

News For Members of the Osher Lifelong Learning Institute at UAH

February 2019

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

Your OLLI President's Message



Gratia Mahony
President

OLLI President's Letter – February 2019

I hope winter term classes are going well for everyone. How delightful it is to keep our minds active during these mid-winter months. It is also nice to join our friends at lunch time in the OLLI lounge to catch up on some social news, or perhaps to continue discussing a recent class.

The OLLI lounge has a new, upcoming feature that may interest you. A large, gray bulletin board will be hung next to the white board in WIL 152D. This is here to display community events that are not part of the OLLI program but may be of interest to our members. Items placed on this bulletin board must be from non-profit organizations. Announcements on this board might be for plays, ballet, music recitals, concerts or UAH events. Anyone wishing to place information about an upcoming event should contact our Event Chair, Linda Lowe (lhowe38@gmail.com), to reserve a space on the bulletin board.

OLLI trips and events will continue to be announced via facilitator announcements prior to classes, in the OLLI Weekly E-News, and on the event schedule in the newsletter. If you are not currently receiving the Weekly E-News, please contact the OLLI CPCS Offices at 256.824.6183 or OLLI.Info@uah.edu.

Of course, the best advertisement for OLLI classes and social functions is by word of mouth. If you have a friend you think would be interested in OLLI, pick up a brochure in the OLLI Volunteer Office (WIL 151) to share with them. Better still, give a gift membership and bring them to our Weekly Bonuses on Fridays which are open to all OLLI members. You can also gift them a Term Registration, so they can take some courses for themselves and discover just how intriguing it is to be an OLLI member.

Please enjoy all that OLLI has to offer.

Gratia Mahony
OLLI at UAH Board President



CURRICULUM COMMITTEE



Linda McAllister
Curriculum Chair

OLLI Winter Term courses began on January 28! I hope you are one of the folks excited to be back in classes after an extended winter break.

There are many courses offered in the disciplines of Arts and Letters, Psychology, Natural Resources, History and Government, Finance and Economics, Science and Math, and Health and Fitness, as well as our fun courses found in Leisure, Skills and Hobbies. Actually, I tend to think all of our courses are fun if you want to learn, but the latter category offers more hands-on activities such as drawing, bridge, card-making, puzzles and chess. Of course, if you made a New Year's Resolution to think about your health and exercise, there are exercise classes and a healthy cooking course designed just for you. If you are not registered yet, I challenge you to get off the couch and rush out to UAH to be a part of Winter Term. Registration is on-going, and the term will last for seven weeks, ending on March 15

I would also like to mention our Friday Bonus presentations are a part of our Curriculum Committee offerings. On the first six Fridays of Winter Term at 10:30 a.m., these presentations will take place in the UAH Wilson Hall Theater (WIL 001) off of the main lobby. All OLLI members are encouraged to attend - no registration is required.

Weekly Bonus presentations are one of the perks of membership. The first Bonus was a slide recap of all OLLI trips in the past five years and information about upcoming travel opportunities. On Friday, February 8, Retirement Coach Marianne Oesher will present *Finding Purpose and Happiness in Retirement: What are the Ingredients?* On February 15, Tom Borchert, a retired attorney, who taught *Alligators in the White House*, will engage the audience in a mock trial. On February 22, Natasha McCrary, a local flower farmer, will share information about sustainable gardening. On March 1, Dr. Morris Seymour, a local doctor, will help us understand our aging spines, and on March 8, Delois Smith, retired UAH VP for Diversity and Multicultural Affairs, will raise our awareness of diversity and inclusion matters. What an array of interesting topics- not to mention our Social Committee offers delicious and substantive refreshments after every Bonus. Get together with another OLLI member to support our Friday Bonuses and to enjoy socializing afterwards in our OLLI lounge.

Linda McAllister
Curriculum Chair



SOCIAL COMMITTEE



Bob Darnall
Social Committee

Laissez les bon temps rouler! Grab your beads and put on a mask! Join OLLI for a Mardi Gras celebration with a New Orleans-style dinner, Zydeco music from DJ Hal Beach, and a costume contest! DJ Hal Beach will give us some basic instructions on Zydeco dance steps! Costumes are optional, but there will be prizes for the best costume! There will be sign-up sheets in the volunteer office during the start of the winter term, or you can register online [here](#) (coming soon).

On the last day of winter term, Friday, March 15, there will be a Winter Term Teacher Appreciation Luncheon. We are exploring a new venue for this function, which will be held at Design Lab in Lincoln Mill on Meridian Street. 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

Board of Directors Applications– DUE FEBRUARY 22

OLLI at UAH is a volunteer organization managed by a Board of Directors (BOD) elected by the general membership. This year, we have six (6) slots open on the BOD. The Nomination Task Force is seeking enthusiastic candidates to fill these positions! The candidates will work with the current Board members and the University to preserve and improve the program quality our 1,000+ members expect. Are you such a person? Are you committed to expanding our OLLI and its horizons? Do you know someone who would like a more direct role in OLLI?

Board members serve a three-year term and can be elected to a second consecutive term. Submit an application or nominate a person who you think would make an effective Board member! Encourage a member you think would provide the commitment and ideas to keep our program strong and growing.

Application forms are available in the OLLI Volunteer Office and are due by February 22. In early March, the Nomination Task Force will review all the candidates and generate a ballot for the membership to cast their votes.

If you would like more information about the Board and its responsibilities, please contact Bob Darnall at darnall45@icloud.com or 256.508.6033.

VOLUNTEER COMMITTEE



Irene Garoppo

So 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 is sometimes a bustle of activity with people dropping in to get information, pass time before going to class, or stopping to chat with others members. There are many times you will find three or four people in the office just to chat.

Ever wonder how the office gets staffed? By volunteers, of course. As you have hopefully noticed, we are proud to have volunteers who offer a warm smile and pleasant personality to our members. 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. Volunteering is a great way to spend time between classes, or to avoid the mid-day parking rush. It's also a great way to meet new people and know what's going on in our OLLI world.

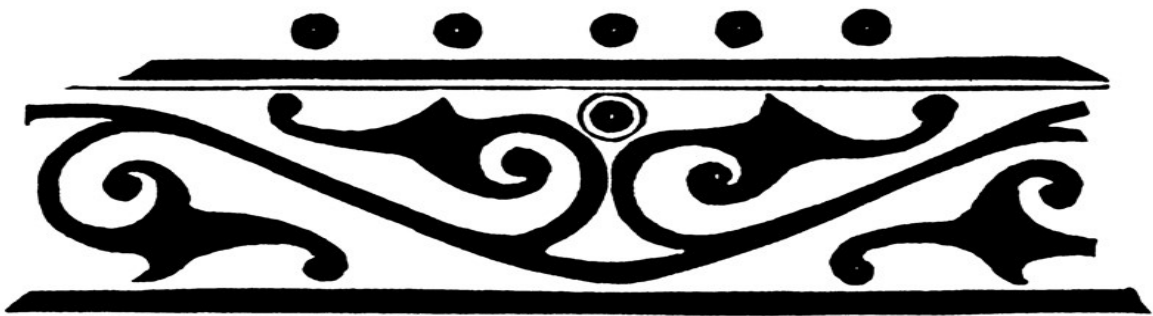
If you possess any of the above qualities or are tempted by the "perks" and may be interested in being an OLLI Office volunteer, please contact Irene Garoppo, igaroppo@knology.net.

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 (CPCS) OLLI office, please contact Alice Sammon at Alice.Sammon@uah.edu or 256.824.6183. Ambassadors work one-on-one with CPCS to make OLLI a stronger program by helping with administrative and office tasks. They work behind the scenes to ensure that our program runs smoothly and continues to grow better than ever!

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
2/8/19	10:30 AM	Weekly Bonus: Finding Purpose and Happiness in Retirement with Retirement Coach Marianne Oesher. WIL 001. What are the Ingredients? Facing a loss of identity and sense of purpose in retirement can be difficult. Hear insights and tips to make retirement the happiest, most meaningful time of your life.
2/9/19	3:00/7:00 PM	Huntsville Master Chorale– Mosaic of Love. Join OLLI friend's for this Valentine's spectacular! Advance ticket purchase required. Concert & Dessert - Cost \$32. Contact Nancy Darnall, nbd51@icloud.com for tickets to either 2:30 p.m. or 6:30 p.m. seating.
2/14/19	All Day	HAPPY VALENTINE'S DAY
2/15/19	10:30 AM	Weekly Bonus: You Be the Judge with Tom Borchert. WIL 001. Think you're a good fit for the Supreme Court? Like to give your opinion? Join a retired attorney for a mock trial to see how comfortable you feel sitting in the jury box!
2/18/19	6:00 PM	Dine out at Purveyor Come join the OLLI Dine Out MIG for world class cooking perfectly paired with your favorite wine, beer, or bourbon! Located in The Avenue, downtown Huntsville. Contact: (dabros1@comcast.net)
2/22/19	10:30 AM	Weekly Bonus: Flowers at 1818 Farm with Natasha McCrary. WIL 001. The owner of 1818 Farms in Mooresville will share ideas and information on sustainable gardening: seed starting, harvesting and saving! Learn more about the 1818 Farms Flower Truck!
3/1/19	10:30 AM	Weekly Bonus: The Aging Spine with Dr. Morris Seymour. WIL 001. Learn how mature generations can respond to their aging spine from an expert in neck and lumbar spine disorders at The Orthopaedic Center Spine Team.
3/4/19	6:00PM	Mardi Gras Party at the Speakeasy, Behind lockers at Straight to Ale- Campus 805. Join OLLI for a Mardi Gras celebration with a New Orleans-style dinner, Zydeco music from DJ Hal Beach, and a costume contest (optional)! Cost is \$35.00. Sign-up in the volunteer office or purchase your ticket online here (coming soon).
3/15/19	11:30 AM	Teacher Appreciation Lunch. Design Lab / Old Lincoln Mill on Meridian Street. Celebrate our Winter Term Teachers! POC: Bob Darnall (darnall45@aolcom).
4/5/19	11:00 AM –3:00 PM	SAVE THE DATE: Inside OLLI Information Session. Learn about the social, educational, cultural, and volunteer opportunities that await you in OLLI. Box lunch is served. Online pre-registration required here (coming soon). POC: Gratia Mahony (dunhamgratia007@gmail.com).
4/14/19	2:00 PM	Huntsville Ballet: Romeo and Juliet. VBC- Mark C. Smith Concert Hall. For half-price discount tickets, contact Joan May (jmikemay@comcast.net) or Dannye Drake (stagestruck@wowway.com).

Contact Linda Lowe (lhowe38@gmail.com) to add an event.

TRIP TO NEW ORLEANS

OLLI Went to NOLA



An intrepid group of thirteen OLLI members traveled to New Orleans to participate in the Road Scholar tour on January 13-18, 2019. From the moment we checked into the lovely and historic Hotel Monteleone on Royal Street in the French Quarter to the fare-well jazz brunch at The Court of Two Sisters five days later, every member had a wonderful time. During our time in New Orleans, we rode in horse drawn carriages, street cars, busses, paddle-wheel



boats and pedi-cabs. Throughout the French Quarter, we walked and walked. In many of the famous New Orleans restaurants, we ate and ate—and then ate more!

We learned too. Most mornings began with a lecture after breakfast. We were introduced to the New Orleans architecture of the Garden District with an interesting talk, followed by a bus and walking tour of a beautiful section of the sixty block area. The following day we learned about the development of the French Quarter and the settling of other parts of the city by many different diverse groups of people. We had another tour through this part of New Orleans and saw first-hand the devastating effects of Hurricane Katrina.

We also spent one day touring museums and were impressed by the massive scale of the WWII museum and the quality of the displays of both the European and the Pacific theaters. That evening, we all went to the New Orleans School of Cooking for a demonstration of Creole and Cajun cooking by a professional chef and enjoyed the meal he prepared for us.

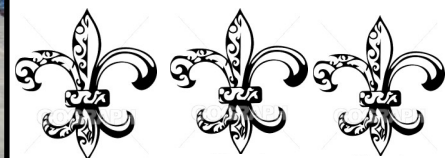


The subject of another lecture was “Authors from and of New Orleans.” We discovered the many books written about this three hundred year old city. Visits to the Cabildo and Presbytere to see exhibits on the history of New Orleans, Mardi Gras, and Hurricane Katrina helped us learn more about this fascinating place. We experienced great fun touring Jackson Square and the Mississippi River Walk and taking a ride on the paddlewheeler, *NATCHEZ*.

Oh, and the music! We were entertained by street musicians, jazz clubs, and even our own private group who played for us at dinner one night. The theme of this trip was *New Orleans: Jazz, Jambalaya and Joie de Vivre*. I would be hard pressed to find a more enticing place in which to spend five fabulous days.

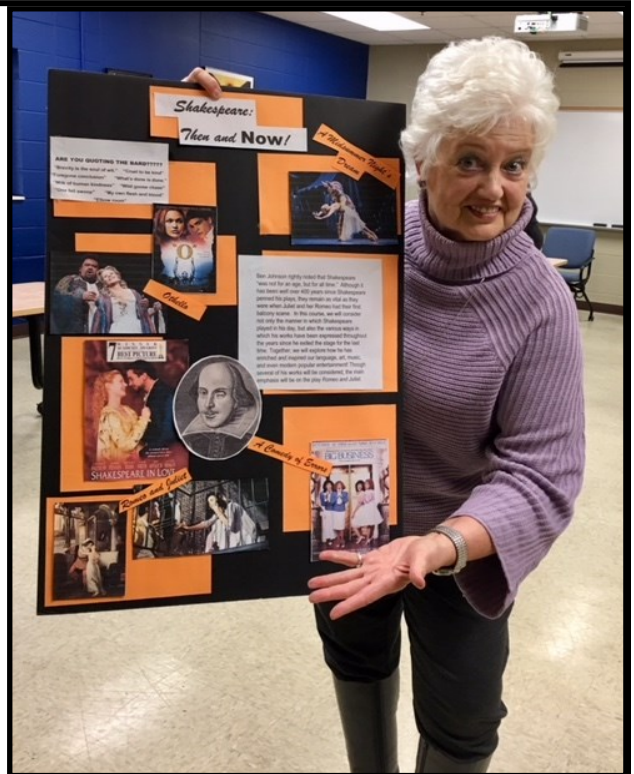


Gratia Mahony



WINTER TERM OPEN HOUSE

OLLI Winter Term Open House on Friday, January 11 was a big success. We welcomed many new members to OLLI, while returning members registered for Winter Courses and validated their parking passes. Teachers answered questions regarding their upcoming courses, and visitors learned about special events and travel opportunities within OLLI. Fifteen lucky participants won door prizes, including a complimentary term registration, and everyone enjoyed refreshments and meeting OLLI friends.



MEMBER INTEREST GROUPS

MIGs are open to all OLLI members.

Hiking: Hikes on Thursday and Friday mornings. Bob Goodwin (OLLIHIKING@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.

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 your group. 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, visit Osher.uah.edu or call 256.824.6183.



OLLI AFTER 5:00

With many members still working or having days so busy they cannot enjoy daytime classes, *OLLI After 5* gives you the opportunity to participate in class and enjoy the social aspect that makes OLLI unique. Term course registration is required to participate in the *OLLI After 5* courses.

Tuesdays 1/29 - 3/12 | 5:15 - 6:45 pm

Ballroom Dancing (Traci Romine) - Singles and partners welcome...let's dance! Classes will be taught by a professional instructor in the beautiful studios at Madison Ballroom.

Mastering Wine (Kristin Lindelow) - A comprehensive introduction to wine that will cover the wine regions of the world, the history of wine, how to smell, taste and identify aromas and flavors, how to read a wine list and more.

Beginning Spanish (Jill Uithoven) - Designed with beginners in mind. An immersion into the Spanish language designed to help gain confidence in speaking at a basic level.

Breath Centered Yoga (Rebekah Frank) - 5:00 - 6:00 pm, Explore the benefits and practical applications of yoga for health and healing. Class is accessible to beginners and experienced practitioners. Mat required.

Thursdays 1/31– 3/14 | 5:15-6:45 pm

Go with the Flow (Lori Connors) – Pour painting has become popular in the past years. Create paintings using a variety of acrylics, combined with flow media.

Bridge Conventions (Bob Darnall) – For the avid Bridge player. Learn different techniques to increase your skills.

Appreciating the Art of Craft Beer (Brimmer Sherman) – Learn about the history of beer making and the science of the process. Group meets off campus at the different tap rooms.



UAH EVENTS IN WINTER

OLLI Goes to Wheeler National Wildlife Refuge Wednesday, January 16

OLLI members were excited to brave the cold and venture out to the Wheeler National Wildlife Refuge (NWR) on Wednesday, January 16 for a special tour and viewing of the migrating Whooping Cranes. OLLI members assembled at the Wheeler NWR Observation Building for a special presentation from Ranger Daphne Moland, after which they observed ducks and geese as well as the “stars of the show,” the cranes!

Despite the partial national government shutdown, Wheeler National Wildlife Refuge was one of only a few refuges in the Fish and Wildlife Refuge System that received a 30-day reprieve. Ranger Moland suggested the Whooping Crane was to credit for this occurrence. Whooping Cranes are very rare, but slowly growing in numbers, and Wheeler is one of the few refuges with a dependable winter flock. Unfortunately for attendees of the event, the one female crane that typically comes within view of the Observation Building was not present when nearly 30 OLLI members were observing. More than a dozen other Whoopers have been counted somewhere on the Wheeler NWR this year.

However, Sandhill Cranes are plentiful. Both of these very large cranes will stay through January and, perhaps, into early February. They will then return to their breeding grounds in Wisconsin and Canada.

Bill McAllister



Whooping Cranes are often found with Sandhill Cranes (shown here).

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. Join us on these two wonderful trips in 2019.

Great National Parks July 12-24

This exciting trip begins in Salt Lake City, Utah and travels north by motor coach to explore several of our National Parks including Yellowstone, Grant Teton, and the Badlands. Also included is a float on the Snake River and visits to Jackson Hole, the Japanese-American Confinement Site, Buffalo Bill Center, Devil's Tower, Crazy Horse Memorial and Mount Rushmore before departing from Rapid City, South Dakota.

Three double rooms are still available. Register now with Grand Circle Travel at 800.221.2610 and reference Code G9-28254 OLLI UAH trip to the Great National Parks.

For more information contact Linda McAllister at wmca@hiwaay.net or look at the complete program details online at www.gct.com/npt2019.

Christmas Markets Along The Danube

HURRY! TIME IS RUNNING OUT!

Register now for the OLLI Christmas on the Danube Cruise in December. Fourteen people are currently registered. Grand Circle is holding space for us until mid-March; so, if you're on the fence about it, now is the time to jump the fence and join us. After March, there is no guarantee space will be available, since this is normally a trip that fills up as soon as it is announced.

Travelers will leave on December 2, 2019 and fly to Nuremberg, Germany, where we will spend two days. We will be off to Regensburg on Days 4-5; Day 6 in Passau; Day 7 to Linz, Austria; Day 8 in Melk and Vienna; and finally leaving Vienna on Day 9 to return home. Cost is very reasonable at \$3295, with airfare FROM HUNTSVILLE. The price is adjusted based on cabin choice on the ship. *All single rooms have been taken, but there are plenty of doubles still available.*

Cost includes air fare, accommodations for 7 nights aboard a private river ship with wi-fi access; 20 meals including beer, wine and soft drinks; 5 tours with a dedicated guide, with visits to a maximum of five Christmas markets and five Exclusive Discovery Series events; gratuities for local guides and motorcoach drivers, all port charges and baggage handling for one piece of luggage per person, including tips. An extra bonus is a 5% frequent travel credit toward your next Grand Circle trip.

Grand Circle Cruise Lines has received awards from *Travel and Leisure*, *USA Today* and *Cruise Critic's* international team of editors. With all these awards, you know we'll be on a top-ranked cruise, PLUS you will be with a fun group of OLLI members. It is time to get off that fence and book your trip. You can contact Grand Circle at 800.221.2610 to make your reservation, mentioning code G9-26157 to identify you as a member of our group. Trip brochures are available in the OLLI Volunteer Office or online at www.gct.com/xms2019.



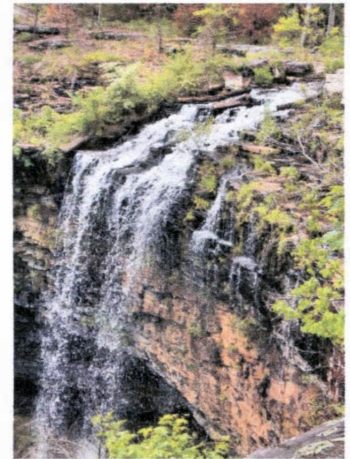
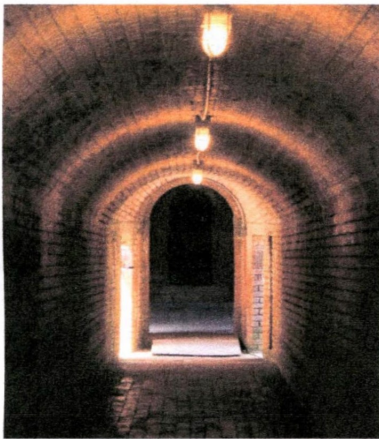
PHOTO CONTEST

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 still open.

We have classes, of course, but don't forget Bonus sessions (no registration required), movies, dining out evenings, guest lectures, field trips, a holiday party, lunch & visiting in the Lounge with friends. Most of these activities are free with your membership. Take advantage of the opportunities!

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 now have to get your permit (hang tag) validated prior to each term. If you have a permit from Fall term and are registered for Winter term, take it to the OLLI 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