

# OLLI at CSU Spur Campus

## *Spring 2024 Courses*



### OSHR 2035S: **Principles of Indian, Chinese, & Japanese Art: A Comparison**

This course will compare the basic principles of art in India, China, and Japan. Participants are then invited to drive to the Denver Art Museum for an hour-long tour of the Asian collection. Stops in the museum will include special pieces often missed by visitors. Museum entrance fees are NOT included with course tuition.

- **Date:** Tuesday, February 13
- **Time:** 10 a.m. – noon in class and 1 – 2 p.m. at the Denver Art Museum
- **Category:** Art and Design
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom and the Denver Art Museum
- **Capacity:** 40
- **Tuition:** \$20
- **Instructor:** Sally Purath earned her BA in Social Sciences and an M.Ed. at Colorado State University. She has taught world history, humanities, and art for over 30 years.

### OSHR 3126S: **You + Science=Better Communities: An Intro to Participatory Science**

Searching for answers to questions about the world is what science is all about. And there is so much we don't know about – yet. How many bald eagle nests are there in Colorado? What will happen to bloom times as our climate warms? Where will a new crop variety grow best? These questions, and more, are just a few you can help answer through participatory science. Join us as we explore questions best answered with the help of everyday people around the world, using the techniques of participatory science (also known as citizen science). We'll explore fascinating projects from Victorian times to the present. And we'll introduce you to tools and techniques for jump-starting your participatory science journey – by joining an existing project or starting your own.

- **Date:** Tuesday, February 13
- **Time:** 1 – 3 p.m.
- **Category:** Science, Nature, and Technology
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$10
- **Instructor:** Sarah Newman has a B.S. from the University of Wisconsin Stevens Point and a M.S. from Florida State University. She is a CSU research associate helping organizations design successful community and participatory science programs to answer challenging questions. A wildlife biologist turned invasive species ecologist turned participatory science researcher, Sarah combines her love of natural resources with her passion for people to look for ways to build stewardship capacity in communities across the globe. Sarah has worked with hundreds of project teams, from the hyperlocal to global, and they've all reminded her of how critical people are to any research endeavor. Sarah currently serves as Director of Operations for CitSci.org, a global online platform for participatory science, hosted at Colorado State University's Natural Resource Ecology Lab.

Registration Opens on January 8 at [osher.colostate.edu](https://osher.colostate.edu)

## OSHR 3182S: Concepts of Basic Soil Science and Composting 101

This course will explore the basics of soil concepts and composting. It is designed for homeowners, gardeners, small acreage farmers, and ranchers.

- **Date:** Thursday, February 15
- **Time:** 10 a.m. – noon
- **Category:** Science, Nature, and Technology
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$10
- **Instructor:** Wilma Trujillo is the Director of the CSU Soil, Water, and Plant Testing Laboratory. She joined CSU Extension Office in 2010 and served as the Extension Agronomist/Cropping Systems Specialist for Logan and Morgan counties from 2015 to 2021. Wilma was born and raised in Colombia, South America. In the early 90's, she came to the USA and attended the University of Florida where she received her MS in Agronomy with emphasis on forage management and animal production. After working for two and half years as a research assistant in the Botany Department and the Range and Cattle Research and Education Center in Ona, FL, she moved to Columbus, OH to continue her education. In 2000, Wilma received her doctoral degree in soil science from the Ohio State University. During her time in Ohio, she worked evaluating the potential of carbon sequestration on agricultural soils in Michigan, Indiana, and Ohio. Wilma also worked for the horticulture industry for 10 years, planning and managing the daily activities of all aspects of crop growth to meet the production goals and improve plant health and quality. Wilma's extension and research efforts focused on sensor-based technologies for nutrient management and educational support to farmers and ranchers, homeowners, urban agriculturalists, and others engaged in soil health and land use.

## OSHR 3188S: Colography: The Nitty-Gritty Colorado

If "geography" means "documentation of Earth," logical reasoning extends the concept to "colography" as "documentation of Colorado." Our state sprawls across three great geologic landforms and their blending creates mountains and plains, water drainages as well as grassland, shrubland, and treeland lifescapes. So how many mountain ranges and parks do we have, and what is a "park," anyway? How many cactuses and orchids, owls and hummingbirds – how much life – garnishes the landscapes with distinctive lifescapes?"Colography: The Nitty-Gritty Colorado" will examine physical and biotic details of the state we call home, all with a mind for traveling to see it.

- **Date:** Thursday, February 15
- **Time:** 1 – 3 p.m.
- **Category:** Science, Nature, and Technology
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$10
- **Instructor:** Kevin Cook has worked full-time as a self-employed writer-naturalist since earning his biology and wildlife biology degrees from Western State College and CSU. As a lifelong naturalist, Kevin has explored Colorado to experience its wildlife firsthand and has spent his entire adult life addressing issues between people and the natural world. Kevin writes natural history columns for newspapers and magazines, edits technical articles for scientific publications, leads wildlife observation tours, teaches various wildlife classes, and presents monthly wildlife lectures at several Colorado venues.

## OSHR 3138S: Ukraine in Context: A Historical & Personal Perspective

The Ukrainian people have historically lived under the rule of foreign powers for extended periods of time but have nevertheless constantly worked to preserve and develop their unique cultural and ethnic identity. The contemporary, independent, democratic nation of Ukraine was born during a period of great upheaval in Central and Eastern Europe in the early 1990s that culminated with the collapse of the Soviet Union. The reverberations from that upheaval continue today with the Russian invasion of Ukraine. This course will examine the evolution of Ukraine from its very beginning, with emphasis on relevant events of the past century.

- **Date:** Tuesday, March 19
- **Time:** 10 a.m. – noon
- **Category:** History, Psychology, and Philosophy
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$10
- **Instructor:** John Olienyk earned his PhD in economics at Colorado State University and subsequently served for 37 years as a faculty member there, first in the Department of Economics, then in the Department of Finance and Real Estate, where he specialized in international finance. He developed a reputation as an outstanding teacher and was the recipient of several awards for excellence in teaching. All four of John's grandparents were born in Ukraine and Ukrainian culture and traditions were deeply imbedded in him at an early age. This background was partial motivation for his participation in a US government-sponsored faculty development program involving universities in the former Soviet Union. In this program John served as a trainer and mentor for young business and economics professors in universities primarily in Ukraine, but also in Kazakhstan, Uzbekistan, and Russia over a period of twelve years. He has traveled extensively throughout Ukraine and maintains relationships with many of his university contacts there.

## OSHR 3166S: The Global Impact of the War in Ukraine

The consequences of the Russian invasion of Ukraine extend well beyond the devastation wrought by the Russians on the people, infrastructure, and economy of Ukraine. Global supply chains have been disrupted, particularly in the food and energy sectors, but in other areas as well. Economic conditions in the rest of Europe, as well as in the two warring nations, have been significantly affected. Some global alliances have been strengthened, others have been weakened, and new alliances have been created. We will examine the short-term and longer-term effects of these developments from both economic and geopolitical perspectives.

- **Date:** Tuesday, March 19
- **Time:** 1 – 3 p.m.
- **Category:** Cultural, Domestic, and Global Affairs
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$10
- **Instructor:** John Olienyk earned his Ph.D. in economics at Colorado State University. Subsequently, he served for 37 years as a faculty member there, first in the Department of Economics, then in the Department of Finance and Real Estate. His research in economics and international finance has been published in various academic journals, and he has served as a consultant for several multinational firms. He has also served as an expert witness in legal proceedings, specializing in matters involving international finance and investments. John also has substantial international experience. He taught in MBA programs in France and Russia and participated in a faculty exchange program involving universities in Ukraine, Kazakhstan, Uzbekistan, Serbia, and Russia.

## OSHR 3168S: To Boldly Go: The Rise of the English Language

English: we write it, read it, and translate it. These don't seem to be radical acts worthy of banishment, beheading, or worse. But once upon a time, they were. Discover the figures who fought for the freedom to write in English; learn the language's rich and epic past, how it brought together a nation and then nearly tore it apart. Meet the king and the monks who still impact our modern language today. Assassinations, incest, and intrigue: the battle for English will make the Game of Thrones seem tame.

- **Date:** Thursday, March 21
- **Time:** 10 a.m. – noon
- **Category:** Literature and Communications
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$10
- **Instructor:** Dr. Abigayil Wernsman is an emerging scholar who recently received her Ph.D. in literary arts from the University of Denver, with a focus on medieval literature. While there, she studied Old English and early medieval Latin literature and early English pedagogy. Abigayil achieved her MA from the University of Northern Colorado in Victorian literature, focusing on the Brontë sisters, and studied Victorian literature at CSU for her BA. She has taught various British literature courses, poetry classes, and Old English language classes. Currently, she is writing and researching a book project on Beowulf and academic translation.

## OSHR 3183S: Mindfulness: It's Not What You Think!

Our busy thoughts can be our constant companions, creating stress in body and mind. We can learn to turn down the volume by bringing mindful awareness to our active mind. Mindfulness is a practice, set of attitudes, and way of being that supports our ability to choose how to be in relationship with our mind. The implications are profound as we learn how to use our minds to train our brains for the good! In this workshop, we will explore fundamental mindfulness principles and practices that can help us to see our minds more clearly, stabilize the flow of activity, and rewire our brains through positive neuroplasticity.

- **Date:** Thursday, March 21
- **Time:** 1 – 3 p.m.
- **Category:** Health and Wellness
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$10
- **Instructor:** Sue Schneider, Ph.D., is a medical anthropologist, integrative health coach, certified mindfulness instructor, and author of two books. She has been teaching mindfulness programs to students of all ages in university and community settings for over a decade. As an Extension Professor and Sate Health Specialist, Sue leads community health and wellness initiatives with Colorado State University's Office of Engagement and Extension. Her latest book is titled: *Meeting the Moment with Kindness: How Mindfulness Can Help Us Find Calm, Stability, and an Open Heart*.

## OSHR 3184S: Longing to Belong

According to Maslow's hierarchy of needs, human beings long to belong – to feel like an integral part of a community (family, friends, society). Fundamentally, we are relational beings. We need and want each other! But as we age, situational changes often threaten our sense of belonging as the nature and composition of our respective communities change. For example – if widowed, “we” becomes “me.” After moving, we feel like strangers in a foreign land. And if family and friends predecease us, we struggle with social isolation. So, where and with whom do you belong? Please join us to explore this question and many more. Coming together is the essential first step toward satisfying our longing to belong.

- **Date:** Tuesday, April 16
- **Time:** 10 a.m. – noon
- **Category:** Health and Wellness
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$10
- **Instructor:** Jane W. Barton, MTS, MASM, CSA, author of *Caregiving for the GENIUS*, is a passionate national speaker, writer, and listener. As the founder of Cardinal, LLC, she provides educational programs, books, videos, podcasts, and blogs to assist people in confronting the daunting challenges posed by aging, serious illness, and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health. She presents innovative, transformational programs to community members, healthcare providers, pastoral caregivers, clergy, funeral service providers, and national audiences. As a Local Aging Expert collaborating with AARP Colorado, Jane offers educational programs throughout the state of Colorado (2014 – 2023). Previously, Jane served as Director of Education for a hospice and palliative care educational institution in Denver, Colorado. She has also served as a chaplain and bereavement facilitator in hospice and palliative care. Jane is a certified Spiritual Director as well as a Certified Senior Advisor. In a former life, she worked as a financial services representative and an exploration petroleum geologist and manager.

## OSHR 1215S: Loose Watercolor Painting

Join Steve for this 'Paint Along' class, where he will construct a painting from start to finish while you paint along with him. Steve will take you through the process step-by-step. He will demonstrate how he moves through the steps to create a loose, moving, and evocative painting. Plan to have fun, try some new painting techniques, and see what you can do when you paint with a loose watercolor style! Paint and other materials will be listed in the online course description and must be provided by each participant.

- **Date:** Thursday, April 18
- **Time:** 10 a.m. – 4 p.m.
- **Category:** Health and Wellness
- **Location:** CSU Spur Hydro Building, Teaching Lab
- **Capacity:** 20
- **Tuition:** \$125
- **Instructor:** Steve Griggs currently has signature membership with the Rocky Mountain National Watermedia Society and the Colorado Watercolor Society. He is a member of the American Watercolor Society, National Watercolor Society, American Impressionists Society, and the Michigan Watercolor Society. Steve frequently displays and sells work in local, state, regional, and national exhibitions and galleries. He consistently wins awards in national and regional exhibits, and he has collections worldwide. His work has been featured in publications such as *Southwest Art*, *Watercolor Artist*, and *The Artist* magazines. Steve is a sought-after workshop and demonstration instructor with students from around the globe.

## OSHR 8064S: Conserving and Using Plant Genetic Diversity

Plant breeding depends on sources of genetic diversity to respond to challenges like climate change and evolving pathogen and pest populations. Unbeknownst to many Coloradans, the nation's largest repository of crop genetic diversity is housed in USDA's seed bank on the CSU campus in Fort Collins. Researchers in USDA's National Plant Germplasm System acquire, characterize, conserve, and distribute seeds and other propagules from this collection of over 600,000 samples. This two-session course will cover the domestication of crops from their wild ancestors; methods for collecting and conserving plant genetic resources; and techniques for evaluating and using those resources to develop new cultivars. The course will include a virtual tour of the Fort Collins seed bank and a sensory evaluation of a fruit or vegetable crop to sample the variation of flavor and texture characteristics.

- **Date:** Tuesday, April 16 and Thursday, April 18
- **Time:** 1 – 3 p.m.
- **Category:** Science, Nature, and Technology
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 40
- **Tuition:** \$20
- **Instructors:** Patrick Byrne is an emeritus professor in the Department of Soil and Crop Sciences at Colorado State University. His research has focused on the genetics of drought tolerance, disease resistance, and agronomic traits in wheat, maize, and dry beans. He currently co-coordinates a project to develop learning materials on the conservation and use of plant genetic resources. Gayle Volk is a Research Plant Physiologist at the National Laboratory for Genetic Resources Preservation in Fort Collins. She focuses on improving the management of vegetatively propagated collections in the USDA National Plant Germplasm System, using apple as a model system. She co-coordinates the effort to build and release public training materials on plant genetic resources.
- **Recommended Reading:** Byrne, P.F., Volk, G.M., Gardner, C., Gore, M.A., Simon, P.W., and Smith, S. 2018. Sustaining the future of plant breeding: The critical role of the USDA-ARS National Plant Germplasm System. *Crop Science* 58:451–468

## OSHR 3185S: Starting a Home Hydroponic Garden

Hydroponics is the technique of growing plants using a water-based nutrient solution rather than soil. Hydroponic production systems are used by small farmers, hobbyists, and commercial enterprises and can be created at home. Learn the fundamentals and practical knowledge needed for starting a home hydroponic garden. In addition to 2 hours of class presentation, this course also includes a workshop component where participants will go home with a starter kit. All materials are included in the course fee.

- **Date:** Thursday, April 18
- **Time:** 10 a.m. – noon
- **Category:** Science, Nature, and Technology
- **Location:** CSU Spur Hydro Building, Spring Creek Classroom
- **Capacity:** 25
- **Tuition:** \$30
- **Instructors:** Dr. Jake Holley and Dan Goldhamer are experts on hydroponic plant production within greenhouses and vertical farms. Dr. Holley has been working in greenhouses for over a decade with a masters from UC Davis in Greenhouse Floriculture and a PhD from Cornell University in Greenhouse Vegetable Production. He also has experience working for several greenhouse technology startup companies. Dan Goldhamer has been working as part of CSU's extension and outreach and has years of greenhouse experience. Dan specializes in education and outreach to help local businesses and community members succeed in urban agriculture.

Registration Opens on January 8 at [osher.colostate.edu](https://osher.colostate.edu)