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# OLLI E-News

The electronic newsletter for members of the Osher Lifelong Learning Institute at George Mason University



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> **VISION SERIES LECTURE.** Mon, Oct 6, 7:00, Mason Concert Hall. "Endgame: The Last Month in Presidential Elections, This Year and Every Time." Speaker is Prof. Jeremy D. Mayer, Mason School of Public Policy. Free, followed by reception in lobby. [More info.](#)

> **COMMITTEE CHAIR RESIGNS.** Kathie West has resigned as Membership Committee Chair but continues to serve OLLI (member of the board, resource group co-chair, etc.).

> **OLLI NATIONAL RESOURCE CENTER:** [What's New](#) includes downloadable national conference presentations of possible interest to committee chairs, program planners, others.

> **BACK TO THE PAST.** LRI's [Fall 1992 Catalog \(pdf\)](#) and other documents are kept in our [Document Storage](#), accessible under "Documents" on any OLLI Web site page.

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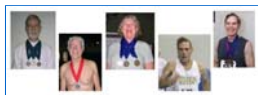
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How lifelong learning can help seniors cope. **By Thom Clement**



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Getting quoted is an honor.



**OLLI SENIOR OLYMPIANS.** ↑

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## THE "NEW" FAMILY

*How lifelong learning can help seniors cope*



By [Thom Clement](#), Executive Director

**IN ITS MOST RECENT NEWSLETTER** *The Older LEARNer*, the American Society on Aging has chosen the theme of intergenerational families. One article in particular caught my eye: "Learning the Many Meanings of Family: Contemporary Perspectives for Elders."

The article examines ways in which older adults can adapt to the diverse situations of their families, including single-parent families, blended families, families of gay individuals, and families that span as many as five generations. In addition to self-development, the authors suggest that new lifelong learning opportunities can play an important role in helping seniors to cope with the evolution of family structures.

Authors Jacquelyn Browne and Jim Hibbel suggest that people who were raised with clear rules and guidelines for "acceptable" family arrangements may be overtaken by a feeling of personal failure when those they love embark on different paths. It is understandable that some elders place blame on themselves. They go on to say that we should not look at the increasing diversity in family arrangements as a case of right and wrong but rather an opportunity to learn. They ask the question: "What does it mean to become an

elder who is a lifelong learner and transmitter of experience within these new family contexts? Families are the primary context in which humans learn about the world. From our families, we learn the roles we play now and throughout our lifespan."

In conclusion, the opportunities for education, discussion and community-building that lifelong learning programs offer "make it possible for elders to use the knowledge of experts, the support of families, and especially the skills and resources of one another to begin to negotiate these new forms of family and the challenges and opportunities they provide."

If you'd like to read the entire article, including suggestions for further reading, check out [this Web link](#).

### OLLI MEMBERS IN THE NATIONAL MEDIA

*Getting quoted is an honor*



Reston founder Bob Simon and his statue.  
*Photo by Stan Schretter.*

**THREE OLLI MEMBERS** were recently quoted in the national media.



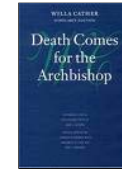
- *U.S. News & World Report*: Bob Simon and Bob Webb were quoted in a recent article entitled "Best Healthy Places to Retire: Reston, Virginia." [Read the article](#) (thanks to George Heatley for the information and John West for the link).



- *The Washington Post*: Phil True provided some answers to Answer Man in last Sunday's "John Kelly's Washington" column. [Read the column](#).

### BOOK CLUB

*Death Comes for the Archbishop* by Willa Cather



**THE OLLI BOOK CLUB** will be meeting at Tallwood on Wed, Oct 8, at 1:30. The book for discussion is *Death Comes for the Archbishop* by Willa Cather. It is the story of life in the southwestern desert during the mid- to late-1800's. All OLLI members are welcome.

Web link: [About the book](#)

#### ABSENTEE BALLOT APPLICATIONS AVAILABLE

Commonwealth of Virginia

### Absentee Ballot Application Form

**INSTRUCTIONS** Application for Absentee Ballot

**EXPERTS ARE PREDICTING A HUGE TURNOUT** for the elections on Nov 4. If you would like to vote via an absentee ballot, you need to first fill out an application form. Absentee Ballot Application Forms are available in the Tallwood social room and at the OLLI sites at Lake Anne and Loudoun-GMU or they may be downloaded online from the Virginia State Board of Elections. For more information, see this [Web site](#).

**Whether it's by absentee ballot or in person, don't forget to vote!**

-- Contributed by Executive Director [Thom Clement](#)

### WHAT? ME WEAR A NAME TAG?

*Why the name tag is important*



By [Susanne Zumbro](#), OLLI member



**HERE AT OLLI, WE PROVIDE ALL OF OUR**

**MEMBERS WITH NAME TAGS**, and we request that members wear them when on campus. Some of our members have questioned why. OK, here's why.

Remember when you were the new OLLI member in the class, and you didn't know a soul? I remember that, and I remember feeling like it was so much easier to start a conversation with someone wearing a name tag. The person just seemed friendlier and easier to approach.

Have you ever attended a class where the instructor is able to call on people in the front row by name because they are wearing a name tag? Those instructors have been most appreciative of those willing name tag wearers.

Have you ever been embarrassed because you can't remember someone's name? I sure have. And, I might add, this seems to be happening to me more frequently as the years pass by. I have appreciated those name tags. Otherwise, I might have avoided someone lest I be embarrassed by not remembering a name.

**In summary, please wear your name tag as a welcoming gesture to new members, as a courtesy to those of us who might be a little forgetful, as a sign of respect to our wonderful instructors, and last but not least, to respect OLLI policy.**

*Editor's note: We are re-publishing this article from some time ago as a reminder to all members.*

## LIBRARY OF CONGRESS ARCHITECTURE

*Original reflection and thought ... or lifelong learning?*



This Commemorative arch by Olin L. Warner (1844—1896) leading to the Main Reading Room commemorates the erection of the Library of Congress. Its sculpture The Students represents the pursuit of knowledge. On the left a young man seeks knowledge through reading. **On the right an older man with flowing beard is shown absorbed in meditation, no longer concerned so much with a source of learning because he observes life and engages in original reflection and thought.**

**OLLI MEMBER BOB WEBB SUGGESTED** that the above might deserve mention. Bob said that contrary to the above description, "we in OLLI are concerned with learning as well as with reflection and thought -- sort of the New Old Age -- or the Not So Old Age."

Web link: [Library of Congress Art and Architecture](http://www.loc.gov/olli)

## OLLI SENIOR OLYMPIANS

*The recent Northern Virginia Senior Olympics*



Left to right: Rich Deringer, George Ewing, Kathleen Meyer, Ave Tombes and Rod Zumbro.

### CONGRATULATIONS TO OLLI PARTICIPANTS IN THE NORTHERN VIRGINIA SENIOR OLYMPICS.

OLLI Senior Olympians enjoyed the competition and won a number of medals--

- **Richard Deringer**, track & field events: Gold medals in the three-mile, 1600-meter and 800-meter race walk. Rich set new age-group Northern Virginia Senior Olympics records in the 1600-meter and 800-meter events.
- **George Ewing**, swimming events: Silver medal in the free style; Bronze medal in the back stroke.
- **Kathleen Meyer**, swimming events: Gold medals in the free style, back stroke, and half-mile swim.
- **Ave Tombes**, track & field events: Silver medals in the 60-meter dash and 200-meter run.
- **Rod Zumbro**, track & field events: Gold medals in the standing broad jump and running long jump; Silver medal in the shot put.

**OLLI members at Senior Olympics**



To watch this 2 1/2-minute video, [click here](#), then click "watch in high quality" (see image above).

*Note: This video experiment, my first YouTube posting, was designed to give you a flavor of the Senior Olympics experience and to showcase OLLI participants as much as possible despite my having limited video and only a few photos of anyone but yours truly with which to work.*

-- Rod Zumbro, OLLI E-News Editor

Web link: [Northern Virginia Senior Olympics](#)

**HOW TO EXPRESS YOUR VIEWS ABOUT OLLI**

**PUBLICLY:**

- Email your "Letter to the Editor" (see [recent sample](#)) or "Letter to Ms. Ollie Ettakit" (see [recent sample](#)) to the [editor](#). Anonymous submissions are acceptable if you

**PRIVATELY:**

- Contact any [Board member](#), [committee or resource group chair](#), or the [executive director](#);
- Send an email to the entire Board (directors are listed on the

provide contact information so we can verify that you are an OLLI member. Whenever an official response to a letter to the editor is clearly appropriate, the editor will obtain and publish the OLLI response in the same issue so members will have more complete information and a balanced picture of the matter.

- Attend monthly meetings of your Board of Directors and make your views known during the period for public comments.

[Organization page](#), and email addresses are listed in the online [Membership Directory](#) ... or you are welcome to email the [editor](#) or the [office](#) to have your message forwarded to all members of the Board);

- Submit a suggestion [online](#) or in the box in the Tallwood social room; or
- Contact the office by [email](#) or phone (703-503-3384).

**EYE ON RESTON**

*Lake Anne offers a wide-ranging program*



By Sharon Gilman, OLLI E-News Staff Writer



**LAKE ANNE IS BACK IN FULL SWING** with a good slate of diverse

and interesting courses. We are dedicated to offering a wide-ranging program that will exceed your expectations. We welcome feedback and encourage you to submit comments on sessions you have attended; please send them to Al Roe.

An important OLLI goal is to become better known in Reston and for us to have greater insight into the organizations serving the Greater Reston community ... thus, "Serving the Reston Community," course #904, will start on Thu, Oct 16, at 2:00. The first session of this four-week program will be held at the new Oakton Library located just off Hunter Mill Road in Oakton. This library is state-of-the-art. If you haven't been in a library for a while, you will be amazed at what you will learn in this session.

In the following weeks the Greater Reston Art Center, Reston Interfaith, and

the Reston Museum will be making presentations in course #904. There is plenty of space available so please consider attending one or more of these programs ... and also inviting friends, neighbors and acquaintances as guests to "try us out." Please let Program Associate Beth Davis in the Tallwood office know if you plan to attend the course.

The Reston Resource Group is now working on developing and scheduling programs for the winter term. Reston Resource Group members on other resource groups include--

- Art & Music – Rosemary McDonald, Eric Henderson
- Economics & Finance – Luci Martel
- History & Current Events – Marilyn Hedtke
- Language, Literature & Theater – Betty Weiner
- Religion, Ethics & Philosophy – Abbie Edwards, Bob Lawshe, Bruce Reinhart
- Science, Technology & Health – Mary Kornreich
- Special Events – Lillian Justice

If you are interested in joining the Reston Resource team or if you would like more information please contact Janet Cochran.

We are also pleased to announce that Ed Mentz has accepted the position of Support Advisor. Ed will be coordinating our efforts with Community Affairs, Social Programs, Communications, and New Volunteers.

*Photo of Lake Anne Plaza by Stan Schretter.*

## MS. OLLIE ETTAKIT

*Answers to your pressing questions about OLLI etiquette*



By Ms. Ollie Ettakit, OLLI E-News Staff Manners Expert

*A member writes about a delicate classroom matter*

Dear Ms. Ettakit,  
 I have noticed that some people have a tendency to fall asleep in class and that these people often choose to sit up front where they can be easily seen by the speaker. What is your opinion on this?  
 -- Anonymous, OLLI member

*My Dear Anonymous,*

*Ms. Ettakit is indeed troubled to hear about this breach of good manners. Our teachers are all volunteers; the least we can do is give them our full attention and certainly not be so rude as to fall asleep right in front of their eyes.*

*Most members who have the tendency for whatever reason to fall asleep are aware of the problem, so Ms. Ettakit hopes that those members will now be alerted to how noticeable they are. She is also hopeful that those members will choose to sit in the rear of the class where they are less visible, especially if they also have a tendency to snore.*

Email your OLLI etiquette questions to Ms. Ollie Ettakit (who is distraught that she cannot reply personally) via OLLI E-News Editor [Rod Zumbro](#) or Communications Committee Chair [Gordon Canyock](#).

## MASON ARTS AND MUSIC

*Upcoming performances at Mason, Oct 3-12*



By Jan Bohall, OLLI E-News Staff Writer

**FOR TICKETS**, call 1-888-945-2468 (phone orders are handled by [tickets.com](#)) or visit the Center for the Arts Box Office, Tue-Sat, 10:00-6:00. More info on tickets at the [CFA tickets page](#).

### Shakespeare and Company

*Hamlet*

Sat, Oct 4, 8:00



In its 30th season, the company brings Jason Asprey as the brooding

### Studio Series #1

*Dog Sees God: Confessions of a Teenage Blockhead*

Written by: Bert V. Royal

Directed by: Patrick Magill

Thu, Fri, Sat, Oct 9, 10, 11, 8:00

Sat, Sun, Oct 11, 12, 2:00

The play is an unauthorized parody of the Peanuts characters, set 10 years after the comic strip ends with the characters mid-high school. The teenagers deal with such issues as bullying, sexuality, religion, drugs and

Danish prince torn between moral integrity and vengeance, with Tina Packer, the company's founder and Asprey's mother, as Queen Gertrude. Deeply committed to Elizabethan language and ideals, the group has gained a reputation for making Shakespearean classics accessible and appealing.

Admission: \$36, \$28, \$18  
 Concert Hall  
 Come at 7:15 for a free artistic discussion on Grand Tier III.

alcohol. It is described as "hysterically funny, but also touching and hopeful."

Admission: \$3 seniors/students, \$6 other adults  
 Black Box Theater  
*(Lower level of the Performing Arts Building, adjacent to the Concert Hall. From Level 2 of Parking Deck take the bridge. Enter first door on the left and follow hallway, go through gray doors and downstairs).*

**The Song and Dance Ensemble of West Africa**

Fri, Sat, Oct 10, 11, 8:00

The group brings an electrifying glimpse of the rich musical, dance and folklore traditions of Togo, Senegal, Guinea, Ghana, Benin, the Ivory Coast and Mauritania. The company is known internationally for its skillful interpretations of traditional West African melodies.

Admission: \$46, \$38, \$23  
 Family Friendly: Children 12 and under, half price with an adult  
 Concert Hall  
 Come at 7:15 for a free artistic discussion on Grand Tier III.

**3rd Annual Korean-American Cultural Arts Festival**

Sun, Oct 12, 6:30

The 50-piece Nan-gye Gugak Orchestra will perform the music of Nangye Park Yeon, one of Korea's most renowned composers, as it was heard nearly 600 years ago. The tribute will be performed for the first time in the United States. Traditional performers known as Intangible Cultural Assets will each demonstrate a part of Korea's living history of art. The Festival celebrates the 630th anniversary of the composer's birth.

Admission: \$40, \$20 students (No senior price)  
 Concert Hall

**MASON HIGHLIGHTS**

*Other events at nearby Mason*



By Barbara Kyriakakis, OLLI E-News Staff Writer

- **Writing in the Real World Workshop** – Learn more about the ins and

outs of publishing and freelance writing. Sat, Oct 4, 10:00 to 2:00, JC Cinema. Sponsored by the English Alumni Chapter. Free.

- **Cinema Series** – *Get Smart*. Sat, Oct, 4, 6:00 and 9:00, and Sun, Oct 5, 3:00. \$1.00 with Mason ID. JC Cinema.

- **Economic Liberty Lecture Series** - Dinner, Lecture, and Movie: *V for Vendetta*. Mon, Oct 6, 5:30, JC Cinema. Dinner followed by a talk by Peter Boettke. Film at 7:30. Free. Sponsored by George Mason University Economics Society.

- **New York City Bus Trip** – The Rec Sports Office is again offering a one-day bus trip to New York City. The trip is open to all members of the community - \$40 with Mason ID. The bus will depart the Mason Field House at 6:30 am **on Sat, Nov 8**. Once in the Big Apple the remainder of the day is yours to enjoy. There is no set itinerary. The bus will pick you up at 6:30 pm and return to Mason. Registration at the Rec Sports Office anytime Mon through Fri, 9:00 to 5:00. Rec Sports Office, 703-993-4681.

**COMING ATTRACTIONS**

*Non-class events at OLLI for the next two weeks*

The following list covering the next two weeks is extracted for your convenience from the master calendar maintained by the office (see [Upcoming Non-Class Events](#) to view the real-time OLLI online calendar used by the office). *Note: Board, committee, resource-group and 'membership-type' meetings/events below are **highlighted in bold**. OLLI members are welcome at all Board, committee and resource-group meetings (except during executive sessions).*

- Friday Oct 3 9:30am Drama Club - TA-3
- 10am Recorder Group - TA-2
- 1:30pm Homer, etc. - TA- Annex
- Wednesday Oct 8 1:30pm Bridge Club - TA-3
- 1:30pm Book Club at Tallwood - TA-2
- Friday Oct 10 9:30am Drama Club - TA-3
- 10am Travel Group
- 10am Communications Committee Meeting - TA-Annex**
- 10am Recorder Group - TA-2
- 1:30pm Homer, etc. - TA- Annex
- Wednesday Oct 15 1:30pm Bridge Club - TA-3
- 2pm Genealogy Club - TA-2
- Thursday Oct 16 11am Fiction Writers' Club - OL-TBA
- Friday Oct 17 9:30am Drama Club - TA-3
- 10am Board of Directors Meeting - TA-1**

10am Recorder Group - TA-2  
 1pm INOVA Flu Shot Clinic  
 1:30pm Homer, etc. - TA- Annex



Rod Zumbro  
 Editor



Karen Hamilton  
 Deputy Editor

View [last 12 issues](#)

[Search](#) for items in *OLLI E-News*

**About *OLLI E-News*.** *OLLI E-News*, OLLI's weekly newsletter, is emailed to OLLI members with email addresses on Fridays. When classes are in session, printed copies of this newsletter are distributed in classrooms, primarily for members without email. Comments, suggestions or complaints? Please contact Editor [Rod Zumbro](#) or Communications Committee Chair [Gordon Canyock](#).

**Submissions.** We encourage members to submit news items, articles and photos for this newsletter; **deadline to the editor is 7:00 pm Wed** (7:00 pm Mon for letters to the editor for which an OLLI response is appropriate) for that week's issue. Please limit articles to about 250 words. Submit material to Editor Rod Zumbro (email [rzumbro@gmu.edu](mailto:rzumbro@gmu.edu), phone 703-569-2750); email strongly preferred.

**Read the Latest Issue Before Email Distribution.** Eager to read the latest news from OLLI? The new weekly issue of *OLLI E-News* is usually posted to the OLLI Website some time Thursday evening. So Thursday night or first thing Friday morning, just go to <http://www.oli.gmu.edu/pubs.htm#enews>, where you will find a list of the last 12 issues, and click the issue with Friday's date.

**GMU Webmail.** If *OLLI E-News* is being sent to your gm.u.edu email address, **we recommend against using *GMU Webmail* (i.e., iPlanet "Messenger Express")** to read this newsletter **unless you are using Firefox** as your browser; in Firefox, just click the text/html link to view the

***OLLI E-News* Editorial Staff**

**Reviewer and Backup Editor**  
 John West

**Database Manager**  
 Barbara Kyriakakis

**Reviewer and Photo Editor**  
 Michael Coyne

newsletter. This does not normally work with Internet Explorer (although you may be able to make it work by clicking Open after clicking the text/html link and then selecting Internet Explorer as the program to use to view the link).

- You could forward the newsletter to your alternate Web-based email account such as Yahoo Mail or Hotmail and read it there ... or read it online at the [OLLI Website](#) each Friday.

- Perhaps the easiest solution for those of you with gm.u.edu email accounts is to configure your desktop email system such as Microsoft Outlook Express, Microsoft Windows Mail or Mozilla Thunderbird to retrieve mail sent to your gm.u.edu address. To do this, see [these instructions](#).

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