

Trouble Viewing this Email or Using Table of Contents Links:

[View this email in your browser](#)



[Website](#) [Catalog](#) [DocStore](#) [Facebook](#) [Officials](#) [Member Portal](#) [Contact Us](#)



**A Teacher Appreciation and Student Scholarship Breakfast Program, April 14, Honoring Volunteer OLLI Instructors from Mason and Students Awarded Scholarships by Friends of OLLI**

## April 21, 2023

Editor of the Week: Sheri Siesseger

### Table of Contents

- [Alerts & Notices](#)
- [Meet Your OLLI Board Candidates May 5](#)

- [Last Call for BOD Candidates by Petition](#)
- [Wednesday Team Bloch Conversation April 26](#)
- [Spanish Club to Screen Film, Volver, April 26](#)
- [Cinco de Mayo: Nacho Ordinary Holiday!](#)
- [Food for Thought](#)
- [Photo of the Month](#)
- [Poet's Corner](#)
- [Arts & Music at George Mason](#)
- [Meetings & Clubs](#)
- [About OLLI E-News](#)

### Alerts & Notices

- Meeting of the Board of Directors is Friday, April 28, 10:00, Tallwood, TA-1 and Zoom. All members welcome.
- Annual Meeting is Friday, May 5, 10:00, Tallwood, TA-1; meet the candidates for the May 5-19 Board election. Cinco de Mayo picnic begins at 1:00 following the meeting.
- The next issue of *OLLI E-News* will be published Friday, April 28; the regular deadline for submission of items is Tuesday, April 25, at 6:00.

[Back to Top of Page](#)

### Meet Your OLLI Board Candidates May 5



**By Marilyn Harriman, Member OLLI Board of Directors and 2023 BOD Nominating Chair**

How would you like your OLLI membership to improve? How can the organization better serve you? You'll get to ask these questions and listen to this year's Board of Directors candidates share their vision in a Meet the Candidates forum on May 5 from 10:00-12:00 noon at the Tallwood Campus, TA-1, and on Zoom.

To kick off the forum, our executive director, Jennifer Disano, and our OLLI president, Lillian Brooks, will share updates and news about programming and operations. After the annual report, this year's Board of Directors nominating chair, Marilyn Harriman, will introduce the eight Board of Directors candidates who are running to fill five positions that become vacant in June. Voting for the five candidates opens via email after the Meet the Candidate forum; voting runs until May 19.

**MEET YOUR 2023 OLLI BOARD OF DIRECTOR CANDIDATES! VOTE MAY 5**

**PETER ANSOFF**      **ELVA CARD**      **DEBBIE ENGLESON**      **ROBERT HEYER**

**HARRY JOHNSON**      **VINCE MODUGNO**      **EMILY ROUDEBUSH**      **ANN SMITH**

READ THE CANDIDATE STATEMENTS

ONLINE AT THE GMU OLLI WEBSITE UNDER Quick LINKS

To meet the candidates in person at Tallwood, sign up for Event 1102 in the [member portal](#). This Meet the Candidates forum event is your chance to get to know the people who will represent you at OLLI! Be sure to mark the event in your calendar and register, so you can participate and vote for your favorite candidates!

Following the forum, a Cinco de Mayo picnic and celebration will be held with tacos and a potluck (Event 1103).

[Back to Top of Page](#)

## Last Call for BOD Candidates by Petition



**By Marilyn Harriman, OLLI 2023 BOD Election Chair**

The final day for OLLI members to run by way of signature petition for this year's Board of Directors election is April 25.

Any OLLI active member may run for office and be added to the current slate of candidates by getting a nominating petition signed by 10% of the active membership. Petitions must be presented to the nominating chair, Marilyn Harriman, or OLLI Administrator Susan Todenhoft (Tallwood Office).

The only prerequisite to becoming a candidate for election to the board is being an active OLLI member who wants to contribute ideas and enjoys volunteering.

[Back to Top of Page](#)

## Wednesday Team Bloch Conversation April 26



**By Brenda Bloch-Young and Doris Bloch, Co-Moderators**

Continuing our Wednesday Conversations series, Team Bloch (Brenda Bloch-Young and Doris Bloch) will moderate a Zoom discussion on April 26 at 4:00. Our chosen topic this week is "Have you experienced subscription creep?"

During the pandemic while we were stuck at home, many of us signed up for more subscriptions such as newspapers, magazines, financial sites, paid Substack blog posts, and newsletters. Are you still able to absorb all of the additional content? Have you stepped back and listed all of the new subscriptions you added? And, added up the annual costs? If yes, have you canceled or unsubscribed to many of them? Have your favorite sources for information changed as we emerged from the pandemic?"

Check your Daily Schedule for the Zoom link on Wednesdays and plan on some social time with Team Bloch.

Please join us and tell us what your favorites are. Meeting ID and password are on the OLLI daily schedule and are identical to the chat line logins; plan on some social time with Team Bloch.

[Back to Top of Page](#)

## Spanish Club to Screen Film, *Volver*, April 26



**By Mark Ramage, Spanish Club Coordinator**

The OLLI Spanish Club will be showing the movie *Volver* at Tallwood on April 26 at 1:45 in TA-3, and all interested OLLI members are invited. This Spanish-language film will be shown with English subtitles, so you can enjoy it regardless of your level (or lack) of Spanish. This 2006 comedy-drama starring Penélope Cruz received 12 nominations and won five awards (best film, director, actress, original score, and supporting actress) in the 21st Goya Awards. If you are interested in a short Spanish Club handout on this film prior to seeing it, please send me an email at [MarkRamage@cox.net](mailto:MarkRamage@cox.net) and I'll forward it several days in advance.

[Back to Top of Page](#)

## Cinco de Mayo: Nacho Ordinary Holiday!

**By Marilyn Harriman, OLLI Board of Directors Member and Diversions Chair**



After a three-year pandemic hiatus, we can finally get back together in person and enjoy each other's company at our annual spring picnic.

This year the event falls on Friday, May 5, or Cinco de Mayo. We'll gather at the Tallwood campus on Roberts Road (TA-1, the annex, and outdoors) from 1:00-2:30. Food will be tacos (meat or vegetarian) provided by our OLLI administrators and potluck contributions from attendees.

Besides enjoying each other's company, we'll have festive celebration including music, a free dance lesson from a professional dance company, and a chance at whacking a pinata filled with sweet treats.

If you haven't yet signed up for the event and would like to join in the fun, you must register. It's easy! Go to the [member portal](#) and enter Event 1103: Cinco de Mayo Celebration & Picnic. Registration for this event closes on May 1. All participants will sign in at the check-in table for this event.

Each guest is asked to bring a dish to share based on your last name in the alphabet:

- A-H: Appetizer
- I-R: Side Dish Taco Accompaniment
- S-Z: Dessert

To mitigate germs, all potluck items must be served using tongs, serving spoons, serving forks, or toothpicks. Please bring a serving utensil for your shared dish.

This is a fun opportunity to mingle with your OLLI friends, have a delicious lunch, and enjoy Mexico's history and heritage. Hope to see you there!

[Back to Top of Page](#)



contaminated food can also cause gastroenteritis. Outbreaks are especially likely to occur in high density venues such as cruise ships.

The most prominent symptoms are nausea, vomiting, and diarrhea. These usually occur within 24 hours of exposure and last 24-72 hours. Infection is spread by direct contact or contaminated food/water.

The major driver in foodborne illnesses is "pilot error": (1) cooking at improper temperature; (2) maintaining food at improper temperature (not keeping it hot or cold enough); (3) contaminated equipment; (4) cross contamination; (5) food from unsafe sources; (6) poor hygiene/improper handwashing. Follow the Centers for Disease Control (CDC) Two-Hour Rule: Do not leave perishables out for more than two hours before refrigerating them (one hour if the temperature is above 90 degrees).

What should you do if you are unfortunate enough to get gastroenteritis? Most important is to stay ahead of dehydration. See these Mayo Clinic websites for more information: (1) [Dehydration – Symptoms and causes – Mayo Clinic](#); (2) [Gastroenteritis: First aid – Mayo Clinic](#). If you have underlying health problems (diabetes, heart disease, kidney disease, among others), notify your health care provider as soon as you develop symptoms. You can get very sick very quickly and not know it.

*A last thought: "The best comfort food will always be greens, cornbread, and fried chicken" – Maya Angelou*

[Back to Top of Page](#)

## Photo of the Month

The April 2023 Photo of the Month theme was People You Know. We selected Edward Marion's photo "Handstand," which may also be viewed at [this page](#). To view other photos by members of the Photography Club, visit the club's photo [website](#).

**-- By John Olsen and Edward Marion, Photography Club Co-Coordinators**

[Back to Top of Page](#)

## Food for Thought

*From the Health Advisory Workgroup*



**By Michele Romano, Board Member and Health Advisory Workgroup Chair**

Foodborne illnesses are with us all year long but are especially prevalent in warm weather. Also known as gastroenteritis, or stomach flu, they are caused by a variety of bugs. Norovirus accounts for roughly 60% of cases in adults in the U.S. It is highly contagious. Bacteria in



[Back to Top of Page](#)

## Poet's Corner

*Courtesy of the Poetry Workshop*

### Jubilate Blackie

For I will consider my cat Blackie  
 For he was born in a coal yard and sent to a church rummage sale  
 For he was accompanied by a sibling and each sold for 25 cents  
 For he was Blackie because only a paw had a small spot of white  
 For the rest of him was coal black  
 For his sibling was Pinkie because he had a pink nose  
 For I named them both when I was six years old  
 For Blackie loved to eat Cheerios without milk  
 For he loved to stretch out near a sun-filled window  
 For he roamed freely outside but ran inside at night when called  
 For both he and Pinkie slept beside me in my bunk beds  
 For Blackie taught himself to ring the old-fashioned handled doorbell  
 For he then rejoiced in the reaction from visitors when they realized who was at the door

For he walked in with a supercilious air happily lording it over the visitors  
 For he did a human action and they could not do many cat actions  
 For they could not climb high trees or eat Cheerios from a bowl on the floor  
 For he loved to play chasing a string or a ball even as he aged  
 For he chose to sit first in the laps of people who did not like cats  
 For usually he sat in the laps of his family and he purred contentedly  
 For he once left the car when we stopped for gas traveling far from home  
 For when we returned in trepidation an hour later he was there and we rejoiced  
 For he meowed outside my empty bedroom when I had left for college  
 For we had each other for 14 years until one night he did not return when called

*Betty Smith*

Without Christopher Smart's (1722-71) *Jubilate Agno* this attempt would not exist.

[Back to Top of Page](#)

## Arts & Music at George Mason

Performances April 21 through May 6



*By Shelly Gersten, OLLI E-News Staff Writer*

Current vaccination policy for the Center for the Arts and Hylton Performing Arts Center is summarized as follows:

Audience members are not currently required to show proof of vaccination, or a negative COVID-19 test result for most events **except** when required by the event organizer or artist. If proof of vaccination or a negative COVID-19 test result is required for a specific event, it will be indicated on the webpage with event details.

Specific requirements are detailed and any future policy changes may be found here: <https://cfa.gmu.edu/plan-your-visit/vaccination-policy>.

Dr. Linda Apple Monson produces a periodic "Notes from the Director." This email is full of interesting online performances by the students and faculty of the School of Music. If you would like to receive these bulletins, just sign up at [this link to stay in touch](#). Also, the Center for the Arts has a website, [Mason Arts at Home](#), which has a calendar of online events and access to many past performances. Information can also be found at [CFA ticket purchase page](#), [Center for the Arts YouTube Channel](#), or the [Hylton ticket purchase page](#).

[Back to Top of Page](#)

### At the Fairfax Campus Venues

**Fairfax Symphony Orchestra with George Li, piano**



Sat, Apr 22, 8:00  
 Concert Hall  
 A pre-performance discussion with pianist George Li and Fairfax Symphony Orchestra Conductor Christopher Zimmerman will take place in Monson Grand Tier, on the third level of the Center for the Arts lobby, 45 minutes prior to curtain.  
 Admission: \$65, \$55, \$40.

[Back to Top of Page](#)

**Mason Student and Faculty Performances**

(see [music.gmu.edu](http://music.gmu.edu) for additional student recitals)

**Jazz Vocal Night**

Mon, Apr 24, 8:00  
 Concert Hall  
 Admission: \$16, \$12 seniors.

**Mason Wind Symphony–Spring 2023**

Tue, Apr 25, 8:00  
 Concert Hall  
 Admission: Free.

**Jazz Combos Concert 2023**

Wed, Apr 26, 8:00  
 deLaski Performing Arts Building, deLaski Rehearsal Room  
 Admission: Free.

**Mason Opera Presents *Die Fledermaus***

Sat, Apr 29, 8:00  
 Sun, Apr 30, 3:00  
 Harris Theatre  
 Admission: \$20 Adult, \$15 seniors.

**International Jazz Day**

Sun, Apr 30, 7:00  
 Concert Hall  
 Admission: \$12 Adult, \$8 seniors.

[Back to Top of Page](#)

**At the Hylton Center (Manassas Campus)**

**Virginia National Ballet 10-Year Gala**

Sat, Apr 22, 6:00  
 Merchant Hall  
 Admission: \$45-\$35 Adult, \$30-\$20 ages 12 and under.

**Keyboard Conversations® with Jeffrey Siegel**

Sun, Apr 23, 2:00  
 Merchant Hall  
 Admission: \$50, \$43, \$29.

**Wicked Sycamore**

Sat, Apr 29, 8:00  
 Gregory Family Theater  
 Admission: \$30.

[Back to Top of Page](#)

For further details on any of the above events, see the [CFA event calendar](#) and the [Hylton Center event calendar](#).

[Back to Top of Page](#)

**Meetings & Clubs**

**Please note:** Although some physical meetings for clubs and activities are canceled, some may be meeting in person or, in a hybrid mode, both in person and online. OLLI events and activities meeting online bear the identification "Z" in their course or event number (except clubs; you may need to check the [OLLI calendar](#) and daily schedule email for location and other event information). Refer to the university's [coronavirus website](#) for official university updates.

The following list covering the next two weeks is extracted for your convenience from the master online calendar maintained by the office. The list is accurate as of mid-week but for the most up-to-date information, please view the latest forecast of coming events on our website (News/[OLLI Calendar](#)). *Note: All OLLI members are welcome at, and encouraged to attend, meetings of the Board of Directors, committees and resource groups, kick-off coffees, etc., **bolded** below. The OLLI office has sent (or will send) emails with links and meeting passwords to club members; you may also log in at the [member portal](#) and click on ZOOM CLASS LINKS.*

Sat Apr 22	10:30 am	Tai Chi Club
Mon Apr 24	9:30 am	What's in the Daily News?
Tue Apr 25	1:15 pm	<b>Humanities and Social Sciences/Current Events Program Planning Group Meeting</b>
	4:30 pm	Tai Chi Club
Wed Apr 26	1:45 pm	Bridge Club
	1:45 pm	Spanish Club

	4:00 pm	Mah Jongg Club
	4:00 pm	Theater Lovers' Group
Thu Apr 27	4:00 pm	Reston Book Club
	4:30 pm	Tai Chi Club
Fri Apr 28	9:30 am	Craft and Conversation
	10:00 am	<b>Board of Directors Meeting</b>
	11:00 am	Classic Literature Club
	11:00 am	Homer, etc.
	12:00 noon	Photography Club
	2:00 pm	Walk & Talk Club
Sat Apr 29	10:30 am	Tai Chi Club
Mon May 1	9:30 am	What's in the Daily News?
Tue May 2	4:00 pm	Spanish Club
	4:30 pm	Tai Chi Club
Wed May 3	1:45 pm	Bridge Club
	1:45 pm	Mah Jongg Club
	2:00 pm	Memoir and More Writing Group
	4:00 pm	History Club
Thu May 4	10:00 am	Diversions Committee
	4:30 pm	Tai Chi Club
	6:00 pm	Ethnic Eats Club
Fri May 5	10:00 am	<b>Annual Business Meeting</b>
	1:00 pm	Cinco de Mayo Picnic
Sat May 6	10:30 am	Tai Chi Club

[Back to Top of Page](#)

## About OLLI E-News

OLLI E-News was created by Rod Zumbro, who served as its editor from 2005 to 2013.

### Editorial Staff

Chief Editor: Paul Van Hemel

Associate Editor: David Gundry

Weekly Editor Team: David Gundry, John Nash, Sheri Siesseger, Paul Van Hemel

Proofreaders: Rebecca Jann, Susan Van Hemel, Linda Randall, Tom Appich, Jane Hassell

**Submissions:** Members are encouraged to submit letters to the editor, letters to Ms. Ollie Ettakit (on etiquette matters), OLLI-related news items, articles, and photos. Submit material to: [ollienewseditor@gmail.com](mailto:ollienewseditor@gmail.com).

**Deadline:** Tuesday, 6:00, for that week's issue (Monday, 6:00, for letters to the editor); early submissions are greatly appreciated. Please limit articles to about 250 words.

**Note:** You can view past issues of OLLI E-News on the DocStore. To search the content of issues, use Search Our Site or put your search term in Google followed by "site:olli.gmu.edu/" without the quotes.

[Back to Top of Page](#)