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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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Friday, October 13,
 2006

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ALERT

> **OLLI HISTORY CLUB.** Latest newsletter (Oct 2006) is now available [online \(pdf\)](#).

REMINDER

> **UPCOMING EVENTS:**

- OLLI 15th Anniversary Celebration 11:30 Fri, Oct 20, Christ Lutheran Church
- OLLI Town Meeting 10:00 Fri, Nov 3, Tallwood
- Special membership meeting on bylaws revision 10:00 Tue, Nov 14, Tallwood
- OLLI Holiday Party 11:30 Fri, Dec 1, International Country Club of Fairfax

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OLLI'S OLYMPIANS

Six OLLI members win medals at the Senior Olympics



Left to right: OLLI medal winners George Ewing, Palmer McGrew, Chester Myslicki, Jayne Hart, Robert McLean, Averett Tombes.

Photo of George, Palmer & Chester by Gordon Canyon; photo of Jayne & Robert by Louise McLean; photo of Ave by Jane Tombes.



By Barbara Kyriakakis, OLLI E-News assistant editor

PING...PONG! PING...PONG! PING...WHAP!! WHOOOOSH!

"Game! Match!"

And another OLLI senior Olympian wins a medal. **Robert McLean** takes a gold in table tennis in the 70-79 age group. Robert's second year in the Northern Virginia Senior Olympics, he has been playing ping-pong most of his life. He also enjoys tennis and won a gold in mixed doubles last year.

Averett Tombes is a seasoned athlete having played baseball and basketball in high school, then attending the University of Richmond on a football scholarship and joining UR's cross-country team. Ave is competitive and enters the games to win as is evident by his three golds (50, 100, 200-meter dashes) and one silver (shot put). Way to go, Ave! He competed in the 70-74 age group.

Palmer McGrew acquired a guest swimming pass at the YMCA while in Cape Cod last winter and found instead of the usual post-exercise body aches, he felt good after a few laps. Motivated by George Ewing's insistence that he enter the Senior Olympics, he continued swimming during the summer. Palmer came away with silvers in the 50-yard breaststroke and the half-mile swim, and a bronze in the freestyle, in the 70-74 age category.

Also doing well, **Chester Myslicki**, in the 85-90 swimming class won four gold medals—50-meter freestyle, backstroke, breaststroke, and half-mile freestyle. Chester says he is not athletic and

swimming is his only exercise.

Our only female participant, fearless **Jayne Hart**, tested her skills in mixed doubles tennis and table tennis in the 60-69 age group coming away with silver in the latter. The first table tennis match pitted her against one of China's former provincial champions. Jayne won one game of that match, a feat with which she is pleased.

And our sixth Olympian **George Ewing** competed in the 50-yard freestyle and backstroke winning silver medals in both in the 75-79 category. His goal is to work up to the half-mile freestyle and enter next year—that's 18 laps of the pool. Good luck George!

Our admiration and congratulations to all OLLI's Senior Olympians!

Editor's note. Next year's Senior Olympics will be held during September 2007. See the Northern Virginia Senior Olympics [Website](#) for information about all the athletic and non-athletic events in which you can compete. Think about joining the growing contingent of OLLI participants next year!
-- Rod Zumbro, *OLLI E-News* editor

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OLLI INSTRUCTOR IN CONCERT

Reston recital on Nov 9



By Eric Henderson, OLLI member

CURRENT OLLI INSTRUCTOR BEVERLY COSHAM, A WELL-KNOWN CABARET SINGER, will present a recital on Thu, Nov 9, at 8:00 at the Reston Community Center. Beverly calls this concert "I Choose Love." This is an opportunity to hear a very talented performer locally at a very reasonable price in the comfortable theater at RCC. It's located at 2310 Colts Neck Road in Reston. Tickets are \$15 and are available at 703-476-4500.



Beverly is teaching "The Great Ladies of Song" course this fall in Reston. She provides background about the lives, careers and music of a group of performers, many of whom need only one name for identification, such as Ella, Sarah, Peggy, Rosemary, Billie and Bessie. She also plays samples of their songs.

As the class liaison, I'm aware of how much Beverly is enjoying her research into these singers. She's already found she could do a whole course on the composers of the music these "Great Ladies" sing. As a singer herself, the insights she shares with the class are especially noteworthy. Come hear her interpretations of some of these songs on November 9.

Beverly has appeared at venues from Blues Alley to the Kennedy Center. Her career has included numerous stage roles, concerts and recordings. Now we have an opportunity to hear her in her own back yard. She's a long-time Reston resident and

community leader.

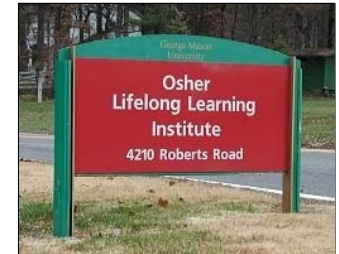
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A HISTORY OF CHANGES

A look-back at OLLI's history



By Valerie Braybrooke, Board member



[The following history of OLLI was recently presented to the Planning Committee by committee member Valerie Braybrooke. We thought that members would find Valerie's presentation of interest since it shows how much OLLI has changed and progressed over the past 15 years ... and the history is especially timely because of the upcoming 15th anniversary celebration at 11:30 Fri, Oct 20, at Christ Lutheran Church.]

*The further back you can look
The further forward you can see.
(Winston Churchill)*

A HISTORY OF CHANGES

The initial idea that was rebuffed was followed by a series of changes that have ultimately led to the building of one of the strongest lifelong learning institutes in the United States.

- 1984 Program concept of a Learning in Retirement Institute (LRI), affiliated with a university, was presented to George Mason University but rejected.
- 1990 Steering Committee composed of 15 founding activists, plus a legal adviser.
- 1990 GMU reconsidered and agreed to the establishment of the Institute at the University.
- 1991 LRI incorporated as a 501(c)(3) and obtained National Taxonomy of Exempt Organizations designation in Gerontology (not Continuing Education).
- 1991 First named Kathryn Brooks Learning in Retirement Institute at George Mason University.
- 1991 Board of Directors elected and Bylaws written.
- 1991 One month later the name was amended by the Board of Directors to Learning in Retirement Institute at George Mason University, and approved by State Corporation Commission in October 1991.
- 1991 Classes began in one room of GMU's Commerce II Building, with 100

members able to choose from 14 classes for annual dues of \$200. Half-year memberships were tried and discontinued.

1991 The administrator's office, in the classroom with a donated computer at a donated desk, alternated with space in the lobby.

1991 A second classroom was found for classes scheduled early in the day.

1993 Resolution passed in Virginia General Assembly: "That . . . Commonwealth's institutions of higher education be encouraged to support the establishment of Learning in Retirement institutes and organizations."

1993 Administrator received state-of-the-art computer donated by IBM.

1993 Free classroom space provided in scattered locations: City Hall, Alcohol and Substance Abuse Program (ASAP), Gold's Gym Building, and Juvenile Justice Courthouse of Fairfax County.

1994 Two LRI members provided computer expertise to faculty and staff at GMU. This, long before Mason became state and area leader in Information Technology.

1994 Tallwood Annex (built in 1922) became home of LRI with 5-year lease. Pool parking lot available free.

1995-1999 Two modular classrooms purchased: TA-3 bought with \$25,000 one-time donation from Board of Supervisors.

1996 300 members; 75 classes; \$200 annual dues.

1997-1998 Membership reached 425 which was "near capacity" and capped at 420. Suggestion to limit number of classes to five that each member could take, to control the capacity load.

1997 Pool parking lot rented for \$10,000 per year.

1997 33 of 48 LRI members from the Reston area pressed for classes in Reston.

1999 Reston became an LRI satellite, starting classes in a church on Lake Anne.

2000 171 classes scheduled for three periods during three days a week.

2001-2002 Group from Arlington lobbied for an LRI. LRI-GMU served as consultant and ALRI became independent, although affiliated with GMU.

2001 650 members; 188 classes; \$260 annual dues.

2002 Database created to track enrollment, attendance, membership trends, etc.

2002 First audited financial statements.

2003 640 members; 191 classes; \$270 annual dues.

2003 OLLIWOOD Gardens began.

2004 Christ Lutheran Church (Fairfax) rented as off-site classroom.

2004 Osher grant #1, \$100,000. Changed name to Osher Lifelong Learning Institute at George Mason University. New audio/visual equipment; two new roofs; new office furniture.

2005 Tallwood House closed: termite-riddled; bathroom wing renovated with two more bathrooms.

2005 Osher grant #2, \$100,000. New staff positions, Executive Director, four part-time staff.

2005 670 members; 242 classes expanded to four days with Fridays for more activities; \$280 annual dues.

2005 OLLI-E News launched as weekly html email newsletter; OLLI News still available in black-and-white in classrooms.

2006 Osher Endowment, \$1,000,000.

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HEALTH EDUCATION PROGRAM

About a Mason-sponsored health & fitness program

By Pat Capozzi

THE HEALTH EDUCATION AND PHYSICAL FITNESS PROGRAM FOR 50+ ADULTS ("HEP") is a nationally recognized program that is sponsored by George Mason University and managed by its participants.

The focus of this integrated exercise program is to improve physical well-being and to increase stamina. Total body conditioning classes include low-impact aerobics, strength training, Pilates, yoga-based stretches and balance. Classes meet Tue, Thu and Fri from 9:15-10:15 AM on Mason's Fairfax campus. The monthly fee is \$40.

For additional information and directions, please contact HEP by [email](#) or phone (703-278-8259) to leave your name and phone number; a HEP representative will respond in a timely manner.

Pat Capozzi, a resident of the city of Fairfax, has been a HEP member for four years and currently serves on the HEP Executive Board as secretary.



Editor's Note. OLLI members considering a physical-fitness program at Mason are also encouraged to read the earlier [OLLI E-News article about the Aquatic & Fitness Center](#), which OLLI members with Mason ID cards may join for \$175 per year, and to look into the facilities available at the [Recreation Sports Complex \(Fieldhouse\)](#).
--Rod Zumbro, OLLI E-News editor



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PROFILE: MARVINA MUNCH

About OLLI's Artist in Residence



By Elizabeth Crawford, OLLI E-News staff writer

ANNEX EXHIBITS

This fall's exhibit features paintings from the late Peter Ball's Reston

WE AT OLLI OWE OUR THANKS TO MARVINA

MUNCH for sharing her love of art and nature with us. Marvina joined OLLI (then LRI) in

workshop last spring.

To follow in January will be an exhibit of photos taken during the [OLLI Trip to Ireland](#) (to complement Susanne and Rod Zumbro's Trip Tale Jan 23, 2007 on the Ireland trip).

Next is planned an exhibit of acrylic, water color, and pastel paintings from Harriet Grever's spring 2006 course.

Through the years photography, paintings, quilts, and needlework have been featured in the Annex. Many works have been completed in class, but at times Marvina has invited members to show work they have produced at home over a period of years.

It is no surprise to most of us that Marvina is more than an OLLI curator. Upon retirement from the National Security Agency after 27 years, she was able to devote herself to her real love, nature photography. Her travels to Africa, Alaska, and Iceland to photograph wildlife, primarily birds and bears, led to some great adventures. The birds did not usually present a threat, but preparation to consort with bears demanded a lot of reading and attention to instructions from the Park Service. Even so, while at Katmai National Park in Alaska on a platform erected over a salmon jump, where Marvina thought she was watching bears coming to feed, she turned to find a bear on the platform watching her. Luckily, it eventually turned its attention back to the salmon.

Over a period of about fifteen years, Marvina's photos have been featured in National Wildlife Federation and U.S. Forest Service greeting cards and calendars and in U.S. Forest Service and U.S. Fish and Wildlife Service brochures. Her photo of seven geese in a perfect V formation can be seen at the National Air and Space Museum "How Things Fly" exhibit as an example of aerodynamics and lift. Marvina has exhibited her nature photos at Tallwood as well as at the Fairfax Wildlife Art and Photo Exhibit, the Easton (Maryland) Waterfowl Festival, and the Waterford (Virginia) Fair, where she has won prizes and sold to private collectors.

While arranging exhibits at Tallwood is a service to the members, Marvina says that she has profited by making many friends. She is always impressed by the quality of members' artwork and pleased to share their enthusiasm when they see their work on exhibit. Marvina is no longer able to snowboard at Yellowstone in January to photograph trumpeter swans or travel to North Dakota to capture the mating dances of western grebes, but she has thousands of photos that recall how close she has come to the wonders of nature.

1995 and began displaying pieces of art in the Social Room Annex to celebrate LRI's tenth anniversary in 2001. The first exhibit included works by art instructors from that time, followed by an exhibit of members' work completed in their art courses.

Fortunately, Janice Dewire, chair of the tenth anniversary celebration, recommended continuation of the exhibits, and Marvina has been busy ever since.



Photo of Marvina by Gordon Canyock

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COMING EVENTS AT THE CENTER FOR THE ARTS


Something for everyone at nearby Mason



By Jan Bohall, OLLI E-News staff writer



For tickets, call 888-945-2468 or visit the [Center for the Arts](#) Box Office, Tue-Sat, 10:00-6:00.

Virginia Opera <i>Carmen</i> by Georges Bizet	Betty Buckley	GMU Symphony Orchestra	GMU Players— Mainstage <i>The Shape of Things</i>
<p><i>Featuring Soprano Christina Nassif. Seen last year in Virginia Opera's La Traviata, Ms. Nassif will sing the role of the sultry gypsy, Carmen, in this beloved opera. It will be sung in French with English supertitles.</i></p> <p>Friday, October 13, at 8:00 Sunday, October 15, at 2:00 Admission: \$86, \$72, \$44 on Friday \$90, \$76, \$48 on Sunday Concert Hall</p> <p>Come early at 7:15 for a pre-performance discussion in the Grand Tier Lobby</p>	<p><i>Renowned for her roles in Broadway musicals Song and Dance, Pippin, and Sunset Boulevard, and with a Tony for Cats to her credit, Betty Buckley brings her distinctive voice to this performance.</i></p> <p>Saturday, October 14, at 8:00 Admission: \$44, \$36, \$22 Concert Hall</p> <p>Come early at 7:15 for a pre-performance discussion in the Grand Tier Lobby</p>	 <p>Reigning Miss Virginia Adrianna Sgarlata, the Mason graduate music student whose beautiful singing thrilled attendees in a spring Music Sampler class, will sing two arias from <i>Madame Butterfly</i> at this concert entitled "Brahms, Divas & Divo."</p> <p>The performance will be conducted by Mason Prof. Anthony Maiello, who educated and entertained the Oct 3 Music Sampler class. (Photo of Adrianna at OLLI by Rod Zumbro)</p> <p>Tuesday, October 17 at 8:00 Admission: \$7 seniors/students, \$10 adults</p>	<p><i>by Neil Labute</i> Thursday, Friday, Saturday, October 19, 20, 21 at 8:00 Saturday, Sunday, October 21, 22 at 2:00 Also October 26, 27, 28 at 8:00 October 27, 29 at 2:00 Admission: \$8 seniors/students, \$12 adults Harris Theater</p>

		Concert Hall
Fairfax Symphony Orchestra	GMU Band & Wind Symphony	Ivo Pogorelich, pianist
<p><i>Maestro William Hudson, conductor</i> <i>Timothy Fain, violinist</i> <i>Maestro Hudson, who taught "Enjoying Classical Music" during OLLI's fall term, has led the orchestra for the past 34 years. Timothy Fain, winner of the 1999 Young Concert Artists International Auditions, joins the orchestra for Beethoven's Violin Concerto, Op. 61. The program also includes Brahms' Symphony No. 2.</i></p> <p>Saturday, October 21, at 8:00 Admission: \$50, \$42, \$25 Family Friendly: Children 12 and under half price Concert Hall</p> <p>Come early at 7:15 for a pre-performance discussion in the Grand Tier Lobby</p>	<p>Sunday, October 22, at 2:00 Admission: \$7 students/seniors Concert Hall</p>	<p>Sunday, October 22, at 7:00 Admission: \$44, \$36, \$22 Concert Hall Come early at 7:15 for a pre-performance discussion in the Grand Tier Lobby</p>

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MASON HIGHLIGHTS

A brief listing of other events at nearby Mason



By Barbara Kyriakakis, OLLI E-News assistant editor

Lecture: Dr. Francis Collins, Dir. of NIH's Human Genome Project, and author of *The Language of God*, will speak on Oct 18. Co-hosted by the Provost's Office and Lyceum, this lecture will be presented at 7:30 in Dewberry Hall North, Johnson Center. Call 703-993-8825 for more info.

Monday Seminars: The Krasnow Institute will continue its seminars with "Why Can I Hear You Better With My Glasses On?" presented by Lynne E. Bernstein, Communication Neuroscience Dept., House Ear Institute, Los Angeles, CA at 4:00 on Oct 23 in Room 229, Krasnow Bldg. 703-993-4333.

Lecture: The Council on Foreign Relations and Mason's Center for Global Studies will present a lecture on "Iraq and the Middle East" on Oct 23 at 3:00 in Dewberry Hall South, Johnson Center. Panelists include: Stephen Biddle and Steven Cook, Council on Foreign Relations; Peter Mandaville, Director, Mason's Center for Global Studies; Eric McGlinchey, Asst. Prof. of Govt. and Politics, Mason; and Moderator Reuben Brigety, Asst. Prof. of Govt. and Politics, Mason. Call Mary Glover 703-993-8722.

Forum on the State of Mason Academics: On Oct 24 the Provost's Office will sponsor a forum that will provide an opportunity for exchange and questions between the provost, relevant members of his staff, and the University community. Arlington Campus Original Building, Room 244 at 10 am. Call 703-993-8825.

Visual Voices: Renee Stout will present the next program in this series, Printmaking, "Fragments of a Secret Life," on Oct 26 at 7:30 in the Harris Theater.

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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 more complete [OLLI Staff Forecast of Non-Class Events](#). *Board, committee and resource-group meetings are **highlighted in bold**. OLLI members are welcome at all Board, committee and resource-group meetings (except executive sessions).*

OCT

- 13 Friday 8:15 AM Spec Event H: Library of Congress Bus Trip
- 9:30 AM Drama Club TA-1
- 10:00 AM Recorder Workshop TA-2
- 11:30 AM Recorder Group TA-2
- 1:30 PM Homer Book Club TA Annex
- 15 Sunday 2:00 PM Spec Event I: Opera *Carmen* GMU Center for the Arts
- 17 Tuesday 1:00-2:00 PM Bylaws Question and Answer Session Reston
- 18 Wednesday 9:30 AM Painting Workshop Reston Storefront Museum

- 1:30 PM Bridge TA-3
- 1:30 PM Fiction Writers' Club TA-2
- 2:00 PM Genealogy TA-2
- 2:00 PM Spec Event J: I Will Have Justice Done TA-1
- 20 Friday 9:30 AM Drama Club TA-1
- 10:00 AM Recorder Workshop TA-2
- 11:30 AM Recorder Group TA-2
- 11:30 AM 15th Anniversary Party CLC
- Following the anniversary luncheon: Informal Bylaws Questions & Answers with Gordon Canyock, CLC
- 1:30 PM Homer Book Club TA Annex
- 23 Monday 11:00-11:30 AM Informal Bylaws Questions & Answers with Gordon Canyock, Social Room/Annex
- 24 Tuesday 1:00-2:00 PM Informal Bylaws Questions & Answers with Gordon Canyock, Social Room/Annex
- 25 Wednesday 9:30 AM Painting Workshop Reston Storefront Museum
- 10:00 AM Recorder Workshop TA-2
- 1:00-2:00 PM Informal Bylaws Questions & Answers with Gordon Canyock, Social Room/Annex
- 1:30 PM Bridge TA-3
- 2:00 AM Spec Event K: Brazil: Future Superpower TA-1
- 27 Friday 9:30 AM Drama Club TA-3
- 10:00 AM Recorder Workshop TA-2
- 10:00 AM Fiction Book Club Reston Library
- 10:00 AM Board of Directors Meeting TA-1**
- 11:30 AM Recorder Group TA-2
- 1:30 PM Homer Book Club TA Annex

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Rod Zumbro
Editor

About OLLI E-News. OLLI E-News is OLLI's weekly newsletter; it 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. We encourage OLLI members and staff employees to submit news items and write articles; deadline to the editor is 7:00 PM Wed for that week's issue. Comments, suggestions or complaints? Please contact the [OLLI E-News editor](#) or the Publications Committee chair, [Gordon Canyock](#).

OLLI E-News Editorial Staff

Assistant Editor, Database Manager
Barbara Kyriakakis



Karen

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- **Outlook Express.** Click Tools; select Options; in the Read tab, uncheck "Read all messages in plain text."
- **Yahoo Mail.** Click Mail Options/General Preferences; under Security, uncheck "Block HTML graphics in email messages from being downloaded."
- **AOL.** Upgrade, if possible, to an AOL version above 5.0.

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