



Volunteering is Good for the Body

Volunteering benefits one's personal health, research has shown. Those who volunteer may live longer, function better, and have lower depression rates than those who do not volunteer. Moreover, seniors receive the greatest benefits from volunteering! Using this research, Dean Jackson should be feeling wonderful right now.

Dean Jackson

Dean has been an OLLI member about two months, and he has already volunteered to help the organization. He will oversee the video lending library located in the OLLI office. His plans include reproducing some of the older videos to update them for compatibility with the equipment being used today.

Darlene Davis will work with Dean to make sure that the DVD's are in the office and that the DVD records are up to date. Additionally, as soon as the DVDs contributed by Al Bailey are ready, those new items will be announced in the newsletter.

Don't let the year pass without examining the wonderful DVD collection and borrowing those that interest you. And as important, don't let the year pass without volunteering in your OLLI organization. (See "From the President," p. 2). Let's all enjoy those health benefits!



For more information about available DVD titles, go to http://www.osher.uah.edu/_DVDlibrary.php.

Blind Wine Tasting and Appetizer Challenge

The Special Events Committee is 'spinning the bottle' on the traditional wine tasting event. On Friday, March 16, 6:00-9:00 p.m. at the Lake Forest Club House, the committee has planned a 'Blind Wine Tasting and Appetizer Challenge.' OLLI members are encouraged to attend this different and sure-to-be fun event.

You must bring *either* a bottle of your favorite wine or an appetizer.

Everyone sampling and tasting will vote on the best wine and the best appetizer, respectively, and the recipients of the highest votes will be recognized and prizes awarded. More than one prize will be given.

Sign up for this special event at the OLLI office in Wilson Hall. Tickets are \$5.00 per couple. The Lake Forest Club House is located off Zierdt Road on Martin Rd. Turn left at the Lake Forest Community.



From the President **OLLI Needs YOU!**



Chuck Duffy, President

It may sound too optimistic to talk about summer, but the wheels are turning concerning a Summer Enrichment Series (SES). We are still looking for an OLLI member to volunteer to manage the overall program!

Meanwhile, several members are at work arranging events. Unlike previous summer enrichment series, the SES in 2012 will not be squeezed into a few days but events will be spread over several weeks. The possibility is strong for a variety of presentations, tours, and social events throughout the summer. It's a project in the works.

Would one or two of you like to drive the bus? Contact me at charleseduffy81@comcast.net, or leave message with the OLLI office, and we will respond!



Curriculum Corner



Hugh Nicholson, Chair

Look for NEW online Course Registration this spring!

Your curriculum committee has been as active as a bee in springtime! We have 350 members signed up for the winter courses now in progress, which is ten more than we had for fall. And looking at the impressive spring offerings, we may exceed the 350 next term. Fifty-four courses are scheduled to be taught and five Wednesday Bonuses offered. Twenty of the courses are new, which is outstanding!

We always like new ones.

The Curriculum Committee appreciates your suggestions for new courses. The following were mentioned in the course evaluations from the fall term: Geography (Geography of Alabama), Local

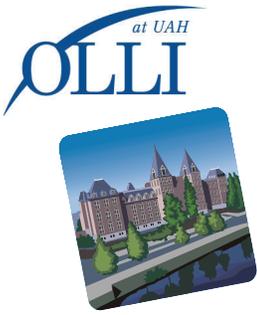
History (with field trips), Classical Music History, and Scrapbooking. This last one, Scrapbooking, is scheduled for the spring and fall terms.

We would like to offer other courses that you recommended, but need instructors to teach them. If you know of anyone who might like to begin teaching, please refer them to me at hughnichoson1@aol.com or 256-830-9279.

The spring course catalog will be mailed the week of March 5, so you will be receiving yours shortly. You are going to like what you see.

Your OLLI; your courses!

The Truly Educated Never Graduate



Cultural Committee

Submitted by Eleanor Schweinsberg, Chair

This month I want to let you know about a live concert here in Huntsville, about the Metropolitan Opera Live in HD schedule, and about a concert featuring the traditional Negro Spiritual. Look for weekly email updates as we learn of more events that might interest our OLLI members.

The Huntsville Symphony Orchestra's (HSO) theme for March is "Unfinished but Unforgettable." A preview lecture by Taavo Virkhaus will be held for OLLI members on Thursday, March 8, 2:45-4:15 p.m., in Madison Hall, Room 202. The HSO performance for Saturday, March 10, will have guest conductor David Lockington leading the orchestra in Franz Schubert's Symphony No. 8, the "Unfinished" symphony, and Antonin Dvorak's Symphony No. 6. Guest flutist Denis Bouriakov will perform the "Concerto, Flute" by Jacques Ibert. The evening performance is at 7:30 p.m., and a sneak preview rehearsal will start at 11:00 a.m. For our final preview of the season, we will meet off-site on April 19, so mark your calendars and look for details in the next newsletter.

The March presentations of "Live in HD" Metropolitan Opera broadcasts will continue at Hollywood 18 Theater, South Memorial Parkway, Huntsville. The schedule is below:

Wednesday, March 14, at 6:30 p.m. – Encore of Verdi's "Ernani" (3 hrs. 50 min.)

Saturday, April 7, at 11:00 a.m. – Live HD transmission of Massenet's *Manon* – (4 hrs., 5 min.)

The Huntsville Spiritual Chorale will present its annual concert of the traditional Negro Spiritual on Saturday, March 31, at 5:00 p.m. The guest conductor is Dr. James Abbington, Associate Professor of Church Music and Worship, Emory University. Location: Fellowship Presbyterian Church, 3406 Meridian Street; 852-6701 for questions.

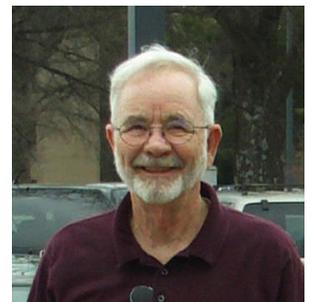
If you have a particular cultural interest that you would like to bring to the attention to the OLLI community, consider joining the Cultural Committee to help us plan to visit these events. Call me at 256-883-0602.

Social Committee

End-of-Term Teacher Appreciation Social

Mark your calendars now for our next social event on Friday, March 9, 2012, from noon until 2:00 p.m. We will be honoring our instructors at an End-of-Term Social at Trinity United Methodist Church on Airport Road. These are always enjoyable events with delicious food and your choice of beverages.

Come out; socialize with old and new friends. But most of all, let your presence show your appreciation for the work and time that OLLI instructors so unselfishly volunteer.



Bill Johnson



OLLI Annual Meeting & Spring Teacher Appreciation Dinner
Friday, May 11, 2012, 5 :00 – 7 :00 pm



The social committee would like to invite you to the OLLI Annual Meeting. Our guest speaker will be the new UAH President, Dr. Altenkirch. He will be accompanied by his wife Beth. In addition, we will be entertained by a Jazz Combo (Redstone Jazz Project) provided by the US Army Materiel Command (AMC) Band. The “Redstone Jazz Project” consists of seven musicians and is led by Staff Sergeant Russell Bundy.

This is a dinner meeting catered by Smokey’s BBQ. The cost is \$5 per person for dinner. Teachers from the Spring Term do not pay for their meal. All attending the function, teachers included, need to sign up.

You can sign up at the OLLI Office , Wilson Hall 151, or you can contact Bill Johnson at 256-701-6490. Make your check payable to OLLI and send it to Bill Johnson, 101 Sunstone Terrace, Huntsville, Al. 35806.

If you receive the OLLI newsletter in your home mailbox, have you ever wondered how it arrives there? (Answering “the postal carrier” doesn’t count.) No arrival would happen if Bob Crowe was not on the job. Each month he makes sure that the newsletter copy is delivered to the post office in a timely manner, which ensures that you can read about OLLI’s events and members. Recently, Bob asked the Member Services Committee for backup on this job. He is concerned that if he is travelling (which our members are known to do) or has other reasons for not fulfilling this delivery responsibility, no one else is trained to step in for him. Bob will train anyone interested. Consider that if you are the backup person, the work will require only a few hours each year. If you have wanted to volunteer to help OLLI but have just a few extra hours to spare, then this is your opportunity! If you are interested, please call Bob Crowe at 256-881-5722 or Sue Chatham at 256-461-0262.



DID YOU KNOW?

Philanthropist and self-made billionaire Bernard Osher is an avid fly-fisherman and supporter of the arts, Jewish causes, and continuing education for people over 50 through his foundation. The Bernard Osher Foundation supports lifelong learning programs in 117 universities and colleges. At least one grantee is in each of the 50 states, plus the District of Columbia.

Sources: Forbes.com/lists
The Bernard Osher Foundation Website at osherfoundation.org.

“Mister Bluebird on my Shoulder”



Bluebirds hold a special place in the minds of many people probably because they adapt so well to suburban places. We sing about bluebirds, as in the above line from “Zip-A-Dee-Doo-Dah.” We feed them meal worms so we can enjoy them up close. We put up bird houses so we can be assured of more bluebirds in the environment.

The Eastern Bluebird (*Sialia sialis*), a member of the thrush family, is native to all eastern states, and in northern Alabama some bluebirds even can be seen in the winter. They eat insects, worms, snails, and fruit. Bluebird numbers dropped sharply during the widespread spraying of DDT, but since the 1960s bird houses designed for bluebirds have greatly contributed to present-day high numbers. Bluebirds adapt to a wide variety of habitats, but prefer nesting near open grasslands where insects are plentiful.

Unlike their cousins, the robins, bluebirds are cavity nesters. If humans do not provide boxes with correctly sized holes, bluebird numbers would be constrained by limited nesting opportunities. But bluebirds must compete for nesting sites with more aggressive species, like the European Starling and the English Sparrow, both invasive species. Starlings will take over woodpecker holes, even active ones, and the English Sparrow (a weaver finch, not a sparrow) will destroy a bluebird nest in a bird box in order to raise its three broods each year. English Sparrows are not legally protected species and their nests in boxes should be removed, repeatedly if necessary, to allow for bluebirds.

Nesting boxes that will encourage bluebirds (and discourage intruders) should be placed on a pole or post at eye-level and away from trees. Low perching places somewhat nearby, such as branches or wire fences, allow bluebirds to see insects on the ground. An appropriately sited box will often result in multiple broods, so boxes need to be cleaned out after the last youngster fledges from each nest. One year, I counted 12 new bluebirds raised from the same box in the same season from three nests. Leave boxes up all year so they can be used for roosting during the winter, and be ready for early lookers in mid-February.



Figure 1. An Eastern Bluebird family feeding on mealworms.

Submitted by Bill McAllister

SAVE THE DATE!

The 2012 Annual Southern Regional Learning in Retirement Conference will be held July 25-27, 2012, at the University of North Florida, Jacksonville, Florida.

Join the fun!

The 2012 Annual Southern Regional Conference for Learning in Retirement welcomes everyone interested in learning how to create and nurture vibrant communities of lifelong learners.

Be part of this year's conference!

If you have a creative or innovative idea for Learning in Retirement and wish to share it at this year's conference, please submit a Request For Proposal (RFP) form by March 16. Receive an RFP form by calling (904) 620-4200, or download a form to fill out on your computer (pdf) or to fill one out by hand (.doc).

Website: http://www.unf.edu/ce/olli/2012_Learning_in_Retirement_Conference.aspx



Important Notice: Inputs for the April 2012 Newsletter are due by March 20 .
Please send articles and ideas to Lorrie White, Editor; Joyce Pettis, Co-editor, at OLLInewsletter@msn.com.
Please understand that due to cost and space constraints, articles may be edited for length.



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