

INSIDER

News for the members of OLLI at The University of Alabama in Huntsville



**ADVENTURE ... GRATITUDE ...
ART ... FRIENDSHIP ... LEARNING**



FROM THE EDITOR

LEARNING THINGS AND MAKING FRIENDS



Lost in the stairwell of Reese Phifer Hall and afraid I'd be late for my first college class in decades, I was shocked when a young student stopped me and asked for directions.

Me! I was starting graduate school at age 55, and I was at least as disoriented and insecure as she

was. But I guess I looked old enough to be faculty and she thought I would know something.

Speaking of age, I was older than most of my teachers — one thing that helped me gain confidence, strike up relationships, and look forward to the two days a week when I commuted from Decatur to The University of Alabama in Tuscaloosa.

As an undergraduate at the University of Georgia 35 years earlier, I majored in student newspaper and minored in academics and never really got to know most of my teachers as people. But they were affable and forbearing, and only occasionally did they deliver a putdown as memorable and well-deserved as the one that a history professor wrote on a paper. I had tried to use clever writing to disguise lack of research. "Rather a plebeian effort," he scoffed.

After getting my master's in journalism at Alabama, I became a college teacher myself and realized that a teacher's greatest delight is in the successes of their students.

At OLLI, our teachers bring both friendship and expertise. Patrice and I counted more than 60 courses that the two of us have taken in just over two years with OLLI. OLLI's non-intimidating environment (no tests, no grades, no required attendance, no mandatory homework) made it easy to explore subjects that we knew little about as well as many that were familiar. In all these courses, we have learned things and enjoyed teachers and fellow students.

In this issue of the *Insider*, you will find coverage of Teacher Appreciation Day and a feature on three outstanding teachers, as well as articles about curriculum; social, service and travel opportunities; the

holidays; and a way to share OLLI with other people through inexpensive gift memberships. You will also find photos from events of the past few weeks and information about coming events. One page contains photos of OLLI board members, all of whom would welcome your comments and suggestions about how OLLI can serve you better.

I am grateful for all of you — OLLI members, *Insider* readers and contributors, teachers, staff, friends — and wish you happy holidays and a new year full of fun and discovery.

Steve Stewart
Chair, Public Relations Committee

A blue rectangular graphic with white snowflakes. In the center is a large, stylized snowflake. Below it, the text "Join us in" is written in a yellow cursive font, followed by "GRATITUDE" in a large, white, serif font. Below this, a white rectangular box contains the text "SEE PAGE 19 FOR DETAILS". At the bottom, the text "THIS DECEMBER, WE'RE CALLING ON OLLI MEMBERS TO CREATE THEIR OWN GRATITUDE JAR." is written in white, with small snowflakes on either side.

Join us in
GRATITUDE

SEE PAGE 19 FOR DETAILS

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TO CREATE THEIR OWN
GRATITUDE JAR.

FROM THE PRESIDENT

WHO RUNS OLLI?



Who runs OLLI? We all do, if we volunteer. Of course, UAH provides several employees dedicated to the OLLI mission, and their tireless efforts ensure a smooth-running organization. *But* — and this is important—much of the OLLI planning, presentation, work and success depend on its members. It is, for the most part, a volunteer-run organization.

We all have an opportunity to contribute to the success of the program. Some might say, “But I paid my membership fee and my tuition and don’t want to have to run the program.” That’s OK, but I promise you will reap a great benefit from participating in the many opportunities to support OLLI.

Most people have some kind of skill that can be useful to the organization. Additionally, it is a wonderful opportunity to meet people and make new friends.

One easy opportunity is volunteering in the OLLI office for two hours a week. Mostly you give people information and perform a few administrative functions. It is a great way to become familiar with the many parts of OLLI. And you become the “face of OLLI” to new members.

OLLI has many committees to assist with the needs of the organization. Certainly, being the chair of the committee requires a greater commitment than volunteering to provide some service in support of the committee’s purpose.

The Social Committee provides food and decorations for large and small gatherings, co-hosts several OLLI social events, and, during COVID, has provided online social activities that have been quite successful. Similarly, our Events Committee arranges group opportunities for area excursions, factory tours, entertainment, etc., for our members.

The Curriculum Committee is responsible for finding individuals interested in and willing to teach courses, providing them with the term proposal forms, answering questions, and expressing encouragement and appreciation. You don’t have to be active in the above tasks to belong to the committee. What is important is

that committee members and anyone in OLLI can find people to teach the variety of courses that we offer. Just let a member of the committee know. See, you’ve performed a volunteer action!

The Travel Committee plans and assists with local, national and international trips. Many of us have taken advantage of traveling with a compatible group of our classmates. Needless to say, this activity ceased during the COVID shutdown but is carefully coming back to life. The committee needs suggestions for trip destinations and assistance with the various planning activities.

If you are interested in budgeting and administrative matters, the Administration & Finance Committee might appeal to you. This committee and the Curriculum Committee are the only committees that meet monthly as defined in our organizations Bylaws. You do not have to be a member of the committee to attend the meetings, and some like to do this to get an idea of the activity before joining a committee.

The Public Relations Committee is responsible for making the local community aware of all that OLLI offers by speaking to local organizations, making radio public service announcements, and providing displays at venues highlighting Huntsville’s educational/social opportunities. This committee also produces the monthly *OLLI Insider*, keeping the members informed of activities and documenting all that we do.

Several of the committees have smaller, but no less important, responsibilities, and they might be a good way to get started.

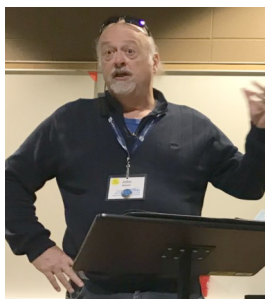
A list of the OLLI committees with the committee chairs and contact information is posted in the OLLI lounge. Please consider volunteering in some way.

Like every organization in the country, OLLI has had a rough year and a half. We need volunteers, we need members, and we want to provide the best experience possible for all. Think about it ...

Jill Stewart
President, OLLI at UAH Board of Directors

CURRICULUM COMMITTEE

SPREAD YOUR WINGS WITH WINTER COURSES



The OLLI fall term has now come and gone, and to paraphrase Thomas Fuller's "Gnomologia," it came "in like a lion," but then it also went out like a lion! I'm sure Dr. Morpew would agree that we at OLLI write our own poetry.

We had two blockbuster events in November: Teacher Appreciation Day and a performance of some of the great scenes from the plays of Shakespeare, both of which were well-attended and, in my humble opinion, tremendously successful.

We can never do enough to tell our instructors how much we appreciate all they do to provide us with the finest array of classes, term-out and term-in that I have seen. So just let me say "Thank you!" to all of them one more time.

And what can I say about the OLLI Players and their performances of some of the great soliloquies and scenes from the plays of Shakespeare? If I were a betting man, I'd say we just might see them on stage again someday soon. Ahh, to sleep, perchance to dream ...

But now it's time to move on. The winter term is ready to go and the schedules and registration forms are out. We have 40+ different offerings (including some from Auburn and The University of Alabama in the OLLI Shares program) and five new Bonuses available that range across all of our disciplines. I can tell you that choosing between them may not be an easy proposition!

So, heck. Be bold. Spread your wings, and try as many as you can fit into your schedules. From everything I've seen so far, you can't go wrong, nor will you be disappointed.

Meanwhile, our curriculum committee is busily working on finalizing the courses for the spring term that begins in April. As of this writing, we already have a number of really good proposals in, and more are arriving every day. So, stay tuned, and plan those springtime vacations accordingly. You're not going to want to miss these classes.

We will be kicking the winter term off on Dec. 10 with the winter open house live in Wilson Hall. Along with all sorts of other valuable information, instructors will be available to discuss their courses. It will also be the opportune time to renew memberships, parking passes, and friendships. The activities begin at 10 a.m. I hope to see you all there! And with that, I'll bid you adieu. Stay safe. Till next time ...

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



Online registration will be available for winter term while the university is closed.

Visit [Osher.uah.edu/OLLRegistration](https://osher.uah.edu/OLLRegistration).

FUND DEVELOPMENT COMMITTEE

DOUBLE OUR MEMBERSHIP WITH YOUR GIFTS



Let's make it a great holiday season for everyone. If every member would gift an OLLI membership, we could double our institute's enrollment!

An annual membership to OLLI at UAH is only \$25 and is available as a gift certificate for the recipient. You may choose to have it emailed

or mailed to them, or you can claim the paper copy and tie it with a bow!

An OLLI at UAH gift certificate is now easier than ever to purchase.

Simply sign into your OLLI account (the same one you use for registering for classes or renewing your own membership), and you will see "OLLI Gift Certificates" as an option. If you don't have an online account, go to Osher.uah.edu/JoinOLLI and you'll see the "OLLI Gift Certificates" option on the top of the menu list.

Just follow the prompts and fill in your recipient's name and email information. Of course, you may always email OLLI.info@uah.edu or call 256.824.6183 with any questions or requests.

Janet Reville
Fund Development Committee Chair



TRAVEL COMMITTEE

WHERE DO YOU WANT TO TRAVEL WITH OLLI?



We are well into the holiday season now! I hope you had a lovely Thanksgiving with family and friends. Bill and I host a "Friendsgiving" dinner almost every Thanksgiving.

Now, all you fellow travelers, please be thinking of travel adventures you want OLLI at UAH

to consider. We want suggestions for another adventure for the group. Just let me know of your ideas, for they have been stymied by this pandemic far too long! Let's get back on the road.

I am registered for the Alaska 2022 trip. Chris Stuhlinger's wonderful presentation on Oct. 29 sealed the deal for us. My daughter and I rearranged our France trip so that I will return a couple of days before the Alaska trip. I may be a bit jet-lagged, but we agreed this is such a great opportunity and did not want to miss out!

If you are interested at all and have not signed up — the Alaska trip in August 2022 is going to be fantastic! Everyone who went on the last one has said it is exceptional. See Chris' article in this Insider for more information.

My contact information is bbkoyal13@gmail.com. Or call or text me at 602.980.9699. (Hint, hint: I see texts before I see emails. I tend to get busy and forget to check my emails.)

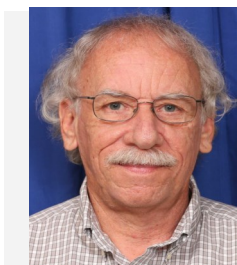
I simply love OLLI and feel more alive when I am coming to classes. I want to say thanks to the entire staff. They have been integral in keeping us in contact with each other and supplying us with such great material to keep our brains active!

Last but not least, thanks to John Mason and the extraordinary Curriculum Committee for all the great courses. I could be here every day of the week and the subjects often encourage trip possibilities!

Enjoy the holidays and have a happy new year. 2022 is going to explode with all sorts of great things to come! I am counting on this!

Betty Koval
Travel Committee Chair

OLLI MEMBERS' ALASKA TOUR: SIGN UP NOW



Registration is still available for OLLI members' 12-day adventure touring south central Alaska, organized by the University of Alaska-Fairbanks Summer Sessions. But our group is growing and the limit is 25 people, so reserve your spot now.

Dates are Aug. 12-23, 2022. We will visit Fairbanks, Chena Hot Springs, Nenana, Denali National Park, Talkeetna, Anchorage and Seward. Among the highlights are Creamer's Field Wildlife Refuge, a riverboat tour on the Chena River, the Trans-Alaska Oil Pipeline, the University of Alaska's Museum of the North, wildlife scouting in Denali National Park, the Alaska Native Heritage Center, a scenic railroad trip from Anchorage to Seward, Exit Glacier, and a boat tour through Kenai Fjords National Park.

The cost is \$4,500 per person, with a \$1,300 single supplement. All lodging and meals are included, as well as transportation in Alaska by bus/motor coach, railroad and boat. Airfare to Alaska is not included.

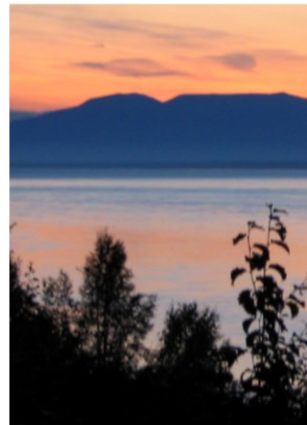
This trip will be exclusive to Alabama OLLI members.

Get details from OLLI at UAH member Chris Stuhlinger at cstuhlinger@gmail.com or Travel Committee Chair Betty Koval at bbkoyal13@gmail.com.

Chris Stuhlinger
Point of Contact for Trip

TRAVEL COMMITTEE

SIGHTS YOU COULD SEE DURING THE ALASKA TOUR



MEMBER SERVICES COMMITTEE

‘DISCOVER ROCKET CITY’ WITH YOUR CAMERA



Just a reminder about the 2022 OLLI annual Photo Contest.

Even though the holiday season is a busy time, the long break before the winter term will open up time to get out and about and get some great photos showing all the wonderful sights and changes in Huntsville.

The contest theme is “Discover the Rocket City.” Show us what is blasting off, literally or figuratively, around Huntsville. Show us how the city has been growing these past few years. As columnist Steve Flowers noted, “Huntsville has rocketed past Birmingham as Alabama’s largest city,” according to the U.S. Census Bureau.

The contest is open to all current OLLI members, who can submit up to three entries each by email. Photos should not contain recognizable persons.

The first-place prize is tuition plus three courses for OLLI’s fall 2022 term (valued at about \$99). Second place is a one-year OLLI membership plus a \$25 gift certificate (worth \$50 total). Third place is a one-year OLLI membership (\$25). Plus, your friends and the public get to see your award-winning work.

Photos must have been shot between April 1, 2021 and March 31, 2022. Be sure to check other requirements at Osher.uah.edu/OLLIPhotoContest.

Remember that the deadline for entries is April 1, 2022.

Leah Black
OLLI at UAH Member Services Committee Chair

ENTRY DEADLINE: APRIL 1, 2022

Discover the *Rocket City* 2022 Photo Contest

- Photos must be taken April 1, 2021 – March 31, 2022
- Photographer must be a current OLLI member
- Gentle photo editing permitted but keep the original photo
- Submit named photo in a standard digital .jpg format
Recommend at least 2 MP final pixel size

Submit entries to: olliphotocontest@gmail.com

Include when/where the photo was taken, your name, phone number and email. Osher.uah.edu/OLLIPhotoContest



UPDATES FROM THE DIRECTOR



Dear OLLI members,

We made it through another calendar year with OLLI at UAH. The highlight for me, along with probably several of you, was the return to campus late summer/early fall after an approximate 18-month online-only format.

I was so excited to teach one of the first courses back on campus, “Fuel Your Body — Intro to Plant - Based Nutrition.” I had so much fun sharing my journey into plant-based nutrition since the beginning of the year (my 2021 new year’s resolution), along with providing some of my favorite recipes with taste testers for participants in the class.

We had so much fun cooking that we even tripped a breaker in Wilson 152 with all of the equipment we had running!

Needless to say, the College of Professional Studies staff are here to support the program, but it gives us great joy to “take a break” from our daily operations to share our hobbies with the members. I’m looking forward to cooking “with plants” again this winter, and I hope you all will join in for the food and the fun.

With all the excitement from the year, there is a bit of sadness. We said goodbye to our wonderful Program Manager, Ale Pacheco, last month. It has been a challenge navigating the OLLI waters without her these past few weeks, but I appreciate every one of you volunteers who have stepped up to assist Alice Sammon and me during this time.

We are actively searching for Ale’s successor, although we have huge shoes to fill. We hope to have someone in place by January before winter term begins on Jan. 24.

Speaking of goodbyes, UAH’s ninth president, Dr. Darren Dawson, announced his retirement plans effective at the end of this calendar year. It has been an honor having him as UAH’s president since the summer of 2019, and we

wish him and his family well in their future endeavors.

In the interim, Dr. Charles “Chuck” Karr will serve as president. Dr. Karr recently retired from The University of Alabama (UA) as the College of Engineering dean after a 16-year tenure. The interim appointment will be for no less than 18 months, beginning Dec. 1, 2021. We are excited to welcome Dr. Karr to the UAH family.

I’m pleased to announce CPS officially has its second degree available — Bachelor of Science in Engineering Technology. We will be able to enroll students in the program starting fall 2022.

We also launched a new scholarship in honor of Dr. Karen Clanton, who recently retired as the dean of CPS. The scholarship will help provide financial assistance to students in both our Professional Studies and Engineering Technology programs. You can learn more information about the new degree and scholarship at [CPS.uah.edu](https://cps.uah.edu).

As a member of OLLI, you get to reap the benefits of being affiliated with a university. One of those benefits is having the opportunity to have access to the COVID-19 vaccine and booster shots. UAH offers your choice of two doses of Pfizer-BioNTech (ages 5+), two doses of Moderna (ages 18+), and one dose of Johnson & Johnson (ages 18+). Boosters are available if you are six months past your second Pfizer or Moderna vaccine or two months past your single-dose Janssen/J&J vaccine.

OLLI members may call the UAH COVID Vaccine scheduling line at 256.824.2400. Vaccines are administered at Executive Plaza, 555 Sparkman Drive, Building 800, Suite 818, across the street from the Beville Center.

Thank you for your support this year. I hope you and your family have a happy and safe holiday season, and I look forward to seeing you in January.

Warm regards,

Fathia Hardy

Director of Outreach and Support Services, CPS

SOCIAL COMMITTEE

YEAR-END AND NEW-YEAR SOCIAL EVENTS



The sounds of friends greeting each other, smiles and laughter, and interesting conversations were shared at the event on Nov. 5 to celebrate our excellent OLLI teachers.

Members met in person and on Zoom to thank our instructors. Food

and fellowship went hand in hand to make this get-together special.

The next day to mark on your calendars is Dec. 10 for our winter term open house at 10 a.m. This is a good time to sign up for classes and meet the teachers. The social committee will again provide delicious snacks in the lounge. See you there!

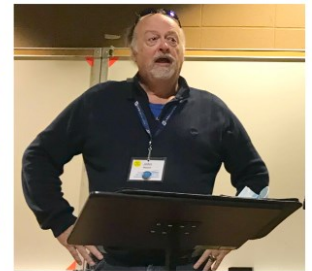
As we look forward to January 2022, the social committee is planning a party to welcome everyone back to class. Watch for the date and time.

Marilynn Szecholda
Social Committee Chair



FALL TERM APPRECIATION DAY, NOVEMBER 5

OLLI members expressed appreciation to teachers and Ale Pacheco, who was leaving as Program Manager. Then everyone ate and socialized.



PEOPLE OF OLLI

REFLECTIONS OF 3 VETERAN OLLI TEACHERS

As a salute to all the teachers who keep OLLI members flocking to courses each semester, the *OLLI Insider* this month profiles three veteran instructors: Nancy Darnall, John Scales, and Bill Confer.



Nancy Darnall

Nancy Darnall has not only taught courses but has also served on several OLLI committees and the OLLI Board of Directors and has edited the *Insider*. She is married to Bob Darnall, who also teaches OLLI courses.

Nancy has volunteered in schools, church, crisis help for individuals and families, and other community services. She was a member of Greater Huntsville Leadership Class 16. She has a B.S. from what is now the University of Memphis and an MBA from Wake Forest University.

"Bob and I first became involved in OLLI around 2012," Nancy said. "I wanted to take Barbara Staggs' photography course. When I decided to join OLLI, Bob thought maybe he would like it, too. And off we were on the continuing adventure that is OLLI." After taking Barbara's course, Nancy won second place in an OLLI photo contest.

Nancy's first teaching experience was a course on civil rights in Alabama, using both the book and movie "To Kill a Mockingbird," the movie "Selma" and other video clips to illustrate the history of the Alabama movement. Following

courses were "Wonders of the World"; "Road to Motown"; "Soundtracks of Our Lives," which included classes on Don McLean, Gordon Lightfoot and Harry Chapin; and "Dolly Parton: More Than a Cup of Ambition."

"The best part of teaching at OLLI is when the participants become involved in the subject," Nancy said. "In the Motown class, one of the members had attended the same high school as Diana Ross. In the Dolly Parton class, a member shared her research into the history and geography of Dolly's home county. In the civil rights class, members questioned, posted and shared their experiences.

"I hope I have improved as an OLLI teacher. It's a daunting proposition to teach one's peers, especially when the classroom holds such curious, well-versed and accomplished individuals. And in the days of COVID, I have had the curse of malfunctioning technology. Our members have been supportive as well as empathetic. We can laugh, cry, and share the terror of plans gone awry in front of a whole class.

"I would trade nothing for my experiences in OLLI. I meet curious and interesting people, travel to new as well as familiar places, socialize with loving individuals, and create new family. It is among the best things going in Huntsville."



John Scales

John Scales, a native of Huntsville, served 32 years in the U.S. Army, eventually achieving the rank of brigadier general. He was an infantry officer in Vietnam, the acting commanding general of the U.S. Army Special Forces Command (Airborne) and the commander of a

Combined Joint Special Operations Task Force in Afghanistan during Operation Enduring Freedom.

John has four degrees, including a Ph.D. in systems engineering from UAH. He prototyped and patented an invention for the weapon-shooter interface for dismounted soldiers. He has published four books, fiction and nonfiction, including "The Battles and Campaigns of

Confederate General Nathan Bedford Forrest, 1861-1865" (available on Amazon), which was the basis of one of John's OLLI courses.

Since John began his OLLI teaching career in 2019, he has taught "Afghanistan and Its History," "Nathan Bedford Forrest" and "The Rag-Tag Circus in World War II."

What satisfaction has John gotten from teaching? "I have always enjoyed teaching when people are willing to learn. I've taught physics, physical science and mathematics at the high school level, operations research at the undergraduate level and advanced military topics at the graduate level. OLLI classes take special preparation, which means 10 to 12 hours for each session, as each topic is one I have to completely prepare — there are no lesson plans. Further, OLLI students are always attentive and ask great questions. It's a real pleasure to do these classes."

PEOPLE OF OLLI

REFLECTIONS OF 3 VETERAN OLLI TEACHERS CONT.



Bill Confer

Bill Confer has spent his life helping people solve their problems. He practiced clinical psychology for 38 years, emphasizing adult psychotherapy, sleep disorders and pain management.

"I joined OLLI in 2016 a few months after I retired," Bill said. "The experience was satisfying from the get-go, as I both enjoyed the courses I took and the courses I offered. Part of the fun about teaching various aspects of psychology at OLLI is that I can focus on the fun and intriguing parts while leaving out the boring bits! I have taught psychology classes, not just to acquaint people with psychology as a social science, but also with practical application to life enhancement.

"Part of my orientation to life that makes me a good fit for OLLI are questions I frequently ask myself: Do I know

more today about something, anything, than I did yesterday? Have I enhanced the lives of others by some small contribution on my part? Is there something I can experience that adds value to my life, and is there something I can contribute that may inform another or reduce discomfort in another?"

Bill has taught courses not only on psychology but also on the English language, whose mysteries have been his hobby since childhood.

What satisfaction has Bill gotten from teaching? "It's gratifying as an instructor to teach a fact or concept that stokes curiosity and to see an attendee light up with insight and delight," Bill said. "Adding value to the lives of others is satisfying to me. My hope is always to inform and to do so in a way that satisfies and entertains."

Thanks, Nancy, John, and Bill for all you do for OLLI.

By Glen Adams

MEMORIES: HOLIDAY STAR

The Insider invited OLLI members to share holiday memories. Val Seaquist submitted her memory.

THE STAR

Starting when I was quite young and for about 10 years, Christmas meant "The Star."

Daddy would make a silver star to top the tree. There was always a bit of ceremony in the making of it. He would sit at the kitchen table, a 1950s chrome-and-Formica eyesore — ours was red.

We all crowded around to watch him draw the star on a piece of cardboard, which came with his laundered shirts. I was always secretly a bit proud that he sent his shirts to the laundry.

I marveled that he could draw the five-pointed star in one continuous line: a slightly angled straight line from top to bottom and then an angled upward line leaning to the right, then horizontally to the left and back to the right but downward making the second leg, and then the last stroke upward to connect with the original starting point. He was good at making the star's legs and arms almost uniform, and I thought him terribly clever to be able to do this.

He then carefully cut out the star and folded aluminum foil around it. A diaper pin — these were always available — was affixed to the back, and then the star was pinned to the top of the tree.

Christmas trees of that time and place were almost always cedar trees cut from some field, sporting weak branches that dried almost instantly, and the star usually assumed a drooping, lopsided pose.

Some of our friends had store-bought stars or other tree-top objects, but we felt ours was far superior, and I loved the tradition of it.

When he died, I made a small, foil-covered star and slipped it into his hand — my small memory to accompany him on his journey.

By Val Seaquist

PEOPLE OF OLLI

OLLI AT UAH BOARD OF DIRECTORS, 2021-22



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John Mason
VP, curriculum



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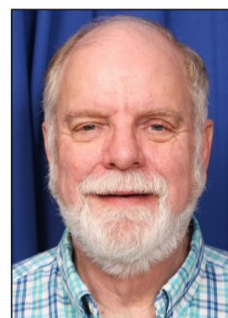
Leah Black



Richard Brooks



Kathryn Cataldo



Rick Heeth



Jennifer Humiston



Barbara Johnson



Steve Jones



Hilda Lee



Judy Oljey



David Rabb



Janet Reville



Harriett Somerville



Steve Stewart



Chris Stuhlinger



Marilynn Szecholda



Rexanne Warfel

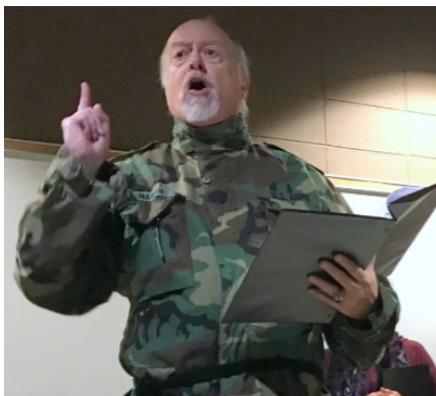


THE SEASON FOR OLLI TO BE JOLLY

Gifts and decorations for the fall holidays were created in a do-it-yourself class taught Sept. 20-Oct. 18 by Janet Reville, with the help of guest presenters.

THE PLAY'S THE THING: SHAKESPEARE ALIVE

OLLI members and their teacher, Susan Hazen Guthrie (center photo), performed from several of the Bard's plays on Nov. 13 after completing a Shakespeare Theatre Workshop during the fall term. From left across the top are some of the students who call themselves OLLI Players: John Mason, Jill Stewart, Leah Black, Sherry Boyer, and Dannye Drake. Susan is a nationally known Shakespearean producer and director, as well as a published poet.



‘WE’VE GOT TO LOOK OUT FOR EACH OTHER’

Homeless people could be you or people you know, and there are probably “well over 1,000” of them in Huntsville, Jennifer Geist said.

Geist, executive director of First Stop, spoke Oct. 22 during an OLLI Bonus session. First Stop at 206 Stokes St. (firststop.org) is a nonprofit that engages homeless people and helps them find housing and independent living.

Homelessness can be chronic or situational, she said. Causes include lost jobs, mental or physical illness, disabilities, drug abuse, family issues and domestic violence.

“I’m not a fan of the out-of-sight, out-of-mind philosophy,” she said, “because these are our people, this is our community, these are your neighbors, these are folks that are your friends.

“We’ve got to be looking out for each other, and that’s just kind of part of what we’re called to do. ... I could easily bring some of them with me today, and you would never know, sitting in here, whether they’re in this term signed up or whether they came with me. People are people, and we’ve got to look out for each other.”

Helping a homeless person achieve independence involves much preparation and follow-through, she said.

“It’s not as easy as just going to get a job because many of the individuals on the street, they can’t even prove who they are. They have been robbed, and they have no form of identification.”

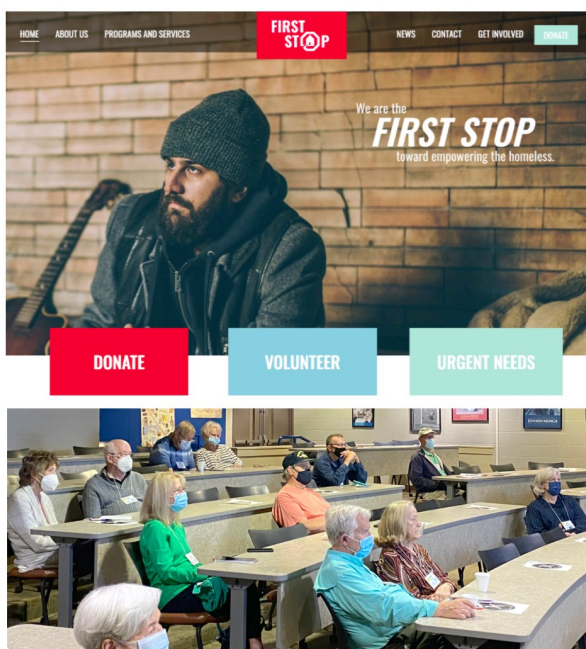
They may need vital records, driver’s licenses and treatment. They may have fines to pay.

“It’s a process, but every single time we are able to get somebody off the street, it’s such a win because the life expectancy of a homeless person is not very long. It’s a rough, rough life.”

First Stop is not a residential shelter, but it does provide the homeless with meals, showers, restrooms, bus passes, laundry and other services. It cooperates with the city of Huntsville and receives grants. First Stop is growing and hopes soon to have a new facility, a medical clinic and a mental health clinic.

OLLI members can help by following First Stop online, volunteering time, preparing meals and giving donations, Geist said.

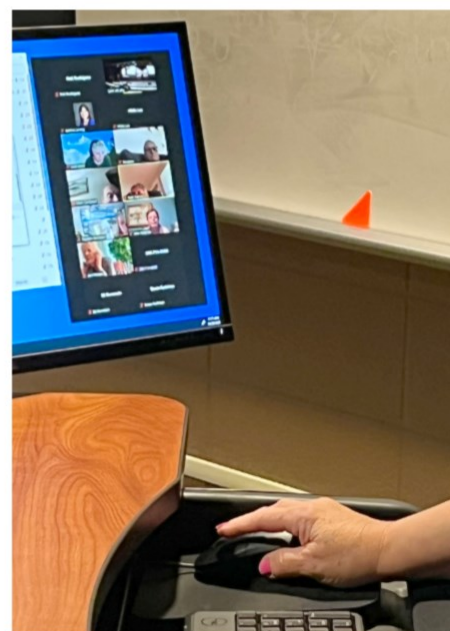
By Steve Stewart



MUSIC AND DANCE HISTORY IN NEW ORLEANS



Dr. Connie Atkinson, professor emeritus of the University of New Orleans, presents "New Orleans and Her Music: The Early Days" as a Bonus session Oct. 29, delivered on campus and online. A former music journalist, she discussed the music and dancing of New Orleans and the contrasts with much of the Anglo South.



WHAT ARE YOU GRATEFUL FOR?

GRATITUDE JAR MATERIALS & DIRECTIONS

It's a special time of year to be thankful...

With the hustle and bustle of the holiday season there are so many ways we can slow down and be thankful every day. **This December, we're calling on OLLI members to create their own Gratitude Jar** – Keep it on your nightstand at home or your dining room table.

Below you'll find your DIY Gratitude Jar toolkit! There are directions, materials, and printables to help get you started.

What Is a Gratitude Jar?

A gratitude jar is a fun and easy way to create a visual reminder of things we can be grateful for in our lives. Whether it's a person, a kind act, or a positive detail in your everyday life, by writing it down on a slip of paper and putting it in the jar over time, you'll amass a jar full of little notes of gratitude.

Why Create One?

Writing down what you are thankful for is powerful! Seeing the slips of paper in your jar grow is a physical reminder of the good. And creating a gratitude jar is an easy, quick, and inexpensive way to practice gratitude. It's a way to build a new habit of thankfulness and only takes a few seconds a day!



GRATITUDE JAR MATERIALS

- Jar
- Gratitude jar files (Print at home from page 20-21 of this newsletter)
- Scotch tape or glue
- Pen or pencil

GRATITUDE JAR DIRECTIONS

1. Find your jar! This could be any empty jar you have around the house (i.e. mason jar, recycled spaghetti sauce jar, etc.).
2. Print out your gratitude jar files.
3. Cut out your label and individual "moments of gratitude" slips of paper.
4. Using scotch tape or glue, attach your label to the front of your jar.
5. Write down what you're grateful for each day or week. Fold and place in your jar.
6. Starting January 1st, pull out a gratitude moment, read them to be reminded of your recent joys, and share with your family, friends, and OLLI. Use the social media handle **#OLLIGratitude** and/or tag *Osher Lifelong Learning Institute at UAH* on FaceBook.

NEED HELP GETTING STARTED?

Here are some starter ideas for your "moments of gratitude": Something you learned recently, a funny or cute moment with your pet, a new experience, a positive person in your life, activities that make you happy, a sunny day or a good book. The possibilities are endless!

WHAT ARE YOU GRATEFUL FOR?

MOMENTS OF GRATITUDE

Step 1: Print and cut along the grid lines.

Step 2: Write your moment of gratitude in an open field.

Step 3: Fold and place in your jar!

TODAY I AM grateful for..... DATE: 	TODAY I AM grateful for..... DATE:
TODAY I AM grateful for..... DATE: 	TODAY I AM grateful for..... DATE:
TODAY I AM grateful for..... DATE: 	TODAY I AM grateful for..... DATE:

WHAT ARE YOU GRATEFUL FOR?

GRATITUDE JAR LABELS

LABEL YOUR GRATITUDE JAR

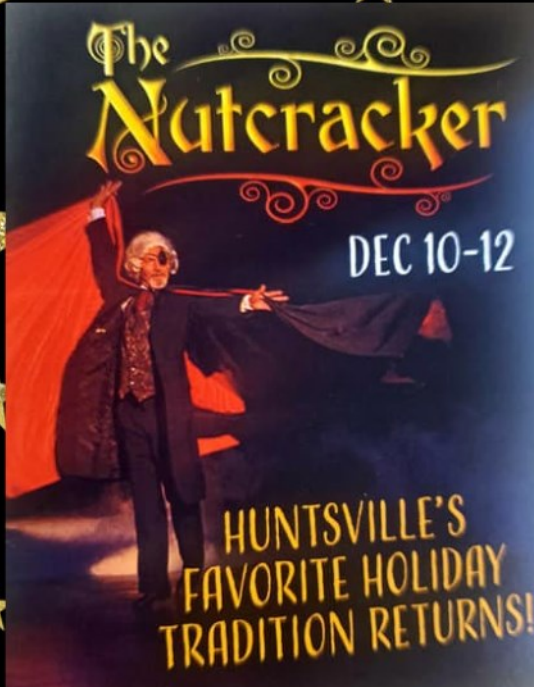
Step 1: Print this page.

Step 2: Choose your favorite label and cut along the dotted line.

Step 3: Using scotch tape, attach paper label to the front of your jar.



THE LAST WORD



OLLI MEMBERS CAN
RECEIVE 35% OFF
THE NUTCRACKER
TICKETS.

Contact fellow member, Joan
May at jmikemay@comcast.net
to receive the offer.