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

APRIL 2021 ISSUE



THE OLLI









APRIL 2021 - MAY 2021

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

Apr 9 | Fri | 11:00 am | Online Bonus: Experiencing the Canadian Maritime Provinces in an RV

Discover the Canadian maritime provinces of New Brunswick, Nova Scotia, and Prince Edward Island through a 6-week RV caravan trip. Learn about the history, culture, scenery, food, and everyday life of this fascinating and unique region.

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

Presented by OLLI members Rick Rodriguez and
Tessa Lucas, Travel Enthusiasts.

Apr 16 | Fri | 11:00 am | Online Coffee Chats: Trivia

Test your knowledge on interesting facts in many subjects while enjoying a morning with fellow OLLI members. The game will be played individually.

Sign up <u>online</u> for the coffee chats using Zoom. *Presented by Ale Pacheco, OLLI Program Manager*

Apr 23 | Fri | 11:00 am | Online Bonus: An Armchair Tour of Huntsville's Historic Homes and Buildings

Books have their place in the study and interpretation of history, but they aren't the only way to understand how economic booms, wars, or intellectual shifts affected our past. The homes and buildings that line the streets in our historic districts and courthouse square also mark the passage of time. Discover how these structures provide insight into our local and national history and the forces that shaped it. Through a virtual tour of downtown Huntsville you will learn the story of our city's distinctive architectural history.

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

Presented by Donna Castellano, Executive Director of
Historic Huntsville Foundation

Apr 30 | Fri | 11:00 am | Online Coffee Chats: Scattergories

Bring on your creative side as you name objects within a set of categories in a short period of time.

Sign up online for the coffee chats using Zoom.

Presented by Ale Pacheco, OLLI Program Manager

May 5 | Wed | 5:00 pm | Online Event: Fiesta Time!

Celebrate Cinco de Mayo with fellow OLLI members. We will play trivia and learn how to make your own margarita from home! Join Talina Acklin, Professional Mixologist, and discover the story behind margaritas while having fun making one.

Sign up <u>online</u> for the event using Zoom. Presented by OLLI Social Committee

May 7 | Fri | 11:00 am | Online Bonus: Explore the Rainbow: Gender and Sexual Minorities

Explore a brief history of the Gender and Sexual Minorities (GSM) community, address common misconceptions, and learn ways to become better allies. Learn key terms and acronyms such as GSM and LGBTQIAA+ to be more comfortable using inclusive language. Additionally, discover the resources available in the local area and how to make the program a more welcoming and inclusive space for all.

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

Presented by Katie Greene, UAH Office of Diversity,

Equity and Inclusion

May 14 | Fri | 11:00 am | Online

Bonus: How's your Habitat? Co-existing with Nature

Learn how animals, plants and us, among many others, co-exist. Discover the ecological principles about microenvironments, home landscapes, how any landowner can improve the outlook for better local ecology and why we should spread the word about doing so. Take home a few ideas to make living together much more harmonious.

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

Presented by Susan Webb, Landscape Designer and

Horticulturist



FROM THE EDITOR

MY FINAL WORDS



In this month's issue, we feature our usual array of articles and, of course, highlights of the courses being offered for spring term. We also feature stories from our members on their versions of the "green thing" discussed in the March issue. Be sure to give these

a read, as they will bring back memories of days gone by.

As we begin to wind down the 2020-21 year of OLLI and start planning for next year with a new board, new courses and, hopefully, social activities, *The OLLI Insider* will have a new editor beginning with the May issue.

Due to health issues surrounding my family, I will be stepping away from my extra OLLI activities. My involvement in OLLI has been an important part of my life these past few years, and I have thoroughly enjoyed serving on the board, being an instructor and, of course, being the editor of *The OLLI Insider*.

I want to thank everyone who enhanced my life through their friendship and kindness, and empowered me to seek new challenges while enriching my desire to never stop learning new things. I often think of Elliott Miller's philosophy that "art, like learning, knows no age limit."

I want to especially thank the editorial team and the work they have done to put out a great publication each month. This is not an easy task, particularly this past year, where we have had to get really creative with the material we had to work with. You are the best, and I know you will continue to do an outstanding job in the months ahead.

To my fellow board members and the staff of College of Professional Studies, thank you for all the support you have shown me these past few years. Your dedication to the continued success of OLLI and all that it provides to the age 50-plus community is commendable.

Beginning with the May Issue, Kathryn Cataldo, my public relations co-chair, will take over as editor of *The OLLI Insider*. The editorial team will remain the same, and, of course, if you would like to be part of the team, you can contact Kathryn at katknews@gmail.com.

I wish all OLLI members the best life has to offer, and I hope to see you in a class or two — or, better yet, a social activity.

Take care and stay safe.

Elizabeth Kocir PR Committee Chair

Share Your Quarantine Story!

Tell us what you have been up to during this time.

Submit your story to
OLLINewsletter@uah.edu
by the 17th of
each month.

FROM THE PRESIDENT

YOUR OLLI CONTINUES ITS SUCCESS



As I am writing this, we have just completed a very successful winter term for OLLI. I totally enjoyed the courses that I attended. I have gotten use to the Zoom environment and quite frankly find it much easier to navigate than the morning traffic on I-565 that was a part of my morning class routine.

I must admit, though, the world's problems have been forced to linger longer than necessary since our morning discussions in the break room over coffee have ground to a halt. The group has not been able to generate the many solutions that our caffeinated minds spun out every day for bringing the world's problems to rapid solutions.

Be patient, world — new solutions are coming! Because of the camaraderie that I have missed so much, I look forward to our being able to rejoin the courses and fellowship in Wilson Hall that I am sure we have all enjoyed.

We do not know when this will occur, but the health indicators for COVID are improving. Our University is monitoring these trends closely and will allow us to rejoin as soon as it is safe for our demographic group. Be patient, but look forward to coffee and conversation. It will come soon, I am sure.

In the meantime, the Curriculum Committee has established a great schedule for our spring term. If you have not registered, please look over the schedule and find courses that excite you. Our Curriculum Committee has done a great job putting together our learning opportunities, and we would love for you to dive in deep and enjoy the courses.

Our year is coming to a close. At this writing, we will have completed the election of new board members. The newly elected members will take office effective with the May board meeting. They will then elect the Executive Board.

Time moves fast. This board will have a lot of hard work to perform. One year ago, we had 1,100 members in our OLLI. Today, we have about half of that. When we return to in-person courses, we will all have to chip in and return our OLLI to its former numbers.

I personally believe that once we can return to our classrooms in Wilson Hall, those who have slipped away because of being unsure of the Zoom environment will return. We will all enjoy that.

You might ask what you can do to help rebuild our OLLI to its former membership numbers. The best way to help is to look around the Zoom courses you are in and note your friends who are missing, pick up the phone and ask them to jump back in. We need them, and we need you.

Our OLLI, even at its reduced numbers, is doing better than a lot of our other 120-plus sister OLLIs. Our support group at the College of Professional Studies has helped us tremendously to keep our OLLI successful. When you get a moment, thank Dean Karen Clanton, Fathia Hardy, Ale Pacheco, and Alice Sammon for the great job they have done. They deserve our gratitude and support.

David Styers
President, OLLI at UAH Board of Directors



CURRICULUM COMMITTEE

WITH APRIL AND SPRING COMES OPTIMISM



One of my favorite songs is by Simon and Garfunkel. It begins with the phrase:

April, come she will ...

But it's the final verse that tells the story I want to pass on to you this

month. Bear with me. Because, as you know, I will get to that point. Eventually.

And that last verse goes something like this:

August, die she must The autumn winds blow chilly and cold September, I'll remember A love once new has now grown old.

Do you see it? I didn't at first, and I've been humming this tune for over a week now. You've all had that happen, right? A song gets stuck in your head and just won't go away? But it finally dawned on me why — maybe — I'd been humming it. It was there because it was a metaphor.

Yes, I've traveled down this path before. But it was only toward the end of the Teacher Appreciation Day discussions that I think I fully realized what this family means to us. It was quite a moment.

And now, April is coming, and with it, a new term — a new family get-together. And even though little has changed pandemic-wise or even in the paradigm of how we come together, April and spring are here. Continuing on is an inexorable journey, isn't it?

We'll move through the spring and then the summer much as we have for the past year. But, like Nellie Forbush, you can call me a cockeyed optimist. (OK, I know I'm mixing metaphors, but hey, they're both songs. Cut me some slack. I'm up against a deadline here!) And that's where the seemingly out-of-place last verse of "April Come She Will" comes in.

Because while we don't know for sure what might happen between now and autumn, I believe that, like August — and wishfully *in* August — our inability to come together again must extinct. And when it does, it will be a September to remember, won't it? And the love we have

at seeing and being with our family again, reconnecting, that was first kindled long in the past, we can recognize as having grown old. Together. And that's how it is with families.

And with that, I shall bid you adieu for this month. Till next time ...

John Mason VP of Curriculum, OLLI at UAH Board of Directors

SPRING 2021 COURSES

Check out our spring 2021 preview video of courses by clicking on the image above.

Find more information at Osher.uah.edu/CourseGuide

COURSE SPOTLIGHT

Spring 2021 starts next week! We have more than 30 courses planned for you this term. Do not miss the opportunity to participate in discussions, learn a new skill, and expand your knowledge in different topics. Courses have different start dates throughout April and May. View the OLLI Spring course guide at Osher.uah.edu/CourseGuide.



Intermediate Genealogy: Broaden Your Family Search

4/6 - 4/27 • T • 8:30—10:00 am • 4 sessions • C Lanham & P Graham • \$25 Dive deeper into the research process of your genealogy search. Members will be able to use the proven research methods to focus on topics such as: census sources, probate, land records, taxes, military records and other documents found in the county courthouses, state archives and the internet. Get to writing a clear and concise citation for your researched data. Members are encouraged to create a FamilySearch.org or an Ancestry.com account for this course.



Discover Alaska-From Race Dogs to Rockets

4/6 - 5/4 • T • 1:00—2:30 pm • 5 sessions • Dr. Jones & C Stuhlinger • \$30 Learn about some unique Alaskan events and experiences while exploring the inner workings of the Iditarod Sled Dog Race, permafrost research, University of Alaska-Fairbanks rocket launches, and life in Fairbanks. Enjoy viewing several DVDs and video clips about the Iditarod, Denali National Park, and life in the Arctic. For the last course session, members will get to submit questions and topic requests in advance to allow the instructors to prepare brief customized discussions based on members interests.



The Pursuit of Healthy Aging

4/7 - 5/12 • W • 1:00—2:30 pm • 4 sessions • K Sieja • \$35

Explore the many positive aspects of growing older. Walking the path through the aging process can have physical, emotional, and mental challenges while also giving us opportunities for finding meaning and giving back to others. Discuss all of this in an interactive class that will include what you have learned from living through a pandemic.



Nutrition for Everyone

4/8 - 5/13 • Th • 1:00—2:30 pm • 6 sessions • B Johnson • \$35

Did you know that nutritional needs change as we age? Adequate nutrition is necessary for health, vitality and quality of life, especially as we experience a decrease in basal metabolic rate and physical activity. These decreases change our caloric needs. Our bodies might experience a decrease in kidney function, redistribution of body composition and changes in our nervous system. Join us for an overview of nutrition concentrating on the dietary guidelines, nutrition-related diseases, current news, and how to evaluate nutrition information claims.

NEWS FROM UAH

20-21 ACADEMIC YEAR ENDING SOON



Dear OLLI Members,

We are soon reaching the end of the 2020-2021 Academic Year at UAH. As we all know, this was a challenging year for our OLLI, but it was also a time of learning for all of our staff, faculty, and students. This year, the academic calendar changed, students had a longer

winter break, and UAH did not have a spring break to avoid the spread of COVID. However, UAH has been successful at transitioning into a virtual format like our OLLI has, and they will soon finish the year with a virtual spring commencement on May 5th.

Recently, UAH received an allotted number of Pfizer-BioNTeach COVID-19 vaccines and they have extended the opportunity to get one to our eligible OLLI members. Eligible individuals now include anyone age 55 and older, people with intellectual and developmental disabilities, and the population defined as Allocation Phase 1c in the Alabama COVID-19 Vaccination Allocation Plan. For details on eligibility visit: https://

www.alabamapublichealth.gov/covid19vaccine/assets/adph-covid19-vaccination-allocation-plan.pdf.

If you or another OLLI member in your household are eligible and would like to receive the vaccine at UAH, please complete one form for each individual. **You can find the form HERE.** Personnel at UAH will be in contact with you to schedule your appointment and further details.

Little by little we are getting closer to finding a new normal on our campus and in the Huntsville community. We hope COVID-19 cases continue to go down as the number of population vaccinated goes up. We cannot wait to move forward from this pandemic and see you guys on campus, hopefully soon. We definitely miss seeing you in the hallways, helping with bonuses, and just catching up on life face-to-face.

As for now, we can still see each other virtually in the spring term which starts in just a few days. Do not miss out on the opportunity to participate in our courses. We have more than 30 you can choose from! Also, we will still have

our fun coffee chats, and many bonus lectures. Make sure you register for these events at Osher.uah.edu/OLLIEvents

You will also have the opportunity to continue taking virtual courses in the summer. We will have 13 awesome courses available for you with instructors in the Huntsville area and around the U.S.! More details on the summer term will be coming out later this spring, so make sure you check your emails and eNews!

Lastly, I want to thank all of you for staying in OLLI this academic year. We appreciate the support you have provided to this organization and we are appreciative of our members learning Zoom and adapting to the virtual format just to continue the joy of learning even through a pandemic. The initiative you have shown has kept us going and motivated us to bring in new ideas and resources to make our OLLI successful.

As always, if you have any questions please feel free to contact us at OLLL.info@uah.edu or at 256.824.6183.

Happy Spring!

Ale Pacheco OLLI at UAH Program Manager



Best regards from your favorite Zoom bombers, Emilio and Diego.

PEOPLE OF OLLI

CHRIS STUHLINGER: ARBORIST, TRAVELER

In honor of Earth Day on April 22nd, *The OLLI Insider* is featuring an OLLI member who has dedicated his whole life to nature. Chris Stuhlinger spent his career in forestry and has taught an OLLI course on tree care, along with tree care classes at the Huntsville Botanical Garden.

Chris comes from famous stock. His father, Dr. Ernst Stuhlinger, was part of Wernher von Braun's German rocket team that came to Huntsville in 1950 and was instrumental in NASA's success. Eventually, Dr. Stuhlinger was named Marshall Space Flight Center's chief scientist. Chris' mother, Irmgard, may have had more of an influence on his future career: She was a master gardener and a member of the Monte Sano Garden Club.

"My family went on many trips around the country, mostly camping trips to national parks and annual visits to Florida," Chris said. "That's probably where I developed a love for nature and the outdoors. I initially wanted to study oceanography, but there were not many job opportunities in that field back then. So I decided to pursue forestry."

Chris earned a bachelor's degree from Auburn University and a master's in Forestry from Louisiana State University, where he worked as a research assistant for several years. In 1987, he joined the Maryland Department of Natural Resources Forest Service. He spent 16 years there as a watershed, county, and urban forester.

In 2003, Chris became the university system forester at the University of Arkansas Division of Agriculture/Arkansas Forest Resources Center, where he oversaw the university's 13,400 acres, did research, and coordinated field days and workshops on forestry and tree care.

Chris has been an arborist certified by the International Society of Arboriculture since 2000. He learned the importance of managing and caring for trees in urban areas while working in Maryland and Arkansas. In the summer of 2020, Chris made a gift to the Auburn University School of Forestry and Wildlife Sciences to endow a Fund for Excellence/Scholarship in support of urban forestry. The purpose is to encourage students to include urban forestry and arboriculture-related courses in their curriculum of study.

Chris retired in 2018 and moved back to Huntsville. "I found out about OLLI in early 2020 and thought that would be a good way to share my tree care knowledge," Chris said

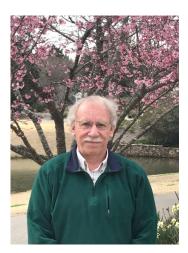
But Chris' courses have not been just about trees. He has traveled to 49 states and 16 countries. His last travel course covered trips to Hawaii, Australia, Hong Kong, Singapore, and Dubai. In his next course, together with Dr. Steve Jones, Chris will be sharing his knowledge of Alaska, which he has visited eight times, and particularly talk about the Iditarod sled dog race.

"I hope we can return to in-person courses this fall so I can resume tree care courses at OLLI and the botanical gardens," Chris said. "Even though preparations for each course are quite time-consuming, I really appreciate the members' responses and interactions."

Chris will be co-teaching an OLLI course for this summer about the experiences of the German rocket team's families as they adapted to life in the U.S.

Thanks, Chris, for all you do for OLLI.

By Glen Adams



Chris Stuhlinger



THE "GREEN THING"

The Thoughtful Green Thing

We, people "of an age," have been accused of creating a world of want on environmental destruction. I plead not guilty! And here is why.

Packaging is currently a major problem, from plastic bags to Styrofoam. We used brown paper bags and had milk delivered to the door in returnable bottles, soft drinks in bottles with a deposit on them so they could be washed and reused, flour and sugar in material bags that could be recycled into clothing, bulk products in barrels, and orange crates we made into furniture.

Most of us now have more clothing and shoes than we will ever use. Before school began, I got three or four outfits and a pair of shoes. I got a new pair of dress shoes at Easter. We were not poor, but used the money we had wisely. When adult shoe soles or heels wore out, they were resoled and heeled. Taps were put on the fronts of our soles and the heels to make them last longer. We had one pair of Keds (ugly), and they were worn for sports. We had one pair of dungarees (jeans), and they were worn when we planned to get dirty.

Today we have so many single-serve food products, which create massive waste. Our carrots are peeled for us and our squash cut up, requiring more packaging. Convenience rules the day! Fast food is ubiquitous, requiring more discarded packaging. As families, we rarely ate out.

We have so many ways to communicate now that require several pieces of equipment — computer, cellphone, tablets, laptop — that all must be replaced when new models come out. We had one black phone in the house and used pencil or pen and paper to write someone.

Almost everything the doctor uses is discarded. The hospital is even worse. Every shot requires a new plastic syringe and discardable needle. Pills are often packaged in daily packages or bubble, pop-out cards. Disposable gloves are *de rigueur*, especially in today's climate. How about the room/personal kit you get when you go into the hospital? All discarded. Even the breath thingy that looks complicated. Surgeons' gowns are often paper and thrown away. Thermometers have disposable tips, and some blood-pressure monitors are kept just for you and then discarded. Remember glass syringes that were cleaned

and reused (anyone remember autoclaves?), as well as needles? Alcohol was liberally used from a bottle with a cotton swab (not packaged squares).

We now have disposable cloths and sponges for cleaning. In fact, we have special cleaners for everything, adding to the proliferation of plastic bottles under the sink. We used to make up a soapy bucket of water and use a mop that we wrung out or squeezed out to wash the floors and most everything else. Windex was the only spray bottle we had, and Comet or Ajax with a sponge or rag cleaned the bathroom well.

As you can see, the claim that we and the generation before didn't recycle is not true. Not only did we recycle, but we didn't (couldn't) overconsume.

Young people might want to reconsider their current consumption habits. We may also want to rethink what we ourselves are doing versus what we used to do. Not suggesting we go backward, but maybe readopt some of the things we used to do that would help the environment and our society. Just saying ...

By Barbara Johnson



OLLI LIFE

THE "GREEN THING"



Rolling Along

When I was growing up in San Jose, California, back in the '60s, surfing was all the rage. For those of us who couldn't participate, we relied on skateboarding to take its place.

Every spring, the kids in my neighborhood would go out to various orchards and collect discarded wooden fruit crates and bring them home to make skateboards. With the help of our engineer dads, we would take the crates apart and cut the boards down to the size needed and use the rollers from our old skates as the wheels. Once the boards were ready, we would begin planning our practice sessions and our races.

Back then, we didn't pile into the family car to drive to the skateboard park where rich, fertile ground had been dug up and tons of concrete poured on top, making the ground unusable for centuries to come. Back then, we used the street in front of our house for our skateboarding because people parked in their driveways or, heaven forbid, their garages.

Back then, we didn't own a car for every day of the week, with monthly payments that equaled an annual salary for at least a decade. But isn't it a shame we didn't have the "green thing"?

By Liz Kocir

Read, Pack, Recycle

The "green thing" article mentioned using newspaper for packing.

My wife, Patrice, and I are retired newspaper journalists. So not only did we help produce newspapers, but we use the paper (called newsprint) for packing, wrapping, padding, and protecting a tabletop or floor. A butt roll of newsprint was too small to run through the press but even more useful than the newsprint that we now buy in sheets at Lowe's for \$10 a package.

Newsprint is easier to recycle than bubble wrap. But beware: If you wrap with a printed newspaper, you are liable to be pleasantly distracted by past news or a "Dear Abby" column when unwrapping.

Thin-skinned politicians call newspapers fish wrappers. A "Shoe" comic strip contained a letter to the editor that began: "While lining my birdcage tonight, I came across your alleged editorial page."

But that's OK — just more ways to use the versatile newspaper.

By Steve Stewart





OLLI members got together online March 12 for Teacher Appreciation Day. The event, held at the end of each term, honors instructors, discipline chairs, facilitators and the Curriculum Committee.



Zoom screens were full of green as OLLI members celebrated St. Patrick's Day and spring on March 17. Members played trivia, mad libs, and shared their travels to Ireland. Big thanks to the Social Committee for hosting this event.

IN MEMORIAM

MIKE DOYLE: FORMER OLLI VP OF CURRICULUM

Arthur Michael "Mike" Doyle, 81, of Madison, Alabama, passed away March 1, 2021.

Born in Vancouver, British Columbia, September 18, 1939, to Marshall and May Doyle, Mike was the eldest of five siblings. He is survived by his wife, Carol Keyes Doyle; sons, Lucas Marshall Doyle of Madison and Evan Michael Doyle (Whitney) of Raleigh, North Carolina; and siblings, Shelagh, Margaret, Peter (Stephanie), and Anthony Doyle.

Mike grew up in Seattle and graduated from Seattle University with a degree in mechanical engineering. He earned a master's degree in Russian studies from Vanderbilt University and taught Russian language at The University of Alabama in Huntsville.

He came to Huntsville in 1962 as a lieutenant in the U.S. Army and settled here to marry and raise his family. Mike received many awards in recognition of his diligent work during his long career with the Army Missile Intelligence Directorate at Redstone Arsenal.

A sports enthusiast, Mike encouraged his sons in soccer and joined them as a fan of UAH Hockey. Some of their favorite memories with their dad are canoeing the Buffalo River in Arkansas with Boy Scouts, and traveling to Ireland to see the land of their paternal ancestors.

Mike was instrumental in starting the soccer program in Madison, he coached and refereed in the program for many years, was active in the Optimist Club, served as a leader in OLLI at UAH, and regularly supported church activities.

Mike's lifelong interest in music began with piano lessons as a boy in Seattle and continued with singing in school choirs. For many years, he sang with Huntsville Community Chorus, Asbury Dinner Theater, and his church choir. He was a member of St. John the Baptist Catholic Church and St. Matthew's Episcopal Church.

Mike's love of family, commitment to community, intelligence, and sharp sense of humor will be held forever in the hearts of his family and friends.

Mike served on the OLLI Board of Directors as Vice President of Curriculum. He was a strong supporter of OLLI and contributed in many ways. Below are how some friends remember Mike.

Mary Galbreath: "Over many years, Mike was always a reliable and terrific contributor to the Great Books classes. And he always said meaningful things or kidded us in the class with a *smile*!!!

Carter Brantner: "Despite being a Canadian, Mike was very interested in American history and took several courses in that subject."

Jerri McLain: "Mike, always ready with a smile, joined in the activities of OLLI with enthusiasm and diligence. Whether from the back row, as was usual, or the front, he participated actively in courses and board endeavors. You always knew when he was in the room. He helped things along himself or encouraged others."

By Sue Chatham



Mike Doyle

THE LAST WORD







