

October Industrial Tour HudsonAlpha Institute



We are scheduled for a tour of the HudsonAlpha Institute for Biotechnology on Friday, October 23, at 10:00 a.m. Researchers here work with DNA. Their facility is located in Research Park. Directions: At the junction of Research Park Blvd. and Bradford Drive, go west on Bradford to the first street, which is Explorer Drive. Turn right on Explorer for a short distance to the next street on left which is Discovery Drive; turn left. The next street on the right is Moquin Drive. Turn right and you will see HudsonAlpha's very large building. Drive to Genome Way and turn right. Park in the rear of the building, and we will meet in the lobby at 10:00 a.m. for the tour. The cafeteria is very nice so you may want to stay for lunch.

HudsonAlpha can accommodate about 50 people for the tour. If you would like to go, please call the Murphy's at 837-1427 or email wmfhm@aol.com by October 21.

Submitted by Ralph Murphy, Industrial Tour Coordinator



OLLI PHOTO CONTEST Due October 5, 2009

Tic Toc . . . the clock is ticking and time is running out! Just a few days left to get your prize winning photos in. The winner will be announced at the Teacher Appreciation Lunch on November 6. Send your photo of scenes of Madison County to ollinewsletter@msn.com.

CALENDAR OF EVENTS

Game Day	Oct 1
Art by American Women	Oct 3
Fiddlers Convention	Oct 3
MET Opera at the Movies	Oct 10
Hsv Chamber Music Guild	Oct 10
Patriotic Jubilee	Oct 10
Maple Hill Cemetery Walk	Oct 18
MET Opera at the Movies	Oct 24
Fall Term Ends	Nov 6
Teacher Appreciation Social	Nov 6
Creative Gift Wrapping	Dec 3
Holiday Party	Dec 9

Teacher Appreciation Pizza Party

Please join us for the end-of-fall-term Teacher Appreciation Pizza Party. Take this opportunity to thank the volunteer OLLI teachers personally, socialize with your fellow students, and munch on yummy pizza for lunch.

Friday, November 6, 2009
 12:00 p.m.
 Trinity United Methodist Church
 607 Airport Road SE, Huntsville

From The President



Cindy Spratley

Hope you are enjoying your classes! Thanks to all of you who volunteered to help out this term. Remember it takes more than a

hundred instructors and facilitators each term just to get classes going. In addition to these folks, there are many other volunteers working to staff the office, acting as audio-visual experts, introducing speakers at the Wednesday bonuses, organizing industrial tours, and training facilitators.

And don't forget all the standing committees that are planning for the winter and spring terms, publicizing our organization, keeping track of our finances, publishing our newsletter, and organizing upcoming social, cultural and special events. We are

all very fortunate to have so many dedicated people willing to volunteer their time and make our organization a huge success. And just because she isn't a volunteer, we can't overlook all the tasks that Maxine Doherty performs on our behalf. Thanks again to each of you.

Each newsletter is packed full of wonderful activities to get you involved and keep you connected. Don't forget to send those photos in for the photo contest!

Cindy Spratley, President

The Curriculum Corner

The Fall 09 Term has arrived! Many of you are back in class, stimulating your minds and renewing friendships. Hopefully you are in all the courses for which you registered. However, some of you may be disappointed that that special course you'd been eagerly looking forward to was already full.

There are several things we can do to alleviate those waiting lists in future terms. **For your part**, if you discover before the start of the term that you won't be able to attend a particular course or after attending a class you decide this course is not for you, please notify the Continuing Education Registration Office (824-6010) that you want to drop the course. This will allow the next person on the waiting list to get your empty seat.

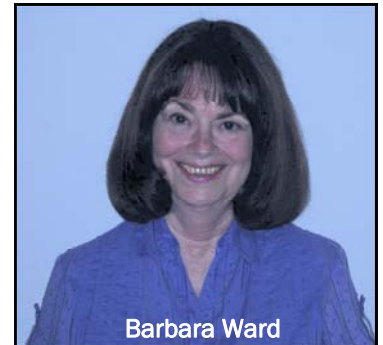
For our part, the Curriculum Committee will try to identify courses we think may overflow before the catalog comes out, and Continuing Education will try to get larger rooms for them, if possible. During registration, if a course begins to develop a significant waiting list, we will ask the instructor if he/she will teach another session that term, pending classroom availability, or repeat the course the following term.

If we all cooperate, we won't be looking at courses with both empty seats **and** waiting lists.

We are STILL looking for a few good A/V men and women.

In last month's Curriculum Corner, I told you that the Curriculum Committee is trying to create an audio/visual equipment support staff to assist classroom facilitators, as needed, with A/V difficulties during the academic term. We are looking for volunteers who would be available for just a couple of hours a week during the term (to be scheduled at their convenience) to assist if a facilitator runs into an equipment problem. Unfortunately, all those who tried to volunteer discovered that I gave an incorrect phone number for our Equipment and Facilitator Guru Dave Knepper. You can reach Dave at 722-8156 or knepperd@bellsouth.net.

*Barbara Ward, Chair
Curriculum Committee
bward@hiwaay.net
883-6403*





Pat Lindberg,

Cultural Committee Chair

Cultural Events

Fall is definitely in the air, classes have begun, and many interesting and exciting events await your participation.

Nell Roberts is working with the Huntsville Museum of Art in scheduling a docent led tour of the exhibit *Art by American Women: THE SELLARS COLLECTION*. The tour will be Saturday, October 3, at 10:00 a.m. Please call Nell (539-9837) or Pat (534-7148) by September 30, if you plan to attend. A total number of attendees is needed for docent planning. Admission is free for museum members, and a \$5 group rate will be offered for non-members.

October 10 will be a busy day to attend the MET Opera at the Movies "Tosca" (HOLLYWOOD 18) "Tosca" at 12:00 noon. Tickets are \$20 for Seniors, \$18 for Students, and \$15 for Children.

Also on October 10, at 5:00 p.m., the Huntsville Chamber Music Guild will present the concert we have been awaiting, featuring Susanna Phillips and Angela Brown at Trinity United Methodist Church on Airport Road. For ticket availability, call the HCMG Office (824-6540).

On October 24, the MET Opera at the Movies (second opera of the season) will be Aida, same time and location as above.

Eleanor Schweinsberg will again coordinate a trip to Birmingham for Sunday, March 21, 2010, to the 2:30 p.m. performance of "The Marriage of Figaro," featuring Susanna Phillips. Note this event on your calendar. More information will be available soon.

We will look forward to seeing you at some of these events.

Submitted by Pat Lindberg, Cultural Committee Chair

DVD Lending Library

Take advantage of our free DVD library of course subjects available on loan to our OLLI members. The library is located in our OLLI office, room 322 in Madison Hall. Our office volunteers will be there to assist you in checking these out.

We have recently added to our OLLI Web site a title listing of all the available DVDs. Go to www.osher.uah.edu, click on Membership Benefits on the left-side menu. Select Special Benefits and then select Video Lending Library.



In Memory of Jo Ann Helstrom

On Tuesday, September 1, we sadly lost OLLI member Jo Ann Helstrom. She was a courageous individual who had a genuine interest in everyone she met. She had a joy of learning which prompted her to faithfully attend classes; we will most remember her gentle and cheerful spirit.

Jo Ann was an active student and volunteer of OLLI. She served on the Social Committee and was instrumental in establishing and remaining active in The Art of Living Forum.

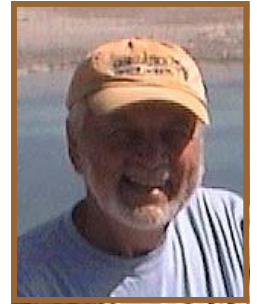
Her many friends at OLLI and other organizations will deeply miss her. We wish her loving husband Ray, and their family, peace and comfort in their many wonderful memories.



Special Events Committee

October is usually one of the nicest months in Alabama; therefore, we are planning a full slate of outdoor activities.

On October 1, at 1:00-3:00 p.m., we will have our first Game Day of the new school year. We will meet in the community room at Compass Bank, located on East Governors Drive. Eleanor Carter will facilitate the games. (You may contact her at 881-6232.) Come and play, learn, or relearn games with OLLIites. We will need volunteer coordinators for subsequent game days, beginning November 5; please volunteer. Light duty is promised.



The 43rd Annual Old Time Fiddlers Convention takes place in Athens, AL. Marion Riley (361-6659) will coordinate. As announced previously by email, we will have two gathering points and will motor to Athens for a 10:00-3:00 p.m. visit. We should enjoy a strummingly good time.

The next two events are under the tutelage of Shirley Mohler (539-3660). Both will accept donations.

On October 10, a Patriotic Jubilee will be held at the Veterans Museum off Airport Road. There will be clowns, games for the kids, a tour of the museum, crafts, and a cake walk! On October 18, we can stroll through Huntsville History at the Maple Hill Cemetery and hear noteworthy deceased Huntsvillians talk about their respective eras and experiences.

“OLLI SURVIVOR” is a new event that everyone can participate in. It is a card game (remember “war”) requiring absolutely minimal skill. It will be coordinated by Tom Prestwood (881-4333) and will be coming soon to a theatre near you. Specific details will follow.

In December, Bob Goodwin, will coordinate a Creative Gift Wrapping class that will give you insights and practical ideas for those gifts that have you scratching your head for wrapping inspiration.

Come out, support these happenings and have a good time.

Joe Cremin, Special Events Committee Chair

GAME DAY! GAME DAY! GAME DAY!

Thursday, October 1, from 1:00-3:00 p.m.

Don't be Board!

Fun, food and mayhem await you!

Join your friends at

Compass Bank on Governor's Drive, 4th Floor



43rd Annual

Tennessee Valley Old Time Fiddlers Convention



Admission: \$10.00
 Date: October 3
 Time: 10:00 a.m. - till 3:00 p.m.

"The Tennessee Valley Old Time Fiddlers Convention is known as the "Granddaddy of Midsouth Fiddlers Conventions" for its role in reviving the tradition of competition in old time music. Approximately 15,000 people are expected to attend the convention this year from more than 30 states.

The convention brings some 200 contestants to compete for top prize money. There are 18 different categories, including several fiddle and guitar categories, harmonica, mandolin, bluegrass banjo, dulcimer, old time singing, banjo, and buck dancing. The Convention culminates in a "fiddle-off" between the top two fiddlers. The winning fiddler is declared "Tennessee Valley Old Time Fiddle Champion," and takes home a trophy and \$1,000. A total of \$11,850 will be awarded to contestants.

In addition to the musical competition, hundreds of musicians will participate in the numerous jam sessions conducted across the Athens State campus during the weekend.

The convention also includes 150 traditional arts and crafts booths. These feature many handmade and traditional items. Convention proceeds support student scholarships and university projects. To date more than \$500,000 has been contributed to the university." Fiddlers web site www.athens.edu/fiddlers/

We will meet as follows: Southeast Ollie's: Meet in Publix parking lot, Airport Rd and Whitesburg at 8:30 a.m.
 West Ollie's: Meet at Southern Home parking lot along Hwy 72 at 9:00 a.m. (formerly Bruno's parking lot)
 The Southeast Olli members will pass through the Southern Home parking lot to caravan to the Fiddlers Convention. Contact: Marion Riley 361-6659 : Marion_inc@hotmail.com



Creative Gift Wrapping



December 3, 2009
 6:00-9:00 p.m.

Huntsville Main Public Library, Room A/B

There are times when dropping a gift into a gift bag just won't do. Or you would really like your present to be noticed among the other packages. Get creative this year and choose a unique way to wrap those holiday gifts for your family and friends. Anna Hanlin will be teaching a class called Creative Gift Wrapping.

Anna uses an assortment of materials—newspaper, cardboard, paint, coat hangers—to transform the ungainly or ordinary object into a masterpiece one may not wish to unwrap.

So bring your gift and an idea or two. Anna may ask you about the recipient such as like, dislikes or favorites they have. With that and the object, she will help you construct a wrapping. Class is December 3 at the Main Library from 6:00 to 9:00 p.m. There is a \$5 materials fee. Call Anna Hanlin at 256-656-0646 or email at hmmm100@gmail.com to sign up."

Coordinator: Bob Goodwin, 564-8417

Social Committee



Nan Case

The Back-to-School Kickoff Party was a success. About 75 people were there to enjoy the ice cream with brownies. Chuck Duffy presented all of those who helped with the Summer Enrichment Series thank you mementoes.

Our next event will be the End-of-Term Teacher Appreciation Lunch/Pizza Party on Friday, November 6, at 12:00 p.m. Lunch will be served at 12:30. It will take place at Trinity United Methodist Church on Airport Road. Come and say thank you to those instructors who volunteer to teach our classes.

Our Holiday Party will be a new and exciting experience this year. Please mark your calendars for Wednesday, December 9, 6:00 pm-9:30 p.m. Our new music group, the Looking Back Band, will play songs from the 50s through the 80s. The catering is by Kurt. The fee is \$25, which includes reserved parking at the VBC. We will be celebrating at a new venue, the beautiful new Summit at Big Spring. The view of the city lights from The Summit Tower is spectacular. Tickets will go on sale in October in the OLLI office. The social committee members will also have tickets to sell. We hope that everyone will attend and share in the excitement!

Looking ahead, add to your calendar the Back-to-School Potluck on Friday, January 22.

You want to have all of these activities on your calendar so that you do not miss them. We hope to see you at all of these events.

Nan Case
Social Committee Chair

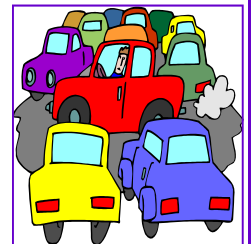
Lot's of Fun at the Back to School Ice Cream Social



In addition to yummy sundaes and brownies, there were giggles, enthusiastic conversations, and gathering of former and new class buddies. Everyone had a good time!

Madison Hall Parking

Parking for OLLI classes on the UAH campus may be difficult. If you are going to classes in Madison Hall, the parking lots behind Madison Hall and the lot adjacent to the Shelby Center may be filled. In that case, an option would be to park in the lot by the Engineering Building, south of Madison Hall. Another option would be to park in the Intermodal Parking Facility on John Wright Drive across from the UAH Fitness Center. Parking in the Intermodal Parking Facility involves a walk on a paved sidewalk to the Shelby Center and then through the parking lot to Madison Hall.

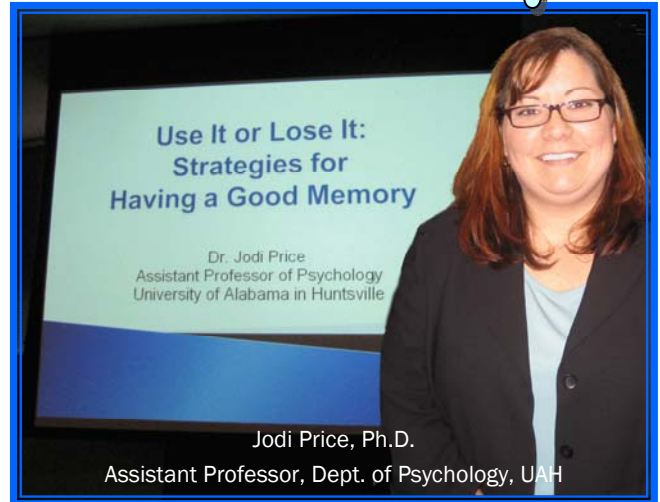


Bonus Class Had Tips on How to Remember Not to Forget

Dr. Jodi Price spoke to a packed audience of over 100 OLLI members about maintaining our memory as we age. She described the various studies on aging, and stressed that *it is important to add years to your life, but more important to add life to your years.* What past studies reveal is that we can halt or slow down brain atrophy and disease by doing the following:

Engaging in some activities may help maintain

- ◆ Having an active social life
- ◆ Doing crossword and other puzzles
- ◆ Reading intellectually stimulating materials
- ◆ Performing regular exercise
- ◆ Learning new skills
- ◆ Going to the theatre



Individuals of all ages may enhance their memory by

- ◆ Using different memory techniques
- ◆ Engaging in adequate rehearsal
- ◆ Distributing practice and minimize interference
- ◆ Emphasizing deep processing
- ◆ Organizing information
- ◆ Using verbal and visual mnemonics

People fare better cognitively when they

- ◆ Are intellectually engaged
- ◆ Stay physically active
- ◆ Remain connected in a community of friends and family
- ◆ Maintain positive attitudes and avoid negative ones

Of course, **physical activity** (exercise 3-4 times a week), and **good nutrition** and supplements also play an important part in slowing down disease and keeping the pulmonary function healthy.



A CALL FOR VOLUNTEERS:

Dr. Price is asking for OLLI volunteers to help with research on aging. Here is her description:

"We have several research experiments going on at any given time and are always looking for middle age and older individuals to participate (26-85 years of age). The experiments typically take 1.5-2 hours and involve paper-based and computerized tasks, although prior computer experience is not necessary. Because we are interested in examining how memory and learning change with age, participants may be asked questions about their memory and may be asked to study and later recall different types of material. These experiments provide participants with the opportunity to engage in mentally stimulating activities while contributing to our understanding of cognitive aging. Individuals who participate in one of these experiments before October 18 will receive a complimentary pass to see the UAH Theatre production of "The Rimers of Eldritch." Please call either 256.824.4590 (lab) or 256.824.3321 (Dr. Price's office) for more information or to schedule an appointment."

Inquisitive Minds Fill Classrooms for the Fall 2009 Term



Asian Economies Performance, Instructor Chuck Duffy



Big History From the Big Bang to 2009, Part III, Instructor Larry Rice

Important Notice: Newsletter inputs for the November/December Newsletter are due by November 10. Please send articles and ideas to: Lorrie White, Editor, Joyce Pettis, Co-editor, at ollinewsletter@msn.com Please understand that due to cost and space constraints, articles may be edited for length.



Osher Lifelong Learning Institute
at the
University of Alabama in Huntsville
Madison Hall, Room 322
Huntsville, AL 35899

Non-Profit Org.
U.S. Postage
PAID
Huntsville, Al.
35899
Permit No.
283