

OLLI NEWSLETTER

April 2019

www.usm.maine.edu/olli

OLLI's New Director Announced

The following note was sent by e-mail to OLLI members on March 7 by Jeanne S. Paquette, Vice President, Corporate Engagement & Auxiliary Services at USM. OLLI members on the selection committee were Gael McKibben and Steve Piker.

I am pleased to announce Donna Anderson will be joining USM as the new Director of OLLI effective April 8, 2019. Donna brings extensive experience and commitment to educational programming and public engagement. She has worked at Hartwick College as a Program Director, has been the Executive Director of The Exhibition Alliance, formally Gallery Association of New York State and currently with McLaughlin Garden & Homestead here in South Paris as their Executive Director since 2015.

I want to send a special thanks to our OLLI staff, Board and search committee for working diligently on this very important position here at USM.

Best regards,
Jeanne



Donna Anderson

Meet OLLI's new director on April 18.
See notice on [page 4](#).

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OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI Goes to Southern Portugal

November 15-24

This year's International Travel will explore southern Portugal between Lisbon and Faro in the Algarve. Spectacular scenery, intense history, delicious Mediterranean cuisine, renowned Portuguese wines—all these things await!

After our flight we will arrive in the scenic coastal resort town of Cascais, where we will spend three nights. The next day is an exploration of this delightful town, once a small Portuguese fishing town on the “Portuguese Riviera,” attractive to artists and writers and a haven for exiled European royalty. The following day will be spent in Lisbon on a walking tour around the steep, narrow cobble streets and medieval alleys of the Alfama District, climbing to the hilltop castle for a panoramic view of the city. The day ends with dinner and the traditional Fado performance—Portuguese-flavored blues. You will be totally immersed in Portuguese culture!



Our fourth day includes visiting Sintra, a UNESCO World Heritage Site and longtime (six centuries!) summer residence for Portuguese royalty. We will walk through narrow and picturesque streets, checking out the extravagant palaces and opulent mansions and castles for which this town is known. Then we drive inland to the medieval walled town of Evora, the “Museum City of Portugal,” spending the night in Alentejo surrounded by vineyards and cork trees. Moving south towards the famous Algarve region, there is a stop to explore the famous 16th-century fortress in Sagres. Magnificent views will greet us of beautiful Cabo de St. Vincente’s 200-foot cliffs that plunge into the Atlantic at this most southwesterly point of Europe. The next three nights will be spent in Lagos, from which Vasco da Gama set sail to find a route to India, and Prince Henry the Navigator started his explorations of western coastal Africa, founding Portugal’s first colonies.

A boat cruise along the coast followed by free time fills the seventh day, and on day eight we will visit the port city of Faro, another UNESCO city. Capital of the Algarve, it is located on the Ria Formosa, a 175-km lagoon, part nature park and preserve. Returning to Lisbon on the final day, there will be free time for shopping or further explorations, ending with a celebratory dinner. The return flight to Boston will be the following morning.

The ten-day trip cost of \$3549 (double occupancy—single supplement is \$600 extra) covers round trip to Boston, airfare, and the travel insurance required by USM. Breakfasts are included, as are several dinners, but most lunches are not. Tips for the on-board guide with us in Portugal, and any on-site guides, are also not included. AAA representatives will travel with us to ensure that the trip goes smoothly.

All travelers must be OLLI members and must be able to walk *unaided* at least 2 miles over cobble streets and be able to climb stairs and hills. For reasons of health and safety, this tour is non-smoking.

There will be an October meeting at OLLI of all travelers prior to departure to talk about any changes to the itinerary, explain the dollar exchange rate, and answer all other questions.



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ADVISORY BOARD

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OLLI members are invited to attend Advisory Board meetings. Check with the Chair for time and place, or if you wish to address the Board.

WEB SITES

Maine Senior College Network
www.maineseniorcollege.org
 OLLI National Resource Center
www.osher.net
 OLLI at USM
www.usm.maine.edu/olli

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OLLI NEWSLETTER

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 Please send newsletter material to the
 OLLI Office, via our e-mail.

Deadline for the May issue is April 15.



OLLI Goes to Southern Portugal *(Continued from page 2)*

Travel brochures can be picked up at the OLLI office. **REGISTRATION IS MADE IN PERSON AT THE OLLI OFFICE STARTING AT 8 A.M. ON APRIL 16.** Please bring your passport information with you. A non-refundable deposit of \$815 per person is required at the time of registration. Registration is limited to 45 and when filled, a wait list will be maintained. Balance will be due by September 6.

***An optional five-day post-tour to Madeira Island, “Pearl of the Atlantic,” is available—four people minimum. Fly from Lisbon, three nights in Funchal with day trips to traditional fishing villages, amazing seaside cliffs, natural volcanic pools, and the renowned Botanical Garden of Madeira. Travel through the mountains to Pico do Arieiro, the island’s third highest point, to Santana, a village with triangular, thatched roof houses; visit an embroidery shop; and enjoy a tasting of the famed Madeira wine. Spend your last evening at a traditional dinner with folk dancers and musical entertainment. Return to Lisbon with the rest of the day free. Cost is \$1299 (double occupancy, single supplement is \$300) and includes air and transfers from/to Lisbon. Four breakfasts and one dinner, plus a part-time guide, are included.

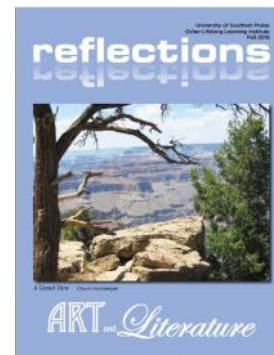
Questions can be asked of Matthew Sinclair, AAA, at 775-6211.

Trips fill almost instantly, so do not delay!!

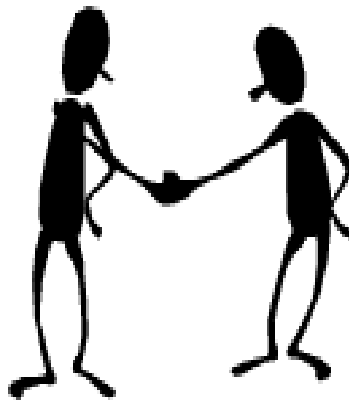
April 22—the new deadline for your submissions to *Reflections* 2019

An expanded team on the Selections Committee is eager to receive more submissions for this fall’s publication. They won’t know the identity of any submitter as they look at expressions of current OLLI members’ creativity in art, poetry, photographs, memoir, or fictional prose. The instructions on how you can send in works of text or images to Submissions Manager Tim Baehr (tbaehr@aol.com) appear both in the March newsletter (available via the OLLI website) and on the website itself: Click on Resources for the link. Contact Tim if you have any problems with submitting.

Last year’s publication was very enthusiastically received. A new opportunity for sharing awaits.



MEET OLLI'S NEW DIRECTOR
DONNA ANDERSON
AT
OLLI'S SPRING
MEET and MINGLE



THURSDAY, APRIL 18
WISHCAMPER FORUM
11:30 till 12:45

(please wear your name tag)

Sponsored by the OLLI Advisory Board



The OLLI Raffle and the Book and Bake Sales Return!

- **Raffle: April 24-26, April 29-May 2**
- **Book/Bake Sale: May 3 & 4**
- **Book Donations drop off: Starting April 23** (please not before - we have limited room)

These OLLI fundraising events provide resources for our member scholarships. They cannot happen without a lot of volunteer work.

Volunteering can be a lot of fun, and it's a great way to meet and get to know OLLI members. If you have the time to help out for a few hours, the Resource Development Committee would be grateful to hear from you.

Here are the specifics

The Raffle is scheduled for for April 24-26, 29, 30, and May 1 and 2. The Book Sale and Bake Sale are scheduled for May 3 and 4.



For the Raffle, we mainly need volunteers to staff a table in the main lobby of Wishcamper and sell raffle tickets. It is customary for these volunteers to wear silly hats, etc., but this is optional. There will be three one-hour (or less) ticket-selling sessions on each of seven days over two weeks. For each selling session, we hope to have two volunteers at the table. Only a small amount of volunteer time is needed for preparations for the raffle.

The Book Sale and Bake Sale will involve only two sales sessions, one for a couple of hours on Friday afternoon just for OLLI members, and one on Saturday for all comers. We need volunteers for each sales session, for both books and baked goods.

Preparations for the Book Sale and Bake Sale are more extensive than those for the raffle. We need volunteers to work on publicity; collecting boxes for exhibiting on-sale books and shopping bags for purchased books, and for sorting donated books by categories. We also need help transporting books from the sorting area to the sales area on sale days (and back to sorting area overnight Friday), and disposing of unsold books. And we need volunteers to bake cookies and staff the tables at which the cookies are sold.



For more information (and to volunteer), get in touch with Steve Piker (pikersteven@gmail.com).

And we also need books and other donations. This is a great chance to weed out your collection of books you've already read and books you think you'll never get to! The same goes for DVDs, CDs, puzzles, and games. Many members appreciate this chance to de-clutter their lives!

Watch your e-mail for dates and times when you can leave donations for the sale at the OLLI office on the second floor of the Wishcamper Building.

Fellow OLLIers, all thanks for your attention to this message.

—*Steve Piker*, Chair, Resource Development Committee



S.A.G.E.—What’s in This Name?

[*This is the fourth in a series of articles on Standing Committees. This month: SAGE.*]

Some of us know that the clever acronym once stood for Senior Adult Growth Exchange. All of us know that SAGE represents a wonderful cornucopia of one-time presentations by engaging experts, offered fall and spring.

Actually, S.A.G.E. was a renaming of a program that originated in 1983 as “New Dimensions,” sponsored by the USM Department of Community Programs and Elder Circle, Inc. Its first meetings were held at Williston West Church, and local field trips were included. In 1990 it moved to USM and specifically to OLLI upon its creation here in 2001. Its slogan being “A dynamic approach to learning in history, science, the arts, and current events,” SAGE became a subcommittee of the Education Committee and in 2012 a standing committee on its own.

As OLLI has grown, so has participation in SAGE. Attendance outgrew 102 Wishcamper, which is now used only when Hannaford Hall has been booked by USM itself; this spring the last session, on May 7, will be held in Wishcamper. To ensure their seats for the Tuesday morning lectures and performances, OLLI members are offered the “full-meal” option of registering for all eight programs (at a saving compared to paying for all lectures as “walk-ins”). And it is the real deal: presenters are experts or leaders in a wide range of relevant topics. As SAGE committee chair Paul Doherty puts it, these depart from our class textbooks in that they connect us with real people doing real things in real time.

How do these stimulating and enjoyable experiences come to us? A carefully wrought process is followed by members of this standing committee for much of the year. The team meets regularly after every SAGE program—and ad hoc/electronically as needed. At midday of SAGE Tuesdays they begin by reviewing that morning’s program specifically and noting the attendance of registered members and walk-ins. Before discussing possibilities for a future season, they look ahead to the very next program, to confirm that preparations are in order, and to put a committee member in touch with the speaker.

At the core of the committee’s planning and putting on of a SAGE series is sharing ideas and experiences—perhaps one member’s appreciation of a guest on the TV program *207*, or a newspaper article, or awareness of community events and issues. “Fishing” for more information begins, followed by the “Go-Get” stage whereby one person will establish contact with a potential presenter. Follow-through includes offering insight into OLLI, supplying a speaker’s tech needs, and going right up to the point of securing a parking space for him or her and the introduction to us, the audience. Bringing us and our cell phones to order is usually SAGE chair Paul Doherty; as we enjoy his mellifluous tones we shouldn’t be surprised to learn that his past includes eight years on the radio in Massachusetts.

Each season the goal is to offer a nice balance of topics, announced in a special [SAGE brochure](#) (clicking on the link will take you to a copy of the brochure in PDF format). Additional publicity outreach via local papers, posters, and of course word-of-mouth is always explored. Non-OLLI individuals are welcome at Hannaford Hall as walk-ins paying the \$10 fee. Bringing attention to specific programs to the USM family encourages faculty and students to attend as well.

USM is clearly entering a time of transition, and the SAGE committee is poised to be part of whatever lies in store. Although classroom space in Wishcamper is an

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S.A.G.E.—What’s in This Name?*(Continued from page 6)*

increasing challenge, Tuesday morning will remain dedicated to SAGE as far as the eye can see. The OLLI members currently using their collaborative effectiveness to offer us another way of being informed and exploring new dimensions of our lives are Susan Abt, Mary Gavin, Bob Goettel, Matt Goldfarb, Fred Kilfoil, Star Pelsue, and Claire Smith; they also greet us at the SAGE sign-in counter. They and chair Paul Doherty (frpaul@hotmail.com) would be glad to hear from anyone with a program suggestion or interest in the committee and its publicity efforts.

Look for program announcements in this newsletter, in e-mail blasts, and in posters in Wishcamper.

—Elsa van Bergen

Great Courses at OLLI

To enrich your enjoyment of the fine courses offered by OLLI—or to explore something new—we invite you to peruse the shelves of DVDs from the *Great Courses* series, located in the OLLI office (VHS format tapes are shelved downstairs in the OLLI library). Below are the DVDs (and a few CDs) currently available for loan under various categories. If “text” is noted, it means either a transcript of the tape or a course guidebook is also available. There is a sign-out sheet by the shelves of *Great Courses*. Please list your name and date. Please return your choice after a few months so others may enjoy it too.

Philosophy/Psychology/Language

The Big Questions of Philosophy	1 part; text
Customs of the World: Using Cultural Intelligence to Adapt	1 part; text
Essentials of Tai Chi and Qigong	1 part; text
Great Ideas of Philosophy	2 parts; text
Masters of Greek Thought: Plato, Socrates and Aristotle	3 parts; text
The Modern Intellectual Tradition	1 part; text
Practicing Mindfulness: An Introduction to Meditation	1 part; text
The Story of Human Language	CDs, 3 parts; text
Understanding Linguistics: The Science of Language	3 parts; text
Voltaire and the Triumph of the Enlightenment	CDs; text

Religion

The Apocryphal Jesus	1 part; text
Biblical Wisdom Literature	3 parts; text
The Dead Sea Scrolls	1 part; text
Exploring the Roots of Religion	3 parts; text
Gnosticism: From Nag Hammadi to the Gospels of Judas	1 part; text
Great World Religions— Buddhism, Christianity, Hinduism, Islam, Judaism	each has 1 part; text
Heroes and Legends: Influential Characters	1 part; text
History of Christian Theology	3 parts; text



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Great Courses at OLLI

(Continued from page 7)

History of Christianity: From the Disciples to the Dawn of Reformation	1 part; text
Mystical Tradition: Judaism, Christianity, Islam	3 parts; text
The Old Testament, The New Testament	CDs; text
Popes and the Papacy	1 part
Religions in the Ancient Mediterranean World	4 parts; text
Religions of the Axial Age	2 parts; text
Sacred Texts of the World	1 part; text
Skeptics and Believers: Religious Debate in the Western Tradition	3 parts; text
Why Evil Exists	1 part; text

Science and Math

The Aging Brain	1 part; text
Archaeology	1 part; text
Biology and Human Behavior	2 parts; text
Biology, the Science of Life	6 parts; text
Change and Motion: Calculus Made Clear	2 parts; text
Cosmos	CD of the book
Doctors: The History of Scientific Medicine	1 part; text
Experiencing Hubble: Using the Greatest Images of the Universe	1 part; text
Great Scientific Ideas That Changed the World	3 parts; text
How the Earth Works	parts 1, 3, 4; text for all parts
Meteorology: An Introduction to the Wonders of the Weather	1 part; text
Nutrition Made Clear	3 parts; text
Oceanography: Exploring Earth’s Final Wilderness	1 part; text
Particle Physics for Non-Physicists: A Tour of the Microcosm	part 2; text
The Science of Mindfulness	1 part; text
Sensation, Perception, and the Aging Process	2 parts; text; CDs
Skywatching: Seeing and Understanding Cosmic Wonders	1 part; text
The Spiritual Brain: Science and Religious Experience	1 part; text
Understanding Genetics	2 parts; text
Understanding the Universe	parts 2-8; text for all parts
Zero to Infinity: A History of Numbers	1 part; text

—Elsa van Bergen



The OLLI Recorder Ensemble held an open rehearsal/performance at Sable Lodge Retirement Community on March 5th



SAGE Programs in April

USM Jazz Ensemble, Laurie Chandler, Mark Hews, Dona Vaughn/Maine Opera



The SAGE Spring 2019 series began with a bang on March 19 with *Portland Press Herald/Maine Sunday Telegram* columnist Bill Nemitz speaking to an audience of 343, the largest in the more than 30-year history of SAGE. Nemitz talked about fake news with his usual balance of informed observations and good humor.

On April 9, Dr. Chris Oberholtzer brings the USM Student Jazz Ensemble to Hannaford Hall. As professor and director of jazz studies at USM, Chris leads a thriving program recognized as one of the leading college jazz initiatives in New England. Chris and the Jazz Ensemble will take us through important jazz styles and the key influences that have produced current trends in jazz today.



In the summer of 2015, at age 53, Laurie Apgar Chandler became the first woman to solo thru-paddle New England’s Northern Forest Canoe Trail. Achieving her improbable dream, to travel 740 miles alone in a small canoe, was by no means certain. Relatively new to wilderness paddling, she encountered challenges, expected and unexpected, that pushed her to the limits of her courage and endurance. Laurie will share her experiences at SAGE on April 16.

Perhaps the most disturbing characteristic of today’s political environment is the absence of the willingness and perhaps ability to show mutual respect for each other’s perspective, to be able to “disagree without being disagreeable.” The *National Institute of Civil Discourse (NICD)* selected Maine as one of four states for an intensive yearlong effort to support people in improving the way they listen to and talk to each other. Mark Hews, state coordinator for Maine Revives Civility, will join SAGE on April 23 to discuss how a greater regard for civility can lead to better problem-solving, more effective government, and inclusive and engaged communities.



What does it take to bring an opera production to life? On April 30, Dona D. Vaughn, Artistic Director of Opera Maine as well as the Manhattan School of Music’s opera program, will share stories from her experiences with masters like Uta Hagen and Tennessee Williams. She will talk about how they impact her casting and directing of acclaimed productions in Maine and across the globe. Opera Maine, the only professional opera company in our state, is celebrating its 25th season this year.

Walk-in admission for all SAGE programs is \$10 at the door.



Brown Bag Lunches

1. Should the United States Have Universal Healthcare? A Presentation and Discussion

Compared to other First-World countries, the U.S. has the worst health outcomes with double the costs per person. There are federal and state bills presented to Congress and our legislature in Maine, some of which propose a universal system. What do such systems include, and why do many doctors and citizens back them?

Presenters are OLLI Members who are also MaineAllCare Members: David Wilcock, Delene Perley, and Nancy Bogg.

This Brown Bag Lunch will be held on Wednesday, April 3, from 11:40 a.m. to 12:30 p.m., in room 211.

2. With a divided country and divided Democratic Party, which candidates (this early) might be both electable and consistent with our values?

A large number of people have declared their intention to run for president in 2020. In the third of three Brown Bag Lunches, Bob Goettel will lead a discussion about the tradeoffs between electability and one’s value preferences regarding the possible presidential candidates in the next election.

This Brown Bag Lunch will be held on Wednesday, April 17, from 11:40 a.m. to 12:30 p.m., in room 133.

! OLLI Ex Alert !

Watch for upcoming Newsletter announcements of Summer OLLI Excursions.

On June 12 we will visit Boston’s Museum of Fine Arts to see the Toulouse-Lautrec show. (On the Web: <https://www.mfa.org/exhibitions/toulouse-lautrec-and-the-stars-of-paris>) We will then walk to the Isabella Stewart Gardner Museum for a private tour. (On the Web: <https://www.gardnermuseum.org/>)

At the end of June, the next Hidden Treasures series, “Portland’s Hidden Treasures – Roots in Plain Sight,” will offer visits to three surprising locations.

Fall foliage will be at its peak when we travel to New Hampshire at the beginning of October for a cruise around Lake Winnepesaukee and a visit to the Wright Museum of World War II. (On the Web: <https://www.wrightmuseum.org/>)

OLLI Excursions fill up quickly, so don’t hesitate to sign up when you see the announcements.



Lautrec



Courtyard, Isabella Stewart Gardner Museum



Wright Museum of World War II



Celebrating OLLI Artists

Have you seen the new exhibit on the Gallery Wall yet? It's located right outside the OLLI office. Twice a year we showcase the artwork of your fellow OLLI members. The current exhibit features works by Kathleen Sutherland, Deborah Ullman, and Molly Morell. The next time you are in the building, stop by and take a look.

Have you been wondering about displaying your own work? To find out how to become an exhibitor, contact Sidney Lincoln, linck7s@maine.rr.com, to find out all the details.

—Sharon Roberts

Walking Club Begins New Season

With the start of the new season for the walkers, we will begin on Wednesday, April 10, with a familiar trail that has seen some improvements since our last visit: Pisgah Hill Preserve in New Gloucester. Since this is very close to Pine-land, we will eat our lunch there. You may bring your own or buy something from their excellent cafe. It could be muddy; so wear good boots and bring your sticks.

On Monday, April 22, we will return for our spring flower fix to Laurel Hill Cemetery in Saco to enjoy the riotous array of daffodils. Bring your lunch, and we will eat at the Amtrak train station in Saco.

For both walks we will meet to carpool at the Back Cove parking lot by Hannaford at 9:50 a.m. Bring a few dollars to share gas costs with your driver for the Saco trip.

If you are a new walker or have questions, please call Rae Garcelon at 846-3304.



Part of group enjoying a beautiful winter day at Gull Crest in Cape Elizabeth



Group snowshoeing at Pratt's Brook in Yarmouth



OLLI Night Out

This month we return to dinner out with friends. We had a request from a diner to have a meal of Greek food, and our choice is Antonia's in Freeport. The Greek food on the menus is not exotic, but very well done. The Greek Horiatiki Salad is excellent and filling. The dinners are either Italian or Greek and are large, delicious, and modestly priced. Many pizza and sandwich choices are Greek style.

An outstanding appetizer is the fried calamari, although it takes a while to prepare.

Please join us and enjoy the agony of choosing from the loaded menu. Check out the menu here: www.antoniaspizzeria.com/menu.php

When: Tuesday, April 9, at 6:00 p.m.

Where: Antonia's Pizzeria, 193 Lower Main St., Freeport 04032, 865-6863

Reservations: Please call or write Barbara Bardack by noon Monday, April 8, at 829-1240 (leave a message including your number) or bravalascale@gmail.com

