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A Walk Around Lake Barton by the Popular OLLI Walk & Talk Club, August 17 (Photo by Bob Heyer); See Article Below

August 25, 2023

Editor of the Week: John Nash

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Alerts & Notices

- Free concert: Juan Megna Group "Mariwô Project"—Sun, Aug 27, 5:00, Harris Theatre. Registration required. [Click here](#).
- The 2023 fall term begins September 18; registration continues through the term.
- A list of fall-term course/event cancellations, additions, and changes is available at [this link](#).
- The next issue of *OLLI E-News* will be published Friday, September 8; the regular deadline for submission of items is Tuesday, September 5, at 6:00.

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OLLI Walk & Talk Club Adventures to Lake Barton



By Marilyn Harriman, OLLI Walk & Talk Co-Chair

Twenty OLLI members ventured into the sunshine, heat, and humidity on August 17, starting at the Burke VRE and walking around Lake Barton on mostly paved ground. Club co-chair Bob Heyer prepared the way by sending a pictorial guide beforehand. At the end of the trek, most of us felt we had gotten some true exercise with some up-and-down hills and 2.6 miles clocked in. Afterward, we stopped at Smith and Clarkson's Deli in Burke for cool refreshments.

Our next walk is at Walker Nature Center Trail in Reston on August 28. On September 5, we will be in Annandale on Long Branch Valley Trail.

Are you interested in joining? The club meets most weeks, now through most of October, with a walk/talk and refreshments afterward. Club members walk on trails throughout Fairfax County. You can register through the OLLI class portal for information on specific walk locations, times, directions, and updates. On the OLLI [member portal](#), go to the search engine, type in "Fall 2023 Walk Talk." The following should come up:

OLLI Walk & Talk Club Fall 2023

Course number: OLLI Walk & Talk CI 2023

OLLI Walk & Talk Club
Weekly/Biweekly
Start times are between 8:00 am—2:00 pm,
depending on weather conditions
Fairfax County trails and neighborhoods

Choose "add to cart" for the *fall* term and don't forget to "check out." We require walkers to register with the club and RSVP in advance for individual walks. Participating in a set number of outings is not necessary to join.

For questions, contact Marilyn Harriman, mlwharriman74@gmail.com or Bob Heyer, rheverw64@gmail.com. Hope to see you on the trails!

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Volunteering in Late Life May Protect the Brain



By Shannon Morrow, Program Associate

We all know there are many ways to facilitate successful aging. One way is keeping our brains healthy, and new research indicates that a key to protecting the brain and maintaining cognition is to volunteer. Please read the following articles and consider volunteering at OLLI.



[CNN Volunteering Later in Life](#)

https://aaic.alz.org/releases_2023/volunteering-late-life-may-protect-brain-dementia.asp

There are many ways you can volunteer your time. OLLI needs you! Thanks.

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Start Your Fall In Tune With Mason Music



By Linda H. Harber, OLLI Member and Friends of Music at Mason President

Fall is changing weather, new OLLI schedule, school starting, and a brand-new season of Mason music. So, buy your tickets now for the wonderful opener, the Grand Piano Celebration on Sunday, September 10 at 3:00 at Mason's Center for the Arts. See the pictures and description below for the details. If you have never attended one of these piano celebrations before, you are in for a big treat. It is an exciting way to spend a Sunday and I hope to see you there.



Click to [GET TICKETS](#):

Sunday, September 10 at 3:00.

\$20 Adults, \$15 senior, \$5 youth (through Grade 12).

Join us for the spectacular opening of our 2023 fall concert season with A Grand Piano Celebration on Sunday, September 10 at 3:00, in Mason's Center for the Arts. This concert honors Mason's All-Steinway School. Outstanding student and faculty artists of the Reva and Sid Dewberry Family School of Music at George Mason University will be on stage to display their marvelous talents.

The concert will be led by Dr. Linda Apple Monson, international Steinway artist, and director of the Dewberry School of Music. She will be joined on stage by Mason faculty artists including Dennis Edelbrock, trumpet; Anna Balakerskaia, duo-piano; John Healey, piano ensemble; Eunae Ko Han, piano ensemble; Jennifer Casey Cabot, soprano; and Kathleen Mulcahy, clarinet. Exciting and dramatic solo piano, duo-piano works, and collaborative piano works will be performed. Mason's faculty piano ensemble (8 hands) will also be showcased!

Welcome to fall!

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Watercolor Painting and Dabbling Artists



By **Christine A. Narbut, OLLI Art Instructor**

Registration for the fall session of OLLI classes began August 15. Another session of **Watercolor Painting** will be offered this fall. Color mixing and the use of brushes and washes to create exciting paintings are some of the techniques demonstrated.

This fall, the watercolor class will review basic skills and continue to build on techniques from past experiences. A supply list will be provided after you register and before the class begins. As a special feature this fall, we will have two guest artists. OLLI member and skilled artist Linda Gersten will demonstrate painting animals on October 17, and Marni Maree will return as a guest artist on October 31 to demonstrate water droplets on fall leaves. Consider this class if you always wanted to try watercolor painting. Previous experience with watercolor painting is not required.



In addition, **Dabbling Artists** on Wednesdays at 2:15 provides opportunities for support and practice in a group setting, whether your medium is pen and ink, pastels, pencils, or watercolor. This fall, **Dabbling Artists** will be in person. Between terms, **Annex Art** will be Zoom only. See the fall catalog for more information.

Below are two paintings from the spring class participants.



Bluebird and Cherry Blossoms
by Yen Tra



Orange Slices
by Susan Roose

We're looking forward to seeing new and familiar faces this fall.

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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 srcrew@gmu.edu if you are interested in participating in this excellent opportunity. There is still time to contact Dr. Crew before the fall semester start date of September 18, 2023.

Editor's Note: This article appeared in two recent issues; it is repeated a third time 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—September 6



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

There will be no Wednesday Conversation on August 30. Team Bloch is taking a cooling-off break (after our discussion in mid-August about the hot, hot summer of 2023 and summers in the non-air-conditioned past of childhood).

On September 6, the discussion will focus on OLLI's fall term. Are you psyched for it? Lots of interesting classes? How did (online or hardcopy) registration go for you? Any opinions on the calendar—start and end of term, length? Ratio of hybrid vs. in-person vs. online-only classes? Number of social events and trips? Do you have a favorite instructor teaching this fall? We will open up the conversation to all related topics—feel free to chime in and to contribute your thoughts.

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

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Poet's Corner

Courtesy of the Poetry Workshop

For Julie, Invariably

Invariably
 Touched by some child's lisp
 Someone's limp, and other
 Important things, like dogs
 And infirm old men; to show such love
 With care, admits that gift of compassion
 So necessary, that you always have.

Invariably
 Touched too, by some late night's
 Unconscious and serious gravity
 Propelling you to seize the bed's epicenter,
 Preparing at last to lay siege to the keep
 That will be kept for you as long as I am here;
 Manned in my mind not with a garrison of
 Bowmen or men-at-arms,
 But with flowers, sunshine,
 Birdsong, soft winds,
 To touch you always, as you have always me.

Invariably

Mike Mc Namara (1936-2023)
 Reprinted from *The Poets of Tallwood* Vol. IV

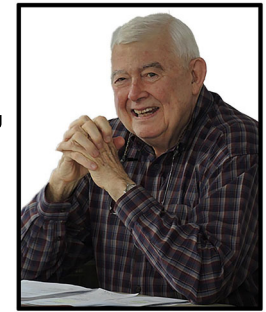
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Obituaries

Michael Joseph McNamara

Michael McNamara, the dean of OLLI poets, passed away August 7, 2023, at Greenspring Senior Living Community. Mike joined OLLI in the fall of 2003 and was a member for the better part of the next two decades. A graduate of Rutgers University and University of Kansas, Mike had a thirty-year career as an infantry officer in the US Army. At OLLI, he co-moderated the Poetry Workshop for many years, and was instrumental in establishing the Poet's Corner in *OLLI E-News* in 2014; the column is a lasting legacy that serves as an

outlet for new poems created by members of the workshop. His OLLI friends will remember his quick humor, his knowledge of poetry, and his talent for making poems. One of his poems, reprinted from *The Poets of Tallwood*, Vol. IV, appears in today's issue of *OLLI E-News* (Note: when signing poetry, Mike preferred that his last name be spelled with a space—Mc Namara). Mike will be greatly missed by his OLLI friends.



Mike McNamara

A memorial service for Mike and his late wife Julie will be held next year after their inurnment at Arlington National Cemetery. More information is available at [this link](#).



Nancy Scarborough

Nancy Scarborough

Nancy Scarborough, OLLI member from 2007-2010, died on July 4, 2023. Born September 17, 1942, Nancy graduated from the University of Richmond and was a teacher for many years at Oak View elementary school. She also earned a Ph.D. in education from George Mason University. Married to David Ryan, she lived in Ocean City, MD.

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Arts & Music at George Mason

Performances August 25 through September 4

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' "Calsa 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.

REGISTER

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Mason Student and Faculty Performances

(see music.gmu.edu for additional student recitals)

No performances scheduled

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At the Hylton Center (Manassas Campus)

No performances scheduled

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

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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 26	10:30 am	Tai Chi Club
Mon Aug 28	9:00 am	Walk & Talk Club
	9:30 am	What's in the Daily News?
	10:00 am	Bridge Club
	11:00 am	Poetry Reading Club
Tue Aug 29	9:30 am	Annex Art
	1:00 pm	Stay Active and Independent for Life
	4:30 pm	Tai Chi Club
Wed Aug 30	10:30 am	Investment Forum
Thu Aug 31	11:50 am	All the News
	4:30 pm	Tai Chi Club
Fri Sep 1	9:30 am	Craft and Conversation
	11:00 am	Homer, etc.
	1:00 pm	Stay Active and Independent for Life
Sat Sep 2	10:30 am	Tai Chi Club
Mon Sep 4	--	Labor Day: OLLI Office Closed
	9:30 am	What's in the Daily News?
Tue Sep 5	9:30 am	Annex Art
	4:30 pm	Tai Chi Club
Wed Sep 6	10:00 am	Bridge Club
	10:30 am	Investment Forum
	2:00 pm	Memoir and More Writing Group
	4:00 pm	Spanish Club
Thu Sep 7	10:00 am	Board of Directors Retreat
	11:50 am	All the News
	12:15 pm	Excursions Committee Meeting
	4:30 pm	Tai Chi Club
Fri Sep 8	9:30 am	Mah Jongg Club
	9:30 am	Photography Club
	9:30 am	Craft and Conversation
	11:00 am	Homer, etc.
Sat Sep 9	11:30 am	Cooking Club
	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: ollinewseditor@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

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