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Tallwood Gardens with a Break in the Heat, August 2023

August 11, 2023

Editor of the Week: Paul Van Hemel

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Alerts & Notices

- The 2023 fall catalog is available at [this link](#).
- The next issue of *OLLI E-News* will be published Friday, August 25; the regular deadline for submission of items is Tuesday, August 22, at 6:00.

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What Does the HSS/CE Program Planning Group Do?

How Do I Provide Input?



by **Camille Hodges**, OLLI Board Member and HSS/CE Program Planning Group Co-Chair

WHAT? The group assesses written proposals that offer course ideas based on the interests of OLLI members. Courses include a wide range of factors: suggested topics by members of the committee, community input, and professors who initiate a course. All presenters volunteer their time and expertise. Many are current or former faculty members at Mason as well other institutions of higher learning outside of Fairfax County.

WHY? The HSS (Humanities/Social Sciences) and CE (Current Events) groups were combined a few years ago. The rationale was that many topics overlapped, and one committee was more efficient. The social sciences may include sociology, psychology, economics, anthropology, political science, history, geography, law, philosophy, criminology, politics, and cultural studies. Current Events is always on the menu.

OLLI is now partnering with Fairfax County Public Library (FCPL) to provide programs for members as well.

HOW? How do you make suggestions to the HSS/CE Program Planning Group about topics that interest you?

- Join us at our next Zoom meeting: Tuesday, September 5 at 10:00. The link will be posted in the OLLI daily schedule e-mail for the meeting date.
- Volunteer to join the HSS/CE Program Planning Group (Check *OLLI E-News* or the calendar for group meeting dates/times).
- Volunteer to present a course; the OLLI course proposal form is available at [this link](#).
- Contact one of the OLLI program associates or HSS/CE Planning Group chairs if you have ideas:

- Shannon Kim Morrow (smorrow4@gmu.edu)
- Nancy Klein (nklein4@gmu.edu)
- Camille Hodges (mimihodges4@gmail.com)
- Peg O'Brien (mazob@live.com)

Editor's Note: This article appeared in a recent issue; it is repeated here to encourage members to participate in planning for the HSS/CE program. Thank you.

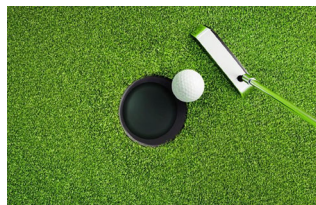
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Mini Golf Party: Strengthen Your Balance and Have Fun!



By **Marilyn Harriman, Diversions Chair**

Do you want to strengthen your hand-eye coordination, balance, and physical depth perception—and have some fun? Yes? Then, you'll want to sign up for the Friday, August 25 Burke Lake Park picnic and mini golf outing.



We're meeting from 11:00 to 2:00 at Burke Lake Park, Picnic Shelter D; start with a BYO picnic lunch followed by a round of mini golf with your OLLI friends and colleagues. To register, log in to your [member portal](#) and type "Summer Burke Lake 1203." Registration for this event is open now and closes on August 23.

Your \$15 registration fee covers our reserved picnic area and a round of mini golf. Lemonade and soft drinks will be provided. Specific directions to parking and the picnic area will be sent to all registrants.

Please contact Marilyn Harriman, Diversions Chair, if you have questions about the event or registration: mlwharriman74@gmail.com.

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Computer Club

3rd Saturday, August 19
Ten Tech Tips for Boomers & Older Adults: Leverage the Benefits of Your Phone and Computer Operating Cost of Gasoline- and Electric-Powered Cars

By **Paul Howard**, OPCUG Program Chair



12:45.

The Computer Club (OLLI Personal Computer User Group, or OPCUG) will meet with its partner, the Potomac Area Technology and Computer Society (PATACS) on Saturday, August 19, in person and via Zoom. The Zoom session usually opens at

Ten Tech Tips for Boomers & Older Adults: Leverage the Benefits of Your Phone and Computer—Presented by Joan Green

Discover the possibilities of technology and its benefits for boomers and older adults in an engaging session with Joan, a seasoned speech-language pathologist and assistive technology specialist. Joan's expertise lies in helping individuals overcome communication, literacy, cognitive, and productivity challenges, maximizing their success and happiness. In this presentation, she will discuss a range of tools, apps, and features that can be easily integrated into daily life to promote learning, well-being, and cognitive stimulation. From easy-to-use video call devices to digital assistants such as Alexa and Siri, as well as accessibility features and productivity tools, Joan will provide practical insights to help you build confidence and derive greater benefit from your technologies.

Joan has provided forward-thinking speech therapy services for the past 35+ years. She formed Innovative Speech Therapy in the Washington, DC, area in 1992.

Learn in 30: Compare the Operating Cost of Gasoline- and Electric-Powered Cars—Presented by John Krout

This presentation will show you how to calculate cost per mile and will show examples for both gas-powered and electric-powered cars. In many cases, electric-powered cars cost much less per mile than gasoline-powered cars. Costs per mile can vary depending on many factors, so direct comparisons should be made by using the cars on the same travel path under the same factors (e.g., season, time of day).

John Krout is a frequent presenter at our meetings on a wide range of computer, technology and photography topics, and author of many articles for the PATACS *Posts* newsletter.

See full details on this meeting by [clicking here](#). For information on the Computer Club, see the [OPCUG Website](#). OPCUG dues are \$5 for 2023—see <http://olligmu.org/opcug/comm.html> for details on making payment.

To attend via Zoom's cloud meeting service, beginning at 12:45, please click [this link](#) to join the meeting and use passcode 425219 (*Note: enter passcode with NO spaces*) or enter meeting ID 838 7155 8407 in the Zoom app and use the above passcode (preferred method) or dial in—301-715-8592.

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Share Your Family History with Mason Students



**By Camille Hodges, OLLI Board Member/Humanities and Social Sciences,
Current Events Program Planning Group Co-Chair**

According to the National Institutes of Health (NIH), there are many benefits to intergenerational wisdom sharing: "Sharing wisdom has positive effects on younger persons, including assistance with the development of life skills, exposure to new relationships and opportunities, and help with overcoming obstacles and barriers."

We at OLLI Mason are fortunate to have the opportunity to connect with youth while sharing our life stories. This will be accomplished via a course taught by Dr. Spencer Crew, Robinson Professor of History. Dr. Crew is currently seeking OLLI members to collaborate with students for the **Fall 2023 Honors Class: "History of the Family."** Many OLLI members have participated in this collaboration and can attest to the value of the experience.

Please contact Dr. Crew directly at screw@gmu.edu if you are interested in participating in this excellent opportunity. The fall semester start date is August 21, 2023.

Editor's Note: This article appeared in a recent issue; it is repeated here to encourage members to take advantage of the opportunity to share in a valuable Mason course experience. Thank you.

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Wednesday Team Bloch Conversation—August 16 and 23



**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 in a session on August 16 at 4:00. Our chosen topic this week is "**Baby, It's Hot Outside!**"

This summer has been HOT. And, in addition, we are having regular air quality alerts. What are you doing to beat the heat? Walking early in the morning? Swimming? Avoid baking or using your oven? Watching movies during the day and going out in the evening? Closing the blinds? Drinking watermelon lemonade? Still using your patio and porch? Remember what summer was like before we all had air conditioning?

Join us to share your strategies for beating the heat and share childhood experiences of hot summers.

Further continuing our Wednesday Conversations series, Team Bloch (Brenda Bloch-Young and Doris Bloch) will moderate a Zoom discussion in another session on August 23 at 4:00. Our

chosen topic for that week is "**Pets and Personalities!**"

Is there really such a thing as a "dog person" or a "cat person? Why do some folks ONLY consider a dog but NEVER a cat? Aren't pets created equal and appreciated for their unique personalities and qualities? Sometimes pets tend to resemble their owners—do you think that this is true? Recent studies suggest that "dog" and "cat" people have different personality traits: dog owners tend to be more outgoing while cat owners are more independent and introverted. Do you see yourself as one of these stereotypes?

We would love to hear from you and to share your ideas with others in our conversational hour.

Check your daily schedule for the Zoom link on Wednesdays and plan on some social time with Team Bloch for the sessions on both days.

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Poet's Corner

Courtesy of the Poetry Workshop

Ode to Our Sun

The Heliophysics Big Year is a global celebration of solar science and the Sun's influence on Earth and the entire solar system. Join us October 2023 to December 2024! NASA.gov

From the earliest days of prehistory
Ancients worshiped our sun,
Sine qua non of life on Earth.
The ancestors venerated our star,
Calling it Amun, Ra, Inti, Surya,
Among the hundreds of names we
Moderns know. Deified around the planet,
Early humans built gigantic stone monuments
– pyramids, obelisks, henges –
Some of which paid homage
To our sun's transit across the sky.

They didn't know the brightness is hydrogen
And helium held together by gravity,
Spinning 93 million miles away.

Some believed the god was angry
When he hid his face behind the moon,
When day became night. Some
Sacrificed others to appease him.

Now contemporary scientists
With powerful computers, telescopes,
Space vehicles and big ideas,

Have declared
The Heliophysics Big Year
To celebrate and study *The sine qua non* of life on Earth.

Carolyn Wyatt

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Arts & Music at George Mason

Note: Performances at all venues will resume in September



By Shelly Gersten, OLLI E-News Staff Writer

For tickets for either Center for the Arts Concert Hall (CFA) or Hylton Center, call 1-888-945-2468, buy tickets online through the event calendar (see links below), or visit the venue's box office. For more information, see the [CFA ticket page](#) or the [Hylton Center ticket purchase page](#).

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.

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At the Fairfax Campus Venues

Juan Megna Group "Mariwô Project" Concert

Sun, Aug 27, 5:00

Harris Theatre

Admission: Free and open to the public (registration required, see below).



LOCATION: Harris Theatre

Join College of Visual and Performing Arts alumnus, Juan Megna (Doctor of Musical Arts, 2021), and the Juan Megna Group for a concert of his upcoming album "Mariwô Project."

The album consists of five of Juan Megna's original compositions, an arrangement of Moacir Santos' "Colsa No2," and an arrangement of Luis Perez' "Si Estuvieras." The music is mainly inspired by traditional melodies and rhythms coming from the Afro-Brazilian religion known as Candomblé, where different cultures from the African Diaspora are syncretized in their ceremonies. In addition, some Argentinian rhythms, such as milonga and chacareras are present in Juan Megna's compositions and arrangements.

Following the performance, Juan and the group will participate in a question-and-answer session with the audience.

This premiere event showcases Megna's compositions and his upcoming album, funded in part by Megna's win of the 2023 Young Alumni Commissioning Award from Mason's College of Visual and Performing Arts.

This event is free and open to the public, but registration is required.



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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. 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 Aug 12	10:30 am	Tai Chi Club
Mon Aug 14	9:30 am	What's in the Daily News?
	10:00 am	Bridge Club
	11:00 am	Poetry Reading Club
Tue Aug 15	9:30 am	Annex Art
	10:00 am	Trivia Club Interest Meeting
	1:00 pm	Stay Active and Independent for Life
	4:30 pm	Tai Chi Club
Wed Aug 16	10:30 am	Investment Forum
	4:00 pm	Mah Jongg Club
	4:00 pm	Spanish Club
Thu Aug 17	11:50 am	All the News
	4:30 pm	Tai Chi Club
Fri Aug 18	9:30 am	Craft and Conversation
	11:00 am	Homer, etc.
	1:00 pm	Stay Active and Independent for Life
Sat Aug 19	10:30 am	Tai Chi Club
	1:00 pm	Personal Computer User Group
Mon Aug 21	9:30 am	What's in the Daily News?
	10:00 am	Bridge Club
	11:00 am	Poetry Writing Club
Tue Aug 22	9:30 am	Annex Art
	1:00 pm	Stay Active and Independent for Life
	4:30 pm	Tai Chi Club
Wed Aug 23	9:30 am	Healthcare Advisory Workgroup
	10:30 am	Investment Forum
	2:00 pm	Memoir and More Writing Group
	2:00 pm	Finance Committee Meeting
Thu Aug 24	11:50 am	All the News
	4:30 pm	Tai Chi Club
	6:00 pm	Ethnic Eats Club
Fri Aug 25	9:30 am	Mah Jongg Club
	9:30 am	Craft and Conversation
	11:00 am	Burke Lake Park Picnic and Putt Putt
	11:00 am	Homer, etc.
	12:00 noon	Photography Club
	1:00 pm	Stay Active and Independent for Life

Sat Aug 26	10:30 am	Tai Chi Club
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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, Tom Appich

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.

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.

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Notice: You received this newsletter because either you are a current OLLI member or you have been provided a courtesy copy. If you are an OLLI member who did not renew your membership, you can continue to receive our newsletter by emailing the office at olli@gmu.edu with your request. If someone forwarded this newsletter to you and you'd like to receive it each week, please email the office and ask to be added to the courtesy-copy list.

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