



## News For Members of the Osher Lifelong Learning Institute at UAH

March 2016

Wilson Hall Room 113 Huntsville, AL 35899 256-824-6183 [olli@uah.edu](mailto:olli@uah.edu) [Osher.uah.edu](http://Osher.uah.edu)

### President's Message



Bob Darnall  
President

Once again we have had a wonderful selection of courses for the winter term. I hope everyone taking classes has enjoyed them half as much as I have.

I want to point out the many additional activities offered to OLLI members during the break between winter and spring terms. Whether it is a tour of the small St. Mary of the Visitation Catholic Church in downtown, the opportunity to see the symphony Sneak Preview for only five dollars, or a fun afternoon viewing movies, OLLI members are always involved and learning through a variety of experiences. Check the calendar on Page Two.

With over 500 new members this year, I would like to emphasize that all these activities plus the daily classes require many volunteers. In addition to our wonderful UAH paid staff to support OLLI, there are various opportunities for OLLI members to make our program better. We welcome your fresh ideas and helping hands. OLLI volunteers staff the OLLI office, plan the class schedules, participate as instructors and facilitators, as well as organize and implement social, cultural, and special event activities. **Without the support of our volunteers, OLLI would not be possible.**

If you would like to volunteer, please let us know. There are green volunteer sheets in the OLLI office (Room 151) where you can check off areas of interest. Or you can email me at [darnall45@aol.com](mailto:darnall45@aol.com) and I will ensure that you are contacted by the appropriate individual. Please include any information on the type of volunteering you would like to do. I want to thank all the volunteers and the staff at PCS for all they do to make the OLLI experience the valuable asset and treasure that it is. Fun, learning, adventure, friendship, travel, and opportunity: that's the OLLI at UAH program.



### Going, going, gone: Soup/Chili in the OLLI Lounge

Only two Wednesdays left in the winter term. Join us in the OLLI Lounge at noon before the Weekly Bonus, bring your lunch and have a side of soup or chili. This is a great way to warm up and visit with other OLLI members. Be sure to clear your lunch space and wipe up any spills!

March 2 — Sue Chatham

March 9 — Gratia Mahony

A different treat will be offered in the spring term. If you have a favorite treat you'd like to share, contact Sue Chatham at [chatham@knology.net](mailto:chatham@knology.net).

# OLLI CALENDAR

A Calendar of Upcoming Events will be published in each edition. Committee Chairs should contact Nancy Darnall at [nbd51@icloud.com](mailto:nbd51@icloud.com) or Maxine Doherty at [maxine.doherty@uah.edu](mailto:maxine.doherty@uah.edu) to add items. Check your Weekly E-news for updates and details.

Month	Time	Event
March 4	10:00 AM-12:00 PM	<b>Spring Spectacular</b> , Wilson Hall Lobby and WH 001. Registration event, refreshments, and information about upcoming courses and events. Special speaker: Jacque Reeves reveals more <i>Huntsville Scandals</i> at 11 AM. (CR)
March 4	noon-3:00 PM	<b>GAME DAY</b> , OLLI Lounge, WH 151. No fee. (SE)
March 5	11:55 AM	<b>Puccini's <i>Manon Lescaut</i></b> , Hollywood 18, South Memorial Parkway. Meet in the theatre lobby. No reservation necessary. (C)
March 11	12:30-2:30 PM	<b>Winter Teacher Appreciation Luncheon</b> , Trinity United Methodist Church Fellowship Hall, Smokey's Barbecue. Sign up in OLLI Volunteer Office, WH 151, by Monday, March 7. Request \$3 donation at the door.(S)
March 12	11:00 AM	<b>The Huntsville Symphony Orchestra featuring Canadian Brass</b> , Mark C. Smith Concert Hall, VBC. \$5.00 for ticket. Barb Halupka, <a href="mailto:Barbh0549@gmail.com">Barbh0549@gmail.com</a> . (C)
March 29 (and possibly 30)	10:00 AM	<b>St. Mary of the Visitation Catholic Church</b> , 222 N. Jefferson Street, Huntsville. Space limited; second date is an overflow option. Pat Tumminello , <a href="mailto:mkstars@knology.net">mkstars@knology.net</a> .(C)
March 31	1:00– 5:00 PM (approx.)	<b>OLLI Film Fest, Four Funny Flicks</b> , Wilson Hall Rooms 218 and 226. No registration, no fee. (SE)
April 7	10:00AM Or 11:00 AM	<b>UAH School of Nursing</b> , tour of new facilities. Nursing Building, east of Salmon Library. Space is limited. Contact Bill McAllister, <a href="mailto:billmcallister94@gmail.com">billmcallister94@gmail.com</a> . (SE)
April 11		<b>SPRING TERM CLASSES BEGIN!</b>
April 30-May 1	All Day	<b>Monroeville and <i>To Kill a Mockingbird</i></b> , overnight trip, waiting list. \$195, double occupancy; \$45 single supplement. Jacque Reeves <a href="mailto:jacquereeves@avalontours.net">jacquereeves@avalontours.net</a> . (C)

Join your OLLI friends at these events scheduled by the Special Events (SE), Curriculum (CR), Cultural (C) and/or Social (S) Committees; PCS; and UAH. Remember to check your Weekly E-news for the latest information on these and other activities. OLLI membership is required for OLLI activities. More details are available in the Committee Sections of this *OLLI Insider*.

A man ninety years old was asked to what he attributed his longevity. "I reckon," he said, with a twinkle in his eye, "it was because most nights I went to bed and slept when I should have sat up and worried." Garson Kanin



Nancy Darnall  
Chair

**New York Metropolitan Opera's Simulcast of *Manon Lescaut*** by Giacomo Puccini is March 5, 2016, at 11:55 am, at the Hollywood 18, on South Memorial Parkway. Meet in the lobby. No reservation necessary.

**The Huntsville Symphony Orchestra featuring Canadian Brass**, on Saturday, March 12, at 11:00 am, at the Mark C. Smith Concert Hall, VBC. \$5.00 for ticket. Please contact Barb Halupka at [Barbh0549@gmail.com](mailto:Barbh0549@gmail.com) for reservations and details. This is a really fun way to see the orchestra and its guest performers.

**St. Mary of the Visitation Catholic Church**, 222 North Jefferson Street, downtown Huntsville. Reserve with Pat Tumminello at [mkstars@knology.net](mailto:mkstars@knology.net). March 29 at 10 AM; overflow date is March 30. Space is limited.

**Huntsville Ballet Company's (HBC) *Peter Pan*** on Sunday, April 10, at 12 pm. Reserve your seat(s) by March 18. Thanks to Danyne Drake of OLLI and Cathy Curry at HBC for coordinating this event. Contact Huntsville Ballet Company at 256-539-0961 to purchase up to 6 tickets at half price (\$12). Bring your friends and your grandchildren. For a more informed view, see box below.

**Monroeville: *To Kill a Mockingbird***. April 30-May 1, 2016. This trip is full. A waitlist is available in the OLLI Volunteer Office. Cancellations will not be unusual due to the early signup requirement. \$195 double occupancy, \$45 single supplement. Trip includes motorcoach, tickets to the play, and dinner on Saturday evening. Lunches are not included. Contact Jacque Reeves at [jacquereeves@avalontours.com](mailto:jacquereeves@avalontours.com) for reservations and payment information.

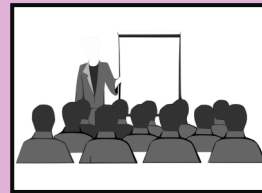
*"The moment you doubt whether you can fly, you cease to be able to do it." -J.M. Barrie*

The Huntsville Ballet Company, under the direction of Artistic Director Philip Otto, is taking flight this April in its spring production of the childhood classic, *Peter Pan*. The company is offering members of OLLI an opportunity to fly along in a special "behind the curtain" experience, which begins at noon. We will observe a company class narrated by Mr. Otto, take a backstage tour, and receive loge tickets for the 2:00 matinee. There will also be opportunities to ask questions of Mr. Otto and some of the dancers.

This performance is a milestone for the company as it incorporates the element of "flying." To insure the safety of the dancers, HBC is bringing from Las Vegas a professional rigging company, Flying Effects, to hold four days of training for both the dancers and the crew. The effect of flying also requires great attention to all aspects of production. Sets must be designed with even more care than usual. The type and placement of set pieces must allow for flight and accommodate the rigging. Costuming is another area impacted by the flying. Costumes must allow the dancers to move as well as conceal flying harnesses. Mr. Otto and his staff have been in production meetings since the first of the year, although discussions began early in 2015.

HBC's performance of *Peter Pan* will also feature original choreography by Mr. Otto, and is set to music composed by Carmon DeLone for the production of *Peter Pan* by the Cincinnati Ballet. Cincinnati has generously allowed HBC to use it. Our own UAH is in on the act. A special thanks to the UAH Theatre and Audio-Visual departments for the use of equipment. Additionally, UAH student Josh Yates is in charge of the projection design.

Reservations should be made by March 18 (see details in box above). So come along with Huntsville Ballet Company on a special journey. With lots of effort, talent, support from the community, and maybe a little fairy dust, HBC will take us beyond "the second star to the right" into a world of wonder and theatre magic!! We believe! We believe!—Danyne Drake



The Weekly Bonuses for the Winter 2016 session will be on Wednesdays in Wilson Hall 001 (the Auditorium) from 1:00 to 2:30 pm. These programs are offered as one of the OLLI member benefits and are open to members only. Memberships are available on the day of the bonus in Wilson Hall 103.

**Mar 2 – Customs and Traditions of Poland | Frances Crisswell & Carl Woida**

The culture and customs of Poland are closely connected with its intricate thousand plus-year history. Poland's national culture emerged as a synthesis of Latin and Byzantine influences and was further engendered by the numerous European occupations. Learn how customs, traditions, and mores display a diverse mix of the East and West. We touch on Polish Easter, language, cuisine, music and arts.

**Mar 9 – Selected Stories from the Writing Your Life Story Class | Valerie Seaquist**

Over the 15 years that Betty Carlton has taught for OLLI, she has conducted a total of 45 courses. In her Writing Your Life Story class, Betty has inspired hundreds of OLLI at UAH students to record their stories. In this presentation, you will have the opportunity to hear some of them express their appreciation to Betty by sharing some of their most memorable compositions. Some stories may make you laugh; others may make you cry—but all of them will entertain you.



Nancy Darnall  
Chair

## Share the Joy!

As you register for OLLI classes this spring, please consider a donation to the OLLI Scholarship. This fund, administered by the UAH Advancement Office, provides two scholarships per year to students who would be unable to attend the University without financial assistance. All donations are tax-deductible and help launch the current students on a pathway of lifelong learning. Contact Nancy Darnall at [nbd51@icloud.com](mailto:nbd51@icloud.com) for further information.

Thank you.

## OLLI Member Interest Groups

**Heard in the OLLI hallway: "What is a MIG?" Response: "A Member Interest Group." Follow-up: "Then, it isn't just a Russian plane?" OLLI currently has five MIGs, check them out:**

**Tennis:** Court time and pro tournament gatherings. Sue Chatham, [chatham@knology.net](mailto:chatham@knology.net).

**Hiking:** Hikes on Thursday and Friday mornings. Bob Goodwin, [OLLIHiking26@yahoo.com](mailto:OLLIHiking26@yahoo.com).

**Knitting.** Share your enjoyment and increase your skills. All levels welcome. Barbara Ward, [bward@hiwaay.net](mailto:bward@hiwaay.net).

**Stock Study Club.** Study and report on stocks to explore the world of investing. J. Phillip, [the\\_p\\_patch@knology.net](mailto:the_p_patch@knology.net)

**International Dining:** Try new foods and revisit favorites. Nancy Darnall, [nbd51@icloud.com](mailto:nbd51@icloud.com).



## OLLI PHOTO CONTEST



THEME: "WATER, WATER EVERYWHERE"

ENTER UP TO THREE PHOTOS

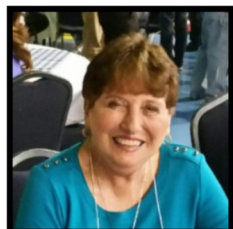
Until April 7, 2016

- Open to all current OLLI Members
- Timeframe: May, 2015 to April 7, 2016
- Images can be captured with any type of camera, phone or other device
- Images must be uploaded digitally in a standard .jpg format
- Color images are desired but not required
- At least 2 megapixels (MP) are recommended
- Photos can be gently edited
- Name your photo

Email images as an attachment to:

[olliphotocontest@outlook.com](mailto:olliphotocontest@outlook.com), subject: Photo Contest. Include your name, phone number, and email address. Give some information about the photo, where you took it, and the date.

*For questions regarding requirements or uploading or resizing problems, please call Lorrie White at 256-520-4455 or email to [olliphotocontest@outlook.com](mailto:olliphotocontest@outlook.com).*



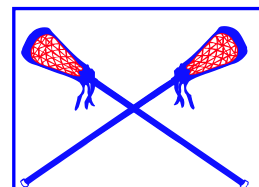
Leah Black  
Chair

The Social Committee has planned a fun event for Friday, March 11, 2016, from 12:30 to 2:30 pm to show appreciation for our fantastic OLLI Instructors. Smokey's BBQ is doing the catering with two kinds of meat and their outstanding side dishes. We will also have beverages and delicious dessert. We are requesting a \$3.00 donation at the door. This is a great time to thank the instructors who have worked hard to give us such an array of interesting and exciting classes this term. We can also thank the many facilitators who help them and keep us informed of OLLI events as well as the AV assistants who keep our DVDs and other computer aids on screen. We have also arranged for entertainment by an accomplished vocal soloist. Sign up in the OLLI Volunteer Office by Monday, March 7.

These lunches are always fun and provide a time to socialize with other OLLI members. The Committee works together as a well-oiled machine, providing the decorations, refreshments, and entertainment which make the events so enjoyable. We are a fun group and the Social Committee always welcomes new members. Contact Leah Black at [leahblack01@comcast.net](mailto:leahblack01@comcast.net) for more information.



### **THERE'S A NEW GAME IN TOWN**



As many of you may know, UAH has initiated a Men's and Women's Lacrosse program this year. Lacrosse is the original American game, having been played in North America for many hundreds of years. It is often referred to as "the fastest sport on two feet."

Although the UAH teams are composed mostly of Freshmen, they are both off to a great start. On Feb 21 the men played their inaugural game at home with a very exciting come-from-behind 11-10 victory in overtime. The same day the women were playing away and chalked up their third straight win.

Local talent from the Huntsville/Madison area is well represented on both teams with students that played high school ball at Grissom, Bob Jones, James Clemens, and McCallie Prep. Good luck to both teams on the rest of their season, and we all look forward to more exciting games.

Whether it is one the ice, the court, or the field come out and support your UAH athletic teams.

## ***Go Chargers!***

***The OLLI Insider*** April issue submission deadline is Friday, March 18. (Early is better!)

Please submit your articles to Nancy Darnall at [nbd51@icloud.com](mailto:nbd51@icloud.com). Any OLLI photos are welcome; just send them to the newsletter. As always, please include the photographer's name. the names of those in the photo, and the event shown. Thank you.

## UPCOMING EVENTS

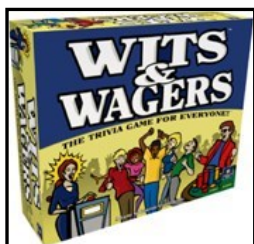


Bill McAllister  
Chair

Sometimes the best Special Events are right under our noses. The next three Special Events will take place in or near Wilson Hall.

**GAME DAY:** Have Fun & Stretch Your Mind, Friday, March 4, noon to 3:00 pm. Join us for a special opportunity to play games with OLLI friends. Research indicates that games not only keep us socially in tune with friends, but

they also engage our brains in a different way from in our courses. Here is a special perk offered by your OLLI Special Events Committee.



Learn a new game or maybe teach one of your favorites. We already have these games available - *Taboo*, *Wits and Wagers*, *Upwords*, *Scrabble Apple*, *Dominos* and *fast Scrabble*. Since Jacque Reeves' fun lecture on "Huntsville Scandals" will conclude around noon, we will order several pizzas to kick off Game Day. Join us anytime between 12:00 - 3:00 on March 4 in the OLLI Lounge. We may spill over into

Room 152C. Let the fun begin! Please sign up in the OLLI Volunteer Office, WH 151, for planning purposes.



On the morning of Thursday, April 7, the **UAH School of Nursing** is offering two tours of their new facilities, one at 10:00 and one at 11:00. Specifically we will see the new addition that doubled the size of the original building to 88,000 square feet. Included is a simulated hospital environment with modern concepts for educating and applying cutting-edge practices. The

UAH Nursing Building is an easy walk from Wilson Hall. Since space is limited, contact Bill McAllister to reserve a space for either the 10 or 11 o'clock tours: [billmcallister94@gmail.com](mailto:billmcallister94@gmail.com).



See Page 8 for the third event: OLLI Film Fest!

## OLLI FILM FEST

### FOUR FUNNY FLICKS

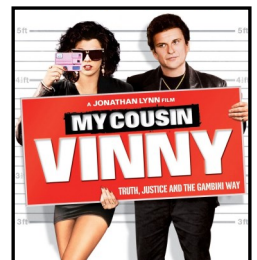
Thursday, March 31, 1:00—5:00 PM, approximate ending time. Wilson Hall Rooms 218 and 226: **Join OLLI friends for a fun afternoon of laughter as we enjoy tried and true hilarious movies. Two movies will be shown simultaneously so you will be able to watch two films during our first OLLI Film Fest (an expanded version of our popular *Popcorn and a Movie*). Movie snacks will be served.**

***Something's Gotta Give*** starring Jack Nicholson and Diane Keaton: A perennial playboy with libido much younger than his years runs after young girls but ends up falling in love with the mother of a girlfriend..... Keaton won a Golden Globe Best Actress Award in a Comedy and was an Academy Award Nominee. Nicholson is his eccentric, funny self and is always a favorite in this 2003 film.



***Mrs. Doubtfire*** starring Robin Williams and Sally Field: In this 1993 film Robin Williams gives one of his best uproariously funny performances disguised as a female housekeeper just to be near his own children following a bitter divorce.

***My Cousin Vinny*** starring Marisa Tomei, Ralph Macchio and Joe Pesci: Two street-smart New Yorkers are accused of murder in rural Alabama and a loudmouth, inexperienced lawyer (Cousin Vinny) comes to defend them in unbelievable courtroom scenes. Marisa Tomei won an Academy Award for Best Supporting Actress in this classic comedy in 1992.



***Secondhand Lions*** starring Michael Caine, Robert Duvall and Haley Joel Osment: This is a happy movie everyone can enjoy. An unhappy boy is dumped on his crazy uncles' farm for the summer – an opportunity that should be afforded every young boy. The two unconventional uncles, Academy Award winners in previous movies, gradually win the trust of young Walter in this 2003 movie.



From our January Pot Luck, OLLI members and storyteller Bruce Walker had a wonderful lunch at Trinity United Methodist Church Fellowship Hall.



Photos courtesy of  
Aylette Dickman,  
Bill McAllister, and  
Nancy Darnall.

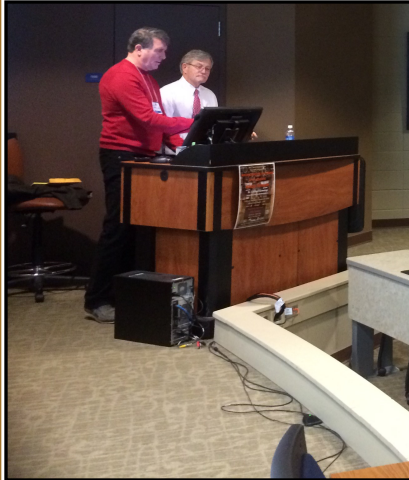


Huntsville Master Chorale's Mosaic of Love on February 13 was well attended by OLLI.





OLLI is back in session.



Photos courtesy of Lorrie White and Nancy Darnall.

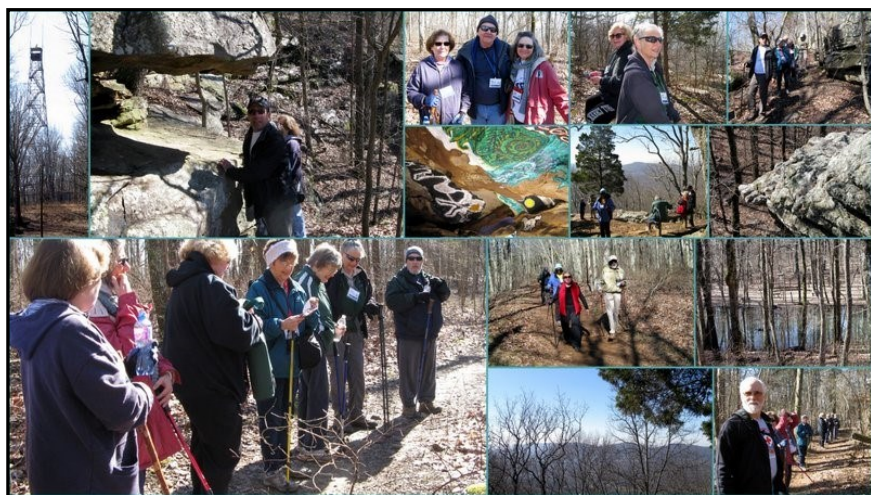


February 2016

We had a great turn out on this sunny, windy day! Roger took the "Cinderella" group on a special hike on the Wade Mountain and Harris Trails; Dan and Bob led the way on the Devil's Race Track, Shovelton, Rock Wall and Piney Loop trails.



We had a great time with Craig as the leader today! We did not lose anyone which is a big plus! We also saw the "cave paintings."



Photographs courtesy of Bob Goodwin.

**On its hiking blog on January 29, 2016, REI (the Outdoor Outfitters), cited *Hiking Project's* article naming Huntsville, Alabama's Blevins Gap and Madison's Rainbow Mountain Run among its five best spring destinations.**

To join hiking fun, email Bob Goodwin at [OLLIHiking26@yahoo.com](mailto:OLLIHiking26@yahoo.com). Hikers are on the trails on Fridays and Saturdays.

## ***Making the Best of Aging!***

***New science shows that these daily choices can help you live better—and longer. Alexandra Sifferlin, Time Magazine, February 22/29, 2016, pp. 80-86.***

In an article entitled *It's the **Little** Things*, Ms. Sifferlin cites three choices we can make to acquire the benefits of healthy habits to increase longevity. In extreme summary, here they are.

- ◆ Calories matter, but not for the reason you think. It's easy to identify the elements of a healthy diet, but new data reveals that cutting back has more benefits than previously thought. Weight loss is good for those of us carrying too many pounds, but other benefits also occur. Fasting leads to increased resistance to stress. "Diet is the most important intervention to delay aging and age-related diseases," Valter Longo, director of the University of Southern California's Longevity Institute.
- ◆ Moving a little matters more than exercising a lot. Sedentary behavior is a risk factor for earlier death. Hours spent sitting are bad even if one exercises regularly. The good news is that doing anything except sitting still—even fidgeting—can add up!
- ◆ Your mind-set can affect how you age. Negative stereotypes towards aging is linked to the development of brain changes associated with Alzheimer's disease. Studies also link episodes of severe anger to heart attacks within two hours. Positive attitudes may make us more resilient. Mindfulness (meditation or simply focusing on the present) may slow biological aging.

In summary, eat less, move more, smile a lot! Even if you don't extend your longevity (and how can you be sure you did), your days will be sunnier and those around you will enjoy you more.



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Wilson Hall, Room 113  
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**Division of Professional  
and Continuing Studies**

