

The OLLI Insider

News For Members of the Osher Lifelong Learning Institute at UAH

Est. in 1993 as the Academy for Lifetime Learning, Inc. at UAH

P.O. Box 1581, Huntsville, AL 35807 256-824-6959 www.uah.edu/pcs/olli Email: OLLI@uah.edu October 2014

President's Message



Jerri McLain
President

We are all looking for meaningful ways to spend our time...time which is additional to those commitments we have to our families and to managing the necessary aspects of our lives.

OLLI at UAH offers such meaningful engagement with its varied activities and opportunities. Just recently, in one week, for example, OLLI has made available a morning tour, a morning movie with popcorn, several meetings where the lifeblood of OLLI was the topic, and the on-going chance to register for a wealth of classes. Everywhere there are thoughtful questions and useful discussion.

Meetings, as such, satisfy few people. What happens at meetings, however, is where you'll find importance. As I sat at 'gatherings of OLLI members' this week, I was very aware that members, who care very much about OLLI's success and are willing to give their time and attention toward making it the best it can be, were, indeed, engaged. You can tell people care by how they express themselves, how they offer to help, by how they share experiences which lead to solutions to challenges at hand.

Movie selections all year have been 'right on.' Tours allow for refreshing exploration and discovery. You miss a great deal if you're not there. You're missing out on much of the OLLI experience if you don't join a committee and lend a hand. It's basic. The more you give the more you get.

You also miss a great deal if you don't take advantage of outstanding classes, taught by our bright and energetic instructors. As OLLI members are saying, "I'm ready for classes to begin!" And, indeed, they have!

Thanks to every OLLI member for your participation in one of life's grand experiences.



Jessica Fisher

Have you met Jessica Fisher?

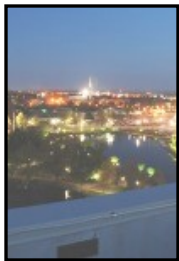
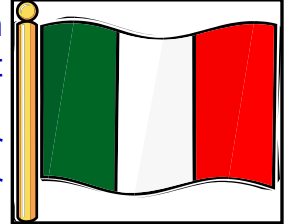
That raven-haired flash moving through the hallways and into the classrooms offering a friendly smile and whatever help OLLI members and faculty just requested is Jessica Fisher, the new OLLI Program Assistant. Jessica moved from Northern Virginia in 2013 to Huntsville to be closer to family and really enjoys being here! She studied at the University of Phoenix and obtained a BS in Healthcare Management with a concentration on pharmaceutical practices. She is planning on starting her Master's in Public Administration within the year. In her spare time, she loves spending quality time with her 5-year-old son, planning little trips to nearby attractions for her family and going to the movies whenever she finds the time! Take a moment to introduce yourself.

SOCIAL COMMITTEE



Leah Black
Chair

Your OLLI Social Committee is working on upcoming events for the fall and winter. The **"Taste of Italy"** Fall Teacher Appreciation Lunch happens on Friday, November 7th, noon until 2:00 p.m., at Trinity United Methodist Church. Pizza and side dishes, deserts, Italian-inspired décor and music will set the tone. A fine singer will croon some Italian songs. This is a great time to show our appreciation for our fine instructors and facilitators while enjoying the company of other OLLI members and guests. Greet familiar faces and introduce yourself to the new ones. See you there!



The OLLI Holiday Party is scheduled for December 11th, at the Summit in Big Spring Park. Always a popular event with dinner, dancing and surprises, the party provides a chance to meet and socialize with other OLLI members. More details will be coming. Watch your E-News and the OLLI *Insider*.



Further out, we are planning the Winter Session Registration Event and the Annual Spring Picnic and the OLLI Gala.

We welcome two new members, Adelaide Cape (a new OLLI member) and Geri Howard to the OLLI Social Committee. If you have an interest in helping to organize our social events, please let me know. We welcome even more new members to our committee.

Do you know about OLLI Member Interest Groups?

Member Interest Groups (MIGs) exist through OLLI as a vehicle to meet regularly or gather for specific events. Current groups include:

CIVIL WAR, contact C. Codori, carolcodori@charter.net

HEALTH & PSYCHOLOGY GROUP, contact C. Rupp, crupp@hiwaay.net

HIKING, contact B. Goodwin, OLLIHiking@gmail.com

STOCK STUDY CLUB, Contact J. Philip the_p_patch@knology.net



OLLI membership is required for participation. There are no additional fees and attendance is optional.

Would you like to start a new MIG? Contact Sue Chatham at chatham@knology.net.





Member Services Committee



Sue Chatham
Chair

Although all of the OLLI committees are concerned with the needs of the OLLI membership, the Member Services Committee is the ‘hands-on’ committee. It is co-chaired by Sue Chatham and Jean Mulcahy. Current Members are Cathy Bailey, Nancy Darnall, Darlene Davis, Margrit Earles, Mable Gordon, Hugh Nicholson, Jim Lindberg, Leah Black, Lorrie White, and Steve Wynn.

Member Services

- Monitors increasing or decreasing membership numbers
- Sponsors a membership contest – members bringing in new members are entered into a drawing for two tickets to the OLLI Holiday Social
- Sends welcoming emails to all members when they renew or join for the first time
- Provides coffee and coffee supplies to be used in the classrooms and the OLLI Lounge
- Monitors the OLLI Lounge and classrooms for supplies and orderliness
- Sponsors the OLLI Annual Photo Contest
- Coordinates the OLLI office (beside WH 152) that is specifically for member concerns
- Oversees *The OLLI Insider* newsletter
- Oversees the DVD Lending Library that is available to any OLLI member
- Designs various forms related to membership
- Surveys (from time to time) membership for information

If you have questions about any of these services, please ask a committee member.

Joining the Member Services Committee will provide a close-up view of the entire organization. Meetings are only 1 hour, usually the 3rd Friday at noon in WH152D, the multi-purpose room. New members are enthusiastically welcomed!

**ASK
ME**

Have you noticed anyone wearing an “ASK ME” button? These OLLI members have volunteered to help provide information to new and returning members as we navigate the halls, classes and schedules this fall.

SPECIAL EVENTS COMMITTEE

OLLI at UAH goes to England, Scotland and Wales June 1, 2015



OLLI travelers will see Stonehenge on Day 5 of a trip that starts in London, England, and ends in Edinburgh, Scotland. The surface level of Stonehenge is pictured above, but recent fieldwork using highly advanced technology has revealed a much larger example of this 4000 year-old culture. Not too far below the surface are traces of up to 60 huge stones or pillars that might be part of a “super henge.” Research continues. OLLI members will have fun asking questions about this breakthrough discovery while at this site.

Want to know more?

Informational Meeting for England, Scotland and Wales

Tuesday, October 7, 2:15 pm

OLLI Multi-Purpose Room/Lounge, Room 152D

Meet with the trip organizers and learn more about the destinations, sights, and arrangements. Refreshments will be served.

You will enjoy meeting fellow travelers or those considering the trip.

Sign up now by calling Grand Circle Travel 1-800-597-2452

and reference the trip as G5-26157!

CULTURAL COMMITTEE

ARTS, BLUES, AND CUISINE—MEMPHIS, TENNESSEE



April 6-9, 2015--Spring Break at OLLI--See Memphis in Style. We will sample the diversity and specialties that the city of Memphis holds. We'll travel by Spirit Coach roundtrip from Huntsville and take on local Memphis guides to see the best of the world-famous City on the River. We'll hear the history of the settlement-turned-metropolis, enjoy the art that wealthy citizens collected through a couple of centuries in three major museums, and relish the culture of blues and rock and roll right in its birthplace. We'll see the Brooks Museum, the Dixon Museum and Gardens and the Belz Museum of Judaic and Asian Art. Through guided tours of the Rock 'n' Soul Museum and recording studios, we'll hear the music made in Memphis throughout the previous century that is still flourishing today as a uniquely American sound. Additional treats include a tour of the Gibson guitar factory and trip on the mighty Mississippi. And what is a trip to Memphis without a stop at Graceland?

Food in Memphis is a signature highlight, and we'll sample the best of haute cuisine, southern fare and world-famous Bar-B-Q. Enjoy a top class hotel in heart of the city for three nights. Trip cost is \$890 (deposit of \$200 due Dec. 1, 2014). Brochure is available in the OLLI Office. Contact Nancy Darnall at nbd51@aol.com for more information. **Space is limited.**

We'll stay at the Hampton Inn and Suites, Memphis Beale Street, the #2 rated hotel in Memphis by Tripadvisor.com.

Restaurants include The Rendezvous (famous Memphis ribs), Paulette's, B.B. King's, and the Majestic Grille.

Please note that this price includes transportation from UAH, accommodations, meals, admissions, and local guides. The only additional cost is the Walking Ghost Tour (\$14).



Jane McBride
Chair

The Cultural Committee's day-trip to visit the Booth Museum of Western Art in Cartersville, GA on November 13, 2014 is at capacity. Thank you to all who have signed up and paid for the tour. We are looking forward to a great autumn outing and educational tour of one of the country's newest museums--a Smithsonian Affiliate.

To be added to the waiting list, email Jane McBride at janemcbride@knology.net soon. There is always a chance that someone might have to decline. Cost of the trip is \$55 for charter round-trip bus travel and decent tour of the Booth Museum.

The Annual membership fee is only \$15 and provides many advantages including:

- Intellectual, cultural, and social interaction in a member-governed organization.
- Increased knowledge and exploration of new interests where learning is fun!
- A variety of intellectually stimulating and enjoyable course offerings.
- Ten issues of *The OLLI Insider* each year.
- Weekly E-News from OLLI.
- University Bookstore privileges.
- University Library and Fitness Center discounts.
- Volunteer opportunities such as teaching, coordinating a course, etc.
- Weekly Bonuses. (single-session courses covering fun and interesting subjects)
- DVD Lending Library
- Opportunity to meet many interesting people.

OLLI's membership year is August 1 - July 31.

An annual membership will provide yearlong benefits and the opportunity to register for courses. Membership fees are due annually and cover a set 12 months.

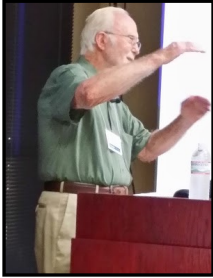
Research From the *National Center for Creative Aging** reveals:

- ♦ Music and art stimulate the brain in the areas that Alzheimer's cannot touch, by-passing the debilitating disease and often providing relief.
- ♦ Learning jazz dance can **improve balance** in older women, whose main cause of injuries are falls.
- ♦ Engaging in activities like arts and crafts, music, meditation, home repair, and reading stimulates the mind, reduces the effects of stress-related diseases, and slows cognitive decline.
- ♦ Using strategies of personal actors (like getting into character and constant rehearsal) has been shown to **improve memory** test scores of older adults.
- ♦ Individual piano instruction may serve as an effective intervention for age-related cognitive decline.
- ♦ Creative reminiscing has been shown to greatly **reduce depressive** symptoms.

*National Center for Creative Aging, www.creativeaging.org/sites/default/files/users/user1/researchfactsheet_0.pdf.

OLLI UPCOMING EVENTS

Weekly Bonus (Tuesdays in Wilson Hall 001)



Tuesday, October 7: *Mark Twain: Do We Really Know Him?* Don't miss a chance to hear our beloved storyteller, Joe Berry.

Tuesday, October 14: *Building Alabama Through Time: Geological History and Its Effect on the Modern World.* Jim Lacefield, Ed.D., takes us on a guided tour through Alabama's ancient landscapes..

Tuesday, October 21: *OLLI to OLLI: Alaska by Bus, Boat and Train.* If you have always been fascinated by Alaska, join us for a first-hand report.

Tuesday, October 28: *The Inexorable Inevitable: Stories of Death.* Sara McDaris, local storyteller, will put us in the mood for Halloween.

Friday Focus (Sign up now!)

Friday, October 10: *Digital Literacy Workshop.* Learn tips and techniques to better utilize technology to access news and information from Shelly Haskins and Rebecca Walker from *The Huntsville Times/al.com.*

A WORLD OF WINE, FALL 2014



Local wine authority and enthusiast Dan Thompson, from Ruth's Chris Steak House, is the instructor for *A World of Wine*. His course includes fundamentals about wine growing and harvesting; the influences on flavor, aroma and aging; the techniques of tasting; different styles of wine; and how to shop for the best wines. Three optional wine tastings are planned off-campus. Spaces in this new class were increased and the class has about 30 members.

A World of Wine is one of many new courses being offered at OLLI to expand our class offerings to appeal to our members' broad interests.

If you have a special interest in teaching or attending a course we do not currently offer, contact Gratia Mahony, Curriculum Chair, at dunhamgratia007@gmail.com. Plans are already well underway for the 2015 winter and spring terms.

From your Editor



Nancy Darnall
Editor

An interesting fact about our *OLLI Insider* is that each month it consists of twelve pages. Some months we have to squeeze in much more information than others. Other months we have more space. For months such as this, I may include articles and/or photographs submitted by OLLI members or about OLLI members or information about OLLI history and activities. There may be some quotes I find inspirational or relevant. If you would like to contribute such an article, please send it to me at nbd51@aol.com. As space allows, those items will appear in our newsletter. Thank you.

Barbara Drake is an active OLLI member, and a great supporter of OLLI at UAH. Barbara's granddaughter, Kirsten Giles (#8), just started school at UAH. She was offered, and accepted, an academic scholarship at Alabama (Tuscaloosa), but was subsequently offered a scholarship at UAH to play volleyball (which she then accepted). Kirsten proudly wears the number "8" on her jersey!



REMEMBER YOUR HOCKEY TICKETS!



The UAH Hockey team kicks off its home season on Friday, October 17 by hosting the Bowling Green State University Falcons. There will be a total of sixteen home games this season, playing both Friday and Saturday evenings at the Von Braun Center. What a great way to spend quality time with the family and support your UAH Chargers!

Historically, and intriguingly, Huntsville is the Hockey Capital of the South and our Chargers lead the way for the strong youth hockey programs in the area. Bring your grandkids, friends, and family for a fun (and cheap) night out!

There are giveaways, contests, and fun family entertainment offerings every weekend. The student athletes provide intense action on the ice, and they also participate in "meet and greets" after the game.

UAH brings in quality athletes from around the globe, and the students get a high quality education, you get to view a spectacular sporting event, and the Huntsville area continues its hockey tradition. Everyone wins! The season ticket price is normally \$192 per seat, but if you are a current OLLI member your price is \$100 for all 16 home games! What a deal! There is no limit on the number of tickets you may purchase. You can be seated with other OLLI members, if you choose.



To order your tickets or get additional information, please contact Janet Reville (jrev1988@gmail.com) with questions.

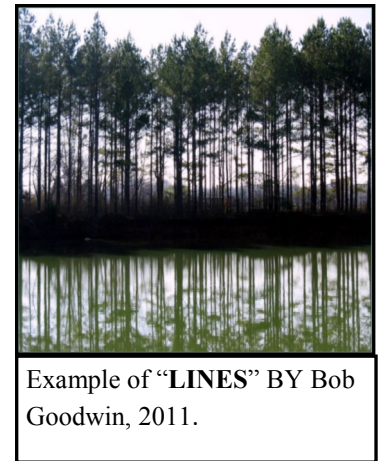


Amateurs Wanted!

If photography is a hobby or you enjoy taking photos just for fun, challenge yourself to finding original scenes of curves and/or lines for the OLLI Photo Contest.

Guidelines:

- ◆ **Theme:** Curves and/or Lines (together or separate)
- ◆ **Specs:**
 - * Gentle photo editing is permitted but keep the original photo
 - * Photos must be submitted in digital jpg/jpeg format
 - * Recommend at least 2 Megapixels (MP) final pixel size
 - * Color photos are preferred
 - * **Name your photo**
 - * Email as an attachment
 - * No recognizable persons please
- ◆ **Submit to:** ollinewsletter@msn.com. You can submit up to three entries; include your name, phone number, and email address. Give information about the photo, where you took it and the date
- ◆ **Submission deadline:** April 3, 2015



Example of "LINES" BY Bob Goodwin, 2011.

Please note that entering your photo gives Osher Lifelong Learning Institute at UAH and UAHuntsville permission to use your name and photo for the OLLI web site, catalog, newsletter, or any publications pertaining to the photo contest. You will be emailed a release form after your photograph is submitted and your photo will not be eligible for judging until the signed release form is received.

For questions regarding requirements or uploading or resizing problems, please call Lorrie White at 256-520-4455 or email to ollinewsletter@msn.com, subject: photo contest.

From *Ultimate Photo Tips*:

Lines do two things in your image. First of all, they lead your viewer's eye around your photograph. The human brain is hard-wired to follow lines with our eyes. This means that the placement of the main lines of your image is extremely important, since it directs your viewer as they look at your photo. You can lead them toward your main subject – or, if you're not careful you can lead them straight out of the picture! Using curved lines directs your viewer slowly around your image, as opposed to straight lines that rush directly to their destination.

Lines also convey emotion. Horizontal lines are calm, vertical lines are strong, and diagonal lines imply change. What about curved lines? They can convey hope or melancholy depending on whether they curve up or down. Curves can also be sensual or graceful. They are slow and meandering, not in a hurry.

PAST EVENTS

Special Events: National Weather Service Weather Forecast Office Tour



On Tuesday, September 9, OLLI members visited the Huntsville National Weather Service Office on the UAH campus. Meteorologists David Nadler and Brian Carcione conducted our tour. Mr. Nadler, Warning Coordination Meteorologist, presented information on the history and current operation of the office.

Brian Carcione, Science and Operations Officer, gave us a tour of the command center which is responsible for the day-to-day forecasts as well as issuing severe weather warnings. He discussed the research that is conducted in partnership with UAH and NASA.

We saw the "SWIRLL" (Severe Weather Institute Radar and Lightning Lab) building, located on the same property. When it opens, it will serve as the UAH Tornado Research Center.

We concluded our tour with a greater appreciation for the extensive resources available to the Huntsville community provided by the Weather Service Office.



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Photographs courtesy of Mable and Thurman Gordon.



SPECIAL EVENTS COMMITTEE

On Friday, August 12, 2014 members enjoyed popcorn and *The Monuments Men* movie. Member Pat Hair elaborated on her uncle's involvement in the real life drama portrayed in the movie. Captain Robert Kelly Posey, a U.S. Army team member who is played by Bill Murray in the movie, helped find and return precious art works stolen by the Nazis. Thank you, Pat, for your knowledgeable storytelling that added to both our enjoyment of the movie and to the book on which the movie is based.



Robert Kelly
Posey

Curriculum Committee



Gratia Mahony
Chair

“It takes a village.” Well, in OLLI, that is often exactly the case. A village of dedicated volunteers and staff make certain that each new session offers courses in a multitude of areas. The OLLI Curriculum Committee works virtually year-round with Maxine Doherty, other OLLI members, and various members of the extended community to assemble a large variety of courses (with the necessary instructors, course materials, and timetables) throughout the four OLLI sessions.

The Curriculum Committee is led by Gratia Mahony, Chairman; Linda McAllister, Vice Chairman and three task force members, Sue Chatham, Catalog Preparation; Steve Wynn, Class Facilitation; and Jean Mulcahy, Secretary and Term Finalization.

The Committee is comprised of the following thirteen **Discipline Chairs**:

- Arts and Letters** - Eleanor Schweinsberg
- Information Technology** - Maxine Doherty
- Finance and Economics** - Dirk Drawe
- Foreign Language** - Beth Altenkirch
- Psychology Philosophy and Religion** - Chris Rupp
- History and Government** - Carter Brantner
- Science and Mathematics** - John Schweinsberg
- Health and Fitness** - Helena Crutcher
- Natural Resources** - OPEN
- Travel Topics** - Doris Williams
- Leisure** (drawing, sketching, painting) - Bev Marchelos/Bob Goodwin
- Skills and Hobbies** - OPEN
- Weekly Bonus** - Phil Gwynn



In addition there are five “at large” members of the committee: Dick Fisher, Ken Rex, Barbara Hitchings, Bob Robertson and Vanitha Singh. If you have an interest in serving on the committee, contact Gratia Mahony at durhamgratia007@gmail.com.

GET INVOLVED!

OLLI is more than taking classes! There are lots of opportunities to do more. Be an OLLI office volunteer. Help plan special events. Be a part of the Curriculum Committee. Teach a course of your own. Attend events and bonuses. Go on a trip. Join or create a MIG (member interest group). Becoming more involved expands your circle of friends, uses those skills you developed over the years, and increases your sense of purpose. Plus you add value to OLLI.

Contact Maxine at 256-824-6183 or Maxine.Doherty@uah.edu for more information.

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age.” Sophia Loren



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