



COMMENTS BY GLEN BARBARAS OLLI FORUM

SEPTEMBER 25, 2013

I'm Glen Barbaras and this is my 68th enthusiastic semester of lifelong learning. I am a charter member and our program is now almost 34 years old. I have served on many committees and have been chair of Council, of curriculum, and of audiovisual where I have witnessed and been a part of so many changes over the years. I gave up being an instructor when I turned 90 and am looking toward my 95th birthday next March. I was also a speaker and chair of outreach for lifelong learning but stopped volunteering after I had given over 500 lectures, half to community groups.



Painting by Eve Stone

What would I have done all of these years without lifelong learning? Mental and physical activities are helping me live a long life. I had a challenging career working on the Manhattan Project and then at DuPont. My colleagues at my work were stimulating and thankfully my peers here at lifelong learning keep presenting new information and offer many opportunities for interesting discussions. All enhance understanding.

A long life means many years of financial planning. My wife, now deceased, was also an instructor and lover of lifelong learning so we wanted to include supporting the program into the future in our planning. One concern in the later years is making sure you will have enough money to last your lifetime. Working with the UD Development Office we found many ways to contribute to the program and still maintain income. One way I both give and receive is through a gift annuity. A gift annuity pays a significantly higher rate than I could receive from a CD, plus I do not need to pay fees to an investment advisor. When I am no

ALL STARS RECEPTION

Please join us at a reception to honor our Osher employees on Wednesday, Nov. 27, in the lunchroom (Room 105). They are our "All-Stars" as they set-up, clean-up, provide safety and generally provide all our organizational structure for us to come and learn, grow and thrive!! They also keep order and organization for the multiple other groups who utilize our facility, year round.

We will recognize each employee, honor his or her service, and applaud the fine work each of them contributes to our overall workings and success. The entire ceremony will last 30- 40 minutes. Please do stop by to join the appreciation celebration. It will mean so much to our honorees to have you there!!

Janet Yabroff

OSHER ARTISTS

Works by Osher Lifelong Learning instructors, Eve and Marvin Stone and Keith Hoffman, were included in the recent exhibit, *Recognition: Artists of the Delaware Foundation for the Visual Arts*, at the Delaware Art Museum.

longer living, money goes to endow this important lifelong learning program. My wife and I have also given in other ways. We gave a direct gift when Arsht Hall was being built. Inclusion in wills and trusts, and investments in a shared income fund are other giving vehicles we have used.

Lifelong learning both enriches our lives and gives us the opportunity to support a program we all love into the future. I'm having a wonderful long life and I am so very thankful to be part of our lifelong learning program.

Written by Ruth Flexman from an interview and edited by Glen

Lifelong Learning News

www.lifelonglearning.udel.edu/wilmington/newsletter

Osher Lifelong Learning Institute
at the University of Delaware in Wilmington
2700 Pennsylvania Avenue
Wilmington, DE 19806
(302) 573-4417

Robert Ehrlich Editor
Associates

Susan Arruda Mary Ann Dowd
Cree Hovsepian Anna Maria MacKeand

<u>Submittal deadline</u>	<u>Issue date</u>
Friday, January 17	Monday, February 10

Submit articles to rehlich@udel.edu, or place in the newsletter mailbox in the Reception Area.

ART AT OSHER LIFELONG LEARNING

You may notice, as you move through the hallways of Arsht Hall, permanent and changing exhibits of art (and some crafts). There are several reasons for these exhibits: to show what students have accomplished in art classes; to spark an interest in these classes; to honor individuals who have served Osher; and to decorate the building.

In my first year at Osher Lifelong Learning, I noticed an exhibit from “Beginning Watercolor Class.” I thought to myself, “Wow, these people are good! They can’t be beginners!” Well, I was told that these class members were indeed beginners, and I was hooked. Give me a roller and I can do a great job painting walls, but I hadn’t held a paintbrush since mandatory art classes in middle school! I signed up for *Beginning Watercolor*, and quickly learned about paints, paper, brushes, techniques. When the instructor told us we had to mat and frame one of our pictures for our class exhibit, members of the class got, to put it mildly, scared. Our work wasn’t very good, we thought. But the instructor insisted, we matted and framed and hung our work and anxiously awaited comments from our fellow Lifelong Learners. A woman, who I didn’t know, stood before my picture and told me that she wanted to buy it! I told her that it wasn’t for sale! My husband told me I should have sold it to her and then painted another one! By the way, after the first exhibition, my husband decided to learn to mat and build frames for my other

pictures and has taught class members how to do this!

Art exhibits can be a collective class effort, as seen by the work hung on the walls in the hallway near the Café, or the work of one or two individuals, displayed in the Reading Room. I asked someone who had chosen to display many of her pieces why she chose to do this, and she told me that “when you’ve created something, whether in writing, music or art, you want to display your accomplishments.” Various crafts (wire art, knitting, sculpture) are displayed in cases on the first and second floors.

One interesting class is *Portraits from Life*. Members from the OLLI community pose for two sessions and artists work in a variety of media. I volunteered to be a model this semester, and you’ll get to see me in watercolor, acrylics, oils and pastels soon! This class is always looking for people willing to be models. Contact the instructors to sign up. You may notice a set of portraits lining the second-floor hallway. These are portraits honoring those people who were Osher founders and leaders.

The OLLI art community will have an art and craft show this month. Please stop by and support the efforts of our new and experienced artists and crafters.

So whether you are an expert or really want to try your hand at something new, sign up for an art class. There are classes for beginners and experienced artists, and workshops where you can work on your own with guidance and critique from instructors and class members. Classes range from acrylics, watercolor, Chinese calligraphy, clay sculpture, collage, oil painting, carving, drawing, pastels to wire sculpture and photography. Try it – you might discover that you are an accomplished artist! And you’ll have fun and learn to appreciate art in the process.

Susan Arruda



SUMMER SESSION NEEDS YOU!

Have you enjoyed our informative and fun summer sessions during the past years? The number and quality of courses along with the afternoon lectures prove that there is life outside of the pool and the golf course.

There is much preparation behind the scenes that leads to a successful summer program. You can be part of the twelve days of summer magic. You have skills to offer that certainly would be appreciated. You would enjoy interacting with other Osher members and staff.

What tasks can you do to get involved? There is the in lobby registration held in mid-April, bringing catalogues to various interested institutions, serving as a greeter for each day of summer session (last year we had sixty *freshmen* looking for directions!) and coordinating the summer lecture speakers (every day) including the introductions and running to get AV aid if necessary.

I am seeking a co-chair who will shadow me through the process which starts now in November. Tasks include scheduling volunteers and the preparation for the instructors' brunch in late June. That co-chair will take over as chair of Summer Session 2015. Seems like a long time away, but as we all know time passes much too quickly.

Kindly put a note in my mailbox or catch me around Osher to sign up as co-chair, for any tasks or to ask any questions. You can volunteer for one or more tasks. I will need your contact information and interests. Many hands make for light work and the Summer Session 2014 can use you!

Carolyn A. Stankiewicz
Chair, Summer Session

SUMMER 2014 COURSE PROPOSALS

Have an idea for a course but not sure if you want to do it for 14 weeks? Give it a try in the four week summer session. Solicitation of course and extracurricular proposals has begun. Forms are in the Office or online at www.lifelonglearning.udel.edu/wilm. For more information, contact Carol Bernard at 573-4416 or cbernard@udel.edu.

THAT RASCAL TIME

We all assumed that in our senior years
Our days would gently slide away our tears
And we would bask in such a mellow glow
That time would glide through days as ending nears
But

When Mother Nature gets herself in gear
There's no such thing as "gliding" year
The future turns itself to past so fast
It makes that roaring sound within your ear

Frank Gay

ANOTHER REASON TO HUG A TREE

For years the Japanese have been practicing *shinrin-yoku*: abandoning their city lives for several hours to spend time in their spectacular forests. You may be surprised to know phytoncides (wood essential oils found in bark) have been proven to have potent stress-reducing properties for both trees and humans alike. Below is a forest bathe:

ATTUNEMENT

quick to a favored forest to shuffle among the cedars
as we lean into the light to read the leaves and try on
stillness
the canopy is at play with shadows as we scramble
high to
get an upstairs view and inhale the elixir
that bark exudes to fortify us from bugs
lunacy, rotting limbs, and to becalm us,
leave us full of wild wood
clear-eyed giddy
we drift homeward
slightly dappled
dripping with hopes
a softness lingers
we've been forest-bathing

Judy Tigani

[*Wikipedia defines attunement as a form of energy medicine originally developed by Lloyd Arthur Meeker (1907-1954) and his colleagues.*]

OSHER IS A HEALTH CLUB FOR THE MIND AND A BRAIN FORTRESS FOR LIFE!

EGYPT TO GERMANY TO OSHER OUR FURTHEST COMMUTER

On October 2, 2013 in a German Class James Weiher, language coordinator, introduced Dr. Ibrahim Said from Tübingen, Germany to speak on *Medicine in Ancient Egypt*.



His presentation was entirely in German and both the fluent speakers of German and those working toward fluency found it interesting and educational. It was so good that we hope he will at some later date present the talk in English to a broader audience.

Although born in 1949 in Cairo, Egypt, as a young man he traveled to Germany to study and stayed there becoming a German citizen. In 1983 the Universitaet Tuebingen awarded him a PhD in Microbiology and in 1984 he became a Postdoctoral Research Associate in the Department of Microbiology and Immunology at the Temple University School of Medicine in Philadelphia. In 1987 he returned to Germany to work mainly in oncology for almost 20 years at a pharmaceutical company. Since 2008 he has been active as an independent pharmaceutical consultant.

He says about finding the Osher Lifelong Learning program at UD: "Moving toward retirement, I started searching for possibilities to keep myself active as it is difficult in Germany to keep yourself active after retirement. I looked for possibilities in US and found that the University of Delaware is a wonderful place. After looking at the programs there I discovered OLLI. I just walked into Arsht Hall and met Basil Maas. He was very friendly and welcoming so I spent two weeks as a guest.

I was very impressed with this unique program and the abundant offerings in almost every field. Last but not least I joined Jim Weiher's German class and was immediately welcomed by Mark Sharnoff, emeritus professor of physics. In his very friendly way he encouraged me to join (even for several weeks) for the third year."

Nancy Wolfe, past Council President, says of Dr. Said, "Although I met Ibrahim only twice,

I found him to be a model member for Osher; not only was he curious and intelligent, but he also was very interactive. Best of all, he immediately became a volunteer by offering to teach! His lecture was well organized and brought us information that was new, at least to me, and he included effective visuals."



Christiane Shields, native German and German teacher at Osher Lifelong Learning says: "The talk Ibrahim Said gave in Weiher's German class on October 2, about *Medicine in Ancient Egypt* was most interesting and broadened my understanding and appreciation of the medical profession both now and a long time ago. He was well prepared and he skillfully presented his material using technology competently."

Sjon Gravenhorst, on the path to full fluency in German, says: "When I asked some of my fellow students in the class what they thought of Dr. Said's lecture, many were pleased with his presentation. One was surprised about how the hieroglyphics were deciphered.

Everyone said the talk was very informative. For me it brought back memories of my travels through lower Egypt, climbing up and into the Great Pyramid, visiting certain tombs of the pharaohs in the Valley of the Kings, Luxor and Karnak, etc."

Ibrahim says this is the fourth semester he has been here. After his first visit, the others were for three to four weeks. He plans to be with us again in the spring semester.

Jim Weiher

OLLI AT THE OCEAN

OLLI at the OCEAN (formerly ALLSTEL) will present an intellectually stimulating program at Rehoboth May 27-30, 2014. The program takes place at the Brighton Suites one block from Rehoboth's main street and one block from the boardwalk. All rooms are suites with living room with TV, sleeping couch, refrigerator and microwave oven, separate bedroom with TV, king-size bed or two double beds and a bathroom.

The program provides eight lectures with topics ranging from serious discussions on science, finance, history, and current events to musical entertainment. Dinners and breakfast are provided at Brighton Suites. Lunchtime provides opportunity to visit the many fine eateries in Rehoboth. Ample free time is available to walk the boardwalk, sun on the beach, visit the outlets or just hang out.

Applications and program details will be available at the Reception Desk by mid-November. Join us.

Gene McCord

BOOK CLUB

Our last discussion of the semester is December 4, with *Bring Up the Bodies* by Hilary Mantel. The group will start the spring session in February 2014 with *Blood and Beauty: The Borgias* by Sarah Dunant. Please join us the first Wednesday of each month at 3:20 p.m. in room 213 for interesting discussions.

Mary Lew Bergman

SOCIAL ON THURSDAY, NOVEMBER 21

Come to the last social of the semester and meet fellow members and friends for coffee, tea and conversation. The cookies are yummy with or without fat, gluten and sugar. Gather in the Lobby at 1:30.



Sat., Dec. 7 – Mon., Dec. 9 Christmas in Bethlehem, PA
Tues., Dec. 17 "An Exhibit Fit for a Princess," Michener Museum, Doylestown, PA; Byers' Choice Emporium
Tues., May 20 Grounds for Sculpture, NJ
Fri., May 23-Sat., May 31 *American Queen*, Steamboatin' on the Mississippi
Wed., June 18-Sat., June 21 Finger Lakes, NY
Visit the Travel Desk in the Lobby, Monday, Tuesday and Thursday, 11:45 a.m. – 12:30 p.m.

REP/PTTP THEATRE

Upcoming programs are:

Nov. 14 - Dec. 8 *The Servant of Two Masters* by Carlo Goldoni

Jan. 23 - Feb. 9 *The Mousetrap* by Agatha Christie

More information and purchases are available online at:

<http://www.rep.udel.edu/> or call 302-831-2204.



THE BRASS YEARS



by Betty Marroni



Schedule of Events



SPECIAL EVENTS WEDNESDAYS

12:45-1:45 P.M. IN ROOM 105

Join us each Wednesday for Special Events. We welcome all members. Feel free to attend each week or select the programs that most interest you. You can buy your lunch, bring your lunch or just come and enjoy.

- November 13 - **UD Lifelong Learning Orchestra** Allen Twedde, Conductor
- November 20 – **UD Lifelong Learning Band** Paul Hess, conductor
- November 27 – All Stars reception
See page 1.
- December 6 – **UD Lifelong Learning Chorus** Henry Chisholm, director



OPERA LECTURES

Free and Open to the Public

Larry Peterson, UD professor emeritus, will present a lecture covering an opera that will be broadcast at Glasgow Peoples Plaza and Regal Brandywine cinema complexes.

The lecture provides background information on the opera, the composer, the performers and the lavish production. They are free and open to the public. The lecture is on Friday at 12:30 p.m. in Room 124/125.

- November 22 – **Verdi's Falstaff**
(Broadcasts December 14 and 18)
Check the film schedule with the theater you wish to attend.

REMEMBER THAT CURIOSITY NEVER RETIRES!

FRIDAY LECTURES

12:30-1:45 P.M, ROOM 108

**WHAT WAS THE BRITISH EMPIRE?
RAY CALLAHAN**

Free and Open to the Public



At its height the British Empire comprised about a quarter of both the earth's land surface and the global population. Then in the twinkling of an eye it vanished, leaving behind some of today's most intractable problems. How did it come into existence, how was it run, and why did it unravel so quickly? These are the final lectures in this series of nine lectures by UD professor emeritus Raymond Callahan.

- November 15 – **Why it declined**
II: The challenge of nationalism.
- November 22 – **How it vanished: Churchill and the Americans**
- November 29 – **Thanksgiving Break- No Lecture**
- December 6 – **What it all means.**

CALENDAR 2013-2014

Thurs., Fri., Nov. 28, 29Thanksgiving
No classes, lifelong learning closed
 Fri., Dec. 6 Fall semester ends
 Mon., Jan. 6-Fri., Jan. 10, 2014
Spring in-person registration
 Tues., Jan. 7Open House
 Mon., Feb.10..... Spring semester begins
 Mon., March 31-Fri., April 4 Spring Break
No classes, lifelong learning closed
 Fri., May 16..... Spring semester ends
 Tues., July 8-Thurs. July 31..... Summer classes