News for the members of the Osher Lifelong Learning Institute at UAH

MAY 2020 ISSUE



THE OLLI







FROM THE EDITOR

OLLI - MORE THAN LEARNING



As I sit here in my home "self-isolating" myself, as well as recuperating from two surgeries in less than 10 days (due to an unexpected medical condition) my thoughts turn to my time with OLLI and the important role it plays in my life.

Not only have I been given the opportunity to continue my love of learning, but I have also had the chance to get involved and challenge myself to do things that, a few years ago, I never thought were possible. I have made wonderful friends who, through their kindness and concern for my well-being, have kept me going these past few weeks.

Although the core of OLLI's existence is to provide opportunities for lifelong learners to continue learning through its many classes and bonus programs, it also provides the social environment we so desperately need to stay connected to each other and the world we live in.

Human connections are vital to our overall mental and physical health, especially as we age. It is a bond we all share and can never be broken, no matter what challenges we face as a community or as a nation.

This month's issue features not only our usual array of articles, but also pictures of the various fun activities we enjoyed throughout the 2019-2020 academic year. It serves as a reminder that OLLI will be back, I believe, stronger than ever.

While we will not be publishing the *OLLI Insider* for June and July, we will be back in August with more great stories and pictures. In the meantime, stay in touch with your friends, family and neighbors. Keep reading your *OLLI eNews* every week to get the latest information and updates, but most of all, be safe and stay healthy.

Have a great summer.

Elizabeth Kocir Editor, OLLI Insider



Register today at Osher.uah.edu/OLLIRegistration



The OLLI Insider article submission deadline is the 17th of each month for the following month.

FROM THE PRESIDENT

WHAT EVER HAPPENED TO RANDOLPH SCOTT?



While I was sitting in my family room one night listening to the governor of California, Gavin Newsom, talk about how our world might change over the next few months as we try to recover from the social distancing of the COVID-19 virus, an old Statler Brothers song popped into my mind.

In the song, the writer laments how things are not so simple anymore. It is written in the context of movies and looks for a simpler time like the Randolph Scott movies when you did not have to worry about whether a movie was rated G, PG, R or X.

I fear we will all be looking back over simpler times as we emerge from this period of the Coronavirus that will significantly impact our personal lives until either a vaccination or treatment is developed. For our demographic, it must be very similar to the stress our parents endured prior to the development of the Sabin oral vaccine for polio that most of us took in the early '60s. We are all on an interesting journey that is unfolding in front of us every day. Be safe!

Your OLLI election has been completed, and it is with great pleasure that I welcome our new members to the board. The new board members are Kathryn Cataldo, Barbara Johnson, John Mason, Harriett Somerville, Jan Williamson, Rexanne Warfel, Marilyn Szecholda and Steve Jones. I also want to express my gratitude to the members who are leaving the board. To Linda McAllister, Peggy McClure, Bob Darnall, Irene Garoppo, Dick Fisher, Ken Rex, Cliff Lanham and Val Seaquist, we thank you for supporting and representing OLLI at UAH for the past three years if not more.

Thanks to each of you for voting and supporting these new members to join your OLLI board. The board will now meet, likely by Zoom, to elect the executive officers for the 2020-2021 year. Many thanks to our Nominating Committee, which found this excellent group of volunteers to support OLLI for the next three years.

For our new board members, we normally schedule training and orientation for June. The Executive Board is still in discussion of how to handle this under the current restrictions we have.

We will advise you of the plans when they unfold. Be patient; we will be integrating you into the team and putting you to work.

We held an Executive Board meeting in April by Zoom. It was an interesting process. My wife tells me I either have to load a faux background into Zoom or dust the furniture in the dining room prior to the next one.

At that meeting, the Executive Board formally canceled the Annual Meeting on May 20th due to the restrictions that we currently have for meetings and social distancing. We will have a celebration to welcome everyone home when we reopen.

We will make a decision on the Summer Picnic at the May meeting based upon the policies at that time. We will keep you advised.

Our university is continuing online class instruction at this time. OLLI is also now offering courses online during the month of May and we will be seeing more online programming in our regular summer term in the next months.

Due to our unique demographics, being most susceptible to complications from the coronavirus, the University has indicated we will be among the last groups in the transition back to campus for our safety. I appreciate the recognition and concern the University has for our safety.

Please be patient as these plans develop and are unfolded for us. Our staff in the College of Professional Studies is doing a great job keeping us informed of what is going on at the University through this process, and they will advise us of where we fit into the transition plan when the timing is appropriate.

Thank you for being a part of our OLLI.

David Styers
President, OLLI at UAH Board of Directors



ONLINE COURSES AND MORE!



The CPS staff misses seeing our OLLI members in the hallways, classrooms, and lounge, but we hope you are staying safe at home. This time of social distancing and working remotely has definitely been a challenge, but I am glad we have been able to find ways to keep our members engaged. We

have many online resources and activities available for you to participate in from the comfort of your home.

- 1. **OLLI Express Online:** You are now able to take a variety of courses from home in the month of May. Check out the nine courses we are offering on our website at Osher.uah.edu/OLLICatalog Tuition is \$10 and the cost per course is \$15.
- 2. Coffee Chats with Program Manager and Program Coordinator: Join Alice and myself every Thursday at 3:00 pm to talk about different conversation topics and current news. If you want to sign up for the next coffee chat on Thursday, May 7th click HERE.
- 3. **Weekly Bonus:** We are bringing back your weekly bonus sessions, but they are now **LIVE** online. We have a great line up of presenters just for you in the next month. To sign up and find more information visit **Osher.uah.edu/WeeklyBonus**, You can also find more information on your weekly eNews as we will be sharing a recipe from your Bonus Snack Coordinator, Rexanne Warfel, for you to pair with the lecture.
- 4. **eNews:** Find more information on how to register for courses, keep up to date with information on UAH campus guidelines, participate in tours from different museums and attractions around the world, enjoy entertainment such as opera, different shows, art and music. Members receive eNews every Friday afternoon.

In other news, the name for our college has changed from the *College of Professional and Continuing Studies* (*CPCS*) to the *College of Professional Studies* (*CPS*). Changes will be shown in our marketing materials and on the website over the next several of weeks. We hope you are doing well and staying safe. As always you can reach us at OLLI.info@uah.edu or at 256.824.6183.

Take care!

Ale Pacheco OLLI Program Manager



Click on the image to register for the session on 5/7.



COLLEGE OF PROFESSIONAL STUDIES

New College Logo

CURRICULUM COMMITTEE

A MEMORABLE JOURNEY



What a journey! Being chair of the Curriculum Committee for the past three years has been an exciting journey.

I have met so many new teachers and bonus presenters who have regularly come to us with new ideas. It has been a pleasure to

see members volunteer to share their experiences, skills and expertise with OLLI members. It has also been fulfilling to see courses develop and then hear excellent feedback from our membership.

My journey has been fulfilling for so many reasons. For example, the exceptional teachers and numerous courses offered each term rank high on my thank-you list, but certainly the Curriculum Committee has played a large part also.

Furthermore, OLLI members have brainstormed ideas for courses and bonus topics while discipline chairs have found and engaged the teachers. This approach has always worked both ways: Some teachers volunteer and suggest ideas for courses, whereas at other times the Curriculum Committee proposes a topic they wish to see explored and then searches for a teacher. As a result, the Curriculum Committee of approximately 30 members is one of the most active committees in OLLI.

Throughout this entire process, Val Seaquist has worked faithfully alongside me and has been a valued friend and co-worker.

Finally, kudos to the UAH OLLI staff. We could not have our vibrant lifelong learning program without the assistance of good folks in graphics, marketing, technology and registration office, as well as the leaders in the College of Professional Studies (CPS).

Since I have been chair, I've had the pleasure of working with three different Program Managers including our current one, Ale Pacheco. I have worked hand in hand with each of them as they did most of the logistical work to bring our curriculum to its final stage in the classroom. Alice Sammon, our OLLI Program Coordinator; Fathia Hardy, Associate Director of CPS; and Dr. Karen Clanton, Dean of CPS, also give invaluable support and leadership to our program.

As I conclude my journey as Vice President of Curriculum and nine years on the Board of Directors, I am filled with gratitude for all of the good friends and folks who have made my journey exciting and rewarding.

I look forward to continuing my OLLI adventure as I participate in summer classes and begin my 16th year of OLLI involvement this fall. Thanks for the ride!

Linda McAllister
VP of Curriculum, OLLI at UAH Board of Directors



Linda McAllister presenting at the Annual Dinner in 2019



Linda McAllister and Dannye Drake at the Winter Open House

COURSE SPOTLIGHT

REGISTER FOR OLLI EXPRESS ONLINE



Absolute Beginning Bridge

Join Bridge Veteran, **Bob Darnall**, to learn how to play the world's most popular card game. Have fun while you stimulate your mind in a relaxed congenial social environment. Designed especially for the true beginner, members will learn the basics of the game and become ready to play with friends and relatives. This course is ideal for individuals with no or very limited knowledge of the game. The text, Bidding in the 21st Century, will be provided complimentary.

5/5-5/26 • Tuesday • 1:00 - 2:30 pm



Play Ball! The History of America's Pastime

Gain an understanding of this renowned game with **Eric Hardy**, *a former MiLB professional player*. Explore baseball's remarkable past, taking you from the pivotal year of 1920 through today as an international sport. Gain an understanding of the game as well as the sport's impact socially, culturally, and politically in America. This course will prepare you to celebrate the return of professional baseball to the Rocket City.

5/5-5/26 • Tuesday • 8:30 - 10:00 am



Through the Eyes of a Resident: Northern AL Nature

Through the eyes, lenses and experience of **Dr. Steve Jones**, a 50-year professional forester and ecologist, discover the beauty of nearby state parks, greenways, properties of Land Trust of North Alabama, Wheeler National Wildlife Refuge and more! Observe and study unique features each one has, wildflowers, tree forms, plants and even the sky. Prior to class, members will need to read 2-3 instructor's blog posts to incorporate in the discussion of this course.

5/6-5/27 • Wednesday • 1:00-2:30 pm



Wrinkle in Time: Perspectives on Race Relations

One would have thought by this point in American history racism would have been eliminated. Take a wrinkle in time with Linda Lutfi, by engaging in thoughtful discussions and thinking critically about the world around you as it relates to race. Develop a more complex understanding of the American experience through the eyes of diverse ethnic communities and learn how race intersects with much of our history and culture. Speakers include: **Zeina Jeries**, *Professor and Interpreter in Arabic, English, and Spanish*; **Ale Pacheco**, *OLLI at UAH Program Manager*, **Dexter Strong**, *Minister and Huntsville Human Rights Activist*; **Vu Ton**, *UAH Alumni*.

5/20-5/28 • Wednesday and Thursday • 8:30 - 10:00 am

COURSE SPOTLIGHT

REGISTER FOR OLLI EXPRESS ONLINE



The 400th Anniversary of The Mayflower Arrival

Gratia Mahony is back teaching for OLLI! Commemorate the 400th anniversary of the Mayflower voyage while learning the history of the ship, travel preparations, reasons behind the excursion and its passengers - a group of people that a remarkable 30 million plus US citizens have descended from. Discover more about the Pilgrims and the native Wampanoag people. Their stories embody the triumphs and tragedies of life in early New England and in the country itself.

5/6-5/27 • Wednesday • 11:00 am - noon



Rightsizing: Prepare for the Lifestyle You Want

Join **Janet Reville** to learn the in and outs of downsizing. It seems we all want to get rid of the stress and burden of unwanted "stuff", but haven't the knowledge nor motivation to get started with the downsizing process. From planning to execution, look at the various options and reasons for changing our surroundings for a simpler life. Learn how the instructor started the process of downsizing her own home as well as pointing out the successes and failures along the way.

5/7-5/28 • Thursday • 10:30 am - noon



Explorations in Science and Technology

Discover the wonders of how our world works with **Dr. Ken Rex!** Designed to stimulate thought and discussion on topics related to science and technology, explore the best of science and technology using videos and class discussions. Gain awareness of and be inspired by the discoveries of our past, present and future.

5/8-5/29 • Friday • 8:30 - 10:00 am



Breath Centered Yoga

Focus on using yoga practices to reduce stress and promote immunity in the body with **Pam Tejes**. Postures and gentle movements focused on opening the chest and activating the lymphatic system will be used to release congestion, reduce stress hormones, and support positive nervous system responses. Recommended equipment is a yoga mat (or comfortable floor space), strap (you could use a belt from robe or coat), 1-2 firm throw blankets or bath towels, and a sturdy chair that is open (no arms) such as a folding chair.

5/7-5/28 • Thursday • 3:00 - 4:00 pm



Exploring the History and Culture of the Culinary Industry

Have you ever wondered where the concept of the Culinary industry began? The drive to obtain food has been a major catalyst across all of history, from prehistoric times to the present. Take a journey with *CPS Associate Director*, **Fathia Hardy**, around the world to discover the fascinating classic food traditions of different regions and eras. Topics will include the revolution of agriculture, food globalization, hierarchies in the industry, table settings and much more! Conclude the course with live demonstrations of popular food preparation techniques.

5/6-5/27 • Wednesday • 1:00-2:30 pm

ADMIN & FINANCE COMMITTEE

SUPPORTING OLLI



I hope you, your family and loved ones are doing well in these challenging times. I know the current situation will be behind us before too long if we all remain diligent and take suggested proper precautions. For the OLLI faithful's, while we hope to be back in the classroom as soon as practical and

safe, when we return, like the world around us, things will not be the same. Normal has been redefined! Social distancing is here for a while, as well as working and studying from home is becoming the norm.

While Normal has been redefined, you may find some of the changes that have occurred have resulted in unexpected savings in your bank account. Among them are, stimulus payments, reduced gasoline prices and usage, auto insurance companies refunding premiums, restaurants closed or limited to drive-thru resulting in preparing meals at home and doing some of the things around your homes with your spare time that you might have hired out in the past. Assuming you have been fortunate to not have had your health impacted by COVID19, you might find you have more disposal income.

While in-house classes at UAH are suspended, the need to fund OLLI programs continues. UAH has provided us two ways to donate to OLLI; the Support Fund, which provides funds to UAH to support the OLLI program and the Scholarship Fund, which provides support to deserving and eligible undergraduate or graduate students.

The legislation that provided the stimulus program stipulated the stimulus payments to eligible citizens would be "tax free" meaning that the payments will not affect tax obligations for previous or 2020 taxes. Further, recognizing that many "Not for Profit Organizations" have needs for funding during this time, the legislation provided for filers who claim the standard deduction will be able to deduct "above the line" up to \$300 for charitable donations. This means that in addition to the standard deduction you will be able claim up to \$300 reducing your taxable income for 2020. Tax payers itemizing deductions who claim contributions are not affected by the stimulus legislation.

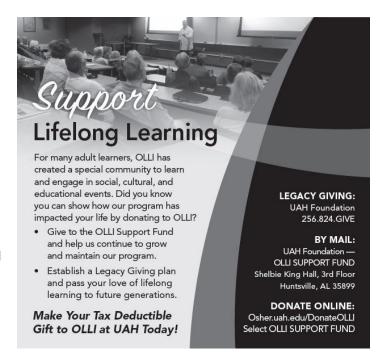
It's not clear how both these issues will be handled by Alabama Department of Revenue, however given the difference in federal and state tax rates the impact may be minimal if any. Of course, if you use a tax professional to prepare your return you can verify the effect on your personal tax situation.

We hope if you've benefited from any of the above during this time that you consider donating to any or all of these funds.

To donate to the Support Fund or Scholarship Fund please visit Osher.uah.edu/DonateOLLI. Under "Make a Donation" select "Give to the OLLI at UAH Support Fund" or "Give to the OLLI at UAH Scholarship Fund". From there you can select the amount, recurring period, and enter payment information.

Thank you, and stay healthy!

Allan Williamson, VP Administration and Finance, OLLI at UAH Board of Directors



TRAVEL COMMITTEE

OLLI TRAVEL UPDATES



Fellow travelers and OLLI friends, I do hope this finds every one of you healthy and finding plenty to keep you occupied during this time of self-quarantine.

Road Scholar has finally given us notification that they are canceling the Philadelphia Art Trip planned for

June 11-16, 2020. The Travel Committee, along with those who were scheduled to travel on this trip, will make a decision regarding submitting a new trip proposal for another date. Thanks so much for your patience during this time of upheaval in all our lives.

As for the trip to the Southwest National Parks, you can begin to contact *Grand Circle Travel* and sign up for the trip next summer.

The proposed dates are Aug. 22-Sept. 2, 2021.

Here's how our OLLI members can register for this tour with our group:

- 1. Call GCT Reservations: 800-221-2610
- 2. Mention Group Code: G1-29136
- Advise the travel counselor that you want to preregister for Southwest National Parks: Arches, Zion, Bryce & the Grand Canyon in late August 2021 with the OLLI at UAH group.
- 4. The deposit for pre-registering for this tour is \$350 per person. This deposit is 100% refundable for any reason until you confirm your reservation once the official dates and prices have been released.

The previously announced trip to South America is still moving forward as scheduled. Let's all hope that by November 2020 the COVID-19 crisis will be behind us.

I am eager to see all of you soon in OLLI classes and activities.

Betty Koval Chair, OLLI at UAH Travel Committee





INSTRUCTOR HIGHLIGHTS

STEVE JONES' BLOG REVIEWS NATIONAL PARKS VISTED BY OLLI MEMBERS

Reflections of the Western National Parks, an OLLI Weekly Bonus event scheduled for May 22nd, was canceled but rescheduled for a May 1st Zoom session online. Even if you missed it, you can still experience highlights through a blog written by one of our members and instructors, Dr. Steve Jones. At this bonus, Dr. Steve Jones reviewed the trip OLLI members took in the summer of 2019, led by Linda McAllister. Twenty-nine of our members attended the trip.

Jones, now retired, is a forester and applied ecologist who served as President of four universities. He has taught various courses related to the wonders of nature through the past years, and has also published three books on nature -inspired life and living. Jones has been recently selected as a member for the OLLI Board of Directors and is also involved in the Curriculum Committee as a discipline chair for Natural Resources.

"I pray that my words, combined with the images, will stir in you some greater understanding and appreciation for our natural world," Jones wrote. "That the Post will prompt some recognition that we have this one chance to better steward our precious Earth. And that as an informed and responsible Earth citizen, you accept an essential obligation to practice Earth stewardship..."

Follow-up posts to the OLLI at UAH National Parks trip included:

Grand Teton National Park (Aug. 13)

Yellowstone National Park: Greater Yellowstone Ecosystem! (Aug. 27)

Yellowstone National Park: Caldera and Hot Spot! (Sept. 3)

The Tumbling Mirth Of Sun-split Clouds: Sky Gazing on a 12-Day National Parks Journey (Oct. 17)



Dr. Steve Jones

Written by Steve Stewart



Jenny Lake in Grand Teton National



Bison in Yellowstone National



Old Faithful geyser in Yellowstone National

OLLI VOLUNTEERS

THANK YOU FOR YOUR DEDICATION TO OLLI

Due to UAH's closing during this time, the Executive Board decided it would be best to cancel the Annual Meeting and Dinner on Wednesday, May 20th. During this wonderful event of sharing the year's accomplishments with fellow members, we recognize all of the volunteers who helped make OLLI successful. Since we cannot do it in person, we extend our gratitude by recognizing them on this issue.

We thank you for all your hard work.

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John Wynn

Please note: If we have somehow failed to include you in this listing, please accept our most sincere apology for the oversight.

You are appreciated!

Diane Hollingshead

Jennifer Humiston

Doug Horacek

Donna Johnson

Elizabeth Kocir

Rainer Klaus

Andy Kochis

OLLI DONORS

THANK YOU FOR YOUR SUPPORT

Thank you to the members who made a kind donation to OLLI's Support Fund and OLLI's Scholarship Fund in this academic year. Your support to keep OLLI successful and continuing our legacy does not go unnoticed.

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Mr. John and Mrs. Eleanor

Schweinsberg



HIGHLIGHTS OF 2019-2020 SCHOOL YEAR AUGUST & SEPTEMBER



























OCTOBER & NOVEMBER



























DECEMBER & JANUARY



























FEBRUARY & MARCH



























MAY-JUNE 2020

Sign up for each event by clicking "online". All bonuses/events are through Zoom videoconferencing. You will receive an email with the Zoom meeting invitation the day prior. There is a limited capacity per meeting.

May 1 | Fri | 11:00 am | Online Weekly Bonus: Reflections of the Western National Parks

Immerse yourself in the beauty of U.S. Western National Parks, memorials, and monuments through pictures and narratives. Learn more about the experiences OLLI members had during this adventurous journey during the summer of 2019.

Sign up <u>online</u> for the Zoom bonus lecture.

Presented by Dr. Steve Jones, Forester and Applied

Ecologist.

May 7-May 28 | Th | 3:00 pm | Online Coffee Chats

Join us every Thursday at 3:00 pm for our coffee chats with OLLI at UAH's Program Manager and Coordinator to receive updates, socialize, and have a great time!

Sign up online for the Zoom discussion.

May 8 | Fri | 11:00 am | Online

Weekly Bonus: Everything is Better with Coffee and Chocolate: How is Genomics Helping?

Many of us love all things chocolate! But what do you know how genomics can impact this tasty treat? Learn more about how this branch of biotechnology affects some of our favorite delicacies. Grab a cup of coffee, jump online and plan to join the conversation!

Sign up online for the Zoom bonus lecture.

Presented by Jennifer Carden, Public Outreach Lead,
HudsonAlpha Institute for Biotechnology.

May 15| Fri | 11:00 am | Online Weekly Bonus: Feet on the Ground, A Return to Vietnam

Take a look inside the journey of a retired US Army member returning to Vietnam after 50 plus years. Explore the countryside areas visited and discover how Vietnam has taken on capitalism, how they have basically recovered from hundreds of years of warfare, and how they remember the American War today.

Sign up online for the Zoom bonus lecture.

Presented by Cliff Lanham, Ret US Army.

May 22| Fri | 11:00 am | Online

Weekly Bonus: Cruise Around the World

What's it like to abandon the comforts and routines of home? Discover the highlights of the 2017-18 Viking Inaugural World Cruise, which visited 35 countries in 141 days. Learn about life on a small ship, favorite sights, and adapting to a new environment with over 1200 fellow travelers and crew.

Sign up **online** for the Zoom bonus lecture. *Presented by Nancy Darnall, Travel Enthusiast.*

May 29 | Fri | 11:00 am | Online Weekly Bonus: The Singing River Trail in North Alabama

Learn more about the approximately 70-mile trail spine linking to other trail systems throughout the region while it connects Huntsville, Madison, Decatur, and Athens, and other communities in Madison, Morgan, and Limestone Counties. Discover the economic opportunities this will bring to our communities and the region, and how it will serve as an active transportation corridor providing a safe connection for travel between home, work, and play.

Sign up online for the Zoom bonus lecture.

Presented by Joe Campbell, Land Trust representative to the City of Huntsville Greenway Expansion Committee.

June 5 | Fri | 11:00 am | Online

Weekly Bonus: Discovering Valleys and Canyons
Explore the Death Valley National Park and the beautiful red rock country of Grand Staircase Escalante National Monument in SE Utah through photographs and storytelling. Do not miss the breathtaking and colorful views of some of the most famous parks and monuments in the nation.

Sign up **online** for the Zoom bonus lecture.

Presented by Barbara Staggs, Travel Enthusiast.

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•	•	•	•	EVENTS AT:
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THE LAST WORD







