

OLLI NEWSLETTER

November 2019

www.usm.maine.edu/olli

2020 Will Be an Historic Year... for OLLI Creativity

Reflections 2019 has been launched, and your free copies of this year's beautiful issue can be picked up at the OLLI office. While we celebrate all those who participated in this issue, we are already planning for 2020 and the 20th anniversary of the genesis of *Reflections*. All OLLI members are invited to submit their visions and stories for inclusion in this special enlarged edition that will celebrate *Reflections'* flowering and offer new features for the years ahead.

We're taking a page from the past—namely, its tradition of announcing a theme—to offer inspiration to you in the months ahead as you consider where we, where you, are NOW.

Terry Foster once shared a version of an ancient Sanskrit poem that may suggest a focus on appreciating and capturing a moment in our own words and images:

*Look to this day
For it is life, the very life of life.
In its brief span
Lie all the verities and realities of your existence:
The bliss of growth,
The glory of action,
The splendor of beauty.*

*For yesterday is already a dream
And tomorrow is only a vision.
But today, well-lived, makes
Every yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.*



The Reflections reception
was very well attended

Among the new features in *Reflections* 2020 will be an opportunity for creators of visual images, including 3D artwork, to share what inspired their specific work: what led them to capture a “Now” moment. Writers of poetry and prose are encouraged to reflect on what the Sanskrit poem calls “today, well-

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OLLI Creativity (Continued from page 1)

lived,” or perhaps how the present influences their vision of something past or a hope for the future.

All we ask is that we avoid in *Reflections* everything political. The possibilities otherwise are limitless, and we look forward to seeing your submissions next spring.

Look for new information about submitting your work to *Reflections* in future issues of this newsletter and on the OLLI website.



Readers at the *Reflections* reception.
L to R: Stephanie Betzold, Anne Cyr,
Erik Jensen, Mary Van Milligan

Second Annual OLLiversity!

Thursday, December 5
8:30 a.m.-1:00 p.m.
Snow Date: Friday, Dec. 6.

It's back! The second annual OLLiversity—a day devoted to highlighting some of the enticing offerings from our diverse curriculum. Moderated by Betsy Wiley, the program will feature presentations from Steve Schifman, “What is the Shape of Space?”; Sherry Chapman, “Guilty Pleasures: How Sugar, Tea, Spices, Chocolate, and Coffee Changed the World”; and Mike Berkowitz, “Immigration in the United States.”

Cost for the day is \$35 per person. Morning coffee and lunch (sandwiches and salad) are included. Online registration will begin Monday, November 4, or you may register in the office or by phone (780-4406) starting Wednesday, November 6. Hope to see you on December 5.

Call for Ideas: Brown Bag Lunches

The Education Committee is looking for ideas. Brown Bag Lunches are 30- to 40-minute presentations between morning and afternoon classes. Topics are pretty wide open. Contact Betsy Wiley (bwiley@gwmail.gwu.edu) or Walt Allan (ann.walt.allan@gmail.com).



OLLI Singers

Upcoming Performances

The OLLI Singers, accompanied by Vicki Swerdlow, will be performing two concerts this month.

The first will be on Tuesday, November 5, at 2:00 p.m., at The Park Danforth, the assisted living and senior housing facility located at 777 Stevens Avenue in Portland. The OLLI Singers have performed there several times in the past few years, and the residents always look forward to their return engagements.

The second concert will be in room 102 of OLLI's Wishcamper Center on Thursday, November 7, at 11:45 a.m., between the morning and afternoon OLLI classes. The concert program includes “Seems Like Yesterday” by Strømme and Laruccia; “When Rooks Fly Homeward” by Baynon and Campbell; Irving Berlin's “Give Me Your Tired, Your Poor”; “You Raise Me Up” by Graham and Løvland; and John Rutter's “A Gaelic Blessing,” along with two new choral arrangements by the group's director, Chuck Hornberger: “Chances Are” (as sung by Johnny Mathis), and “The Rainbow Connection” (the theme from *The Muppet Movie*).

We hope that many of you will attend one of these programs and support the OLLI Singers in their musical achievements.

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 December issue is November 15.

Advisory Board

In the fall of 2018, the Advisory Board began a three-part process for developing a new strategic plan for OLLI. Three committees, each headed by a Board member, were formed to focus on the following three areas: use of social media, distance learning, and managing growth. The first part of the process was exploratory: What were other OLLI programs across the country and other Maine Senior Colleges doing in these areas? Could we learn anything from their successes and problems?

At this year's Advisory Board Retreat, groups shared their findings and began the second part of the strategic planning process: implementing pilot projects or other experiments to test ideas generated by their research.

For example, the Distance Learning committee is planning to work with USM staff in November to introduce the Zoom video conferencing software to any OLLI faculty interested in learning how to use it. Zoom might be used to run online classes or classes with students both in the classroom and at home. It might even be an answer for snow days in winter.

The Social Media committee is planning on listening to OLLI members who are active users of social media to identify ways of using it to facilitate our activities and share the many exciting activities we sponsor, and to implement some of these ideas in pilot projects. The committee also plans to listen to OLLI members who are not current users of social media to understand any concerns.

The Managing Growth committee documented OLLI growth in a variety of ways, including growth in membership, the number of classes and size of class enrollment, participation in Special Interest Groups (SIGs), and the number and variety of other activities. Members of this committee will continue to add this year's information to their statistics, but they will also be working with the Distance Learning committee as the two committees share a focus on the ways in which distance learning activities can help us to continue to provide enough educational opportunities for the OLLI membership, which is fast approaching 2,500 members.

We will keep you posted on the results of these experiments as the year continues.

—*Sue Jennings*, Advisory Board Chair, jensusa10@yahoo.com

Wrinkle in Time

Coming in Early March 2020

“History of Race in Maine from 1820 to 1920 to 2020”
 Coordinating with USM's program on Equity and Justice
 More details to come



Quotes from the OLLI Excursions Fall Trip

[Editor's note: OLLI Excursions are great for visits to cultural destinations and museums without the hassle of driving or finding parking. They're an economical way to share adventures with OLLI members while being entertained and informed.]

On October 6, a busload of OLLI members ventured forth to New Hampshire for a lake cruise, with champagne brunch, and a visit to the Wright Museum of WWII. Here are some comments from the OLLI members who enjoyed this adventure.]

The champagne brunch on Lake Winnepesaukee and the visit to the Wright Museum of WWII was our first trip with OLLI but certainly will not be our last. It was an absolutely fabulous day. Everyone was more than welcoming.

The trip was well-planned at a reasonable cost and with a good group of people. To all who missed this outing, maybe you'll join us next time?

The Wright Museum is a treasure. If you have any interest in WWII history, it's a must visit!

This was my first trip as an OLLI member and it was so nice meeting so many wonderful people. I look forward to other excursions and the opportunity to explore more of these places.

I found the Wright Museum especially interesting. I do not gravitate to the history of war and its battles. But this museum focuses on life in the US during the war years in well-done exhibits.

We had a wonderful group of people, fun and scenic trip on Lake Winnepesaukee, and a very educational stop at the Wright Museum of WWII.

This little-known museum invites me to visit again.

Cruise on Lake Winnepesaukee was delightful—lovely buffet lunch and amazing scenery with interesting commentary.

This was our first OLLI trip but definitely not our last.

[T]he day was fun-filled and flawless. A fully satisfying day.

It was a real gem in a day that included good food and wonderful scenery. The museum's "Time Tunnel" is a stunning example of the value of "visual history," and the exhibits are curated with care and human interest.

The bus driver was great and knew all the ins and outs of NH back roads.



(Above photos by Tim Baehr)



(Photo by Mary Barthelman)



Jeff Tarling and Abdi Iftin at SAGE November 5 and 12

It is easy for all of us to take Portland's historic trees, parks, and green spaces for granted. Fortunately, Jeff Tarling, Portland's city arborist for over 25 years, has played a unique role that is part custodian, part advocate, and part historian. Portland's heritage traces back to the late 19th century with the idealistic "city beautiful" and "garden city" movements, as well as the work of Frederick Law Olmstead, chief architect of New York City's Central Park. Jeff's dedication to the natural beauty of both the historical and the present-day Portland as the "Forest City" will be evident at SAGE on November 5.



Jeff Tarling

SAGE probably has never had a story quite like that of Abdi Iftin, the speaker on November 12. From Mogadishu, Somalia, where Abdi learned English watching American action movies, to his secret dispatches posted to NPR, his escape from radical Islamists to Kenya, and his beating 600-1 odds to win a green card lottery, this is a remarkable adventure. Today, Abdi is a proud resident of Maine on his way to U.S. citizenship. He advocates for refugees and immigrants, working with Refugees International and Oxfam America. Abdi's memoir, *Call Me American*, was called by the San Francisco Book Review "a tale of hope and hard work, of overcoming adversity and defeating the odds."



Abdi Iftin

SAGE presentations are Tuesday mornings from 9:30 to 11:30 in Hannaford Hall at USM's Abromson Center. If you do not have a series subscription, walk-in admission is \$10 at the door.

A Note from Donna Anderson

Openings for Research Interviewers

Are you interested in helping to shape Maine policy regarding aging? The Survey Research Center, which is part of USM's Muskie School of Public Service, has openings for part-time temporary research interviewers. Those hired will be conducting telephone interviews with people living in Maine who are 55 years old or older. The study is being conducted for the Office of Adult and Disability Services (OADS) and will help the state identify the kinds of help and assistance that will be needed by Maine's population as we grow older in the coming years. All applications for these positions must be submitted to USM on-line. If you are interested please go to <https://usm.hiretouch.com/view-all-jobs>.



OLLI Bake/Food Sales are back... Mark your calendar now!

Our first sale, Wed., October 30, is a Take Home Sale featuring homemade breads, cakes, pies, and breakfast treats. If you miss this one, there are two more to come. Be ready!

In February, (Thursday, 2/6/20) there will be a What's for Dinner Tonight? Sale. Hearty, savory comfort meals such as stews, chili, soups, etc., along with corn bread and rolls, will be perfect for a winter supper.

April (Thursday, 4/30/20) will bring an old fashioned Sweets and Confections Bake Sale.

Interested in helping with the sales? Contact Georgia at georgiakme@gmail.com.

All proceeds from OLLI Bake Sales support the Scholarship Fund.



Walking Club Visits Mackworth, Saco Heath

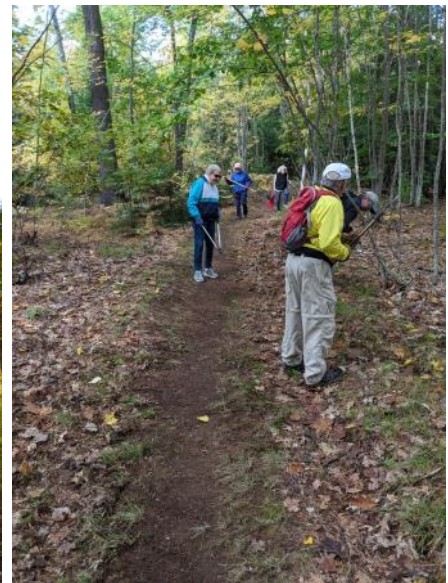
On Wednesday, Nov. 13, we will walk on Mackworth Island in Falmouth. Bring water. Some may choose to eat lunch at Orchard Thai nearby. Click [here](#) for more information.

On Monday, Nov. 25, we will walk at the Saco Heath in Saco. Bring your lunch. Click [here](#) for more information.

For both walks wear good foot-gear, as it may be wet in places.

As usual, we will meet at the Back Cove parking lot in Portland at 9:50 a.m. to carpool. If you are a new walker, call me at 846-3304.

—Rae Garcelon



The Walking Club had a successful volunteer outing last month when 15 members pruned bushes and raked portions of the Fore River Sanctuary near Jewell Falls.

Table Safety

The tables in our classrooms have wheels on their feet. This makes it easy to reconfigure classrooms for particular uses.

But there’s a problem.

The table wheels have a locking mechanism that keeps them from moving. If you move a table without unlocking the wheels, you’re likely to break the locking mechanism.

And another problem.

If you leave the wheels unlocked, the table can become a giant skateboard. If someone sits on the table, it may scoot out from under them. Ouch!

Check out the pictures to see when a wheel is locked and when it is unlocked.

Here’s another reason to not sit on the tables in the first place: The tables can be tilted to make them more compact for storage. The lock for the tilting function is a lever under the table. If the lock is not secured properly, anyone sitting on the table is in for an unpleasant surprise, or even injury.



Wheel locked



Wheel unlocked



OLLI Downhill Ski Club 2019-2020 season

Join the OLLI Downhill Ski Club and have fun in Maine's winter wonderland of ski slopes!

We are an enthusiastic group of OLLI downhill skiers who enjoy skiing with others, yet are confident and prepared to ski independently. Skier abilities in our Club range from intermediate to advanced intermediate to expert.

Given varying ability levels, you can choose to ski different trails and different mountains, enjoying camaraderie on the slopes. We typically ski on weekdays. We carpool together from the Portland area, we eat lunch together, and we ski in small groups. Anyone in our OLLI Ski Club who has participated in at least one Ski Club outing is welcome to schedule trips for Ski Club members to the mountain of your choice.

For more information and to sign up for the OLLI Downhill Ski Club, please contact Lois Winter at loiswinter54@gmail.com or 871-8029 (land line).



Check before you venture out!

You know the drill: If USM is closed or has modified opening or closing times, OLLI does the same thing. **Note that if there's a modified opening or closing time, and it overlaps your class time (even a little), there will be no class that day.**

Also remember that closing announcements via TV or radio or diplomatic pouch, or whatever, are not entirely reliable.

So call **780-4800**, USM's **dedicated Storm Line**. Put it on your phone's contact list, or write it on a sticky note and stick it to the fridge.



"Seriously? Did you call the Storm Line??"



Last Chance for Dinner Out

November will be the last dinner out month, as we switch to lunch out in December. Join us this month for a very favorite Mexican meal in South Portland. Guerrero Maya is a family-run place we have enjoyed previously, and the reviews from our people and others are excellent.

They have many regular Mexican items, and a small but delectable group of authentic dinner choices. Consider grilled filet of red snapper with fresh salsa and chopped octopus, or their latest creation of a combination of strips of grilled chicken, chorizo, cactus, pork rinds, and carne enchilada over melted cheese served in a traditional stone bowl. We say ¡Olé! to those. They boast the best margaritas in town, too. Come and join us.

Where: Guerrero Maya Mexican Restaurant, 449 Westbrook St., So. Portland, 747-5965,

www.guerreromaya.com.

When: Tuesday, November 12, at 5 p.m.

Reservations: Call or write by noon, November 11.

—Barbara Bardack, 829-1240

bravalascale@gmail.com

