

News For Members of the Osher Lifelong Learning Institute at UAH

July/August 2016

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President's Message



Bob Darnall
President

I hope everyone is having a great summer. Our annual picnic on Green Mountain was a very enjoyable time. The weather, while quite warm, was not as bad as it can be during summer in Alabama. I met many new OLLI members at the picnic. As always, our OLLI members supplied excellent and varied dishes for our consumption. Special thanks go to Bob Goodwin who led a 1.5 mile hike around the lake. Thanks also to Leah Black and our OLLI Social Committee, who did their usual great job!

Nancy and I recently had the opportunity to go on a 1-day tour of Naccalulu Falls and three Northeast Alabama wineries. In November, OLLI is planning to conduct two similar trips to Tennessee. One would visit the Mansion at Fontanel (former home of Barbara Mandrell) in Nashville and the other would include the 1799 home of Judge John Overton and a tour of Belle Meade Plantation. These reasonably priced tours would have a limited number of participants and would be available on a first-come (paid), first-served basis. Sign-ups will start at 9:00 AM on August 11 at the Registration Celebration. Payment will be via personal check or PayPal at the signup desk.

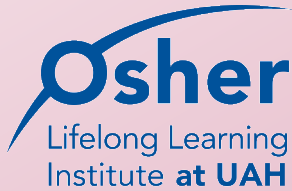
The Curriculum Committee and PCS Staff have been busy getting ready for the fall term. The courses, times, and locations have been decided. The online copy of the fall catalog is available, and the printed copy of the catalog should be available in early August. Remember that **registration begins as soon as the catalog is available online**, which is before you physically receive it in the mail. We always have classes that fill up quickly. With more members this will apply to more classes.

Have a great summer and I look forward to seeing each and every one of you this fall.

IMPORTANT SCHEDULE CHANGE — WEEKLY BONUSES



For the fall, bonuses will be from 10:30-noon in Wilson Hall 001, the auditorium. Watch for your Fall Catalog for the listings. As always, it looks to be an outstanding program.



OLLI CALENDAR

A Calendar of Upcoming Events will be published in each edition. Committee Chairs should contact Nancy Darnall at nbd51@icloud.com or Maxine Doherty at maxine.doherty@uah.edu to add items. Check your Weekly E-news for updates and details.

Month	Time	Event
REGISTRATION IS ONGOING! CLASSES FILL UP QUICKLY. DON'T WAIT TOO LONG!		
August 11	9:00 am-noon	REGISTRATION CELEBRATION. WILSON HALL LOBBY, ROOMS 152, 152 C AND 152 D. EXCITING COURSES, TRIPS, SIGN-UP FOR SOUTHEASTERN SPACE CAMP, OUTSTANDING INSTRUCTORS, MIGs, AND OTHER OLLI OFFERINGS WILL BE ON DISPLAY.
August 11	1:00 -3:00 pm	Popcorn and a Movie: <i>Eye in the Sky</i> . Wilson Hall 152
September 8	4:30-7:30 pm	Biergarten Stein and Dine, US Space and Rocket Center, Davidson Center. Watch for the OLLI signs.
September 9	10:00 am	Popcorn and a Movie: <i>The Way</i>
September 12	8:45 am	OLLI classes begin.
November 9	TBA	Flash trip to Nashville — Fontanel, former home of Barbara Mandrell, lunch at Café Fontanella, and Prichard’s Distillery at Nachez Hills. \$75.50
November 16	TBA	Flash trip to Nashville — Travelers Rest. Details at the Registration Celebration.
March 20– April 2		CAPITALS OF SPAIN, OLLI TRIP WITH GRAND CIRCLE TRAVEL.

Join your OLLI friends at these events scheduled by the Events, Curriculum, Cultural , and/or Social Committees; PCS; and UAH. Remember to check your Weekly E-news for the latest information on these and other activities. OLLI membership is required for OLLI activities. More details are available in the Committee Sections of this *OLLI Insider*.



Nancy Darnall

For the 2016-17 year, the former Cultural and Special Events Committees have merged. Over the past years, the missions of the two have mingled, so we shall have one chair with area captains for the various activities this year.

Popcorn and a Movie will continue on a two-pronged approach for both enjoyment and enrichment. We hope to have another go at a Film Festival — or more, show current and classic movies our members enjoy, and establish a series of Spanish-themed/located movies suggested by Grand Circle Travel in preparation for our Spring Break trip and for our armchair travelers. Themes and movie suggestions are welcome. Contact Jean Greenwood at meanjean@knology.net to share your ideas.

August 11, 1:00 pm: *Eye in the Sky*, a tension filled look at what war has become. Filled with stunning performances by Helen Mirren and Alan Rickman (in his last picture), the story moves from Africa to Las Vegas to London to Hong Kong and back again. Looking for a little excitement and a discussion about ethics in a war fought with drones and satellites? This is it.

Among the cultural offerings for the coming year will be Huntsville Symphony Orchestra Sneak Peaks, the Huntsville Master Chorale performances, Broadway Theatre League, the Huntsville Museum of Art, and Independent Musical Productions.

New for this year will be **Flash Trips**. These will generally be announced in the Weekly Enews with signup and payment on short notice. A reservation window will open, payment will be via PayPal or check, and the first ones to sign up get to go. Bob and I have tried out this idea and found that Bernadette Chverchko, our trip coordinator, is a thorough planner, very personable, detailed oriented and an excellent driver. The first two trips are listed below. Twenty-eight people is our limit. Sign up at the Registration Celebration on August 11, 9:00 till noon.

November 9, leave Old Time Pottery in Madison, return about 6:30 pm. Visit Fontanel, the former home of Barbara Mandrell (27,000 sq. ft. log home), lunch at Café Fontanella, and taste wine and rum at Prichard's Distillery at Natchez Hills. Cost per person of \$75.50 includes entrance fees, lunch, wine and rum tasting and transportation.

November 16, leave Old Time Pottery in Madison, return about 6:30 pm. Visit Travellers Rest Plantation and Museum, former home of Judge John Overton, lunch at the Loveless Café, legendary eatery, tour Belle Meade Plantation, and attend a wine tasting at the Belle Meade Winery. Cost per person is \$57.00. Lunch is NOT included. Sign up at the Registration Celebration, August 11.

FALL REGISTRATION CELEBRATION

Thursday, August 11 | 9:00 am – 12:00 pm
Wilson Hall Lobby | *Free Parking!*

Welcome fall with light refreshments, an opportunity to talk with instructors, socialize with other members, and get ready for another fabulous OLLI term!

Join OLLI for \$16 or 24 months for only \$32!

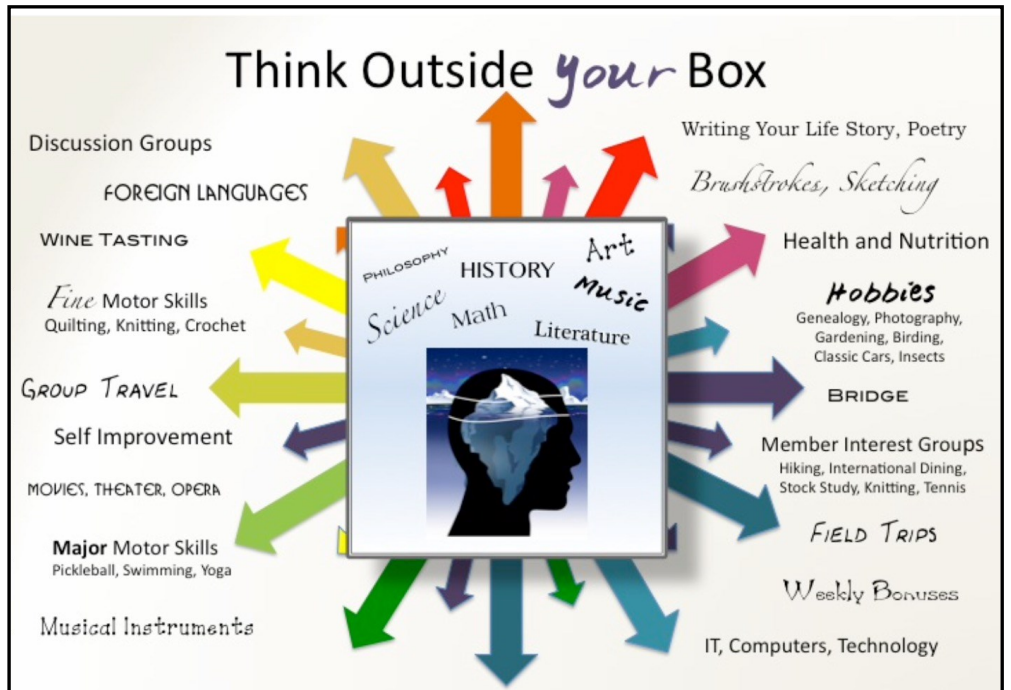


IT'S FALL!

Savor the season with over 70 courses. Ask instructors about their courses, and consider taking something new. Refresh your skills, rekindle friendships, and enjoy the benefits of your OLLI membership.

Choosing your OLLI Courses

Do you find that you choose the same style of OLLI courses each session? Many of us lean heavily into history, art, and current events. Others pursue languages and music offerings. Still others like the sciences and math. There is no right or wrong choice, as long as you are enjoying your courses and learning. Our Curriculum Committee is skilled at offering us 70 or so classes each session in a wide range of disciplines. If you would like to take a different approach to stimulate your brain and expand your range, we have some suggestions to transport you outside your comfort level. Small steps are perfectly fine. You may



even want to ponder your course of action for a session or two before you make your move. This is courageous stuff!

Most of us have heard about right/left brain function. The research of this has come a long way and the theories have evolved. No longer is there such a clear definition of left brain function versus right brain function, but clearly some areas of the brain are more involved in some kinds of learning than others. Typically, the left side is devoted to logical processes including analytical/logic math/science, language, and motor skills. The right side is considered the creative side and includes art/music, sensory, and mindfulness subjects. Within this framework, your OLLI curriculum may be separated into the following samples of course choices (from past and future OLLI offerings):

- Analytical/Logic: Brain, Consciousness, Thinking Machines, Socrates Café/Rumble Strips, computer classes, Game Theory, Bridge, and Great Books Discussion.
- Language: French, German, Spanish, sign language, etc.
- Motor Skills: Pickleball, swimming, Move It or Lose It.
- Self-improvement: Finding Equilibrium In Life
- Creativity: Writing Your Life Story, Brushstrokes, Photography
- Sensory: Understanding Great Art, Great Solo Piano Works, World of Wine, Psychology of Music
- Mindfulness: Breath-Centered Yoga, Music for Wellness
- Musical Instruments: Musical Keyboarding, Playing Ukulele

Think Outside YOUR Box — reach beyond your comfort zone and take a course to challenge yourself. It could change your world.

Thanks to Jerry Pang for the research and the art work.

SOCIAL COMMITTEE



Leah Black
Chair

I hope you enjoyed our OLLI picnic. As always, we had weather concerns, but the sun held. It was a very warm day. We drank lots of water and lemonade, shared delicious foods, visited, and (some of us) hiked. Thank you to all the volunteers and OLLI members who made certain we had all we needed for our annual event at the Green Mountain Nature Preserve.

Watch your Weekly E-news and *The OLLI Insider* for upcoming events after the class session begins. As the year progresses, we will have our lunches, OLLI Holiday Party, Teacher Appreciation Lunches, the Annual Dinner, and the 2017 picnic.

If you have an interest in planning and/or serving on the Social Committee, contact Leah Black at leahblack01@comcast.net. We have openings for ideas, points of contact, ticket sales, and “worker bees.” Come join us. It’s a blast!



In Memoriam: Joe Berry

On Friday, June 24, OLLI lost a long-time friend. Joseph Morgan Berry served OLLI for many years. He taught an involved course on George Washington over several terms. As a frequent speaker for our Weekly Bonuses, he spoke on many subjects, including How Lyndon Johnson Stole the Election, The Scottsboro Boys, poetry, and his novels. Joe always brought his A-game, sharing his knowledge and imagination with us and others in his circle. He was a member of The Spellbinders storytelling group. When he heard that bluebirds were threatened in our area, he built numerous houses to accommodate them. He was an engaging man, humble in his manner.

According to those who knew him well, Joe Berry was a successful trial lawyer who brought himself out of poverty: a humanitarian, nature lover, raconteur, conversationalist, writer, humorist, family man, and above all, a teacher. We are richer for having known him and heard him. He will be missed.



The great secret that all old people share is that you really haven't changed in 70 or 80 years. Your body changes, but you don't change at all.



MEMBER INTEREST GROUPS

OLLI currently has five MIGs, check them out:

Hiking: Hikes on Thursday and Friday mornings. Bob Goodwin, OLLIHiking26@yahoo.com.

International Dining: Try new foods and revisit favorites. Nancy Darnall, nbd51@icloud.com.

Knitting. Share your enjoyment and increase your skills. All levels welcome. Barbara Ward, bward@hiwaay.net.

Stock Study Club. Study and report on stocks to explore the world of investing. J. Phillip, the_p_patch@knology.net

Tennis: Court time and pro tournament gatherings. Sue Chatham, chatham@knology.net.

OLLI Membership is required for participation. It's a lot of fun for a \$16 12-months membership!

If you have an idea for a new group, write up a short proposal of what the activity is, who would lead, how the MIG would appeal to and benefit our membership. MIGs are open to all current OLLI members who are interested. Email your idea to Barbara Ward at bward@hiwaay.net.



Pick Up Your Knitting Needles!

After a short summer break, the OLLI Knitting MIG will be starting up again in August. We meet from 12:00 to 2:00 the fourth Monday of each month in the Business Administration Building (BAB) Room 223. We talk about yarns, patterns, and knit shops in the area; solve world problems, and even do some knitting. We're always looking for new members. If you are interested, contact Barbara Ward: bward@hiwaay.net.



Clear Your Taste Buds

Watch your September *OLLI Insider* for information about our upcoming International Dining options. Reservations and pre-payment are required.

Making the Best of Aging!



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

–Sophia Loren

The OLLI Insider September issue submission deadline is Sunday, August 14. (Early is better!) Please submit your articles to Nancy Darnall at nbd51@icloud.com. Any OLLI photos are welcome; just send them to the newsletter. As always, please include the photographer's name, the names of those in the photo, and the event shown. Thank you.



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