



FEBRUARY 2018

Welcome to OLLI Spring Semester 2018

by Joan Miller, Council Chair

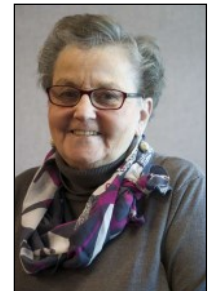
Welcome back continuing members and a welcome to new members. Spring semester 2018 promises to be an exciting one. Over the winter break our amazing office staff, headed by Carol Bernard, worked on addressing the restroom and temperature issues that arose last fall after the summer renovation of Arsht Hall. In addition to the restrooms and temperature issues, the elevator will be ready February 5 after a major overhaul during the winter break.

This semester there are over 250 exciting and diverse courses and over 30 extracurricular activities available for members to participate in. In addition to taking five courses and joining as many extracurricular activities as you wish, our members now have additional opportunities to become involved in community service (see page 36 in the catalog). OLLI members can help mentor a child through Big Brothers Big Sisters of Delaware, they can help an adult learn to read through Literacy Delaware, and help other seniors remain in their homes through the Aging in Place program. In addition to the new community service programs, members may become involved in musical outreach



Glad you're back!

programs giving group or individual performances in our community. Now with OLLI a statewide program, members at Wilmington OLLI may take courses in Dover



and/or Lewes/Ocean View as part of their membership fee. Look online to see what is being offered at the other OLLIs in Delaware.

The Special Events Wednesday (SEW) series is promising a variety of entertaining and informative programs on Wednesdays 12:45-1:45. See the entire list on page 36 in the catalog. The SEW will start Wednesday, February 7, with a performance of the First State Ballet Theatre. Don't forget to save SEW, Wednesday, February 21, to join us in celebrating Carol Bernard, our manager, as she gets ready to retire.



Welcome back! Have an exciting semester as a lifelong learner!

Weather Closings

OLLI Office 302-573-4417
www.lifelonglearning.udel.edu/
wilmington/
WDEL 1150AM, 101.7FM

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February 19-23: Bring a Friend and Share the Joy

by Linda Kellogg and Steve DeVeber, Marketing Co-Chairs

Winter weather cancelled our January Open House so we are really counting on you to bring a friend this semester. You are our best example of the value OLLI offers our community and the joy attending brings each individual.

Remember! For each prospective member you bring to experience OLLI classes during the week of February 19th, you get a coupon that's good for an ice cream at an upcoming visit by the UD's Moo Mobile! You are also automatically entered into the drawing for a \$25 Wawa gift card!

Your friend(s) get to visit classes (please check with instructor first) and meet OLLI members. If they join OLLI that week, they get a reduced tuition rate. Visitors can check out the



Reading Room, purchase lunch in the Garden Cafe, lounge in the Lobby, attend the Tuesday social and get in on other members-only art exhibits, concerts and special activities.

You and new members help ensure that OLLI continues to offer an exciting range of classes and special activities. We all are eligible for UD campus benefits: the optional UD Student ID (\$10): valuable access to the University of Delaware's library and fitness center and course-audit opportunities as well as student discounts at a variety of participating museums and other establishments.

So ... when you bring a friend to OLLI February 19-23, everybody wins!

Delaware Governor Carney to Speak at Special Events Wednesday

Gov. John Carney will speak in Room 105 on Wednesday, February 14 at 12:45 on "Helping Wilmington's Schools."

Gov. Carney is very concerned about the plight of the 11,500 children in Wilmington whose needs are not currently being met by the school system. He volunteered to speak after Marcia Halio told him about the new course she is co-teaching this semester along with Elliott Ketay and Eleanor Pollak, called "Wilmington's Schools: Past, Present, and Future." This course looks at the current situation in the schools, examines how it got to this point and explores possible solutions to the problems.



Governor Carney at West Seaford Elementary School where he helped distribute coats as part of Operation Warm. *From Governor Carney's website.*

Jazz band performs in the Lobby for the semester end party on December 8.



Spotlight on Osher Poets

Poets are invited to submit original poems to be considered for publication in the Newsletter to betseycullen@me.com.

Guideline: no more than **30 lines**. Include name and phone with your submission.

Siri's Revenge

Don't get lost on some back road
especially one that ends
in a cliff and me there
to cheer. I want
to hear you beg
for the rope I can't toss,
watch you teeter
there, your windpipe full
of disbelief and when you fall,
your tailpipe will spin
like some gyroscope gone nuts.
You'll know the way then,
landmarks a blur, your
destination, coming right up.

Remember last time
you in front with the map
in your head,
hands at 9 and 3
for two hours, you said
This looks familiar
and me recalculating again
and again on rutted roads
through mountain passes
until my signal bleeped
and bleeped and died
and I lost it.

Don't blame me
if you end up
on some lonely road.
If you ask, I'll tell you
just where to go.

Jane Miller

A version appeared in *Currents*,
Cape Henlopen Anthology, 2015

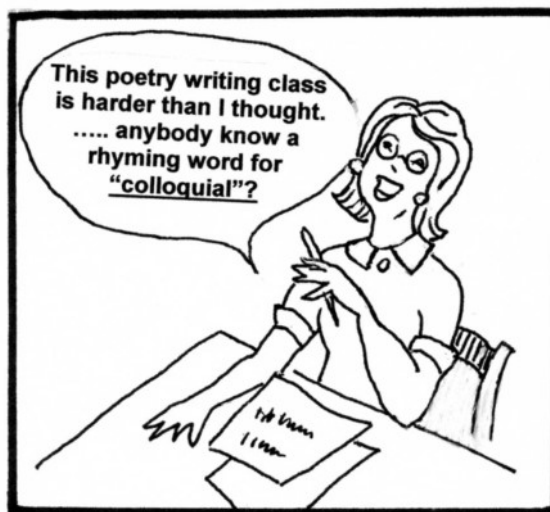
Love Is . . .

Love is everything that matters,
Nectar in the lives we share.
Though you may not always see it,
Doesn't mean it isn't there.
If you search for stars in daylight,
You won't find them anywhere.
Take another look by moonlight,
And a million diamonds flare.

Love is like the air around us,
Part of every breath we claim;
Yet, you cannot feel the still air.
Silent love is much the same.
Stir it, and it is a wind-song,
Strummed on Grecian mandolins.
Soon the sleeping heart awakens.
It's the moment love begins.

If your heart swirls in a wind storm.
Trying desperately to fly,
Let it go to where the wind blows;
Quickly, or the wind may die.

Rudi Carboni



THE BRASS YEARS by Betty Marroni

Spotlight on Health, Wellness And Movement

by Susan Arruda

While we think of the classes at OLLI as experiences to expand our minds, many courses are offered to strengthen our bodies.

Some of these offerings are “hands on”, while others are opportunities to discuss and learn (using our brains — which also need strengthening as we age).

Everyone dreams, and the class *If It Were My Dream*, teaches techniques to allow class members to speak about their dreams. Focus on healthy eating is covered in *Eat More Kale*, which explores the concept of whole foods and plant-based foods that are good for you. Our brains — how they age and what you can do to have a healthy brain — is the thought behind *Scientific Perspectives on Healthy Aging*. Another brain-related course, *Your Amazing Brain — But What Can Go Wrong?* — informs members about brain anatomy and diseases relating to the brain and aging — stroke, Alzheimer’s disease, memory disorders, Parkinson’s disease, epilepsy, migraines, MS and paralysis. Alcohol and drug misuse is a major topic of discussion today — with many families facing these issues. *Sobriety – Dealing With Those In Your Life* is a course intended to inform the public about these important issues and how people can deal with the issue of sobriety. An extracurricular activity, *Dementia Caregivers Support Group*, meets bi-monthly to provide support and discussion for those caring for someone with dementia, Alzheimer’s disease, etc. Caring for someone with these issues is recognized as one of the most labor-intensive and isolating forms of caregiving. This program provides needed breaks, information and support for caregivers!

Never learned to swim, want to improve your strokes, or want to work out while exercising in the water? The Fraim Center for Active Adults on Union

Street partners with OLLI to present two water-related classes. *Adult Swim Lessons’* certified swim instructor works with individuals on all levels of swimming – from the beginner to those who need improvement in the water.



Aqua Cardio allows

participants to stretch, exercise and move in the warm water. (I can personally attest to this type of class!) This low-impact program is heart-healthy and a lot of fun!

Traditional movement programs, such as Yoga and Tai Chi, have been offered at OLLI for many years. We have many types of yoga, including *Yoga: Beginners, Gentle to Basic* and *Yoga: Basic, Take Home* (all yoga instructors think their students will practice at home, but this course offers specific practices that are designed to be done at home). Also offered are *Stretch and Yin Yoga* (flexibility, total body stretching and holding poses for a few minutes) and the ever-popular spring offering of *Yoga and Golf* (improve your golf game physically and mentally — with an opportunity to show what you’ve accomplished at a golf outing!). Tai Chi is a slow-motion Chinese exercise intended to improve balance and flexibility. *Tai Chi, Beginners: 8-Form* provides an introduction to basic movements, while more advanced participants can try *Tai Chi: 12-Form* and *Tai Chi: 24-Form*. And for those members who are unable to perform traditional exercises standing up, *Tai Chi: Seated on a Chair* and *Yoga: Chair* offer seated options.



So get out and move, try to walk every day, lift light weights or grandchildren, eat well, and learn things that will improve your physical and mental well-being!

Live.Life.Healthy

Honoring Mort and Janet Goldberg for Their Contributions to OLLI

By Ellen Goldstein

My parents, Morton and Janet Goldberg, were truly lifelong learners. After two distinguished careers in the pharmaceutical industry and education, they found a home here at OLLI. Teaching and learning for over 20 years, serving on countless committees and Council appointments, they left their mark at the Academy. In return, they gained friendship, enrichment and a wealth of knowledge. This was clearly their place to contribute and learn.

In honoring them, my siblings and I decided to leave a mark here — what better a place? The new benches on the green are a reminder to us that they were here, left an impression and that OLLI is a wee bit better because of them. As I settle in to what I hope will be decades of learning too, I am thankful for their contributions to this wonderful institution and the joy it brought to their lives. Please remember them well and perhaps a smile will come to you when you remember one of Mort's infamous jokes.

OLLI in the News

The God Squad

The *News Journal* Sunday Life Section on December 24 had a cover story on the "God Squad." They are Rabbi Peter Grumbacher, Sister Jeanne Cashman and the Lutheran Rev. David Mueller who are teaching the class *America's Got...Religion*. The class brings their personal perspectives and those of their religious traditions to "life's persistent and perplexing questions."

As the article notes, this is the fourth time they have taught together. They bring humor to the class but are not afraid to address divisive issues nor to air their differences in a collegial manner.

360°

On December 26, another of Emily Reed's panoramas appeared in the *News Journal*. This showed the OLLI Chorus in their colorful costumes from around the world, worn for this fall's holiday concert.



Ellen and Adam Goldstein on one of the new benches

UD Password Expiration by Tom Keane

UDelnet passwords are not permanent. You can check the expiration date of your password by logging in to My UD Settings (udapps.nss.udel.edu/myUDsettings) and viewing your password information in the **My account settings** section. You can create a new password there or on the network page (www.udel.edu/network). You can also set up security questions that allow you to reset your password in case you forget it.

OLLI Wilmington Hosts Statewide Meeting

by Joan Miller, Council Chair

On Wednesday, December 13, 2017, OLLI of Wilmington hosted the statewide meeting of the three OLLI councils of Delaware. A bus from downstate brought OLLI council members from Lewes/Ocean View, and Dover. The meeting began with the council members introducing themselves and explaining their roles at their OLLI. Carol Bernard and Anna Moshier, manager, OLLI centers, hosted the meeting. James Broomall, associate vice provost, Professional & Continuing Studies and Online Initiatives at UD, greeted the members. The theme of the meeting was the sharing of information about the variety of community outreach programs at each OLLI.

Joni Bero shared Wilmington's efforts with community organizations. Anna Moshier reported

efforts with Continuing Care Retirement Communities by the Lewes OLLI. Pete Fenney, Lewes council member, shared Lewes OLLI's work with the Rehoboth Art League. Andrea Majewski reported on Wilmington's efforts to give back to the community by developing mentoring courses for public school students and literacy tutoring for adults. Jenna Ford explained Wilmington OLLI's Marketing Committee's efforts to market to 55+ communities.

After the meeting, council members were invited to tour our facility, have lunch provided by the OLLI staff, and tour Hagley before returning home.



OLLI North ↔ South

Ray Hain is teaching *History of Medieval Science and Technology Part 2* at OLLI-Dover.

Last semester Judy Winters addressed a social justice class at OLLI Lewes. The class is run by Rick Grier-Reynolds, former teacher at Wilmington Friends School. Judy was invited to speak as a "climate warrior" due to her many years with Earth Quaker Action Team. She shared her experiences with Rick's class. She will be in that role for the third time this coming semester.

Garry Letcher's *Geology Rocks* class at OLLI-Lewes includes a trip to Arshat Hall for the Delaware Mineralogical Show on March 3.

OLLI Lewes May Be Moving

Unlike OLLI-Wilmington, OLLI in Lewes does not have its own building. The lease on the space they rent from the local school district is up in June 2019 and the district may need to reclaim it. A group has been formed to look into various options: funding may be available so the district can get space in another building; OLLI can find other space or spaces to lease; or OLLI can raise funds for their own building.

From an article by Bill Sharkey, Chair, Lewes Council in the Fall/Winter The Tides



2018

June 19 to June 28 **Canadian Capers:
Montreal/Quebec/Charlevoix**

June 19 to June 30 **Alpine Explorer and Glacier
Express with Oberammergau Passion Play**

July 20 to August 1 **Baltic Cruise: Scandinavia,
St. Petersburg**

October 18 to October 27 **World War II Learning
Experience: River Cruise from Paris to
Normandy** with lectures by Ray Callahan

**For information on these trips, visit the Travel
Desk in the Lobby on Monday, Tuesday or Thursday,
11:45 a.m. – 12:30 p.m.**

Nominations for OLLI Council

by Thom Remington, chair, Nominating
Committee

We elect five new members to our OLLI Council each year. The Council chair has appointed a nominating committee to select a slate of candidates. However, the process is still open and any member may nominate himself or herself or another member by submitting a nomination form (available in Reception) with 25 or more signatures of OLLI members in support of that candidate. The petition, which can be left in my mailbox, must be submitted by Friday, February 16. Petition candidates, along with the Council committee candidates, will be listed for election by all members in March, and the five members receiving the highest number of votes will join the Council in April. However, if there are no petition candidates, the five candidates selected by the Council nominating committee will be voted on by the Council and no membership election will be held.

Earth Week 2018

The OLLI ECO TEAM has been coordinating activities for Earth Week (April 16–23, 2018). The theme “Caring for the Earth” will be highlighted by a Special Events Wednesday Program, *Youth Caring for the Earth*. Friday afternoon, April 23, there will be environmental films and material from local groups. A number of classes, musicians and artists are echoing the theme. If interested, please contact the ECO TEAM. Leave a note in Judy Winters’ mailbox or email tresully@gmail.com. Learn more at ECO TEAM meetings on Tuesdays at 3:20 p.m. Check out recycling options on the bulletin board in the north hall.



Lobby Concerts

by Carol Hughes, Lobby Concert Coordinator

A new semester and its Lobby Concerts are about to begin. I need request forms from ALL performers, including those that are prescheduled. I have the forms and more are in my slot in the Reception area.

NO concerts on the following dates

February 20, and March 22 (Socials);

All Wednesdays.

If your group rehearses regularly, choose a date early in the semester. The pre-scheduled performances fill up the last two to three weeks.



**Special Events Wednesdays
12:45 to 1:45 p.m. in Room 105
Announcements at 12:40 p.m.**

- February 7 — First State Ballet Theatre**
- February 14 — Helping Wilmington's Schools**
Delaware Governor, John Carney (see page 2)
- February 21 — Celebrate Carol Bernard**
Council Chair Joan Miller and friends
- February 28 — 2017 NSO Concerto Competition Winner(s)**
- March 7 — The Investigation and Prosecution of Opiate Drug Cases**
Jennifer Welsh, Asst. U.S. Attorney
- March 14 — Southwestern Son: The Lithographs of Peter Hurd**
Amanda Burden, Brandywine River Museum



Last year's NSO winners playing at SEW.
Cellists Isaiah Kim and Sabine Jung

OLLI News in Wilmington
<http://www.lifelonglearning.udel.edu/wilmington/newsletter/>

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- Cree Hovsepian, Lucie Shader
- Joel Roisman, Margaret Wang

Submission deadline Friday, February 23, 2018

Issue date Monday, March 5, 2018

Submit articles to rehrlich@udel.edu, or place in the editor's mailbox in the Reception Area.

Friday Lectures

**Fridays, 12:30 p.m., Room 108/109
Free and Open to the Public**

- February 23** Melanie Ross Levin, director of the Office of Women's Advancement and Advocacy, DE Department of Human Resources, will speak about what the office does and how it came to be. As its first director she will explain the purpose and mission of the Office.
- March 2** Ron Robertson *Women of the Manhattan Project*.
- March 9** Bill Jones will begin a five-part presentation *Lewis and Clark — Voyage of Discovery*.

Social on Tuesday, February 20

Meet fellow members for coffee, tea, conversation plus homemade cookies from our many bakers at the first social of the semester. Gather in the Lobby at 1:30 p.m.

Volunteers are sought to bake for this social or upcoming socials on Thursday, March 22 and Wednesday, April 25. If you wish to join our much-appreciated volunteer bakers, please leave your name, phone number and date you wish to bake in the Social mail box in the Reception Area



Calendar 2018

- Wed., Jan. 3 to Fri. Jan. 5** In-person registration
- Mon., Feb. 5**..... Start of spring semester
- Mon., March 26 to Fri., March 30** Spring break
- Fri., May 11**.....End of spring semester
- Tues., May 29 to Fri., June 1** OLLI at the Ocean
- Mon., June 11 to Thurs., June 14**..... June a la Carte
- Tues., Wed., Thu., July 10 to August 2**.....
.....Summer classes, mornings only
- Tues., Sept. 4** Start of fall semester
- Tues., Nov. 6** Election Day, No Classes
- Thurs., Fri., Nov. 22, 23** Thanksgiving, No Classes
- Fri., Dec. 7** End of fall semester