

# OSHER LIFELONG LEARNING INSTITUTE

# OLLI TIMES

at The University of Georgia

## OLLI@UGA Awarded Second Endowment

When Jack Parish, Associate Dean for Outreach and Engagement, called OLLI Executive Director Katy Crapo and asked if a “high-ranking UGA administrator” could say a few words at OLLI’s Winter Holiday Party, Katy of course said yes. The administrator turned out to be UGA President Jere Morehead, and he read a letter from the Osher Foundation announcing that OLLI@UGA had been awarded a second million-dollar gift. If you were not there, you can still imagine the surprise and celebration that announcement evoked.



The money will come to us as a \$50,000 “bridge” grant and a \$950,000 endowment given to the Georgia Foundation to invest. The annual interest on the latter amount — currently about \$50,000 — will be paid to OLLI@UGA. This money will be used to help fund salaries for our full-time staff, Katy and Zu, who are so vital to the running of this organization.

OLLI@UGA President Jay Shinn, UGA President Jere Morehead, Dean of the College of Education Craig Kennedy, and OLLI@UGA Executive Director Katy Crapo at the Winter Holiday Party (photo by Mark Rich)

## NOMINATIONS OPEN FOR 2014 OFFICERS AND BOARD MEMBERS

As an organization driven, led, and governed by volunteers, OLLI values openness and transparency, and nowhere is that more important than in the selection of our leadership. Your Nominating Committee has announced the opening of nominations for Officer and Board of Directors positions to be elected at the Annual Meeting of the Membership on May 16, 2014. Those elected will take their seats on July 1, 2014. The Officer terms are for one year, the Board terms for two years.

Bylaws Articles 7 and 8 describe the Officer and Board of Directors terms and duties. Our full Bylaws are available on the OLLI website, [www.oli.uga.edu](http://www.oli.uga.edu), under the About Us/Policies tab. A current listing of Officers and Board members and their term status is shown on page 15 so that you will know the openings available.

Continued on Page 8

*Happy New Year  
from  
The OLLI Times*

*photo by Jeff Engel*

Look inside for more pictures!

St. Patrick's  
Day Lunch  
Celebration

March 17  
11:30 a.m.

Buffalo's Cafe off  
Alps Road in the  
Beechwood Shopping  
Center (across from  
Kroger)

Buffalo's is between the post office and  
Fresh Market.

Plenty of close parking!

Private dining room reserved for 50  
members!

Enjoy an Irish Meal or order from a selected  
menu!

WEAR your GREEN and you May WIN a  
Prize!

For reservations, contact Bobbi Shindelman  
at [bshindelman@me.com](mailto:bshindelman@me.com) or Katie  
Mercardante at [katiemercar@aol.com](mailto:katiemercar@aol.com)



Jay Shinn, President  
(Photo by Chuck Murphy)

What?? 2014!! Lordy, what happened to 2013? Since my last note here, we've had a wonderful Halloween FUNdraiser and great Winter Holiday Party (more on that later), begun a record 150-class semester, added more SIGs, completed a comprehensive member survey (thank you to participants), set up a Travel Study trip to Cuba, gotten a Madison campus up and running, plus much, much more.

Our OLLI continues to grow not only in membership but also in its ability to serve that membership and in its outreach into the community. A major effort is currently underway to bring in new association management software, and we've just begun an alliance with the Athens Area Community Foundation. By the time you read this, your officers, board, and committee chairs will have had a mini-retreat to follow up on last September's two-day Leadership Retreat, specifically to review and update our Long Range Plan. Lots happening.

Our Holiday Party last December was not just delightful, but had a huge surprise built in. UGA President Jere Morehead read us a letter from the Bernard Osher Foundation awarding our OLLI a second (and final) one million dollar gift. This will come to us as a \$50,000 grant and a \$950,000 endowment. The grant will effectively be allocated to full-time staff salaries and benefits, and the endowed portion will go into the UGA Foundation along with the previous endowment gift. The account then grows as investment, and we receive a share of the annual income with the remainder going back into principal to further grow our account. The endowment principal amount is not available for spending but remains on account to grow and provide investment income.

I would like to make clear that this generosity from Mr. Osher is not simple serendipity. Our OLLI received this on merit. The Osher Foundation Board and staff some time ago offered us some challenges concerning upgrading our governance, developing plans for the future, increasing member involvement and commitment, and creating ways to extend ourselves into the University community and the community at large. OLLI@UGA has done and will continue doing these things. The rewards go far beyond Mr. Osher's benevolence and well into the joy of seeking "the nature of things" through pursuing the intellectual, cultural, and social needs of mature adults.

OLLI@UGA is on the move. Please consider our many volunteer opportunities, and take the step into a further level of enjoyment and involvement in our fine organization.

See you in class,

Jay

## Having the Time of Our Lives With OLLI @ UGA

**River's Crossing**  
850 College Station Road  
Athens, GA 30602-4811  
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www.oli.uga.edu  
oli@uga.edu

### OLLI Staff

Katy Crapo: Executive Director  
Zu Reuter: Administrative Associate  
Shelley Magruder: Office Assistant  
Amy Munnell: Social Media Coordinator  
Sara Williamson: Bookkeeper

### OLLI Officers 2013-2014

Jay Shinn: President  
Tom Kenyon: President-Elect  
Margaret Anderson: Vice President  
Carolyn Abney: Secretary  
John Songster: Acting Treasurer

### OLLI Board of Directors

Randall Abney	Joseph Harris
Rich Cary	Richard Lynch
Cheryl Copeland	Jill Read
Betty Jean Craige	Don Schneider
Helen Epps	Nancy Songster

### OLLI Committee Chairs

Curriculum: Betty Jean Craige  
Finance: Richard Bouldin  
Fund Development: Tom Kenyon  
Historian: William Loughner  
Hospitality: Nancy Songster  
Information Technology: Margaret Anderson  
Long Range Planning: Richard Lynch  
Marketing Development: Randall Abney  
Membership: Helen Epps  
Nominating: Tom Kenyon  
Publications: Pat McAlexander  
Registration: Nancy Canolty  
Special Interest Groups: Carolyn Abney  
Travel Study: Joan Zitzelman  
Volunteer Coordinator: Sandy Clark

**Editor:** Pat McAlexander

**Consultants:** Katy Crapo, Jay Shinn, Jen Williams

**Advertising:** Randall Abney

**Proofreaders:** Susan Curtis and Mark Freeman

**Graphic Designer:** Haylee Silverthorne

*The OLLI Times* is published six times a year, in September, November, January/February, March, April, and June, with news about OLLI, its members, and OLLI events.

The deadline for the next (March) issue: FEBRUARY 21. Projected mailing date: WEEK OF MARCH 10. Please note that the schedule is only approximate due to variables involved with printing and mailing. Send photos, notices, and articles to [patmcalex@gmail.com](mailto:patmcalex@gmail.com).

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# OLLI BRIEFS

## Future OLLI Social Events

**February 14, 11:30 a.m.** *Valentine's Day Luncheon*, dutch treat. Watch for OLLI listserv invitation for location and to make reservations.

**March 17, 11:30 a.m.** *St. Patrick's Day Luncheon*, dutch treat. See box on page 1 for details.

**April 10, 1:30 p.m.** *OLLI Volunteer Appreciation Social*, Free at Georgia Botanical Gardens, 2450 S. Milledge Avenue.

**May 16, 1:30 p.m.** *OLLI Annual Membership Meeting and Elections* followed by Celebration Social, Free at Central Presbyterian Church, 380 Alps Road.

## Class Registration Report

As of January 6, 427 registrants had registered for the 150 classes, and nineteen classes were filled. The classes carrying the longest waitlists: Analyzing Current Affairs, Drawing Fundamentals, Michelangelo. Other classes with long waitlists include the Athens African American History Tour, UGA Discovering the Campus You Never Knew Tour, Cooking Cool for a Hot Summer.

## OLLI CRAM Committee

One of OLLI@UGA's recent priorities is staying on track in our search for an association management software system. The special OLLI CRAM Committee, under the leadership of Les Shindelman, is defining the technology and software needs of OLLI as it grows and develops.

## Facilitators Wanted

There are about 50 classes that still do not have a volunteer facilitator. If you are willing to facilitate, please email me and ask for a list of the classes that still need a facilitator. If you can take one or more of them, let me know and I will see that you have the information you need. The next facilitator training is Jan 29 at 11 a.m. if you can attend that. We will serve homemade chocolate chip cookies and you will be my best friend. – Ann Crowley at [a.ann.crowley@gmail.com](mailto:a.ann.crowley@gmail.com)

## Good Spellers Wanted, No Pay

Mark Freeman is looking for a few good spellers to join him on an OLLI team for the Literacy Volunteers Spelling Bee. The contest is not until late summer, but it takes time to get ready and to enlist support (money). OLLI@UGA had a team competing the year before last, but missed the deadline last year. Come on, you spellers, it's lots of fun. If the response is overwhelming, we could field two teams. Contact Mark at [crmdgeon@bellsouth.net](mailto:crmdgeon@bellsouth.net); and don't let that email address scare you! That just shows Mark's sense of humor.

## Free AARP Tax-Aide Assistance and Filing

Volunteers (including several OLLI members) will be available to offer free tax preparation and free e-filing for taxpayers of middle and low income with special attention to those 60 and older. All ages are served and one does not need to be an AARP member. AARP Tax-Aide is administered through the AARP Foundation in cooperation with the Internal Revenue Service. Tax-Aide volunteers will be available starting **Saturday, February 1st**. Please bring 2013's tax documents and supporting information and a copy of your 2012 tax return. Sites close promptly at times listed so allow time for tax preparation and review. Call 706 543-9511 (George) or 706 369-1245 (Gayle) for further information. Schedule: Clarke and Oconee Counties: Monday, 1 – 4:30 p.m., Oconee County Library; Wednesday, Thursday, Friday, Saturday – 9 a.m. – 1 p.m., Kroger's Epps Bridge Parkway (upstairs)

## OLLI Speakers

Carolyn and Randall Abney were seminar speakers at Athens' Fifth Annual Wine Weekend, held at the Classic Center January 31 to February 2.

## OLLI Artists

An exhibit of OLLI Laura Leiden's acrylic/mixed media paintings with luminous color and a wild use of fabrics was on display at the Surgery Center of Athens, 2142 W. Broad St. in Athens through the end of January. And works by Elizabeth Barton, Bob and Claire Clements, Nancy York, and Dortha Jacobson are on display with the Athens Area Plein Air Artists Group through March 2 at the State Botanical Garden.

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# WINTER BASH PHOTOS



Art Crawley at Vegetable Gardeners SIG table (photo by Chuck Murphy)



Mary Clark at the bridge SIG table (photo by Chuck Murphy)



Three OLLI photographers: John Weber, Sally Ross, and king of candid Bill Flatt (photo by Pat McAlexander)



Sandy Clark, Volunteer Coordinator (photo by Chuck Murphy)

## WOULD YOU LIKE TO TEACH A CLASS FOR OLLI?



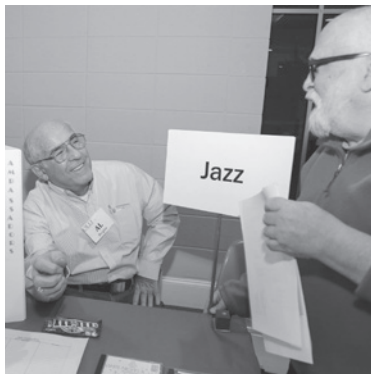
If so, go to OLLI@UGA's website ([olli.uga.edu](http://olli.uga.edu)) and click on "Forms." Scroll down to the Course Proposal form, complete it online, and email to [olli@uga.edu](mailto:olli@uga.edu). If you have further questions, contact Betty Jean Craige, Curriculum Committee Chair, at [bjcraige@uga.edu](mailto:bjcraige@uga.edu).

# SIG NEWS

## New Special Interest Groups

### JAZZ AMBASSADORS

The Jazz Ambassadors is a newly-organized Special Interest Group that meets to discuss and listen to live jazz. Tastes run the gamut; all are welcome. Our meeting on Wednesday, February 5, was at the Porterhouse Grill. We had a light supper and then moved to the bar, opposite the bandstand, to hear a jazz trio. No cover, no minimum. We plan monthly get-togethers. Call Al Bergins at (706) 559-4863 for more info.



At the Bash, Al Bergins telling Bill Loughner about the Jazz Ambassadors (photo by Chuck Murphy)

### THE ALGONQUIN COMES TO ATHENS

As most of you probably already know, Lief Carter and Alex Patterson have resurrected their plans for a monthly meeting to discuss and debate “big questions,” e.g. about politics, religion, the meaning of life. A topic will be assigned each month. Meetings will be held at The Hilltop Grill 3:00 to 5:00 p.m. In the tradition of the Vicious Circle round table meetings at New York’s Algonquin Hotel in the 1920s, drink and food will, as Lief put it, “lubricate and nourish the group’s engagement.” Each participant commits to putting \$10, cash only, in the pot at the beginning of the session so a single tab can be run. Bar nibbles (popcorn) will be provided free. Participants can also order food independently from the kitchen.

Meetings are limited to 32 people — the capacity of the Hilltop Grill’s private dining room. To be part of a discussion, OLLI members email Lief at lhcarte@coloradocollege.edu, and he enrolls them on a first-come, first-serve basis (by the time indicated on their email) until the seats are full. They will need to re-enroll for each successive meeting.

OLLIs are obviously interested in the “big questions”; the first scheduled meeting, February 18 on the topic *On balance, has organized religion done more good or harm in the lives of our fellow humans?* filled within 55 minutes of its posting on the OLLI listserv! With 37 on the waiting list, Alex and Lief have scheduled a second meeting on February 25. As before, OLLIs will need to email Lief to reserve a place for this second meeting.



### New Year's Eve Luncheon

The New Year of 2014 was welcomed in on December 31, with joyful spirits and lots of laughter, fellowship, and good food at the East-West Bistro restaurant in downtown Athens, by 42 OLLI members and guests.

Several members shared a good OLLI-UGA memory from 2013. Jeanne Plummer made us all excited by describing her joy at seeing a surfacing whale, and her excitement of getting to touch a humpback whale while on her trip to Portland, N.H. this past year with other OLLI members. Sandy Clark shared her joy and fun with the “Laugh a Yoga Class” this year. (It would be interesting to see exactly how one does yoga and laughs at the same time.) Nancy Songster was ecstatic in her description of the OLLI Winter Holiday party (makes us want to go next year) and also of the quiet, unexpected announcement made by UGA president Jere Morehead of OLLI’s second endowment from Osher.

There were also some lucky OLLI folks who received door prizes: parking tickets, \$10.00 certificate toward the purchase of some OLLI gear, a free class and others. One lucky member even won a free meal coupon from East-West Bistro for the occasion. But perhaps the best prize won by all was the fellowship, friendliness and enjoyment that we each had on this day with each other. We are looking forward to this coming year of 2014 with OLLI@UGA. — Jeani Whitener

# FUND DEVELOPMENT COMMITTEE REPORT

The first six months have been incredibly busy for the Fund Development Committee, and they wish to thank everyone who worked so hard and contributed so much of their time, effort and funds to making the Halloween FUNdraiser a success and in getting the Annual Fund Campaign off to such a good start.

The Halloween FUNdraiser raised \$9,597.00! The OLLI@UGA membership owes a big thank you to Marti Edwards and David Block, their committee, and the volunteers who worked so hard to make this a stellar event!

The Annual Fund Campaign is off to a good start. As of the end of the year, 60% of our goal had been reached. Forty-three OLLI@UGA members donated to the 100 for the \$100 program and a total of 75 members have contributed \$6,031.

The SCRIP program has contributed \$222.96 in the brief time it was up and running. The program has the potential to be truly beneficial at no cost to the OLLI@UGA membership.

Our first OLLI Presents of the new year was held on January 23, 2014. The recently found silent movie *The Wishing Ring* starring Vivian Martin in her first movie role was presented at Cine Theater. A sell-out crowd enjoyed a reception preceding the performance.

An OLLI@UGA Garage Sale is being planned for spring. This will require an active event committee to work with the Fund Development Committee to ensure its success.

The Fund Development Committee feels certain we will reach our goal of 100% for the Annual Fund Campaign and the 100 for \$100 program. Again, thanks to all the OLLI@UGA members who contributed to this success.

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Continued from Page 1

All paid-up members of OLLI are eligible to serve. Although the primary qualifier is membership, please look for "an interest in and familiarity with" our OLLI in those whom you would submit for service. The person submitting a name must secure the approval of the potential nominee beforehand, and you may nominate yourself.

Names may be submitted to the Nominating Committee online using the form found at the link under the "featured" section on the left-hand side of the OLLI website home page ([www.lli.uga.edu](http://www.lli.uga.edu)). Paper forms may be submitted by mail or delivered to the OLLI administrative offices at River's Crossing. A paper form is on page 9 of this newsletter. Candidate submittals will be accepted until Wednesday, March 27, 2014.

Our OLLI is growing, with expanding curriculum and social offerings. The wonderful Curriculum, the SIGs, the social affairs, and the other services and activities of OLLI need many hands. Yours are needed, and welcome. Please consider in what capacity you may offer your gifts to this fine organization.

Respectfully,  
Tom Kenyon President-elect and Chair, Nominating Committee



# Nomination Form for 2014-2015 Officer or Board of Directors

The following person is submitted for candidacy as (select one):

- President-Elect
- Vice President
- Treasurer
- Secretary
- Member of the Board of Directors

Name:

\_\_\_\_\_ (Last) (MI) (First)

Address: \_\_\_\_\_ (Street) (City, State, zip) (County)

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

This person has agreed to candidacy Yes

The above person is nominated by:

Name: \_\_\_\_\_ (Last) (MI) (First)

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

I submit this person because:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Submittals accepted beginning February 1, 2014, and will close on March 27, 2014.

Please submit at [olli.uga.edu](http://olli.uga.edu), or to

[OLLI@UGA](mailto:OLLI@UGA)

2014 Nominating Committee

850 College Station Rd.

Athens, GA 30602-4811

#### Contact Information for Nominating Committee:

Tom Kenyon	<a href="mailto:tkengroup@aol.com">tkengroup@aol.com</a>	706.705.1479
Connie Bruce	<a href="mailto:connie.l.bruce@gmail.com">connie.l.bruce@gmail.com</a>	706.254.7822
Terry Caven	<a href="mailto:trcaven@bellsouth.net">trcaven@bellsouth.net</a>	706.340.4868
Helen Epps	<a href="mailto:hepps@fcs.uga.edu">hepps@fcs.uga.edu</a>	706.769.8938
Nancy Grayson	<a href="mailto:ngrayson59@gmail.com">ngrayson59@gmail.com</a>	706.353.9226

To see Officers' and Board of Directors' Status as of February 2014, turn to Page 15

EVENT:

THE

TO BE HELD SATURDAY, MARCH 22, 11:00 a.m. – 4:00 p.m.

# THIRD ANNUAL OLLI ART FAIR



Scene from the 2013 Art Fair (photo by Pat McAlexander)

Mark your calendars! The Third Annual OLLI Art Fair will be held Saturday, March 22, 11:00 a.m. to 4:00 p.m. in the spacious lower level of Central Presbyterian Church. The Fair will be open to the public. Elizabeth Barton, Pat McAlexander, and John Weber are again chairing this event.

OLLI members or OLLI groups who create art/crafts — for example, sculptors, quilters, original hand-wrought jewelry makers, potters, photographers, painters in all mediums, weavers, writers,

woodworkers, musicians — all are invited to show or demonstrate work, whether they are beginners, professionals, or in between. The aim is to share one's art with others. Participants can sell their work if they wish or just display it. There is no charge to display your art. However, if you sell your art — books, paintings, CDs etc. — we request a donation to OLLI to help defray expenses of the Fair — \$5 to \$25, as you feel appropriate given your sales. Donations will be collected at the Fair; receipts will be available for tax purposes. If you are interested in showing and are not an OLLI member, then become one! Go to <http://olli.uga.edu/join/>.

We hope again to put writers together in The Writers' Corner. Writers in this area can participate during all or part of the Fair. A schedule will be published so Fair-goers will know when particular writers will be there. Writers and all Fair participants may, if they wish, share a table with another participant and thus also share their time at a table; we can match up those who wish to do so.

Special features of this year's Fair will include a demonstration of the art of square dancing (see article page 14), harmonica playing by Joe Mauldin, and a dramatic reading by Gay McCommons. Talmage Terrace, an OLLI sponsor, will again provide refreshments. We are putting out a call for able-bodied volunteers to help the artists with getting the church tables out for the displays at 9:00 a.m. and putting them back at 4:00 p.m. If you could volunteer to do one or the other (or both!), please contact the Fair organizers at [olliartfair2014@gmail.com](mailto:olliartfair2014@gmail.com).

The deadline for applications to participate in the Fair is March 1.

The Central Presbyterian space is large but finite, so late entrants might not be accommodated! Specific information for artists is listed below. To reserve a space for you or your group, answer the three questions listed below the "Information for Fair Participants" and email the answers to Elizabeth Barton at [olliartfair2014@gmail.com](mailto:olliartfair2014@gmail.com). For questions or comments other than in regard to reserving a space, contact John Weber ([jweber824@gmail.com](mailto:jweber824@gmail.com)) or Pat McAlexander ([patmcalex@gmail.com](mailto:patmcalex@gmail.com)).

Watch for a schedule of the demonstrations and a list of participating artists on the listserv, online, and in the March OLLI Times.

## Information for Fair Participants

- You are encouraged to email all your contacts to help publicize the event.
- You can bring in your art work and setups after 9:00 a.m. on the day of the Fair.
- Bring your own tablecloth, display stands etc. Church tables will be available. We hope to have volunteers available to assist.
- We request that you prominently display your OLLI table tent with your name.
- Nothing can be hung on the walls or from the ceiling.
- You will be expected to clean up your entire area after the show.
- Neither OLLI nor Central Presbyterian Church is responsible for any loss or damage to anything or anyone.
- If you sell work, we request a donation to OLLI of \$5-\$25 (or more!) as you feel appropriate given your sales.

## Application Questions

Your answers are your application. Email them to [olliartfair2014@gmail.com](mailto:olliartfair2014@gmail.com) by March 1.

1. Your name and (if relevant) name of group (class, SIG)
2. Email address (if you don't have one, borrow a friend's)
3. The kind of art you will be bringing



# OLLI TRIPS

## **BUILDING THE NORTHERN ROCKIES: MONTANA AND IDAHO**

**Dates:** September 4-11, 2014.

**Cost:** \$675 (see what is not covered below)

**Deadline:** deposit April 1, balance May 15

**Trip Coordinator:** David Dallmeyer

A geologic field excursion through the Northern Rocky Mountains of Montana and Idaho will be led by David Dallmeyer, Geology Professor Emeritus at The University of Georgia. The excursion will depart Helena, Montana on the morning of September 4 and return to Helena on the evening of September 11. The trip will explore the geological evolution, economic mineralization and glaciation of northernmost sectors of the U.S. Rockies. Much of the excursion route has been designed to follow portions of the path of the “Corps of Discovery Expedition” led by Lewis & Clark (1804-1806). In addition, the trip has been timed to coincide with the peak of fall mountain foliage colors.

The excursion will begin with examination of sedimentary rocks and structures within the eastern Front Ranges of the Rockies and will include an extended tour of Glacier National Park. The route will continue westward to examine metamorphic rocks that have been exhumed from deeper crustal levels of the Rockies. Several mining sites within the “Silver Valley” between Coeur d’Alene and Wallace, Idaho will be examined, including an underground rail tour of a partially restored silver mine. The excursion will also tour a variety of mining-related sites in Butte, Montana, home to the world’s largest, richest and most famous copper deposits.

Travel will be with minivans, and stops will visit overlooks and roadside exposures. Limited walking will be required. There is a non-refundable registration fee of \$675 per person. This covers the costs of van rental, fuel, organizational expenses and the daily OLLI excursion fee. The registration fee does not include participant airfare, lodging, meals and entrance fees. The region is a very popular tourist destination;



Glacier National Park, one of the sites we will visit during this excursion

therefore advanced planning is required to arrange accommodations and vehicle rental. The excursion organizer has secured lodging arrangements in advance.

An initial, non-refundable deposit of \$300 per person is required prior to April 1, 2014 in order to secure a position on the trip. Payment should be forwarded to the OLLI@UGA office at River’s Crossing and marked “in reference to the Northern Rockies Excursion.” The \$375 balance will be required prior to May 15. Registration for an associated Fall OLLI course (Plate Tectonics and the Evolution of the Northern Rocky Mountains) that will be taught in late August is required for participation in the excursion (except with permission of the instructor). For additional information and/or a listing of itinerary details contact David Dallmeyer at [dallmeyr@uga.edu](mailto:dallmeyr@uga.edu). Capacity of the rental vehicles limits the number of excursion participants to 20.

## **O KENTUCKY!**

**Dates:** October 9-13, 2014.

**Cost:** TBA

**Deadline:** TBA

**Trip Coordinators:** Jill Jayne Read and Nancy Grayson

Travel through the Appalachians and the Cumberland Plateau to the Bluegrass and visit a restored Shaker Village, go to the Keeneland races and watch some of the most beautiful thoroughbreds in the world, tour a world-famous bourbon distillery, visit National Historic Landmarks, shop for antiques and crafts, and consume some of the finest cuisine you’ll ever taste. Jill Jayne Read, a native Kentuckian, and Nancy Grayson, a recent Kentucky export, will share with fellow OLLI travelers their secret “best” places to visit in the heart of the Bluegrass Country.

More details to follow in the March OLLI Times and on the OLLI website.

# LAST SEMESTER

# IN REVIEW



**AUGUST 6:** Crowd at the Botanical Garden for the first “OLLI Presents” event (photo by Lew Frazier)



**SEPTEMBER 20:** Jim Porter at his Lunch and Learn session, “What Butterflies Tell Us About a Changing World” (photo by Chuck Murphy)



**OCTOBER 23:** On the Mini Creek Farm Visit, Beth Hedrick making a friend (photo by Pat McAlexander)



**OCTOBER 24:** At the Halloween FUNdraiser, Mercedes Rivera; Doug Moore, and (though you’ll have to take our word for it) Nancy Canolty (photo by Cheryl Copeland)

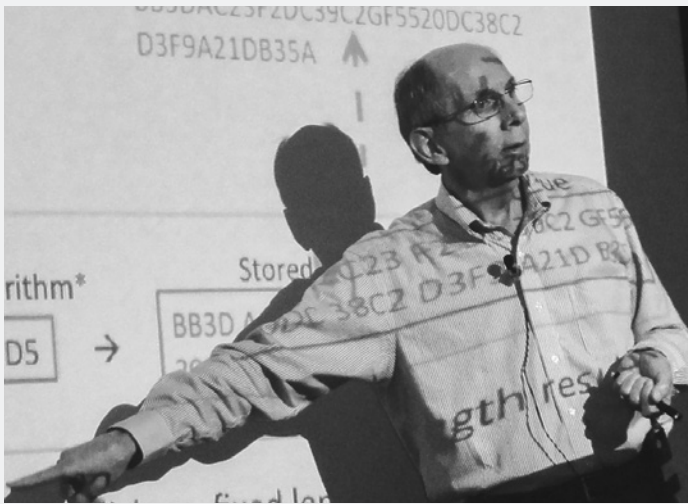


**OCTOBER 28:** Members and teachers of Benedicte Milward’s rug-hooking workshop (photo by Benedicte Milward)



**OCTOBER 31:** Katie Mercandente with three “spirits” — left to right: Heidi Naylor, Margaret Pruiett, and Iris Miracle — at OLLI’s “Halloween Spirits” luncheon (photo by Carter Naylor)

# FALL 2013



**NOVEMBER 4:** Chuck Murphy spotted teaching his online cybersecurity class (photo by June Mazur)



**DECEMBER 9:** OLLIs on tour of UGA Museum of Natural History (photos by Chuck Murphy)



**NOVEMBER 21:** OLLIs on the OLLI Rocks trip posing by a foggy Tallulah Gorge (photo by Dorinda Dallmeyer)



**DECEMBER 31:** Sarah Lawrence, John and Jean Bleye, and Bruce Copeland at the New Year's Eve luncheon (photo by Bill Flatt). See story on Page 7.



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# OLLI CLASSES

## 18th CENTURY MUSICAL INSTRUMENTS



Dr. Dale Monson, Director of the Hugh Hodgson School of Music, brought violinist Ruth Monson, pianist Anatoly Sheludyakov, AND a fortepiano (18th century piano) to River's Crossing for the class he taught on "Musical Instruments: What

Did Bach, Handel, and Mozart Hear When Their Music Was Played?" (photo by Betty Jean Craige).

## TAKE THE CHANCE AND SQUARE DANCE

OLLI@UGA will have a square dance demonstration at the Art Fair in March, and OLLI is offering five introductory square dancing lessons (March 5, 12, 19, 26, and April 2) taught by Richard Smith, a well-known teacher, caller, and square dance choreographer. (See the course catalog, "Dance: Introduction to Modern Western Square Dancing.").

Of course you square danced in sixth grade. We all did. I remember do-si-do and bow-to-your-partner, crinolines and neckerchiefs. It was awful! Awkward, sweaty hands. Dumb clothes. And square dancing was NOT how THEY danced on Band Stand. Why not try square dancing again, and this time, not only try, but master it?

Here's why you should take the chance and square dance:

1. We burn about 400 calories in a night of dancing, and do about 4 miles of roadwork: think about your hypertension, blood sugar, bone density, balance, and weight.
2. Controlled experiments show dancing – and especially square dancing – significantly improves cognition at all ages because you must process and apply, in rapid sequence, information for multiple systems. There are about 100 different steps we ultimately use. That's ... how many combinations and permutations? Nobody gets bored.
3. Psychologists tell us to seek supportive groups to live longer and better. At a square dance – and they are EVERYWHERE, including Europe and Asia, where all calls are in English – you'll meet folks beckoning you to join their square, wanting to help you. After all, the better you do, the better the other seven folks in your square do. Plus, at a good dance, you can see how attractive folks look moving, smiling, all with a light sheen of sweat.
4. Those old-time clothes are totally, completely arbitrary now. Some do. Most don't.

Square dancing? We USE it, OLLIs. Check the catalog. Come join us!



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## NIA: NEW OLLI MOVEMENT COURSE

As many OLLI members perused their spring catalogue they probably wondered about the new fitness course titled NIA, scheduled for April 16, 23, 30 and May 7, 14, 21 at 10:30-11:45 at Talmage Terrace. Yoga and Tai Chi are admittedly a common part of our vocabularies, but NIA, a course developed over 25 years ago by Debbie and Carlos Rosas, is not. NIA, an acronym for Non-Impact Aerobic and Neuromuscular Integrated Action, has three components: (a) dance (e.g., modern, jazz); (b) martial arts (e.g., Tai Chi); and healing (e.g., yoga).

OLLI members are indeed fortunate to snag Valerie Beard as the course instructor. I first encountered NIA last year when I enrolled in her course at the Healing Arts Centre. Valerie, an artist and grandmother seven times, has enviable stamina and creativity. She graduated from Hood College in Maryland with a background in education, modern dance, and visual arts and completed her intensive training for her NIA teaching certification in North Carolina and Portland, Oregon with Carlos Rosas. She holds a white and green belt in NIA.

Valerie teaches with great playfulness and encourages others to move and dance with freedom. Fortunately, because I am not a quick learner when it comes to movement, Valerie always models

and demonstrates what she wants us to do. I began to look forward to those moments during class when she announced a time for “free dance,” an opportunity to do just about anything you wanted to do as long as you did not take a nap. But no one would want to nap with the delightful music she selects to share with her pupils. At the end of the hour I was glowing with sweat and a sense of accomplishment that I had worked my body and mind for 60 minutes without once checking my watch.

You need not have a dance background or musicality to benefit from this course. NIA develops significant levels of cardiovascular fitness while being kind to the joints, an important advantage for my knees that have experienced far too many years of running. Another benefit of NIA is that Valerie teaches in such a way that it can be adapted to your level of fitness. She plans the sessions on three intensity levels, urging students to work at their comfort level. I never heard the dreaded mantra of “no pain, no gain” during the entire course. Finally, NIA provides an important relaxation outlet. In sum, NIA is a pleasurable way to keep our bodies fit while adding balance to our lives. OLLI members should seriously consider enrolling in this course.—Michele Simpson

## OFFICERS' AND BOARD OF DIRECTORS' STATUS

### Officers

President, Jay Shinn  
 Pres.-Elect, Tom Kenyon  
 Vice-Pres., Margaret Anderson  
 Secretary, Carolyn Abney  
 Treasurer, John Songster

### Status

Completing term. Succeeded by Pres.-Elect  
 Succeeds to President  
 Open Position  
 1st term. (May choose to run again)  
 Open Position  
 2nd term. (Cannot run again)  
 Open Position  
 Acting Treasurer  
 Open Position

AS OF  
 FEBRUARY  
 2014

### Board of Directors

#### Open Positions

Randall Abney  
 Betty Jean Craige  
 Richard Lynch  
 Vacancy

Completing 1st term. (May choose to run again)  
 Completing 1st term. (May choose to run again)  
 Completing 1st term. (May choose to run again)  
 Open Position

#### Continuing

Helen Epps  
 Rich Cary  
 Cheryl Copeland  
 Jill Reed  
 Don Schneider  
 Nancy Songster  
 Joe Harris

2nd term ends June 30, 2015  
 1st term ends June 30, 2015  
 1st term ends June 30, 2015  
 1st term ends June 30, 2015  
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 1st term ends June 30, 2015  
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