2022.

Pratibha Jani (pg.15) received yoga certification from Mumbai and is an E- RYT and a certified Yoga therapist. Pratibha has taught at the County College of Morris and the Piscataway Senior Center and presently teaches online. A NJ resident for over 34 years, Pratibha has a BS in Ancient Indian History and Culture from Bombay University, India.

Karl Lorenzen (pgs.12,16) is a professional and community artist based in Queens, NY who partners with non-profits in presenting art workshops for diverse communities in New York City. He is a faculty member of the New York Open Center and a teaching Artist in Residence at the Omega Institute for Holistic Studies in Rhinebeck, NY.

Nawaz Merchant (pg.13) Writing as Nev March, Nawaz Merchant is the author of Edgar Award nominated mystery Murder in Old Bombay, which won national MWA’s Best First Crime Novel Award. Ms. Merchant writes and edits for the FEZANA Journal and has been published in Writers Digest, Mystery Tribune and other publications. She sits on the NY chapter board of Mystery Writers of America and is a member of Crime Writers of Color.

Leonard Parry (pg.20) Having worked in London, then with Wall Street firms for many years, including with a professional arbitration association, Leonard retired and became active, first as a trained volunteer, then as an employee of the Long-Term Care Ombudsman. He derives much satisfaction from assisting appropriate residents to return to their communities. He also moderated discussion groups at senior developments for the past eight years. He has enjoyed instructing at OLLI-RU for several seasons.

Princeton University Art Museum Docents (pg.19) The 60 Princeton University Art Museum docents are highly experienced in presenting to audiences of all ages. Prior to beginning tour responsibilities, docents participate in an intense 2 1/2 year training program with the Museum's Associate Director for Education. Docents also receive continuing education weekly.

Joseph Rosenstein (pg.11) served as a Rutgers professor of mathematics for 48 years before retiring in 2017. He has also taught and written books on Judaism for many years, including teaching several OLLI-RU courses.
Monica Shah (pgs.9,10) holds a BS from Penn State, and an EdM from Harvard, and has extensive experience in teaching a variety of subjects ranging from STEAM to leadership development. The author of multiple essays, poetry, and several books, Monica also has a background in the performing arts. She enjoys exploring other countries, practices yoga on rainy days, and is skilled at supporting others in personal development as a catalyst towards self-actualization.

Roz & Steve Shaw (pg.16) have been teaching film classes at OLLI-RU since 2003. They take pride in finding movies off the beaten path and have never repeated a movie in 19 years! They love engaging in interesting discussions with their students.

Charlie Smith (pg.17) is a published author, history major, and member of the Whitechapel Society – a long-established historical society. He has had the pleasure and privilege of teaching several courses at OLLI-RU, such as: "Myths, Lies, and Stereotypes" "Herstory" and "Things They Didn't Teach Us in High School."

Valerie Snyder (pgs.9, 10) is the author of the book One-Minute Gifts of Art Mindfulness. She has been a NJ State Arts Educator of the Year, recognized by WCTC/WMGQ as a “Teacher Who Makes Magic” and is a proud graduate of Rutgers University, Douglass College.

Paul Soltis (pg.10) is the State Park Service's historian for Wallace House & Old Dutch Parsonage State Historic Sites, George Washington's winter headquarters and the historic home of the founder and first president of Rutgers in Somerville, New Jersey. Paul studied at William & Mary, Colonial Williamsburg and Aberdeen.

Susan Speidel (pg.19) received a Doctorate in Liberal Studies from Drew University and also studied at NYU and the Globe Theatre in London. She served as Director of Education for NJ’s Tony Award-Winning Paper Mill Playhouse and currently teaches for the Theatre Conservatory at Kean University. She is the recipient of the NJ Governor’s Award for Theatre Education, a NJ Theatre Alliance Applause Award, two Broadway World Regional Theatre Awards, and is a member of the NJ Association of Community Theaters Hall of Fame.

Rochelle Stern (pg.20) holds a Master's Degree in Library Information Science from Rutgers University. She has worked in both corporate and public librarianship. She has over 10 years experience in programming events and teaching workshops for adults, including basic genealogy searching. Rochelle believes that genealogy is a rewarding and inspiring endeavor and is looking forward to sharing basic genealogy searching and organizational tips. She is currently studying expressive arts facilitation.

Maxine Susman (pg.12) holds a Ph.D. in English Literature from Cornell University. She taught writing and literature at Rutgers, serving as Associate Director of the Writing Program, and at Seton Hall, retiring as Professor of English from Caldwell University. She has written seven books of poetry, publishes in many journals, and gives community readings and workshops. She has taught at OLLI-RU for ten years.

Sayyid Tirmizi (pg.18) M.A., M.B.A., Ph.D., is a former Associate and Adjunct Professor. Sayyid has taught both in the U.S. and abroad. He specializes in South Asian and Islamic art and culture. He has taught at the University of Tulane School of Continuing Education, at City College of New York, University of North Carolina, and now at OLLI-RU.

Bruce Tucker (pgs.11, 14) holds a BA in political science and history and an MS degree in information technology and project management from Stevens Institute of Technology. Bruce has been an OLLI-RU faculty member since 2009.

Vandana Walia (pg.15) has a master’s degree in English with thirty years teaching experience at the high school level. She has been conducting courses in World Literature at OLLI-RU for several years.