

News For Members of the Osher Lifelong Learning Institute at UAH

January 2019

Wilson Hall Room 113 Huntsville, AL 35899 256.824.6183 OLLI.Info@uah.edu Osher.uah.edu

Your OLLI President's Message

OLLI President's Letter – January



**Gratia Mahony
President**

The New Year brings opportunities to learn new things, meet new friends, and visit new places with OLLI. As the celebration of our 25th Anniversary dwindles down, we look forward to the start of our Winter Term. We hope you had the opportunity to attend our Winter Open House on January 11 to meet with our instructors and visit with our Curriculum Committee. It is always a fun time, complete with door prizes, snacks, and a free book exchange.

And speaking of exchange; OLLI members delight in exchanging and sharing our knowledge and experiences. Many of our teachers share information they have learned through their professional careers or from hobbies they enjoy. Our teachers are eager to teach their peers at OLLI, and this experience is rewarding for us all. What could be more fun in 2019 than to teach a class and share your own interests with fellow students? We hope you will consider

becoming an OLLI instructor and contact one of the members of the Curriculum Committee with your idea—no previous teaching experience required!

There are other ways members can become involved with OLLI besides teaching and taking classes. Consider becoming an Office Volunteer. This is an easy and delightful way to perform a service, meet new people, and learn about the OLLI events and programs. If you can dedicate a couple of hours a week to assist in the OLLI office and help direct people to class, or answer questions our members may have, please contact Irene Garoppo igaroppo@knology.net to arrange a time to help.

If you enjoy working in an office setting, you might consider becoming an OLLI Ambassador. OLLI Ambassadors help the OLLI program staff with office and clerical work, such as making name tags for our members or copying handout materials for OLLI instructors. If you can dedicate a few hours each week to this task, please contact Alice Sammon at Alice.Sammon@uah.edu.

I look forward to seeing many of you at OLLI when Winter Term begins on January 28.

Gratia Mahony, OLLI at UAH Board President

**Happy
NEW YEAR !**

CURRICULUM COMMITTEE



Linda McAllister
Curriculum Chair

Most of us have enjoyed the holidays and an extended break from OLLI classes. However, classes will resume on January 28 and course offerings are available in our Winter Term catalog. It is online at Osher.uah.edu or by clicking the catalog below. If you are a member of OLLI, you will have received a catalog in the mail. We hope that you will find some courses that interest you out of our many wonderful offerings.

Having celebrated a significant birthday recently, I received an interesting book in the mail as a gift. Marie de Hennezel, an internationally renowned clinical psychologist, has written a French bestseller - *The Warmth of the Heart Prevents Your Body from Rusting*. The author was seeking to find positive ways to accept the inevitable fact that we are all aging. She proposed we think of the latter phase of our lives as a renaissance. While reading her book, I saw so many parallels to my experience in OLLI over the past fourteen years. In the latter part of her research she revealed, "I was convinced that if we could surround ourselves with goodwill and keep our hearts open and a ray of light shining deep within us, our old age, whatever it might be like, would have dignity and meaning." After interviewing many who were happily aging,

she heard quotes like "curiosity was like an anti-aging drug" and "I see only the good moments; the others I forget." This research author realized after interviewing numerous happy seniors that some of her dear friends actually made her "want to grow old. Being with them does me so much good that I think of them as good luck charms."

I hope that courses and conversations at OLLI have whetted your curiosity and you have surrounded yourself with new or old friends that serve as your "good luck charms." I hope you are stimulated by a curiosity that motivates you to keep learning and to keep delving into the wonders and mysteries of life. I hope to see you around for Winter Term classes, and the numerous social opportunities offered through our OLLI at UAH program.

Happy New Year!
Linda McAllister, Curriculum Chair



**Click here to view
our Winter 2019
Course Guide!**

SOCIAL COMMITTEE



Bob Darnall
Social Committee

On December 18th, the Annual OLLI Holiday Party was held at the Jackson Center. Ted Cannon, local DJ and owner of Music Machine DJs provided soft Christmas music during the social hour/dinner and then turned up the volume for everyone to dance. What a great way to kick off the holiday season.

Laissez les bon temps rouler! Our next social function will be a Mardi Gras party on Monday, March 4th at 6:00 p.m. at the Speakeasy located behind the lockers at Straight to Ale at Campus 805. We will have New Orleans Cajun style food and music. Come in costume if you like, put on green/purple/gold beads, and enjoy Fat Monday, two days before Ash Wednesday. There will be sign-up sheets at the January 11th Open House and in the volunteer office during the start of the Winter Term, or you can register online. Tickets are \$35.00 per person. Stay tuned to the weekly eNews for the launch of the online ticket sales.

On the last day of Winter Term, Friday, March 15, there will be a teacher appreciation luncheon. We are trying a new venue for this function which will be held at Design Lab at the Lincoln Mill on Meridian Street at 11:30 a.m. Be sure to plan to come out and thank your instructors for all they do to make OLLI great.

If you would be interested in serving on the Social Committee or you just have some ideas about what events you would like to see at OLLI, please contact me at 256.508.6033 or darnall45@icloud.com.

Bob Darnall, Social Chair

UPDATE: Nomination Task Force (NTF)

Each year the OLLI Board of Directors elects five members to serve on the Nomination Task Force. The task force is responsible for reviewing applications from members desiring to serve on the Board and generating a ballot to be distributed electronically to each OLLI member. Voting for the 2019-2020 Board will be conducted in March. This year the NTF consists of: Alissa McKinnon, OLLI Program Manager; Bob Darnall, Chair; Sue Chatham; David Rabb; and Irene Garoppo.

OLLI is a volunteer run organization and only operates efficiently as long as members are willing to support the many activities with their time and resources. If you would be interested in helping with the operation of this wonderful organization, please fill out an application form, available in the OLLI volunteer office. If you would like more information on the level of commitment needed, please contact Bob Darnall, or any of the other members of the task force.

VOLUNTEER COMMITTEE



Irene Garoppo

Many of you have had reason to visit the OLLI Volunteer Office. Some to ask questions, some to make copies, some just to chat for a while with friends. Our volunteer office is located in Wilson Hall, Room 151, and sometimes is a bustle of activity with people dropping in to get information or stopping by to chat with others members. There are many times you'll find three or four people in the office just chatting.

Ever wonder how the office gets staffed? By volunteers, of course. As you've hopefully noticed, volunteers with a warm smile and pleasant personality. Some perks of being a volunteer: If you have a 10:30 a.m. class and don't want to fight the parking issue, volunteer for an 8:30 a.m. shift in the office; if you have a class at 10:30 a.m. and another at 2:30 p.m. , volunteer for a 12:30 p.m. shift in the office. It's a great way to kill time between classes, or to avoid the 10:30 a.m. parking rush. It's also a great way to meet new people and know what's going on in our OLLI world. SO, if you possess the smile/personality traits or are tempted by the "perks" and may be interested in being an OLLI Office volunteer, please contact Irene Garoppo at igaroppo@knology.net.

OLLI is Stronger with its Volunteers!

If you have an interest in becoming an OLLI Ambassador and assist in the UAH College of Professional and Continuing Studies OLLI office, please contact Alice Sammon at Alice.Sammon@uah.edu or 256.824.6183.

If you would like to assist with snacks after the weekly Bonus please contact Rexanne Warfel at rewarfel@yahoo.com. Note: a snack schedule has been posted on the board in the lounge to make it easier to sign up for particular days.

If you would like to help staff the OLLI Volunteer office, contact Irene Garoppo at igaroppo@knology.net.



CALENDAR

Month	Time	Event
1/18/19	10:30 AM	Popcorn & A Movie: Anne of Green Gables (Part 2) - Continue following the life of orphan Anne Shirley. WIL 152.
1/19/19	3:00 PM	OLLI at UAH HOCKEY NIGHT Come enjoy an exciting UAH Hockey game at the VBC. All free tickets have been claimed, but OLLI members are still encouraged to come out & support the UAH Chargers!
1/25/19	10:30 AM	Popcorn & A Movie: Woman in Gold - Maria Altmann, an octogenarian Jewish Refugee, takes on the Austrian government to recover artwork that rightfully belongs to her family. WIL 152.
1/28/19		Winter Term 2019 Begins
2/1/19	10:30 AM	Weekly Bonus- Travel Fun with OLLI – Curious about traveling with OLLI? Join Linda & Bill McAllister for recap of OLLI trips including Eastern Canada, the Canadian Rockies and New Orleans. WIL 001.
2/2/19	11:45 AM	The Metropolitan Opera presents Carmen at Regal Hollywood 18 at 3312 S. Memorial Pwky. Optional lunch at 11:00 am at Salsarita’s prior (3002 Memorial Pkwy SW). POC: Eleanor Schweinsberg (eschweinsberg@bellsouth.net)
2/8/19	10:30 AM	Weekly Bonus- Finding Purpose and Happiness in Retirement – Find the ingredients to make retirement the happiest, most meaningful time of your life with Marianne Oesher. WIL 001.
2/9/19	3:00/7:00 PM	Huntsville Master Chorale– Mosaic of Love. Join OLLI friends for this Valentine’s spectacular! Advance ticket purchase required -\$32. POC: Contact Nancy Darnall (nbd51@icloud.com).
2/15/19	10:30 AM	Weekly Bonus– You Be The Judge – Join retired attorney Tom Borchert for a mock trial to see how comfortable you feel sitting in the jury box! WIL 001.
2/22/19	10:30 AM	Weekly Bonus– Flowers at 1818 Farms – Natasha McCrary of 1818 Farms in Mooresville will share ideas & info on sustainable gardening: seed starting, harvesting and saving! WIL 001.
3/4/19	6:00 PM	Mardi Gras Party- Speakeasy, Behind Straight to Ale -Campus 805. Tickets are \$35.00. New Orleans Style Buffet. Cash bar with plenty of music and dancing! Sign up in OLLI Volunteer Office or online. Stay tuned to eNews and website for online ticket sales.
3/15/19	11:30 AM	Teacher Appreciation Lunch Design Lab / Old Lincoln Mill on Meridian Street.

Contact Linda Lowe (llowe38@gmail.com) to add an event.

Celebrating 25 Years of Lifelong Learning at UAH

OLLI's 25th Anniversary Celebration with Bob Labbe

On Friday, December 7th, OLLI hosted the “Guru of Oldies” himself, Bob Labbe, in the third and final event of the 25th Anniversary Speaker Series at the UAH Nursing Building.

Bob has been spinning pop-hits of 1950 - 1990 from his vast collection (over 20,000 45-rpm records) in live broadcasts, from the studios of WLRH every Friday night for 28 years. How's that for some numbers! OLLI and non-OLLI fans of his *Reelin' in the Years* show, along with the curious, turned out in large numbers to see and hear him in person at UAH.

The standing-room only audience was elated to hear Labbe regale stories of meeting chart-topping artists over the years. Some were even dancing in the aisles to favorite tunes that framed their memories of yesteryear. Bob managed to work in pop-trivia games and hand out prizes to the Rock-n-Roll sharpies.

The event was a win-win partnership, as later on Friday night, Bob extolled the excellence of OLLI at UAH on-air several times. He thanked OLLI for its special hospitality; and *Reelin' in the Years*, which airs each Friday night 9 p.m. – 1 a.m, on public radio station WLRH, FM 89.3, picked up a host of new listeners. *OLLI members, please, tune in!*

Nancy and Bob Darnall were so impressed with Labbe's volunteer commitment to public radio over the years, they donated tickets to Broadway Theatre League's *Kinky Boots* on behalf of OLLI to his program as give-a-ways to trivia contest winners.



Photos courtesy of UAH photographer Mike Mercier



25th Anniversary Speaker Series - A Soggy Success!

In celebration of **25 years of Lifelong Learning** at UAH, OLLI scheduled a lively celebration, kicking off its festivities with a reception at the historic Lowe House in September, where beloved member Sue Chatham was honored with the inaugural OLLI at UAH Legacy Volunteer Award. The reception was also a special time to recognize the past presidents and founding members of OLLI at UAH. To further celebrate this proud achievement in lifelong learning, OLLI also scheduled three special presentations for Fall 2018. Starting in October, Dr. Wayne Flynt, noted Alabama historian and author, kicked off the series with *Pulitzer and Politics: The Alabama Legacies of Harper Lee and George Wallace*. The room was almost overflowing, and his interesting stories and historical knowledge did not disappoint. The rain and wind outside did not dampen the spirits of the attendees as they talked with Dr. Flynt at the reception following his presentation, and he signed copies of his books.

In November, the Director of Curatorial Affairs from the Huntsville Museum of Art (HMA) presented *Behind the Scenes of Louis Comfort Tiffany - Treasures from the Driehaus Museum*. Peter Baldaia gave an unusual perspective of the inner workings of the museum exhibit and how it is acquired, assembled, and displayed. The exhibit is on display at HMA until January 13, 2019. Mr Baldaia battled through the storms that day accompanied by the Curator of Exhibitions, David Reyes. Together they enlightened the full room of attendees with their anecdotes and knowledge about the Tiffany treasures. The post lecture reception allowed additional questions and socializing with the guest speakers.

The last of the series was held in December, on yet another dark and rainy day. However, the spirits of those attending were quite the opposite. Mr. Bob Labbe, a host on WLRH radio and a pop music historian, presented *Reelin' in the Years: Pop Music from 1950s-1990s*. Between his historical knowledge and the recordings he played, the entire room was thoroughly entertained. Attendees were still humming their favorite tunes as they socialized with Mr. Labbe over appetizers and refreshments at the reception following the presentation.

The 25th Anniversary Speaker Series was designed to celebrate our lifelong learning program and to advertise our programs to the general public. Each presentation was advertised and open to the public, but designed to be interesting and entertaining to OLLI members. As a whole, our members value continuing learning opportunities mixed with a bit of socialization and fun.

If you enjoyed one or all of the speakers, please thank the 25th Anniversary Committee members - they worked from January until December planning, organizing, and executing each presentation.



25th Anniversary Committee:

Janet Reville (co-chair), Sue Chatham (co-chair), Alice Chang, Dannye Drake, Liz Kocir, Gratia Mahony, Linda McAllister, Jane McBride, Alissa McKinnon (CPCS), Jerri McLain, Bill Patrick, Val Seaquist, and David Styers.

25th Anniversary Committee pictured with UAH First Lady, Beth Altenkirch, host of the 25th Anniversary Lowe House Reception.

ANNUAL OLLI HOLIDAY PARTY

On December 18, the annual OLLI Holiday Party was held at the Jackson Center. Ted Cannon, local DJ and owner of Music Machine DJs provided soft Christmas music during the social hour/dinner and then turned up the volume for everyone to dance. What a great way to kick off the holiday season!





MEMBER INTEREST GROUPS

MIGs are open to all OLLI members.

Hiking: Hikes on Thursday and Friday mornings. Bob Goodwin (OLLIIHIKING@gmail.com)

Dining Out: Featured local restaurants each month. Sandy Dabrowski (dabros1@comcast.net)

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. Judy Eckert (juaeckert@gmail.com)

Tai Chi: Practice sessions for members **who have taken tai chi classes**. Jerry Pang (pang7713@gmail.com)

Bridge: Bring or meet a partner to play bridge for fun. All levels welcome. Bruce Machamer (bnmacham68@gmail.com)

To establish a new MIG or for general information about MIGs, contact the OLLI MIG Coordinator, Linda Harman at linda.e.harman@gmail.com.

OLLI After 5

Winter Term begins on January 28th. What better way to get involved than registering for one of the OLLI After 5 courses! See the list below for the courses happening after 5 p.m.

Tuesday-

Mastering Wine: Kristen Lindelow

Beginning Spanish: Jill Uithoven

Ballroom Dancing: Traci Romine

Breath Centered Yoga: Rebekah Frank

Thursday-

Go with the Flow: Lori Connors

Bridge Conventions: Bob Darnall

Appreciating the Art of Craft Beer: Brimmer Sherman

Register for classes at Osher.uah.edu!

Do you have a civic, social or religious group that might be interested in learning about OLLI and all we offer? If so, contact Liz Kocir, OLLI Public Relations Chair, at elizabethkocir@yahoo.com to arrange a speaker for your group.

Remember: YOU are the best PR person for OLLI. Share your experiences with friends and encourage them to become members.

MEMBER INTEREST GROUPS

OLLI Winter Hiking 2019

Dates: **Thursdays: January 24-March 21 (Easier hikes-Easy to moderate)**
 Fridays: January 25-March 22 (More difficult-Moderate to hard)

Time: **9:00 AM-12 PM (There may be some variances on the Friday hikes)**

Location: Various

Join fellow OLLI members on those dull, wintry mornings for fun, camaraderie and fitness on trails in the Huntsville area. We will try a mix of some of the newer trails and older ones on Chapman Mountain, Green Mountain, Wade Mountain, Monte Sano and other locations. You will not need a lot of equipment: sneakers or hiking boots, a walking stick and water are the basics. Dogs on leashes are allowed!

Sign-ups starting now for winter. Liability waivers are required. All hike details will be handled via E-mail. **Send an E-mail to: OLLIHIKING@gmail.com** and ask to be added to the list. You will receive a list of hikes and a waiver about a week prior to the first hike. **If you are receiving our E-mails, there is no need to sign up again!**

You will not sign up through the normal school registration process!

Hiking is free if you are a member of OLLI! For new membership or renewal: Osher.uah.edu. Easiest way is to call 256.824.6183.



EVENTS COMING IN WINTER

UAH Hockey hosts OLLI Saturday, January 19th, 3:00 p.m.

Come enjoy an exciting UAH hockey game with seats located rink-side at the Von Braun Center! UAH will be playing against University of Alaska/Anchorage, and you will feel a part of the action! This event was one of our popular last year, and once again, the UAH Athletic Department has gifted us with a limited number of tickets - email quickly to reserve your seat! You can also get a glimpse of OLLI's banner (below) which will be posted at every hockey game through the 2019/20 season! Limit of two seats per OLLI member. Contact Janet Reville at jrev1988@gmail.com for more information



FUTURE TRIPS

OLLI members love to travel and have had great experiences going to Alaska, England/Wales/Scotland, Fairhope, Memphis, eastern and western Canada, Spain and Washington, DC in the past four years. We have successfully completed one of our 2019 trips with Rhode Scholar to New Orleans and are excited for our two future trips with Grand Circle travel later this year!

NATIONAL PARKS

Next up is a thirteen-day trip to some of our National Parks, beginning July 12, 2019. The trip begins in the capitol city of Utah, Salt Lake City, site of world headquarters of the Mormon Church and the 2002 Winter Olympics. From there we will travel north by motor coach to begin exploring several of our epic National Parks including Yellowstone, Grand Teton, and the Badlands. We will also float the Snake River, visit Jackson Hole, a Japanese-American Confinement Site, Buffalo Bill Centre, Devil's Tower, Crazy Horse Memorial and Mount Rushmore before concluding in Rapid City, South Dakota. For more information, contact **Linda McAllister** at wmca@hiwaay.net or look at the complete program details online at www.gct.com/npt2019. Register now with Grand Circle at 800-221-2610 referencing code **G9-28254 OLLI UAH trip to the Great National Parks**. **Please note: 24 OLLI members have already signed up so don't wait too long to jump onboard!**

CHRISTMAS MARKETS ALONG THE DANUBE

Ending the year, we are cruising the Danube, as we shop for the holidays. *The Christmas Markets Along the Danube Tour* will be the first week in December 2019 departing Huntsville December 2 and departing Vienna December 10. We will begin our cruise in Nuremburg and pass through Regensburg, Passau, Linz, Melk and the Wachau Valley ending in Vienna where we will board the plane for home. We will be stopping at the world-famous Christmas markets along the way so leave plenty of room in your suitcase for the treasures you're sure to find. Pre-register now with **Grand Circle at 877-220-2540** referencing code **G9-26157 OLLI UAH trip for Christmas on the Danube**. On-line go to <https://www.gct.com>; in the "where would you like to go" block, type "Christmas Markets Along the Danube" and hit "enter". Updated flyers are in the OLLI Volunteer Office. Contact Irene Garoppo at igaroppo@knology.net for additional information.



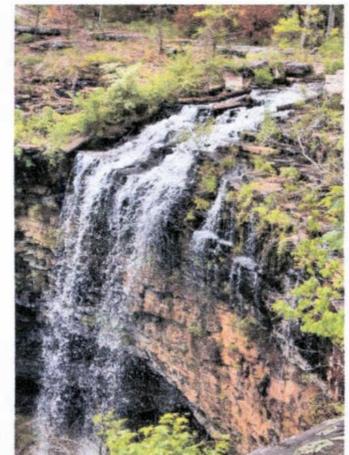
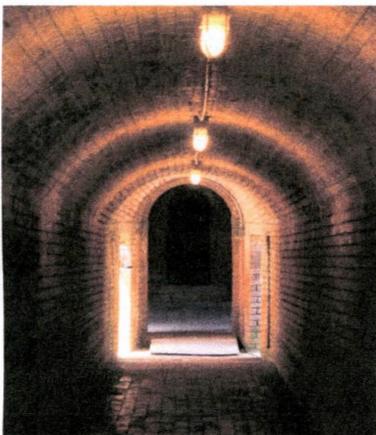
PHOTO CONTEST

2019 OLLI Photo Contest

ALABAMA 200:

Landmarks of Alabama

It can be man-made or natural. An historic building or a cavern. Just get out there and take some photos of the Alabama you love!



Guidelines:

- Theme:** “Alabama 200: Landmarks of Alabama”
 - Specs:**
 - * Gentle photo editing is permitted but keep the original photo
 - * Photo must not have identifying/copyright marks
 - * 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
 - Submit to:** olliphotocontest@gmail.com. You can submit up to three entries; include your name, phone number, and email address. Give some information about the photo, where you took it and the date
- Photos must be taken between April 1, 2018 and March 31, 2019
- Submission deadline:** April 1, 2019 Questions? Email: olliphotocontest@gmail.com



THE LAST WORD

What's Happening in Winter?

The [Catalog](#) for Winter classes is now available. Registration is now open.

The *OLLI Insider* February information submission deadline is **January 17** (Early is better!) Please submit your articles and photos to Lisa Brunegraff at brunela@hiwaay.net. As always, include the photographer's name, the names of those in the photo, and the event.

Don't forget to read your *OLLI @ UAH Weekly e-News* which is sent every Friday evening.

Winter Term Parking Hang-Tags

The parking permit procedure has changed for this academic year. You no longer have to obtain a new parking permit each term. You do have to get your permit (hang tag) validated each term. If you have a permit from Fall term and are registered for Winter term, take it to the CPCS Registration Office (Wilson Hall, room 103) to have your permit validated for the term. The same process will apply for Spring and Summer terms.

Do you have a suggestion to improve OLLI's educational offerings or services to the members? There is a suggestion box in the hallway outside the OLLI Volunteer Office. We would like to hear from you. Do you have a concern that you would like addressed? Do you want to volunteer for something but don't know who to approach? Please let us know.

OLLI Needs Your Support

In support of the 25th anniversary of lifelong learning at UAH, the OLLI Support Fund has a campaign, "\$25 for 25 Years of Lifelong Learning." We are asking for a contribution of \$25.00 and hope at least 25% of the members respond. Learn how you can donate to this campaign below!

Support our Scholarship Fund

Education at any age is a wonderful journey! Each year, the OLLI at UAH Scholarship Fund provides support for two deserving UAH undergraduate students. This fund gives OLLI at UAH the opportunity to create a bright future for scholarship recipients in our campus community.

How to Donate:

The easiest way to donate is by credit card online at osher.uah.edu. If you would prefer to donate by check, print out the [donor form](#) page (this insures tax credit) and mail the form to the below address. Whichever method you choose, be sure to designate which fund you would like to donate to.

OLLI at UAH Fund
Shelbie King Hall, Third Floor
Huntsville, AL 35899