

News For Members of the Osher Lifelong Learning Institute at UAH
MAY 2019

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



CALENDAR

Month	Time	Event
4/15/19– 5/24/19		
SPRING SEMESTER		
5/10/19	11:00 AM	Bonus: North Alabama Japanese Garden – <i>Robert Black</i> . The North Alabama Japanese Garden has grown to become a community center for Japanese culture. Learn more about this local Monte Sano treasure. WIL 168.
5/13/19	12:00 PM	Great National Parks Trip Meeting . Info session open to all members attending or interested in the trip.
5/17/19	11:00 AM	Bonus: Three Weeks in Eastern Europe – <i>Rick Schwarz</i> . Take a trip off the beaten path and join us as we recap three weeks touring Eastern Europe in 2017. WIL 168.
5/20/19	6:00 PM	Annual Dinner - UAH Student Services Building (SSB 112). Join OLLI friends and invited guests for a special evening celebration. Make your reservation now at Osher.uah.edu/AnnualDinner . Cost is \$20.00 per person. Contact OLLI.Info@uah.edu for more information.
5/24/19	11:00 AM	Bonus: Stem Cell Therapy – <i>Dr. Charles Lee</i> . Discover how Stem Cell Therapy is used to focus on the whole body and treat the root cause of disease and early aging. WIL 168.
5/27/19		Memorial Day – UAH CLOSED
5/31/19	10:30 AM	Movie and Popcorn: The Post - A cover-up pushes the country's first female newspaper publisher and an editor to join a battle between press and government. WIL 152C.
6/4/19		SUMMER TERM BEGINS. Register today!
6/17/19	9:00 AM	ADTRAN Guided Walking Tour . Take a tour of this global communications solutions provider! Sign up in the OLLI Volunteer Office, WIL 151, or online here .
6/19/19	11:30 AM - 2:30 PM	Annual Summer Picnic (POTLUCK) . Bring a dish and - enjoy company with your OLLI friends, and take a hike around the lake if you like. OLLI direction signs will be up. Green Mountain Nature Trail Pavilion.

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

FROM THE EDITOR



Lisa Brunegraff
Editor

The Spring Term is drawing to a close. Many of our members already have plans for vacations. Gatherings are planned with family and friends whether it be birthdays, graduations, marriages or even reunions. The Annual Dinner and Meeting will be here soon. What a pleasant way to celebrate and share what experiences we had during the last year. Hopefully the courses you have taken have enriched your knowledge or have opened up different avenues for ways you can explore new talents.

For some, especially those new to retirement, summer can be a challenge when you get out of a routine. It is good to know OLLI does not completely shut down during the summer. In fact, the OLLI Summer Program has already published and a list of courses and activities are available. Some courses will last for a couple of days, and some courses are day trips to places like Muscle Shoals or Fort Payne. There is even an overnight trip to Montgomery to dig deeper into the *Civil Rights Movement*. Whatever you decide to do, you are guaranteed to have fun.

As a reminder, I want to encourage members to share how they are spending their time this summer. Please take pictures and send them to OLLINewsletter@uah.edu.

Lisa Brunegraff
Editor, The OLLI Insider



FROM THE PRESIDENT



Gratia Mahony
President

I got to know many of you through classes, OLLI committees, OLLI trips, or visiting in the lounge. OLLI at UAH is a unique organization. We are one of 123 lifelong learning institutes sponsored by the Bernard Osher Foundation throughout the nation, but we are operated by our own elected, volunteer board of directors, functioning as part of the College of Professional and Continuing Studies (CPCS) at The University of Alabama in Huntsville.

As many attendees at the recently-held half day seminar, **Inside OLLI**, learned on April 5th, it takes a very large and dedicated group of people to make OLLI so successful. OLLI is operated by committees which include: Administration and Finance, Curriculum, Member Services, Social, Fund Development, Volunteer, Travel, Public Relations, and Events. Each committee has a chairman and members who serve on that committee. In addition, we have a dedicated group of folks who serve as OLLI Ambassadors, helping the CPCS staff with office work, making name badges, and performing other important tasks.

We also have large groups of volunteer facilitators during each term in every course, who take attendance in the classes, present the announcements of upcoming events, make copies of handouts, help operate the AV equipment for our teachers, and in general, assist the instructors so each class runs smoothly and efficiently.

There are also the excellent volunteer teachers who share their expertise with us and present classes in topics related to their professional disciplines or in areas of their hobbies or interests. All of this activity focuses around the social and educational desires of our members. We enjoy our learning experience, we love to travel, attend social functions, and share in the joy of participation with friends and peers.

It has meant a lot to me to have been a part of this great lifelong learning experience.

Thank you,

Gratia Mahony
OLLI at UAH Board President

CURRICULUM COMMITTEE



Linda McAllister
Curriculum Chair

The beauty and freshness of Spring perks me up and makes it easier for me to have an attitude of gratitude. As we begin the third term of this academic year with OLLI, once again, there are so many things about our program that deserve kudos. Let me tell you some of the facets of our Curriculum that make me grateful.

I am grateful for all who work to plan our curriculum, especially Discipline Chairs who search for instructors and facilitate getting course syllabi submitted. I appreciate other Curriculum Committee members who spark new ideas and steer us to continue developing interesting courses. I am grateful new teachers continue to approach us to volunteer their time and talents to teach courses for OLLI. I am grateful for long-term teachers who continue to engage the curious among us year after year. I am grateful to teachers whose subject matter typically attracts smaller groups, but yet they are willing to spend time preparing and teaching nevertheless. I am grateful to teachers who agree to extend the size of their class when there is a waiting list. I appreciate teachers who haul their resources into Wilson

Hall each week, such as Healthy Cooking, Card Making and most of the art classes. I am thankful for teachers who take a personal interest in their students and make coming to OLLI courses multi-dimensional. I am grateful for teachers who are willing to repeat a popular course, so new OLLI members can have the opportunity to learn. I am grateful for course facilitators who help with details to make the classroom experience worthwhile. Also, I am always grateful for our UAH staff, Alissa, Alice and Fathia, who help to structure our program and keep it running smoothly.

As you can see, there is much to appreciate in OLLI, and Curriculum is the heart of all Osher Lifelong Learning Institutes. I would be amiss if I did not mention two of our outstanding teachers will be moving and leaving big shoes to fill. Vanitha Singh taught approximately 40 courses for OLLI, and Gratia Mahony taught 30 courses, even though she only moved to Huntsville a few years ago. You probably know Gratia is currently our President, but prior to that, she was Vice President and chaired the Curriculum Committee for several years. Both of these teachers set a high standard for our curriculum, and they will be missed.

Another long-term OLLI teacher, Debbie West, was recognized recently for volunteering to teach 35+ Art History courses over the past 15 years. Our OLLI Board nominated Debbie for the prestigious Virginia Hammill Simms Award, which is given annually to a deserving person who has dedicated numerous hours volunteering in the local arts community. We were pleased Debbie could represent OLLI at the Awards Dinner on April 13th.

We do indeed have an OLLI program that makes it easy to be grateful, and I look forward to sharing new experiences with many of you as we participate in courses this spring.

Linda McAllister
Curriculum Committee

SOCIAL COMMITTEE



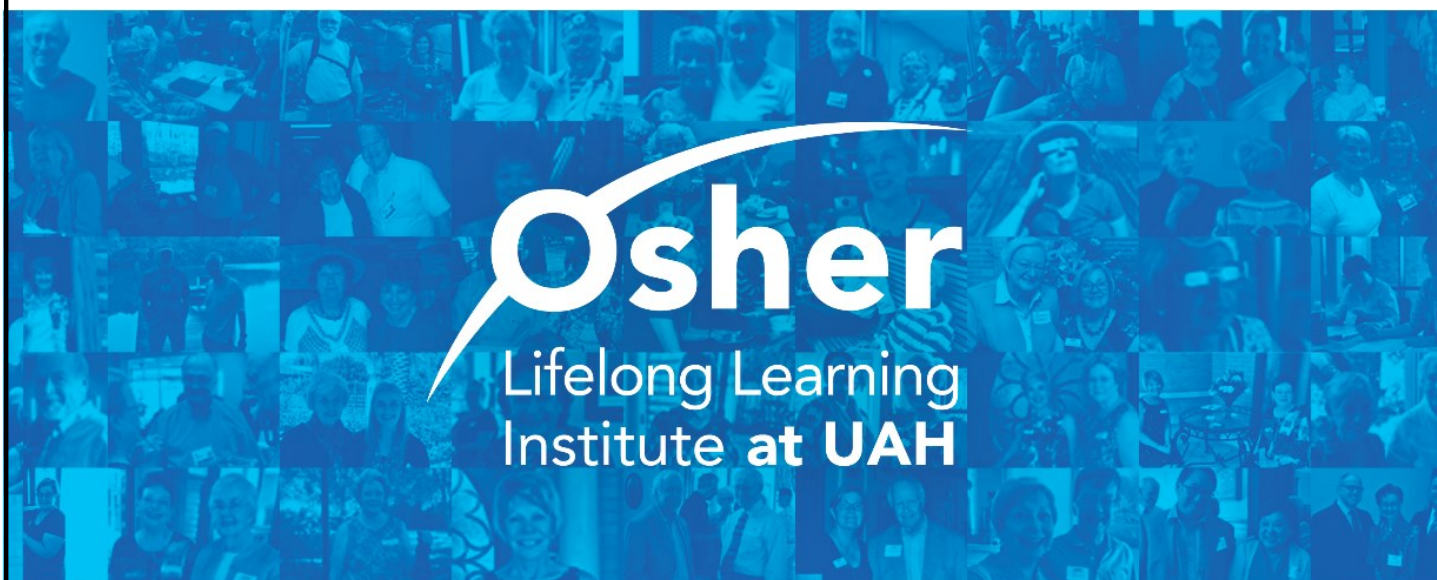
Bob Darnall
Social Committee

As the 2018-2019 school year comes to an end, there are two events I want everyone to know about. On Monday, May 20th, the OLLI Annual Dinner and Meeting will be held at the UAH Student Services Center (SSB 112). The reception will be at 6:00 PM, with dinner starting at 6:30 PM. After dinner, we will be treated to entertainment and announcements concerning our undergraduate scholarship program, the OLLI photo contest results, and recognition of our Board of Directors, both new and retiring. Cost for the entire evening is only \$20, so I hope everyone will mark your reservations. You can make a reservation online [here](#) or in the OLLI Volunteer Office, WIL 151.

Also, please mark your calendars to attend the OLLI Summer Picnic on Wednesday, June 19th from 11:30 AM—2:30 PM at the Green Mountain Nature Trail Pavilion. Bring your favorite pot luck dish (store bought is fine) to share. OLLI will provide drinks and tableware.

As always, 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 in OLLI, please contact me at 256.508.6033 or darnall45@icloud.com.

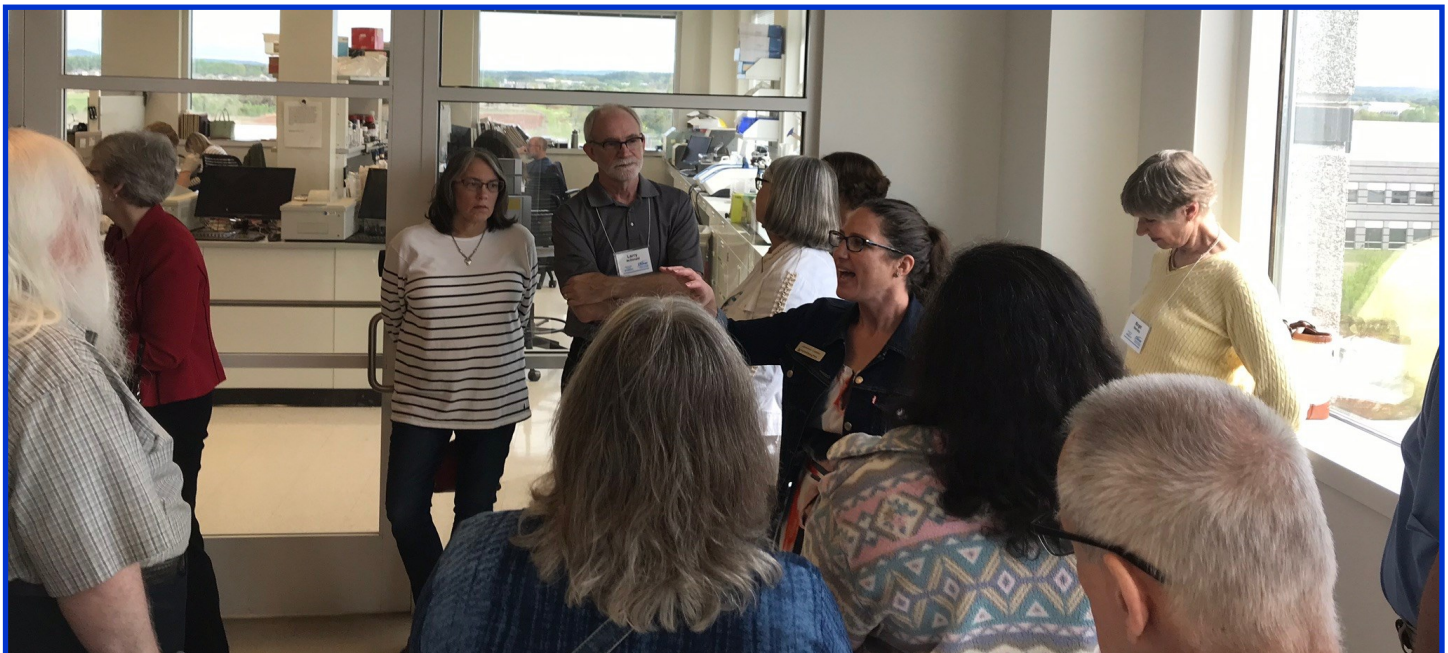
Bob Darnall
Chair, Social Committee



Monday, May 20, 2019 | \$20 — Social 6:00 pm | Dinner 6:30 pm

UAH Student Services Building - Room 112

Hudson Alpha Tour



On Tuesday, April 9th, several OLLI Members were given a tour of the HudsonAlpha Institute for Biotechnology. Like our Digging into DNA course taught by HudsonAlpha, this tour was very popular! The HudsonAlpha Institute for Biotechnology has a four-fold mission of conducting genomics-based research to improve human health and well being. We were grateful to see their facilities and learn about all the incredibly important work they do.

Virginia Hammill Simms Award



OLLI at UAH was excited to nominate OLLI Instructor Debbie West for the Virginia Hammill Simms Award this year. The Virginia Hammill Simms Award celebrated its 51st year of honoring arts volunteers who support our community. The award and its banquet are sponsored by Huntsville Ballet Association.

Debbie West has taught art history courses for OLLI for more than fifteen years now, teaching more than 35 courses as a volunteer. Debbie has also served in leadership roles with Huntsville Literary Association and supported community theater groups. She had an impressive resume of contribution for the Huntsville and OLLI communities.

Cathy Chan (top left corner) hosted a reception for all 2019 Award nominees. She was nominated by UAH last year and won the Award for her numerous contributions in the arts community.

OLLI folks were happy to support Debbie West at the VHS Awards Dinner on April 13th. Pictured from left to right are Dick Fisher, Peggy McClure, Larry West, Gratia Mahony, Debbie West, Nancy Darnall, Jane McBride, Jennifer Humiston, Bill and Linda McAllister (2015 VHS Winner).

Inside OLLI



The Inside OLLI Information Session was held on Friday, April 5th. The purpose of this half-day seminar was to introduce new members to how OLLI works with The University of Alabama in Huntsville, the OLLI at UAH Board of Directors, and the various OLLI Committees. Members learned about the social, educational, cultural, and volunteer opportunities. We were very excited to meet several new OLLI volunteers at this event. To learn more about volunteering with OLLI, contact Irene Garoppo, igaroppo@knology.net.

OLLI LIFE



One of the new courses during OLLI's Spring Term is **ART JOURNALING**. Monica Yother, a graphic artist from Lowe Mill, is covering different techniques to explore ways to mix traditional journaling with visual images, symbols and colors.

MEMBER INTEREST GROUPS

MIGs are open to all OLLI members.

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

Dining Out: Featured local restaurants each month. If you do not like dining out alone, this is a great opportunity to try out a new restaurant and make new friends. Restaurants are selected based on availability for a group and broad menu selections to accommodate most tastes. MIG tries to have an event each month with various price points. There are a few regulars attenders who come with friends, but others are first timers. Suggestions of where to go are always welcome. 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.

VOLUNTEERS

OLLI is Stronger with its Volunteers!

If you have an interest in becoming an OLLI Ambassador and assisting 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 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. Volunteers play a crucial role in our program and are always

NEED FOR PRESENTERS

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. Liz has all of the displays pamphlets and equipment needed to help you.

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



FUTURE TRIPS

GREAT NATIONAL PARKS TRIP MEETING

Monday, May 13, 2019 | 12:00pm | WIL 152

Open to ALL members, trip attendees, and those seeking more information about the trip!

Christmas Markets Along The Danube

HURRY! TIME IS RUNNING OUT!

The Christmas on the Danube Cruise in December is still open with some space available, **BUT** it is now open to the general public. If you want to take this cruise, HURRY! Space may still be available, but it is going fast.

We will leave on December 2, 2019 and fly to Nuremberg, Germany, where we will spend two days. On days 4-5, we are off to Regensburg, Day 6 in Passau, Day 7 to Linz, Austria, Day 8 in Melk and Vienna, and 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 the 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 motor coach drivers; and all port charges and baggage handling for one piece of luggage per person, including tips. As extra bonus, there will be a 5% frequent travel credit toward your next Grand Circle trip.

If you are interested, 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 you can go online to www.gct.com/xms2019.

Looking forward to sharing this wonderful experience with fellow OLLI members!



THE LAST WORD

**Weekly Bonuses are on-going
each Friday!**

**Join us before each week for a
snack at 10:15 am.**

11:00 am | WIL 168

**5/10/19—North Alabama
Japanese Garden**

**5/17/19—3 Weeks in Eastern
Europe**

5/24/19—Stem Cell Therapy



Don't forget to read your *OLLI at UAH Weekly e-News* which is sent every Friday evening. Not receiving yours? Contact OLLI.Info@uah.edu.

Do you have a suggestion to improve OLLI's educational offerings or services to the members? 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? There is a suggestion box in the hallway outside the OLLI Volunteer Office.

OLLI Needs Your Help!

A portion of the OLLI at UAH program is funded by course fees and the Osher Foundation, but additional support is needed to cover the expenses of this program and continue the 65+ courses offered each term. **To celebrate our 25 years of lifelong learning with OLLI at UAH, our goal is for 25% of our membership to contribute to the fund and to raise a total of \$25,000.**

How to Donate:

The easiest way to donate is by credit card online at Osher.uah.edu/DonateOLLI. 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 Support Fund
Shelbie King Hall, Third Floor
Huntsville, AL 35899