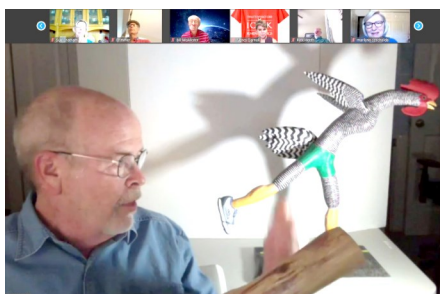
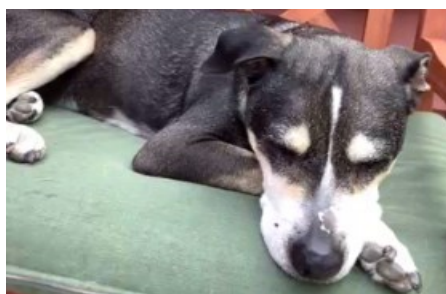


THE OLLI

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

INSIDER

SEPTEMBER 2020 ISSUE



Osher
Lifelong Learning
Institute **at UAH**

Wilson Hall Room 113, Huntsville, AL 35899 | 256.824.6183 | OLLI.info@uah.edu | Osher.uah.edu

SEPTEMBER - OCTOBER 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 one business day prior. There is a limited capacity per event.

Sept 2 | Wed | 11:00 am | [Online](#)

Pre-recorded Lecture: Yemen: A History of Conflict

Investigate the origins of the conflict and explore steps for resolution. Participate in the live Zoom discussion based on the Great Decisions pre-recorded lecture presented by the *Foreign Policy Association*.

Sign up [online](#) for the Zoom discussion.

Sept 18 | Fri | 11:00 am | [Online](#)

Bonus: Huntsville in 1898

Learn the history of Huntsville during its industrial growth, yellow fever and the Spanish-American war. Huntsville was developing new cotton mills and urban growth under visionary Tracy Pratt. Meanwhile, a war broke out to liberate Cuba, featuring the most unlikely of military heroes: an old Alabama congressman, Joseph Wheeler; and a brilliant New York politician, Theodore Roosevelt. Discover how Huntsville became a military encampment due to the constant fear of disease.

Sign up [online](#) for the Zoom bonus lecture.

Presented by Guy Collins

Sept 25 | 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 time!

Sign up [online](#) for the Zoom discussion.

Oct 2 | Fri | 11:00 am | [Online](#)

Bonus: Three Weeks in Eastern Europe

Through photographs and storytelling, discover the beauty and history of Eastern Europe. Through a fifteen day cruise the following places were visited: Budapest, Vienna, Prague, Krakow, Warsaw, and Berlin. Join us to hear more about this amazing experience.

Sign up [online](#) for the Zoom bonus lecture.

Presented by Rick Schwarz

Oct 9 | Fri | 11:00 am | [Online](#)

Coffee Chats - Trivia

Test your knowledge on interesting facts in many subjects while enjoying an afternoon with fellow OLLI members.

The game will be played individually.

Sign up [online](#) for the Zoom discussion.

Oct 16 | Fri | 11:00 am | [Online](#)

Bonus: A Journey of WWII Battle Sites in France

Delve into major sites of the historic WWII region of France such as American D-Day beaches of Utah and Omaha, the American British and German cemeteries, Sainte-Mere-Eglise, Caen, Pointe du Hoc and Avranches. Through photographs and experiences rediscover the history of these important sites.

Sign up [online](#) for the Zoom bonus lecture.

Presented by Tom Ress

Oct 23 | Fri | 11:00 am | [Online](#)

Coffee Chats - Guess Who? Halloween Edition

Dress up and have fun with fellow OLLI members as we play a game of a Halloween themed guess who.

Sign up [online](#) for the Zoom discussion.

Oct 30 | Fri | 11:00 am | [Online](#)

Bonus: Teaching 72,000 Students

How does a retired NASA employee and a science teacher extend his influence and passion in retirement? Discover the story of a man who grew up in poverty, but that did not stop him from learning the night sky and universe. Learn about the STEM outreach conducted with a portable planetarium in rural schools across TN while sharing his passion with students.

Sign up [online](#) for the Zoom bonus lecture.

Presented by Billy Hix

**KEEP UP WITH THE LATEST
EVENTS AT
[OSHER.UAH.EDU/OLLIEVENTS](https://osher.uah.edu/ollievents)**

BACK TO SCHOOL WITH OLLI



It is September, and that means back to learning. While we may come back in a different way, with Zoom instead of a classroom, that doesn't mean we can't still learn new things and meet new people.

John Mason, our VP of Curriculum, along with the staff of the College of Professional Studies, has assembled some interesting and fun courses, which are highlighted in this month's issue. There is still time to enroll, so check out the Fall Catalog on the OLLI website.

David Styers, our president, has some words of wisdom, so be sure to read his message. This month's Member Spotlight features one of our newest members, Kathryn Cataldo, who not only has an amazing background in the media, but talks about her experience in interviewing an amazing woman who changed her life.

We are off to a great start with members submitting their stories on their experiences with COVID's self-isolation. If you would like to submit a story, along with pictures, but don't know where to start, here are some suggestions:

- ♦ Sept. 13 is National Grandparents Day. How will you stay in touch, or what activities, if any, will you participate in with your grandchildren during this time?
- ♦ Sept. 22 is the first day of fall. How do you plan to welcome the change in season? Decorate the outside of your home with harvest themes, take pictures of the fall colors while taking a stroll, or perhaps make a drive up to the mountains?

Send us your story and pictures, and we will publish in future issues.

In the November issue of *The OLLI Insider*, we would like to pay tribute to the men and women who have given so much in service to our country. If you are a veteran, we would like to hear about your time in the service. Please send us your story — along with pictures, if applicable — by Oct. 17.

When submitting your story, please keep it to 150 words. When sending a picture, please write a caption. Be sure to identify the people in your picture, if applicable. Send story and/or picture to **OLLINewsletter@uah.edu**. Be sure to write in the subject line of the email "COVID story" or "Veteran story." Include your name and email address.

It is time to come back to OLLI because, while many things have changed these last few months, the joy of learning is not one of them.

Elizabeth Kocir
PR Committee Chair



FROM THE PRESIDENT

THIS IS YOUR OLLI



By the time you read this, you will have already celebrated OLLI Day, which was Aug. 20 in Alabama.

This date was declared OLLI Day by proclamation from Governor Kay Ivey. Your OLLI participated in a panel presentation celebrating

OLLI in Alabama.

There are three OLLI chapters in Alabama: The University of Alabama (UA), Auburn University and, of course, your OLLI at The University of Alabama in Huntsville (UAH). Alabama was the first state in the nation to have a proclamation celebrating OLLI statewide.

The three chapters in Alabama have decided to share some coursework for the fall term. Because of this, you have the opportunity to take selected courses from Auburn and UA, and they will have the opportunity to take some of our courses.

I was lucky enough to be on a call with the CEO of the Bernard Osher Foundation, Mary Bitterman, and she indicated that the response of the three OLLI chapters in Alabama to adapt to the impact of COVID-19 was considered phenomenal. Thank you for supporting OLLI at UAH in these pandemic times.

While I am on the subject of support, I have spoken with you several times in this newsletter about the OLLI Support Fund. Ken Rex and his Fund Development Team set a stretch goal to raise \$25,000 and to target 25% participation in Fund Support this year.

Thanks to your generosity, the financial goal was exceeded with more than \$26,000 raised. In addition, we barely missed our targeted participation goal. Thank you for the support you have given your OLLI. The funds are greatly needed to maintain the OLLI program financially now and in the future.

Your Curriculum Committee has put together an excellent program for the fall. Please join us for some of the classes. All fall term classes will be presented online.

I don't know about you, but I am beginning to find Zoom easier and easier to navigate the more I utilize it. It seems to be an integral part of my life now.

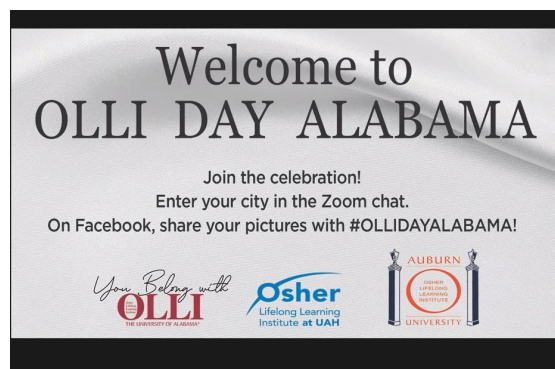
I go to my small group meetings at church, visit my granddaughter in Birmingham, hold committee meetings and attend classes — all thanks to the technology of Zoom. I even decided to purchase an auxiliary microphone so that people could understand me better.

Having said that, your OLLI Board has decided to invest in audio/video equipment for our two OLLI designated classrooms on the first floor of Wilson Hall. We are making this investment to allow us the opportunity to allow both in-room and video courses in the future when we are able to return to campus under social distancing restrictions. We do not know at what point that may occur, but we want to be prepared when it does. We want to bring our OLLI family back together as soon as it can be safely accomplished.

Finally, thank you for being a part of our OLLI family. We are successful because of you.

David Styers

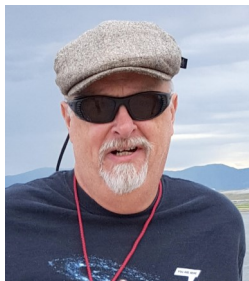
President, OLLI at UAH Board of Directors



Click on the image to watch the video recording of OLLI Day Alabama

CURRICULUM COMMITTEE

GET INVOLVED WITH COURSES THIS FALL



As we move into the dog days of summer, our priority is often to find a cool drink and a cool place to sit while we wait for cool weather. How about another option?

As you sit back sipping that drink, why not tune in to some of the 38 cool classes OLLI will be offering

online beginning in the fall term starting Sept. 14? There's certainly a broad spectrum of topics, and you just can't go wrong with any of them!

Our first experience with Zoom classes over the summer, including the Online Express classes offered in the spring, went exceedingly well. We were able to offer a slightly expanded schedule, and the attendance was outstanding.

We've listened to your comments and incorporated them into a review of the process that will, we think, enhance and improve our online educational experience.

As of now, the fall term will again be offered exclusively via the Zoom platform as the University continues to work through the myriad problems associated with on-campus learning in the midst of a virulent pandemic. Their approach of putting the students — and that includes all of us! — first offers a model that the rest of the country could well emulate.

As we move forward, though, our paradigm is beginning to shift subtly as we, and, indeed, the OLLI campuses and educational facilities across the country, begin to change to meet an evolving situation.

One thing of interest that I believe portends great things for the future is the OLLI Day Alabama, proclaimed by Governor Kay Ivey to be held on Aug. 20. Now, by the time you see this, that ceremony will have already occurred. But it was a key event because the Governor joined us to celebrate the lifelong learning opportunities available in Alabama by recognizing the programs here and at The University of Alabama and at Auburn University.

And we're not through. The fall term hasn't even begun, and the members of the Curriculum Committee are already hard at work preparing the schedule for winter and beyond.

As of now, we are still planning on using the online platform for our classes, but we'll continue to work to

improve how that platform works. One way we're going to do that is modify the jobs of the class facilitators slightly to include allowing those who feel comfortable, and who volunteer, to become Zoom class moderators.

During the summer, only staff members Ale Pacheco and Alice Sammon were able to develop the links and run the platform for us because it's a UAH system. That is still the case. As a result, we can only offer one course per time slot each day for the fall term, thus the reduced number of classes.

Some of us who participated have now volunteered to help them in that regard by becoming volunteers for the future. I am asking you to consider volunteering as well. The more facilitators we have, the more classes we can have available. And if I can do it, I *know* there are more than a few of you out there who can do it too!

Besides Zoom, we will be implementing Google Classroom. In it, instructors are able to create bulletin boards for students in the various classes where they can post handouts and recordings of lectures, and conduct discussion boards both before and after each class.

Ah, but there's a catch! To use Classroom, you have to have a Gmail address. It is free and easy to set up. I encourage you all to take this step so you can get access to this outstanding learning tool. It really enhances the learning experience.

And with that, I think the time has come to bid you all *adieu* for this month. I am sincerely looking forward to the time when we can all meet in person again and enjoy the brotherhood, fellowship, and a cup of coffee that bonds our OLLI family together. But until then, a wave and hearty greeting online will have to do. Till next time ...

John Mason

VP of Curriculum, OLLI at UAH Board of Directors

TRAVEL COMMITTEE

SIGN UP FOR PHILLY ART AND S.W. PARKS



Hello, fellow OLLI members!

I hope this finds you all doing well and staying safe but looking forward to a new term of classes.

We have revised the Philadelphia art trip, which is scheduled for June 6-11, 2021. Price is \$1,649 per

person double and \$2,239 per person single. You can begin enrolling by calling Road Scholar at 1-800-322-5315 and referencing **Program No. 23179**. This is the exact trip that we had before COVID-19 caused a disruption of all activities. Please note to them that you are an OLLI at UAH member. We sure hope we can fill this with at least 22 people again.

So far, we have 22 signed up for the Southwest national parks trip Aug. 22-Sept. 2, 2021. If you are interested in this trip — and we are trying to make this an OLLI at UAH-exclusive trip with 43 travelers — please call Grand Circle Travel at 1-800-597-2452 for pricing and any discounts for early booking. Those of us who did the Northwest national parks trip last year enjoyed it so much that we wanted another adventure with our tour director, and he suggested the Southwest trip. We have so much fun and would love to see some new faces on another adventure with us.

The South America trip is awaiting approval from the Centers for Disease Control and Prevention. If this trip is canceled, Nancy Barnett will work with Grand Circle Travel to secure a similar trip. More details will be forthcoming.

We know people are more than anxious to get back on the road and learn about other places!

Please feel free to contact me at bbkoyal@aol.com if I can help you in any way.

Thanks, and stay safe. Hope to see you on campus before too long!

Betty Koval

Chair, OLLI at UAH Travel Committee



UAH AND OLLI UPDATES FOR FALL



It is hard to believe we have been seeing each other—virtually—for five months now. As this pandemic took the world by storm, I was glad to see the initiatives UAH and the OLLI community took to adjust quickly with innovative opportunities to continue undergraduate, graduate and

lifelong learning opportunities.

As you know, UAH closed its doors in mid-March. The University implemented various re-opening phases through the summer and fall. At this moment, we are at 75% capacity which includes residential students, faculty, and staff. Many undergraduate and graduate classes are completely online, or hybrid, which will reduce the amount of people on campus at any given time. Undergraduate students have also been assigned in two different groups, “Blue” and “Silver”, and will rotate their in-class attendance if registered for a hybrid course. The Blue group can come to campus Monday and Tuesday and the Silver group can come to campus on Wednesday and Thursday. All classroom layouts, including OLLI’s, have been updated to maintain at least 6 feet of distance between each person. Also, all students, faculty, and staff have to wear face coverings at all times and we all have to provide everyday updates about our health. To find more information about UAH’s Return to Campus plan please visit UAH.edu/Return-to-Campus

For OLLI, courses, activities, and social events will remain online until further notice. As the membership population is the one most at risk, we want to make sure we remain safe and take care of each other during this time. If it is detrimental for an OLLI at UAH member to come to campus, some policies will need to be followed, and the CPS staff will need a notice of at least one week to make accommodations.

As all of our activities are online, the CPS staff is providing many complimentary training sessions for our members to get comfortable using Zoom. Register for the date and time that works best for you [HERE](#).

In the summer, we had some changes within CPS. Pat Bellknap retired at the end of July. Pat worked for the CPS Registration Office, and I’m sure she helped many of you get registered for classes in person, or on the phone.

Pat will be greatly missed, but we wish her a very happy retirement! Rita Campbell, Registration Office Administrator, and Kathy Hosch, the CPS Senior Associate Director, will now oversee the registration office until further notice.

Lastly, I want to thank all of you who attended OLLI Day Alabama on August 20th. It was a great event and I am glad I was able to participate in it.

OLLI Day brought *OLLI Alabama Shares*, which is a collaboration among UAH, UA and Auburn. Members from these three programs will be able to take up to three courses from the other two institutions this fall. On the last page of this issue, you will find the courses presented by each University, the descriptions and the instructor biographies.

Registration for OLLI Alabama Shares is open until **Wednesday, September 9th**. Register with us at Osher.uah.edu/OLLIRegistration

As always, if you have any questions do not hesitate to contact us at OLLI.info@uah.edu or call us at 256.824.6183.

Take care, and we hope to see you—virtually—this fall!

Ale Pacheco
OLLI Program Manager

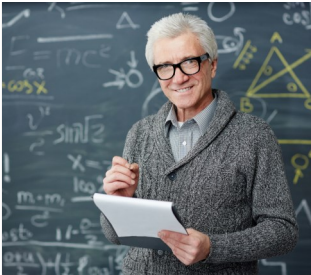
OLLI AT UAH FREE ZOOM TRAINING

Upcoming sessions:
September 9th at 10:00 am
October 10th at 10:30 am
October 14th at 1:00 pm

CLICK ON THE IMAGE TO REGISTER



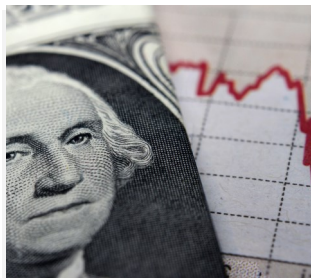
THERE'S STILL TIME TO REGISTER!



Mathematics: The Joy of Numbers

Expand your knowledge on different light mathematics topics every week with the Great Courses DVDs and instructor led discussion. Learn how to mentally compute the day of the week for any date in history using a trick related to “casting out nines”. Find out the many beautiful and unexpected properties possessed by the Fibonacci numbers, which show up in nature, art and poetry. See how the quadratic formula reveals the connection between Fibonacci numbers and the golden ratio.

9/14-10/5 • M • 10:30 am—noon (4 sessions)



Major Financial Crises in American History

The history of our nation often is related without much discussion of the financial crises that rocked our citizens. The roller coaster of the markets today remind us we are not the first to experience them. Explore the major financial crises in American history from its founding through the Great Depression along with the political and financial changes they introduced.

9/14-10/5 • M • 3:00-4:30 pm (4 sessions)



Tone Up and Tune In

Tone Up and Tune In safely provides methods with physiological consideration on how you can improve strength, balance and flexibility. Develop a healthier lifestyle by learning about acupuncture, stretching/flexibility, resistance training, balance training and the Chinese practice, Qi Gong. Have fun as we exercise from home with no judgement! Please wear comfortable clothing and plan a place to practice where you can see and hear the Zoom meeting.

9/15-10/6 • T • 3:00-4:30 pm (4 sessions)

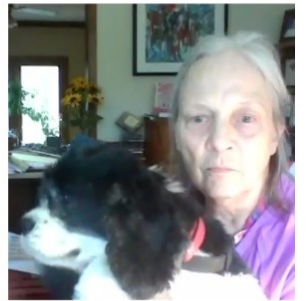
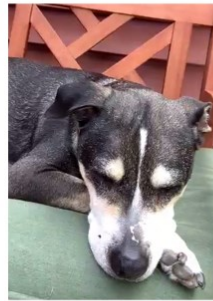
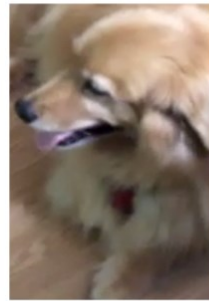
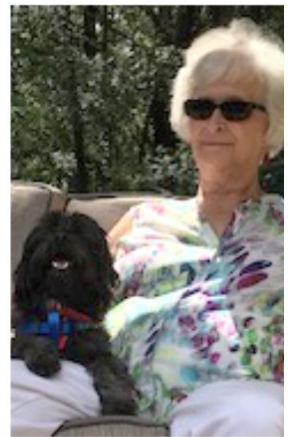
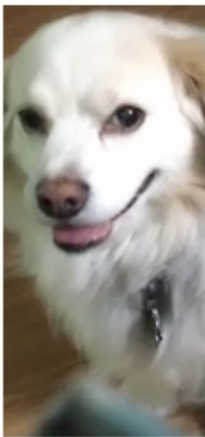


Art Journaling Your Life Story

Share your life story in a beautiful and creative way! Discover how to use Art Journaling to document your life in a way you will enjoy doing as much as your family will enjoy reading! Learn different techniques to make pages that have character, not just facts. A short supply list will be provided at the first session, and optional additional art materials may be purchased.

9/16-10/14 • W • 3:00 - 4:30 pm (5 sessions)

PET OWNERS NEVER ZOOM ALONE OLLI MEMBERS DURING THE OLLI PETS ZOOM EVENT



CREATIVITY DURING THE PANDEMIC

MEMBERS AT THE EVENT: SHOW YOUR CREATIONS



Bob Reville



Marla Rex



Linda Harman



Ken Rex



Bill McAllister



Jim Seaquist



Joyce Culp

MAKE ZOOM WORK BETTER FOR YOU

Did you know that you can tell Zoom to make you look better during an online meeting? Neither did I. Once I learned about it, I went looking for the “Touch up my appearance” feature and found, alas, that it was already turned on. My Zoom appearance was as good as it was going to get.

Or maybe not. There are other options, most of which you can find (among other places) under “Settings” or “Preferences” in the Zoom app’s menus:

- ◆ Most important, try to position a light source (sunlight or a lamp) behind the computer screen, so that the front of your face is illuminated. When lighting comes from behind you, your face is in the shadows.
- ◆ You can use a virtual background rather than the room you are in. Zoom offers the Golden Gate bridge and several other stock backgrounds, but you can also upload a picture such as a beach scene you shot or a whimsical background (such as stacks of hoarded toilet paper) from the internet. I have found that .jpg images work, but some other types do not.
- ◆ When speaking during a meeting, look straight at the camera to make eye contact.

Other features that may be useful include:

- ◆ Mute or unmute your audio at will, controlling whether other participants can hear you and the dog. You can use the mouse, the trackpad or a keyboard shortcut: Alt+A on a Windows computer or Shift+Command+A on a Mac.
- ◆ Similarly, you can stop your video temporarily so that people can’t see you. The shortcut is Alt+V in Windows or Shift+Command+V on a Mac.
- ◆ Thirty or more keyboard shortcuts are listed under “Keyboard Shortcuts” on the “Settings” panel.
- ◆ If the “Chat” option is enabled for your meeting, you can exchange notes with other participants or with the class at large. This is a bit like passing notes in class.
- ◆ You can raise your hand virtually after clicking on “Participants” at the bottom menu of the screen, or literally raise your hand if video is not stopped.

- ◆ Under “Participants,” you can also change the name for you that other users see. Consider using your full name so that we can all get better acquainted.
- ◆ When looking at your own video, you have a choice of a mirror image or the opposite — seeing you the way others see you.
- ◆ You can use wired or wireless earphones and microphones, which may improve on the sound clarity of your computer’s built-in speaker and microphone.
- ◆ You can wear shorts with no shoes, and no one will know. For fashion advice, see this June 29 article and its reader comments in The New York Times: tinyurl.com/nyt-zoomshirt. My favorite comment (which was also popular with at least 193 other readers) comes from someone who identified herself as EB from Earth: “Reading someone describe a \$175 dress shirt and a \$1,500 blouse makes me realize I must be reading entirely the wrong newspaper. For my Zoom calls with friends, I wear a \$8 t-shirt I got from Walmart. I’d link it for you, like the author of this piece linked to the \$1500 blouse, but I bought it 5 or 6 years ago and I doubt it’s still on Walmart’s website.”

If you are using your web browser for Zoom meetings, consider downloading the free Zoom app. My tips here are based on the desktop or laptop experience; I use a MacBook Pro. Your options on a smartphone may be different.

These tips come from my own experiences with Zoom, plus a look at how-to lists and videos readily available on the internet by googling “Tips for using Zoom.” I had never used Zoom until I needed it for OLLI after COVID-19 shut down our on-campus sessions in March. I do not subscribe to Zoom and am using it free, so the features I am describing should be available to all users.

Written by Steve Stewart
Copy Editor, The OLLI Insider

What tips can you share about getting the most out of an online class or meeting? Email them to OLLInewsletter@uah.edu. Include your name, as well as your phone number. We won’t publish your email or phone number, but we may need to call you for clarification.

KATHRYN CATALDO: MANY ROADS TAKEN

Kathryn Cataldo impresses everyone with her sunny disposition and positive character.

"I'm fortunate," Kathryn said. "My Great Aunt Jane raised me in the Bronx. She planted the seeds for a lifetime of learning and the solid goal of a college education. Aunt Jane died when I was 9, and I'm still unpacking her lessons. She challenged me to smile, speak up, and walk with a book on my head."

Her mom, who was from Puerto Rico, gave her a diligent work ethic. Kathryn is an only child, and education proved to be her road to a better life. She worked her way through The University of Alabama, majoring in English.

"Rewind to 1984, and I'm launching my journalism career in Huntsville and learning about our nation's most important military and diplomatic missions. The assignments were not glamorous. At night, I edited videotapes, which led to spot news reporting and weekend assignments at WAFF-TV."

Journalism is not a well-paid profession, so she taught aerobics and worked at a department store to pay the bills. "All the while, I kept praying and telling myself, 'You're learning' .



NASA's space shuttle program was in high gear then. It was a technological and engineering marvel. Everyone was going into space, from a U.S. senator and congressman to a nationwide search for "a teacher in space."

A total of 18,000 teachers applied to the National Aeronautics and Space Administration to teach in space. The field narrowed to 10 finalists, sent to train at the U.S. Space & Rocket Center. Kathryn scooped up the assignment to interview Christa McAuliffe.

"Christa was 35, bright-eyed, calm and composed. She was a good communicator, polished and prepared to accept the risks of spaceflight. She wanted to teach her lessons in space."

On Jan. 28, 1986, Challenger rose, carrying Christa and 6 astronauts. The shuttle exploded 73 seconds after liftoff ... seven souls ... the brave men and women whom President Ronald Reagan honored, noting their sacrifice to the heavens "to touch the face of God."



Interviewing Christa McAuliffe (left) the "teacher in space" who later died in the 1986 Challenger explosion, inspired Kathryn Cataldo to "search for a new paradigm of the world and the culture surrounding NASA." At right is Kathryn as a reporter covering a space shuttle launch (which was scrubbed) at Cape Kennedy,

Continues on next page.

MEMBER SPOTLIGHT



Christa McAuliffe



Kathryn Cataldo

"In shock, I would cover the memorial ceremony. Huntsville grieved the loss of the Challenger crew. Ironically, it would be McAuliffe who inspired me to search for a new paradigm of the world and the culture surrounding NASA."

Who knew what possibilities lay ahead? The Information Age roared into newsrooms, aligning cable, internet and satellite communications in the late 1980s and early '90s.

"I had the opportunity to work part-time at NASA Marshall Space Flight Center during shuttle missions starting in the early '90s. My assignments varied from interviewing principal investigators to packaging stories for NASA TV.

"By 1993, I was full-time, writing scripts, working with graphics and leading television outreach campaigns via satellite. Surrounded by astronauts, scientists, engineers, program managers and other top executives, I covered shuttle missions, science and spinoff technologies."

A unique mentorship culture at Marshall pushed Kathryn to study integrated marketing communications. Her professional development expanded into media training, organizational behavior and crisis communications. And she studied contract management at UAH.

In 1998, she leveraged her NASA experience to start her own company, StrataCom.

Leading and learning, she coached and trained aerospace and defense executives in the art of communication: Connecting. Communicating. Collaborating.

Ten years ago, Kathryn's full-speed work schedule slowed almost to a stop due to serious health issues.

She has been married for 16 years to Craig Young, who supports Space Launch Systems.

"I've taken a few sabbaticals," she said. "Thankfully, I found OLLI. It's helped me grow emotionally and intellectually. There is always something to learn, whether it's meteorology, beginner French or American history."

Kathryn joined OLLI's UAH Board of Directors in 2020. She is sharing her expertise on the public relations and the administration and finance committees.

"We're calling all lifelong learners to OLLI," Kathryn said emphatically.

Written by Glen Adams

OLLI MEMBERS' COVID-19 EXPERIENCES

Scrubbing it all

By Dr. Hilda Dulin Lee



I had the best creative intentions during quarantine. I was going to finish my next book, digitize and organize my photos, and learn to make my own sourdough bread. But we all know where the road paved with good intentions leads, don't we?

I tried. I started each creative project full of energy, but I

simply could not focus, and repeatedly turned to news and Netflix. After three months of ignoring everything, including the most basic of housekeeping ... well, let's just say our shoes began to stick to the floor and a funky odor invaded our kitchen. I decided the pathogen likely to strike me dead would not be the novel coronavirus, but some mysterious fungus lurking under my sink. Thus began the idea of deep-cleaning my entire house.

If I'd only known then what I know now, I wouldn't be on muscle relaxers and anti-inflammatories, and my husband and I would be getting fat on hot sourdough bread, blissfully ignorant of what lay in the underbelly of our home.

The thought of physical labor appealed in some primal way. My husband had already discovered digging ditches in our backyard (ostensibly for a drainage problem, but now I know better).

As with any project, I began with research, planning and preparation. First came books on housekeeping. Then came the new vacuum cleaner, the steam shampooer, the hot mop, and various sizes of Swiffers and squeegees and sponges, brushes and buckets, magic erasers and microfiber squares. Amazon stock eased upward.

After reading of the dangerous toxins in commercial household cleaning products, I knew I'd have to make my own, so next came deliveries of white vinegar, rubbing alcohol, hydrogen peroxide, organic Castile soaps, and baking soda (the only box on hand had been in the fridge since ... well, who knows since when?). Exotic essential

oils were needed to mask the vinegar smell; and pretty amber-colored glass spray bottles were necessary for my various concoctions because oil disintegrates plastic. Amazon stock continued to rise.

I designed pretty labels for my pretty amber-colored bottles, but discovered my office supplies were low, so I ordered more copy paper and new ink cartridges and additional colored markers. And, of course, I needed a sturdy caddy to tote around all those beautifully labeled bottles and brushes. Amazon offered me a credit card so I could earn cash back on the ever-increasing volume of my orders. I obliged.

Finally, I was ready to clean. My husband saw what was coming and, after decades of marriage, knew enough to get out of my way. He hid out in an ever-expanding network of drainage ditches out back.

For more than a month, I emptied and sorted every drawer, cabinet and closet. I vacuumed mattresses and draperies and rugs, cleaned ceilings and corners and crown molding, washed light fixtures and fans and furniture. I battled soap scum on shower doors, scrubbed stains from carpets, and shined stainless steel appliances.

Did you know that that little soap-bleach-fabric softener dispenser thingy on your washing machine comes out and should be cleaned once a month? Well, neither did I. After all I'd done, though, this would be a simple task. Just take it out, wipe it down, and replace it. No sweat. Fifteen minutes max. Just like the book said.

I pulled it out and, dear God, I needed bleach! No sweet-smelling organic solution in my pretty amber bottles was going to beat back the black, bacteria-laden beast that caked not just the dispenser itself, but the walls of the 16-inch-deep hole in the machine that housed it. A flashlight revealed not only a thick coating of the same black gunk, but a gazillion little nooks and crannies. Gloved and masked and armed with rags and bleach, I made my way back into that disgusting cave. Literally elbow-deep in its cavernous maw, I held a flashlight in one hand and awkwardly maneuvered my Clorox-soaked cloth with the other. After three hours, a dozen rags, three toothbrushes, and an untold number of Q-tips, I emerged with an aching back, bruised arms and elbows, and a

(See SCRUBBING, next page)

Scrubbing continued

headache from hell, but — unlike me — my washing machine was spotless and in impeccable shape.

I slept well that night. The next morning, I made myself a cup of tea, slathered butter on a slice of Publix sourdough bread, and stared aimlessly out the side door, thinking maybe I'd try to write a little. That's when I noticed the dirty patio pavement and imagined what a good pressure cleaning could do. And while I'm at it, our sidewalk and driveway and garage floor could stand a good washing,

too. But I'd need to organize and clean out the garage first. And I don't think we have a pressure washer ...

The inside of our house is now a showcase of shining cleanliness, our backyard is dotted with deep ditches, the paved areas around our house call to me, and I pray a vaccine saves us soon.

Reflecting on 2020's Unexpected Quarantine

By Val Seaquist

March 13 was the last normal day. We, on the OLLI Executive Committee, came to UAH for a meeting feeling good that the spring schedule had been completed and registration would soon open.

During the meeting, we learned that the University of Alabama System's office was preparing to close the three campuses. There were a few tears; we knew life was changing but didn't have a clue how much.

Since that time, the days have been endless and the weeks have flown by. Most of us have learned to cope in ways we might not have thought of before necessity compelled it. And we've all learned things.

I walk into my closet and wonder why I ever thought I needed all these clothes when I've spent the last three months in shorts and T-shirts. I've tried different approaches to food buying but find that I've settled on the usual way of doing things, just more efficiently.

It's not been difficult to limit my excursions to the grocery store, doctors and Lowe's, but I find not being able to jump into the car and go anywhere anytime is depressing. Masks aren't a burden when I think of what the alternative might be, and they are everywhere in the house and car.

I now have the time to do all those things that I planned "when I have the time" and find that I just can't get to them. I am surprised and disappointed with the people who whine about their life disruption and refuse to accommodate good sense and a sense of community responsibility.

I find that seeing and communicating with friends means a lot, so I've become a Zoom advocate and have increased my email activity. I appreciate — greatly — the effort of the UAH OLLI office staff in quickly responding and developing new ways to continue the OLLI experience under our new constraints. I appreciate the instructors who are willing to teach via Zoom; it's sometimes not the optimum method, but it is so nice to feel our life is continuing.

I declare "no-news days" several days a week to save my mood and sanity. It works. I hate the phrase "the new normal," accurate as it may be, because it means the old normal is no longer with us, and we liked it, understood it and lived our lives with it.

I've learned that you can buy *anything* via Amazon, and it has kept me out of stores more times than I can count. I've learned that husbands can cut hair and, after the initial shock, it turns out OK.

I've learned that, regardless of how long it takes, we will get through this. Supporting each other is the surest path to recovery. We can do it. We will do it.

Life Under Corona

By Ned Audeh

In early March, the Centers for Disease Control and Prevention announced that the coronavirus was definitely coming here. It was only a matter of short time.

I took the news seriously. I immediately quit going to the gym. I bought food supplies, but I did not buy toilet paper. I asked a doctor friend for masks.

I confined myself to the house, going out only for a daily routine of exercise. My younger friends called to ask me if they could shop for me.

After several days, I realized that this new life was here to stay for some time. I decided to write a journal of my new life under confinement. I have been writing daily with no exception.

I write about almost everything influenced by the virus. Once a week, I write about infection statistics. The trending conversation is about issues such as the lack of one national plan for dealing with the disease, the distress the hospitals suffer, the lack of equipment, the masks, the social distancing, the transmissibility and other vocabulary that visited upon us due to this emergency.

The racial issue in this country and police behavior and the death rate among the minorities are all tied to the coronavirus. I also write my opinion about various issues, the science, why some countries are handling the virus better than others, and how countries that are governed by women suffered much less of the disease than those led by men.

We are lucky that this disease did not visit us several years ago. With the help of Zoom, Skype and a few other platforms, we kept in touch with family and friends.

I attend a few Zoom lectures every week, have coffee with friends, and attend a Zumba dance once a week. The best Zoom meeting is having a family dinner. My family is scattered in North Carolina, California, Atlanta, Taiwan and Huntsville. We have weekly dinner together and talk for about three hours — what everyone is eating and doing. It is just lovely.

When my children start asking about my childhood, I describe it to them in a weekly segment of my life and they record me on Zoom. It is lots of fun.

I started learning Spanish several years ago, and it is very time-consuming and hard. This effort came in handy in this period. I study the language every day, and luckily I enjoy it. I watched a Spanish soap opera that has 52 episodes, and now I am reading short Spanish stories. I also have a weekly session with a Spanish-speaking person online to help me converse.

I daily call a few friends and family members here and abroad. Conversations have been about staying home, washing hands, infections, schools, groceries, medicines, haircuts and exercise. We talk about these things in different languages and in different time zones, but we all talk about the same issues.

Luckily so far, I did not have a need to visit a physician. But I need to do that, even though it is not urgent.

THE LAST WORD

Virtual Bonus:
Huntsville
in 1898
9/18 | F | 11:00 am
presented by
Guy Collins
Click on the image to register.



Coffee Chats: Scattergories

9/25 | F
11:00 am



Click on the image to register.

Virtual Bonus:
**Three Weeks in
Eastern Europe**
10/2 | F | 11:00 am
presented by Rick Schwarz
Click on the image to register.



**COFFEE
CHATS:
TRIVIA**
10/9 | F | 11:00 am
Click on the image to register



Expand the Joy of Learning with **OLLI ALABAMA SHARES**

Celebrate OLLI Day this fall term through our online LIVE course collaboration with OLLI at The University of Alabama (UA) and Auburn University!

As part of your member benefits, you can now take up to six courses from UA or Auburn! Check out the courses offered from each OLLI program.

Register and view instructor biographies online at Osher.uah.edu/OLLIRegistration until September 9th.



Courses Presented by OLLI at Auburn University

Europe in the Middle Ages

9/15–11/3 • T • 2:30 – 4:00 pm (8 sessions)

Discover the foundations of Europe and civilization. Chronologically the period covers the late Roman civilization (from the second century) and ends as the first European civilization comes into existence prematurely and falls apart in the ninth century. Learn more about the Roman, Germanic, and Christian traditions and practices of this early medieval world.

C74F2039 • J Kicklighter

Whatever Happened to Folk Music?

9/15–11/3 • T • 2:30 – 4:00 pm (8 sessions)

Explore the origins and evolution of American folk and roots music. The instructor will feature numerous audio and audiovisual examples of songs that range from centuries-old British ballads, to wildly popular songs during the so-called “folk music revival,” to songs released in the last 10-20 years, best classified as “Americana.” It will incorporate the folk music of Black Americans and discuss how this music was separated commercially from Anglo-American folk music.

C74F2040 • M Reinke • Limited Capacity

Consumer Revolution in Early Modern Europe

9/16–11/4 • W • 2:30 – 4:30 pm (8 sessions)

In the seventeenth and eighteenth centuries, Europeans began to spend significantly more money on non-essential goods. This was the period of the rise of modern consumerism, the major theme of this course. Learn how European acquisitiveness was spurred on by new notions of luxury, fashion, and the exotic as part of a larger consideration of the causes and impact of changing patterns of consumption.

C74F2041 • D Bohanan

Courses Presented by OLLI at The University of Alabama

The Most Significant Wild West Events

9/15–10/6 • T • 1:30 – 2:45 pm (4 sessions)

The history of the American Wild West is one of myths and legends, hardships and triumphs. There is certainly disagreement as to which events were most important in settling the West, but at least four stand out as having great significance in creating the iconic images associated with the Wild West in literature and entertainment. Learn about each event and decide who were bad guys and who were heroes.

C74F2042 • R Rhone

Opera for Everyone

9/16–11/4 • W • 9:00 – 10:15 am (8 sessions)

Develop an appreciation, and hopefully, a love for Opera—one of the oldest arts in the world. Watch and listen to some magnificent operas first performed in the period from 1800 through 2000.

C74F2043 • E Aversa

Armchair Travel

9/17–11/5 • Th • 9:00 – 10:15 am (8 sessions)

Join us to explore eight destinations around the world without having to leave your home. Through photographs and storytelling learn more about the various places OLLI at UA members have visited.

C74F2044 • P Malone

\$20 Tuition plus \$25 per Course

**If you have already registered and paid the tuition fee, you will only have to pay the per course fee.*