

# THE OLLI

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

# INSIDER

**OCTOBER 2020 ISSUE**



**Osher**  
Lifelong Learning  
Institute **at UAH**

## OCTOBER - NOVEMBER 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.

**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 on many subjects while enjoying a morning 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 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*

**Nov 6 | Fri | 11:00 am | [Online](#)**

### **Pre-recorded Lecture: Americans and the World**

Participate in the LIVE Zoom discussion based on the Great Decisions pre-recorded lecture series presented by the Foreign Policy Association.

Sign up [online](#) for the Zoom bonus lecture.  
*Presented by Alice Sammon, OLLI Program Coordinator*



Virtual Bonus:  
**Three Weeks in Eastern Europe**

**10/2 | F | 11:00 am**  
**presented by Rick Schwarz**  
**Click on the image to register.**



**KEEP UP WITH THE LATEST  
EVENTS AT  
OSHER.UAH.EDU/OLLIEVENTS**

## EVERYONE HAS A STORY



I am amazed at the response we've received regarding our requests for members' COVID stories and hope you will keep them coming.

I am glad to see I am not the only one who has turned into a cleaning nut. I have gone through my closet

twice to weed out the clothing that I will probably not use again. I am still working on learning to be a better cook, as this area has never been my strong suit.

Sharing our experiences makes one realize that we are not alone in this current situation, and that we have more in common with each other than we realize.

Keep in mind that for the November issue of *The OLLI Insider*, we will be paying tribute to our veteran members and/or their spouses. Please send us your story, along with pictures, of your military experiences to [OLLINewsletter@uah.edu](mailto:OLLINewsletter@uah.edu) by October 17.

In this month's Member Spotlight, Bill Confer shares his thoughts and tips of how to carry on during this difficult time.

"Scenic Tennessee Valley" is the theme for the 2021 Photo Contest. Read on for information on submitting photos. Now that it is fall and the colors are changing, it is a great opportunity to get out and capture the beauty of this valley.

There is still time to register for fall courses, so don't forget to check out the Course Spotlight page, as well as the Fall Course Guide at [Osher.uah.edu/OLLICatalog](https://osher.uah.edu/OLLICatalog), to see what courses are available.

Please keep sending in your COVID experiences because everyone has a story to tell and we want to know what's yours.

Happy Halloween, OLLI members!

**Elizabeth Kocir**  
**PR Committee Chair**

### Share Your Quarantine Story!

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

Submit your story to  
[OLLINewsletter@uah.edu](mailto:OLLINewsletter@uah.edu)  
by the 17th of each month.

### Are you a US Veteran?

TELL US YOUR STORY,  
WHERE YOU SERVED,  
YEARS OF SERVICE  
AND MORE!

EMAIL THE INSIDER TEAM AT  
[OLLINewsletter@uah.edu](mailto:OLLINewsletter@uah.edu)  
BY OCTOBER 17TH.

# FROM THE PRESIDENT

## KEEPING OUR OLLI FAMILY WHOLE



As I am sitting here writing this article, classes for the fall term have started. In addition to our OLLI at UAH classes, we also have the opportunity to take classes through *OLLI Alabama Shares* with the OLLI programs in Tuscaloosa and Auburn.

I have to say, Zoom classes get easier the more I utilize the Zoom platform. It also has positive benefits because I use Zoom to connect with my church and granddaughter. I am so pleased that our OLLI staff has been here to support us as we made the transition to online classes. They are a tremendous asset to OLLI at UAH. I encourage you to give a class a try. You will love it.

We are currently making plans for the upcoming term. Currently, plans are that courses will be online through Zoom again. Our OLLI staff is working hard to try to get us on campus as rapidly as we can safely return. When the time comes, and we get to return to campus, things will likely be a little different until the pandemic has been wrestled back into control. Because of this, our classrooms have been set up for social distancing, which will mean that they will seat fewer people in the short term. Because of this, the Board of Directors (BOD) has authorized the modification of our rooms to accommodate online classes operating in parallel with the in-person classes when we return to campus life. This was a capital investment funded by our organization of just under \$5,000.

I need your help and support with an issue that is impacting our OLLI. We've had a 30% decrease in our membership in the past few months. Many have chosen not to renew their memberships because we are unable to meet on-campus for classes or meet with our Member Interest Groups and other activities.

While I understand the reluctance to renew your memberships, I encourage you to spend the \$25 to maintain the memberships. That \$25 fee helps continue our programming, and operation costs. It also lets us make capital investments such as the purchase of equipment to prepare our classrooms for online learning activities.

The help I need from you is (1) please keep your membership in OLLI current whether or not you are attending classes, and (2) please encourage your friends

to renew their memberships despite the current COVID-19 restrictions, and even bring new friends and family to join us. We want to keep our OLLI family intact through this crisis.

Finally, I would like to say to you that we will all endure and survive this pandemic. Our lives have been changed in the short term, and I am sure you are like me and would like to have a do-over for 2020. Unfortunately, the calendar moves only forward, so we do not get a do-over. Irrespective of that, your OLLI BOD is not sitting still. The Curriculum Committee is working on plans and upcoming courses. Your Administration and Finance Committee has implemented budgets and financial plans for the year, and your Travel Committee is making plans for trips in 2021. Your Nominating Committee is brainstorming how to prepare for spring elections, and your Fund Development Committee has launched its annual efforts.

We are preparing the way so that when the health and safety conditions allow, we will be able to return to our vibrant and dynamic face-to-face activities in OLLI. Please make sure you do your part to hold our family together by maintaining and supporting your membership.

Thank you for being a part of our OLLI Family!

**David Styers**

**President, OLLI at UAH Board of Directors**



# RENEW YOUR OLLI AT UAH MEMBERSHIP

**CONTINUE TO ENJOY THE  
ONLINE COURSES, BONUSES  
AND SOCIAL EVENTS!**

Three ways to renew:



**ONLINE AT  
OSHER.UAH.EDU**

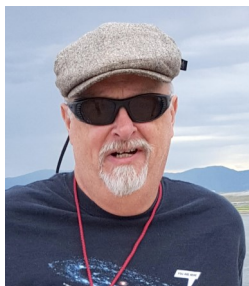
**PHONE US AT  
256.824.6010**

**MAIL  
REGISTRATION  
FORM FOUND  
ONLINE**



# CURRICULUM COMMITTEE

## OLLI NEEDS YOUR CLASS PARTICIPATION, CURRICULUM IDEAS AND HELP



Fall has finally arrived — both the season and the OLLI term — and I for one am oh, so grateful! It's one of my favorite times of year.

By now, we will have nearly completed the first four-week sessions of the fall term, and in my humble opinion, it's good to be "back in the saddle again."

I have made it a priority to pop into every single class at least once so far and am enjoying what I am seeing.

First of all, it gives me a chance to get back to some face time with all of you. It is, I suppose, about as close to coffee in the lounge as we can get for now.

But I'm doing this for another reason as well. I think it's important to sit in and see how the classroom interactions go during the term. I want to see the level of instruction and the degree of participation from the class members.

Learning is a give-and-take proposition. Your participation, your questions, and even your pushing the instructors for explanations and feedback are key to keeping our curriculum at a world-class level. And that, when it's all said and done, is really my job as curriculum chair.

So, keep asking those good questions. And, if you have a thought or suggestion you think I should know, please don't hesitate to contact me so we can discuss it. Because I, like all of you, love to learn new things.

Now that fall has begun, we in the Curriculum Committee are already beginning to work on our class offerings for winter. Unfortunately, the COVID virus is still sticking its ugly nose into our OLLI business!

While we expect to offer another full schedule during the winter, we just aren't exactly sure yet when that might be. And it appears that winter will be presented again via the Zoom platform. If anything changes, though, between now and then, we will certainly let you know.

Also, I would like to solicit any of you who feel comfortable using Zoom to volunteer to become class facilitators come winter and beyond. Basically, it will be the same job as facilitators have performed in the past, except that you will also be the one running the platform once the class starts. Some of us will be doing it this term and will be able to answer any questions you might have. If you are interested, please contact me, or the OLLI staff, and we'll be happy to get you started.

And last, there is one more thing that I want to comment on. This will be the last newsletter that goes out prior to the elections on Nov. 3.

I know that I don't need to remind you all that casting your vote is the single most important thing we as citizens can do to make our system of government work. If you're not comfortable yet in going to the polls in person, then by all means, vote by absentee ballot. Once you fill it out and return it, you can go on the state website ([myinfo.alabamavotes.gov](https://myinfo.alabamavotes.gov)) and verify that it was received.

And speaking of the 2020 elections, if politics is your thing, you might want to sign up to take Randy Frederick's *2020 Presidential Election* course being offered starting Oct. 15 at 5 pm. It will help bring the process of how our elections work back into focus and be a good refresher in civics — a course that is inexplicably no longer included in our high school curricula.

And with that, I shall bid you adieu for this month. Google a picture of a roaring campfire to put on your TV, go microwave you up some s'mores, and kick back and enjoy your life. It's most definitely a great one. Till next time ...

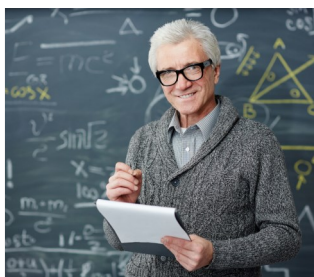
**John Mason**  
**VP of Curriculum, OLLI at UAH Board of Directors**



**2020 Presidential Election**  
**10/15-11/12 • Th • 5:00 - 6:30 pm (5 sessions)**  
**Click [HERE](#) to register.**

# COURSE SPOTLIGHT

## THERE'S STILL TIME TO REGISTER!



### The Joy of Geometrical and Numerical Relationships

Discover the joy of some of the most basic constants in mathematics, such as pi, the “imaginary” number  $i$  and Euler’s  $e$ , the base of natural logarithms, and the amazing relationship of these numbers to each other. Also, learn some of the strange ideas associated with mathematical infinity. A math course just for fun!

10/19-11/9 • M • 10:30 am - noon (4 sessions)



### Socrates Cafe

Challenge yourself to think about past and current issues in the world following a forum setting and guidelines. In a welcoming environment, find a group of individuals from all walks of life, nationalities, religions, political views, and genders. Discuss what is on your mind, from something on the news that day to general topics of interest, using class generated questions. In Socrates Cafe, we want to discuss hot topics and listen to all points of view.

10/20-11/10 • T • 10:30 am - noon (4 sessions)



### Forrest at War

Lauded by his opponent, General Sherman, as “the most remarkable man our Civil War produced on either side”, Forrest has been a magnet for both praise and criticism. What did he actually accomplish? How did he do it? What difference did it make on the overall conduct of the war? Learn more about this cavalry leader, military strategist, and controversial figure.

10/21-11/11 • W • 3:00-4:30 pm (4 sessions)



### English Language Studies and Vocabulary Building

The study of English is not only learning new words and applying them effectively, but also understanding the history and spread of English as a language, including the derivations and changes in word meanings along the way. Come join us for a deeper appreciation of the language you use daily through the Great Courses DVD and instructor led discussions!

10/15-11/12 • Th • 8:30 - 10:00 am (5 sessions)

**FIND MORE COURSES AT [OSHER.UAH.EDU/CATALOG](https://osher.uah.edu/catalog)**

# COURSE SPOTLIGHT

## THERE'S STILL TIME TO REGISTER!



### Not-so-Beginning Spanish

Expand your skills and build your vocabulary in the 2nd most spoken language in the world! Emphasis will be placed on the language expressions and phrases, improving pronunciation, asking for directions, and more! Improve your ability to hear and understand the language through audio and videos of music and occasional YouTube instruction. Some prior knowledge of Spanish is recommended.

10/19-11/9 • M • 1:00 - 2:30 pm (4 sessions)



### Dinosaurs Rise to Dominance

As a known paleontologist mentioned “dinosaurs are one of the most fascinating topics in science—some of the greatest creature evolution has ever produced.” And they are. Discover details on the evolution of the dinosaurs including the largest carnivore that ever walked the earth and discuss how they took flight. "The Death of the Kings" lecture will be presented to learn about the day a meteorite put this entire class of highly successful creatures into the Hall of Extinction.

10/20-11/10 • T • 5:00 - 6:30 pm (4 sessions)



### You Be the Judge

Step into the Jury Box! This course will allow you to express your inner Judge Judy. In each session, members will be given the facts of three real court cases to discuss. After exploring the intricacies of each case the members will reach a collective "verdict." Only then will the actual verdict/decision in the case be revealed. Join us as we discuss and enjoy the opportunity to play a judicial role.

10/15- 11/12 • Th • 1:00 - 2:30 pm (5 sessions)



### Understanding Religious Diversity in America

Religion in human history has been the foundation for politics, economics, and personal morals. Explore the meaning and importance of divinity and religious devotion for each of the religions to be studied. Discuss how to respect differences and celebrate similarities in Judaism and Eastern religions such as Buddhism, Hinduism, and more!

10/16-11/13 • F • 8:30 - 10:00 am (5 sessions)

**FIND MORE COURSES AT [OSHER.UAH.EDU/CATALOG](https://osher.uah.edu/catalog)**



# MEMBER SERVICES COMMITTEE

## YOU COULD WIN THE ANNUAL PHOTO CONTEST



Although most of the Member Services activities are of the in-person kind and are on hold for now, there is one very popular activity that can continue. That is, of course, the OLLI Annual Photo Contest.

Photos must be taken between April 2020 and March 31, 2021. The photographer must be a current OLLI at UAH member. Gentle photo editing is allowed, but keep the original photo. Please submit all photos in a standard .jpg format and at least 2MP final pixel size. Other details to consider:

- Name your photo
- No recognizable persons please
- Photos must not have identifying/copyright marks
- Color photos are preferred but not required
- Capture Images with any type camera, phone or other device

The photos will be judged by a team of knowledgeable photographers in the Huntsville area. The winners of first, second, and third place will receive prizes, such as OLLI term tuition or course fees, and OLLI memberships. The judges will also acknowledge and announce the honorable mentions.

The theme this year is

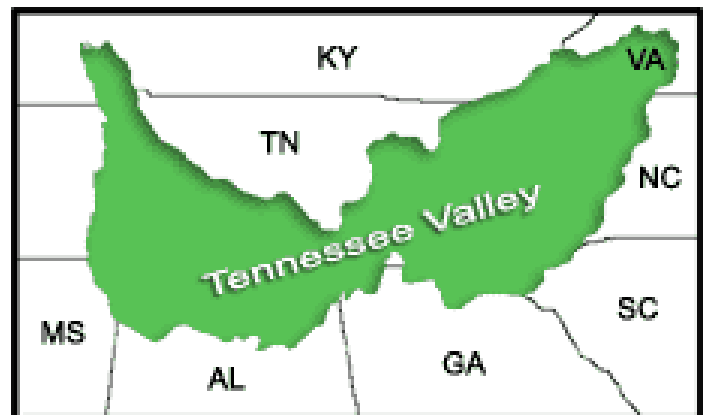
### ***Scenic Tennessee Valley***

Discover the beauty around you. Share parks, forests, trails, the sky, waterfalls, and more! Please include where and when the photo was taken, along with your name, phone number and email address. Submit entries to: [OLLIPhotoContest@gmail.com](mailto:OLLIPhotoContest@gmail.com).

This is a great opportunity to incorporate outdoor activity with the chance to be creative. Some amazing photographs have been submitted and won in the past by novice photographers.

***Leah Black***

***Chair, OLLI at UAH Member Services Committee***



*Tennessee Valley Geographic*



# MEMBER SPOTLIGHT

## PSYCHOLOGIST BILL CONFER: HOW TO HANDLE 'A HORNET'S NEST OF STRESS'

In these pandemic times of isolation, anxiety and sometimes hopelessness, it is difficult to keep our spirits up. That's why it is helpful to turn to a professional who has spent his whole life helping people solve problems. OLLI is fortunate to have a member who ably fits that description: Dr. Bill Confer.

*First, a few words about Bill from Bill:*

"I was born in Grand Rapids, Michigan. My father was an advertising executive, so we moved to where his next account was: Minneapolis, San Francisco, Los Angeles and Atlanta.

Living in different parts of the country instilled in me a sense of respect for and curiosity about the varieties of ways of living regionally even within the same country. Living with someone involved in advertising brought to my attention that the way a product looked and was promoted had a lot to do with its success or failure.

As I stuttered, I intentionally expanded my vocabulary so I could use words less prone to a stutter. In doing so, I acquired a sensitivity to the connotative as well as denotative value of language. Bottom line was an understanding that there is much more to understanding what makes people tick than meets the eye.

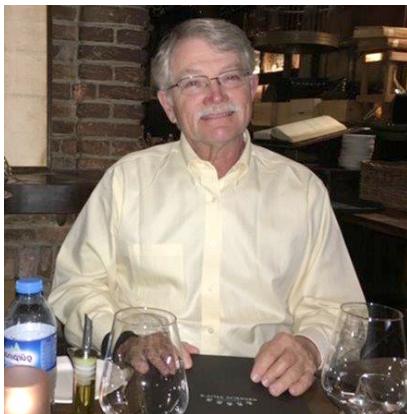
One way to understand people better was through literature. My first degree was in English literature. Then I got the science bug and explored another way to understand people: I went to graduate school in psychology at Auburn.

While doing my internship at the University of Kentucky Albert B. Chandler Medical Center, I met my wonderful wife of 41 years, Karin. We have two adult children and five grandchildren. Along the way, I had a clinical psychology practice emphasizing adult psychotherapy, sleep disorders and pain management. I love teaching and learning.

I joined OLLI in 2016 a few months before I retired after 38 years of practicing clinical psychology. The experience was satisfying from the get-go, as I enjoyed both 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!

Part of my orientation to life that makes me a good fit for OLLI is 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 is something I can contribute that may inform another or reduce discomfort in another?

This informs me as to what I teach about psychology. Moreover, I presume that if something is interesting to me, it will be interesting to somebody else. That's led me to also teach a course about the English language, which not only is the currency of psychotherapy, but also a telescope into the history of humanity.



**Bill Confer's advice for dealing with the pandemic includes limiting news viewing, interacting with others, staying busy, and asking for help if needed.**

**Continues on next page.**

## BILL CONFER CONTINUED

I'm also putting together a talk on the single-panel cartoon for some Friday Bonus that I think will at least get a rise or a laugh out of the attendees. We could use that right now."

*What guidance can you give us for best dealing with this crisis?*

"There is nothing like uncertainty, ambiguity and complexity to stir up a hornet's nest of stress within an individual, and we get those conditions in spades in the midst of this pandemic. Add to that social isolation, and we have conditions for loneliness and depression, too.

Because it is easy to think, 'If things don't change, something catastrophic will happen,' we need to remind ourselves that things *always* change. Eventually, a vaccine will be delivered and our autonomy will be at least partially restored.

Which reminds me, I recommend limiting news viewing and online information-scanning to an hour a day or less to avoid the partisan speculation and rumor mongering. Do we really need to know the daily tally, negativity, or be reminded we are in a 'high-risk' group because of age?

It's unfortunate that we have substituted the term 'social distancing' for what is really 'physical distancing' because 6 feet apart still allows some 'distant socializing' through mask wearing, phone contact, FaceTime, social media and OLLI Zoom courses.

Social interaction has been a long-standing remedy for stress, worry and social isolation. Sometimes all we have to do is give ourselves permission to reach out to an old friend or family member and say, 'I was just thinking about you, and thought I would give you a call to see how you're doing.' At the very least, I anticipate most to be flattered to be thought of. Wouldn't you?

William Blake once said, 'The busy bee has no time for sorrow.' I suggest getting in motion with regular exercise, working in the garden, baking, learning, joining a book club, and the like. I don't want to sound like a recruitment poster for OLLI, but signing up for OLLI courses fits this bill for many. If you are religious, stay in contact with your faith community without necessarily being literally 'in touch' with them.

And then there's something to be said for *not* being in motion. Regular bedtimes and six to eight hours of sleep are part of the way our body restores itself, along with exercise and a good diet. Bedtime is also a good time to complete a gratitude diary. That is, to think of two or three things that went well this day for which we can be grateful. Doing so has been shown to improve mood. Think small.

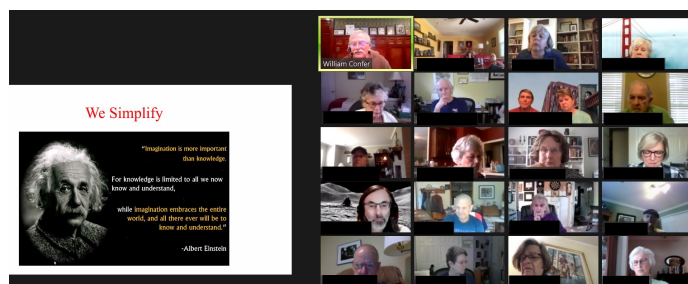
This is a time for drinking plenty of fluids like water, but not a time to drink plenty of alcohol.

My wife and I recently made a list of old comedies we want to re-see. When was the last time you saw "Harvey"?

Asking for help when it is needed is what competent people do when they get stuck. If all else fails, contact a minister, primary care provider or mental health professional. Tele counseling is available and reimbursable from some local practitioners. I suggest calling their offices to see if teleconsulting is offered."

*Thanks so much for the good advice, Bill. It will be such a blessing for your fellow OLLI members.*

**Written by Glen Adams**



*Dr. Confer teaching Intricacies of the Mind*

## OLLI MEMBERS' COVID-19 EXPERIENCES



Never did I think when I left Wilson Hall at UAH on Friday, March 13, that I wouldn't return there for months. And even had I thought that, I wouldn't have imagined the rooms and halls deserted and that an escort would greet me at the door with a health questionnaire, a touchless thermometer, and the

requirement to wear a face mask.

I wanted to teach a course — several courses, actually. One was even scheduled for the spring term, the term that didn't happen.

I am infinitely curious. That is why OLLI appealed to me from long before I joined. And I love to meet new people — people who are also curious, people who have lived in other places, people who travel, people who learn, people who love. My servant nature calls me to reach out to people, new ones and familiar ones.

My quarantine story is that this isn't so bad. It may be the best of times and the worst of times. It feels like slow times. While the calendar attests to the days, weeks and months that have passed, reality is less remarkable. I refrain from going outdoors because of the 90-degree heat, but in my mind, I still think it is winter, early spring at the latest. The normal indicators of the passage of time and seasons have receded from my life.

My husband and I are great friends, compatible, complementary and peaceful. Well, he is peaceful and willing to listen to my rants about whatever grumble crosses my mind. Maybe he is willing to appear to listen. In either option, I regain composure and we steady forward.

We have canceled travel plans to South America (to the Galapagos Islands with extended family), to Lake Powell with our son and his family, and to Vail for the senior (50 and over) lacrosse tournament with friends. But we didn't mourn the missed opportunities, although with certainty I

know there are people that we will not see again. This pandemic assures us that we will lose someone we treasure. Not yet, but eventually.

Live entertainment has stopped. No theater, no concerts, no lectures. Will those ever return?

We missed by just a moment an opportunity to have a Zoom visit with the last member of the previous generation of my husband's family. A delightful character slowed by dementia, this uncle responded to a doctor's last cognitive test by answering the question "Who is the president?" with "Not my department." He succumbed on the night before we were to chat with him and his offspring. We discovered that just a few weeks before, an aunt had died.

While I haven't met this particular reality, I wonder how it feels when the last family member of the previous generation passes on. The mantle of family history and strength, the locus of all family gatherings, and the subtle knowledge that there are still those holding priceless memories shifts. How heavy is that? I have yet to know and am in no rush to learn.

To increase the surrealism of present times, we are in temporary quarters. We sold our house faster than we anticipated, and new construction cannot be predicted. As the builders proceed mired in labor shortages, materials issues, and probably distraction, progress on our house lags months behind expectations. We have a place to live, but it is not home. We are between houses, in a lovely setting, rootless.

And, yet, it isn't so bad. We have learned new skills — Zoom conference calls, Google classroom, race-walks through the supermarket to minimize exposure to others. We read books we always meant to read and books we never imagined we would read. We have taught classes in new ways with those Zoom skills and on mobile apps we did not know existed six months ago.

Our friends reach out in different ways. Who knew that a cellphone could make and receive actual phone calls? We socially distance on patios, on church campuses

(continued on next page)



## OLLI MEMBERS' COVID-19 EXPERIENCES

midweek, or outdoors on restaurant patios and decks. We make calculations on what activities are safest. The art museum early in the week, or maybe all the time, is barely occupied. What a joy to mosey from exhibit to exhibit with no other humans to slow the pace or block the view.

Television and internet streaming are more important than ever. There are so many options. The free ones are amazing! Even the ones peppered with donation requests! The National Theatre of London, The Globe Theatre, YouTube all offer remarkable opportunities for both culture and distraction.

Disney+ showed a filmed version of "Hamilton" with the original cast from 2016 for \$6.99 for a month of programming. A ticket to a touring version of the play was at least \$99 this past January in Nashville. And on Disney, you can watch with closed captions, pause for breaks, and repeat as often as you wish. And there are hundreds of other programs from Disney, Marvel, Pixar and National Geographic. Enjoy what you want. Then, cancel at the end of the month if you want.

We eat at home. To cook our own food has become not just nourishment, but a highlight. With the internet, recipes abound. We have consumed many more fresh vegetables and fruits. We have delighted in "plating" our meals for visual appeal and posted photos of said meals on Facebook and in messages.

Mealtime now begins with the shopping list, carefully maintained and followed. There is far less waste, as we plan to use all the scallions and celery, boil shrimp shells or beef rib bones to make stock, and take the few remaining leaves of basil to make herb butters and sauces. As we chop and sauté our way to the table, we also converse. We discuss whether wine or beer with the usual glass of water accompanies tonight's choice. If it's wine, then that selection has to happen.

Every night at the table involves cloth place mats, cloth napkins, and the not-so-expensive crystal. When we moved, only the best set of stainless flatware made the cut. We use it. When we go to the new house, the china and silver will accompany our cuisine. What are we waiting for? All these things are for now. They are ours. A pandemic heightens that awareness.

Dining at the table, a tradition we love, encourages conversation, savored meals, and time together. It's different from sitting on a sofa and talking or taking a drive. Rare is the night we have a meal in front of a screen, which also makes that a little special, too.

Through it all, we soldiered on without much effort. Yes, we have adjusted and adapted. We have found new ways to occupy ourselves. And we congratulate ourselves. We are making it every day. Not seamlessly, but well enough.

*Written By Nancy Darnall*



*Nancy Darnall and fellow OLLI members at the first Zoom event.*

# THE LAST WORD

## COFFEE CHATS: TRIVIA

10/9 | F | 11:00 am

Click on the image to register

Virtual Bonus:

## A JOURNEY OF WWII BATTLE SITES IN FRANCE

Presented by Tom Ress

10/16/20 | F  
11:00 am

Click the image  
to register.



COFFEE CHATS:

## GUESS WHO?

HALLOWEEN EDITION

10/23/20 | F  
11:00 am

Click on the image to register.

Virtual Bonus:

## SCIENCE MATTERS: TEACHING 72,000 STUDENTS

*Presented by Billy Hix*

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