



The Tides...

Breaking News from Lifelong Learning



Osher Lifelong Learning Institute at the University of Delaware in Lewes

Winter 2013



Fall Luncheon— A Festive Event

Salty Brine's Seaside Chat

AHOY, Osher shipmates! The OLLI Queen set sail with a strong tail wind, smattering of sun, and choppy seas before it dropped anchor at the Sands Hotel at the Boardwalk and Baltimore Avenue in Rehoboth Beach to drop off 198 queasy Osher members and their guests for the fall 2013 Instructors' Recognition Luncheon held on Wednesday, December 4, 2013.

Upon arriving at the Swan Ballroom the members and guests were treated to a display of tables dressed in white cloths, green napkins, and live, six-inch poinsettia on each of 21 tables; from there the crowd flowed into the Sandpiper Room overflowing with beautiful arts and crafts by many of our talented members...one member was heard to say "it's just over whelming and awesome." Another member couldn't get over the beautiful charcoals, they were wonderful...! And so, one positive comment after another for the arts and crafts...a job well done for all those who exhibited their favorite piece(s) of art...!

The festivities began about 11 a.m. as the Elder Moments did some vocal gymnastics getting in tune for their performance later in the day; about 11:15 they started to belly up (no pun intended) to the bar to begin the making of a festive and fun-filled day; the shrimp and scallop kabob was the clear winner; the rosemary/lemon chicken a distant second; and the stuffed portabella with red pepper coulis a distant third; no winner for the trifecta...the six-inch poinsettia on each table was given to the person whose birthday was the closet to December 4th; 21 members left the party with a beautiful plant; we had two extra plants that were given to two luncheon team helpers; the party ended with four arranged numbers by the *Elder Moments* led by our very own "award winning" choral director Roo Brown; the audience was given a couple of special treats – one began with a parody "Oh dutiful bodacious spies..." and a beautiful rendition of Marianne that received standing ovation for Roo and the Elder Moments who get better with each function...! Don't you love them!

By the time you read this you should have your spring 2014 catalog, with its beautiful cover by member Sandy Moore, in hand, and marking your calendar for April 16 to take part in our 25th Anniversary celebration. Look for us on our website at www.lifelonglearning.udel.edu/lewes and join Salty and the gang for a fun-filled spring session ... anchors aweigh!

Contributing writer - Cera Belum.





From the Chair and the Council

Now that we've completed a successful larger-than-ever fall semester, we look for similar growth in the spring, with 69 courses being offered. The catalog should be in your hands by now, and is posted on our website. Registration deadline for priority seating is January 9!

We're very fortunate to have a larger facility in Lewes and a location in Bethany; we're working to find additional class locations there, too, for next fall's classes. Just as your council is looking to the future, we ask you to do so by thinking about courses that you or someone you know might lead. Remember, "leading" doesn't just mean lecturing; it can involve discussion groups, hands-on activity, and many kinds of audiovisual experiences. The Academic Affairs committee will be looking for June session course proposals soon and for fall 2014 proposals in early spring; help them out!

As new folks move to the area, or as those already here graduate to "mature adult" status, we need to share our story with them. Stop by the office, pick up some of our new tri-fold ads, and place them—with permission, of course—in places you frequent so the word can be spread. Note, also, that the tri-fold contains the address of our website, which we're putting to greater use for registration, credit card payment, and special event reservations.

I don't know about you, but one of the challenges the years has brought me is the ability to remember names. Won't you please humor folks like me and wear your nametag? In the Lewes School, we had to wear them because of security in a facility that we shared with young students. Now we don't have that issue (though it would be nice to know that people attending our classes are OLLI members). More important, though, is that one of our main purposes is to create a supportive social environment. The best way to do that is to get to know one another. Nametags help me; you too? Happy Holidays; see you in the New Year.

Bob Comeau

Calendar of Events

Dec 23-Jan 3 — Winter Break— Office closed
 Jan 9, 2014 — Priority Registration closes
 Jan 16 — Class schedules sent
 Jan 20 — MLK Holiday—Office closed
 Jan 23 — New member/ instructor orientation
 10—10:30 Coffee social
 10:30-11:30 Orientation Program
 Jan 27 — First day of classes
 Feb 17 — Presidents Day - Office closed
 Mar 4 — Second 5 weeks begin
 April 7 — Last day of classes
 Apr 16 — Instructor Recognition Luncheon —
 25th Anniversary Celebration
 Apr 21-25 — Spring Break - Office closed
 Apr 29 - May 2 — NYC Trip

Correction to the Spring 2014 Course Catalog:

PS26 Designing a Sustainable Future: The Power of Nonviolent Change

Instructor: Rick Grier-Reynolds

The correct dates are March 10 - April 7, 2014

Mondays, 9 a.m. - 12:15 p.m.

REMINDER

The office is closed on Fridays.

Winter Lecture Series Comes to Dover

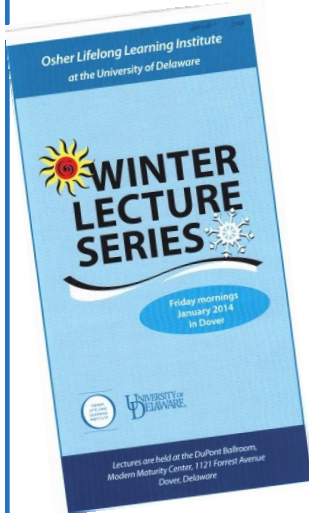
A lecture series on topics ranging from poetry, politics, and public radio to Delaware farming will be offered by the Osher Lifelong Learning Institute at the University of Delaware Friday mornings from 10-11 a.m. in January of 2014 at the Modern Maturity Center in Dover.

“We are pleased to present this diverse lineup of distinguished speakers who will share their knowledge and insights on engaging and stimulating subjects,” says Jim Broomall, Associate Provost for Professional and Continuing Studies at the University of Delaware. “If you’re 50 and over and looking for a way to beat cabin fever this January, come out and join us.”

Lectures include:

- January 3 -- Food and Farming in Delaware by **Ed Kee**, Delaware Secretary of Agriculture
- January 10 – An Insider’s Guide to Public Radio by **Liane Hansen**, former host of NPR’s Weekend Edition Sunday
- January 17 – Walt Whitman: America’s Poet by **Bob Heifetz**, Osher Lifelong Learning instructor
- January 24 – Satirical News Coverage and Politics by **Danna Young**, University of Delaware Assistant Professor of Communication

Registration for the Winter Lecture Series is open to anyone 50 years or over or their spouse at a cost of \$30 for the entire series. Registration deadline is December 12. Registration is available online at www.lifelonglearning.udel.edu/dover or by mail. For a brochure, call 302-645-4111 or download one from www.lifelonglearning.udel.edu/dover.



The Winter Lecture Series is a program of the Osher Lifelong Learning Institute in Dover, which will also be holding its spring semester classes January 27 through April 7 at the Modern Maturity Center.

The Osher Lifelong Learning Institutes at the University of Delaware are membership organizations that provide opportunities for adults 50 and over to learn, teach, and travel with their peers. The only requirements for admission are interest in a continuing educational experience, support of the programs through participation, and a modest membership fee. UD’s Osher Lifelong Learning Institutes are located in Wilmington, Dover, and Lewes. For more information, visit www.lifelonglearning.udel.edu or call the Dover office at 302-736-7450.

From the Library

The library has acquired some nice donations this semester. Members who have purchased books for their classes often give them for students to use in future classes. Therefore, we have a nice collection of Shakespeare's plays. We have recently added DVD sets from the Great Courses published by The Teaching Company—The Vikings, and How to Look at and Understand Great Art. For those who enjoy theater we have entered Strasberg at the Actor's Studio and My Life in Art by Constantine Stanislavski. For opera fans there is the biography Verdi. The biographies in the library can be found in the subject areas.

There is an interesting memoir by Philip Fretz, Softball, Snakes, Sausage, Flies and Rice: Peace Corps Life in 1960's Sierra Leone. New titles are listed each month on the bulletin board outside the library, and lists from previous months are placed in the Library Catalog (the blue notebook on the small table). Enjoy reading this winter!

Skype Session Enhances Understanding of Author's Works



Members of the American Authors class studied the works of William Clark Styron (1925-2006). His writings earned him the Pulitzer Prize for *The Confessions of Nat Turner* and the National Book Award for *Sophie's Choice*. His daughter, Alexandra Styron is a fine writer in her own right and wrote a lovely memoir - "Reading My Father". Instructors Gary and Margo Ramage suggested reading this in the first gathering with the class as it would serve as a good introduction to her father and his writings.

Alexandra lives in New York City so Gary and Margo met with her to arrange a Skype session. Margo reports, "We kept it as a surprise for the class. (Very difficult for me to keep this secret!) She was very gracious with her time and we all enjoyed the session."

www.lifelonglearning.udel.edu/lewes/

Summer's Coming!

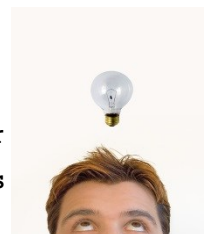
It's not too soon to think about planning to teach a short course this summer. Maybe you've never taught before. The June Semester is a great way to test your idea and refine your presentation. Some courses are one day, a week or four weeks, but others might be as short as one half-day.

Summer is a great time to think FUN! Who's willing to share their secret to great grilling, barbecuing, smoking, clam bakes, low-country boils? Who has tips for planning the perfect family reunion/wedding/road trip/Fourth of July celebration? Who can build awesome sand sculptures? Who can teach surf-fishing or fly-fishing?

How about preparing to jump into fantasy football?

Of course, summer can also be the downtime necessary to focus on weightier subjects: writing a ten-minute play, reading Presidential memoirs, learning the criteria and processes for major awards—the Nobel Prizes, the Booker Man Prizes, the Pulitzer Prizes, the sports Halls of Fame.....Watch for the call for summer course proposals. You know you have something to share!!

Submitted by Donna Beecher
Academic Affairs



Festive Recognition Luncheon



Photos by Jay Wheeler



Happy Holidays

Oh, the Places You'll Go....!

The Spring Catalogs are out and there are many opportunities to get out of the house and even out of the classroom. You can go beachcombing and explore nature with Tom. You can walk and talk with Joan and Sandra. You can go birding with Bill and Sally.

If you don't hear the call of the outdoors, you can still get out of the classroom for healthy cooking with Robin and global tastings with Bernie and Delores. You can visit local and regional art galleries with Charlotte and friends!

You can get off the couch and discuss great literature with Jim, Paul, Jon, Greg, Gary & Margo.

You can get out your needles and knit with Barbara & Karen or sew pillows with Maureen.

You can learn how to put yourself out there on social media with Susan.

You can virtually ride the rails with Louise and pass through canals with Wayne.

You can go back in history with Kevin, Don, Amy, Phil, Dan, and Doug. You can create a better financial future with Michael, Derek and David. You can plan getaways with your grandkids with Harry.

These are just a few of the places you can go this spring!

Submitted by Donna Beecher

Academic Affairs



Volunteer: It's your OLLI!

- OLLI member volunteers are the creative source for all the courses, specials events, social activities, and classroom services
- Volunteering creates more vibrant community and connects you to other OLLI members
- Volunteer jobs vary in time commitment, skills needed, and frequency
- To volunteer or seek more information, contact an academic affairs committee member or the OLLI office.

A Reminder

Inclement Weather Policy

When Cape Henlopen School District classes are canceled because of inclement weather or an area-wide emergency, all lifelong learning classes at all Lewes and Rehoboth locations are canceled. When the School District has a delayed opening, our activities, except at the Rehoboth Art League, will begin on time.

When the Indian River School District classes are canceled because of inclement weather or an emergency, classes held in Bethany Beach are canceled. Delayed openings will not delay our activities.

Check for information at the following:

Phone: 302-645-4111 (recorded message)

Radio: WSCL (89.5FM) and WGMD (92.7FM)
TV: WBOC

Web: www.wbc.com,

at Weather Closings

Panels And Potlucks

Plant-Based Eating 101 is all about making dietary change to prevent and reverse cardiovascular disease, diabetes, obesity, some cancers and other chronic diseases. For some it's a "no brainer"—just drop all animal protein from your diet and enjoy fruits, vegetables, whole grains and beans—then experience extraordinary health benefits without pills and procedures. For others it's a real challenge—husband/wife/partner is a meat 'n potatoes person, couldn't live without cheese, don't even like vegetables—a hard sell! Why bother when you can eat whatever you want and take a handful of pills or have periodic risky surgeries?

We all want optimum health, but getting there through dietary change requires commitment and support. That's where PANELS AND POTLUCKS come in handy! PANELS of Osher members who practice Plant-Based eating share personal stories and wisdom with class members. They talk about struggles and triumphs, hurdles and hilarity. But best of all they talk about restored health and renewed vigor.

The Fall 2013 class hosted 3 PANELS with 8 special guests. Guests then joined with class members at a POTLUCK to celebrate

newly discovered food, friendship and fine Plant-Based eating!

Dorothy P. Greet, Instructor,
Plant-Based Eating 101



New SIG to start in January – THE GALLERY GANG

Those who enjoy visiting galleries and museums are invited to join this new special interest group. Each month we will take a day trip to visit a gallery or small museum on the Delmarva Peninsula. Plan to see some new places and old faces as we explore what the area has to offer in the visual arts and crafts. New exhibits, hopefully with a presentation by the gallery or museum, will be our focus along with lunch in a nearby restaurant. To get there we will need to carpool.

Sign-up on the yellow sheet on the Osher bulletin board or email me. I will contact all those who have signed up about our January date and destination. To facilitate carpooling, I will be asking you where you live and if you can volunteer to drive. Suggestions for destinations are always welcome!



HAPPY HOLIDAYS!

Charlotte Smith (cabsmith44@gmail.com or 539-3146)



Above: Bill Sharkey, Lee Mussoff and Ginny Craig showed Why Do We Laugh.

Top Right: Diana Beebe gave us a history of the RAL in Walk and Talk while instructor Joan Ridolfi looks on.

Fall Semester Activities



Middle: Instructor Marina Borovok demonstrates Introduction to Drawing.

Right bottom: Dr. Winn Mroz got in the spirit of Halloween for his group of German speakers.



Relationship Enhancement in Retirement

I'm Claudia Contessini, PhD., Life & Relationship Coach. I'm conducting some local research to inform the four session series on relationship enhancement in retirement I'm planning to offer at Osher in June 2014.

How has retirement impacted your relationship?

- _ What has improved?
- _ What are, or were, the challenges?

Would you be willing to share your experiences in an informal, completely confidential interview?

I'm speaking with heterosexual, lesbian and gay couples.

My "subjects" so far report finding the interview discussion interesting, thought-provoking and even beneficial for their relationship. Please let me know if you'd be willing to participate.

Please email me at: ClaraC888@gmail.com. Many thanks!

Claudia Contessini