



The OLLI UPdate

OSHER LIFELONG LEARNING INSTITUTE

OKLAHOMA STATE UNIVERSITY

The earth has music
for those who listen.

William Shakespeare

JANUARY 28, 2021

Hi, Friends!

Registrations for our spring session are rolling in and memberships are going up! I am super excited that you all are responding so well to the choices. It is hard to believe, but we are already thinking about the summer session. Mark your calendars for May 17-June 18; that's FIVE weeks of summer classes, which will be mostly online. Depending on our COVID numbers and the vaccine rollout, we MAY have a couple of outside classes in each city. Send us any course ideas you have.

Unfortunately, one of our popular spring courses, "Unpacking My Racism" has to be postponed until the fall due to instructor illness. If you have already enrolled in this class, you will be receiving an email from the OLLI office about your options.

Happy to report that one of our single classes this spring will be "Covid Q&A" with OSU professor, Dr. Tyrrell Conway who is head of the Microbiology & Molecular Genetics Department on the Stillwater campus. His class will be 3/26 at 9am.

I recently joined some friends in an online book discussion group because I've let myself get out of the reading habit. Our first book was "[Salt to the Sea](#)" by Ruta Sepetys. Our second book, is "[All the Light We Cannot See](#)," a Pulitzer Prize-winning novel by author Anthony Doerr. Both stories revolve around World War II, and they have been very engaging, original stories. Highly recommend.

Finally, I am sad to report that our friend and Stillwater site-cordinator Mona Akin is leaving us. We are going to miss her smile, grace and kindness. She has been wonderful to work with, and we wish her and her family many blessings.

Kindly,

Robbin

Your OLLI Director



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OLLI OFFICE ★ 405.744.5868 ★ OLLI@OKSTATE.EDU

Share the OLLI Love

How sweet it is !

LOVE OLLI?

Want to invite a friend? Now's your chance!

Share the Love!

Introduce a friend for FREE

Do you have friends who have never experienced OLLI? Invite them to take a course on us! If you're a current OLLI member and your friends have never experienced the joy of learning with OLLI, they can take one course for free during the spring 2021 term. For your friend to claim their free course, you need to email the OLLI office with "*Share the Love*" in the subject line, copy your friend on the email and tell us which course your friend wants to attend. This offer is good for one free course, no matter length. We must receive your email no later than midnight on Sunday, Feb. 14.

This offer is open to those who have never been an OLLI member or anyone who hasn't been a member since 2016. To qualify, they **must** be recommended by a current member in good standing.



OLLI @ OSU is a member-driven non-profit. Your word-of-mouth is our best advertising.

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Share the love!

Share the Love Event!

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Great Decisions

PREPARE TO DISCUSS THE WORLD

Great Decisions, America's global affairs discussion program, provides background information and policy options for the eight most critical issues facing America each year and serves as the focus for discussion groups across the country. Each topic has a plethora of resources including glossaries, discussion questions and recommended readings:

- Global Supply Chains & U.S. National Security [click](#)
- The Future of Persian Gulf Security [click](#)
- Brexit: Taking Stock & Looking Ahead [click](#)
- The Coldest War: Toward a Return to Great Power Competition in the Arctic? [click](#)
- China & Africa [click](#)
- The Two Koreas [click](#)
- The World Health Organization's Response to Covid-19 [click](#)
- The End of Globalization? [click](#)

In this OLLI course, you'll watch a 30-minute video and join discussion led by a different guest expert each week. We'll publish information on the guest experts as it becomes available so check the course listing frequently. **Register for Great Decisions [here](#).**

Great Decisions is in its 49th season. Watch a [trailer](#).

Visit the [website](#).

Order the optional *Great Decisions 2021 Briefing Book* [printed version](#) or the [eBook](#).



Dear Fluffy & Bounce,

You have an appointment with the vet on March 19 at 9 am. Please tell your human that Dr. Michael Lorenz will give an OLLI presentation at that time addressing whatever they want to know about dog and cat care. Tell them that Dr. Mike requests that they submit their questions in advance to olli@okstate.edu. He'll design his presentation around their interests and concerns.

As you know, Dr. Mike holds DVM and DACVIM-Small Animal degrees. He's an educator, OSU professor emeritus and friend to all animals. This is the easiest visit to the vet you'll ever have!

Your friend,
HowLI@OSU

P.S. We think you'll enjoy having these articles read to you. This one is [five questions to ask the vet](#) and this one is about [why our humans love us so much](#).



Blacks on the Oklahoma Frontier

LAWMEN, OUTLAWS, COWBOYS, COWGIRLS & RODEOS

On Saturday, Feb. 6, at 6 p.m. the Oklahoma Historical Society Black Heritage Committee will present the third Oklahoma African American Film Festival. Due to the COVID-19 pandemic, this year's festival will be held virtually. The focus of this year's festival is African American pioneers on the Oklahoma frontier. Topics include notorious outlaws and fearless lawmen. Art Burton, author of numerous publications including *Black, Red, and Deadly: Black & Indian Gunfighters of the Indian Territories* and *Black Gun, Silver Star: The Life and Legend of Frontier Marshal Bass Reeves*, will be a special guest. Some of the films in this year's festival include:

- ***Ballad of Bass Reeves***, written and performed by OHS Board member Dr. Harold Aldridge Jr.
- ***Who Is Sara Rector?*** created by Kathleen Watkins, playwright and founder of Spiritually Bold; directed by Allen Washington; performed by Teresa Daniel and Mara Gore.
- ***Fort Gibson: An Outpost on the Oklahoma Frontier***, created by Omar Reed, director of the OHS's Fort Gibson Historic Site.
- ***Join the Trail Ride***, produced by Caryl Ross, instructor of communications at Langston University, following the story of Luches Warrior and the Checotah Rough Riders.

Also included in the festival will be video footage of local rodeos and round-up clubs. The festival will screen footage of Black cowboys from Oklahoma who have won world championships in bareback riding, steer wrestling, calf roping and bull riding.

More Information & How to Register: A link to view the Oklahoma African American Film Festival will be available beginning Feb. 5 in the event listing on the OHS Calendar of Events [here](#).



Community Conversations

TALK, CONNECT & SHARE

The Stillwater Public Library has received a health literacy grant from the Oklahoma Department of Libraries and the Institute of Museum and Library Services to provide programming to address ways to reduce stress. Click [here](#) for a flyer.

Join community members online to discuss shared experiences and coping strategies for dealing with stress, anxiety and loneliness during the pandemic. Each discussion will begin with conversation leaders discussing the challenges they have had during the pandemic and ways they are dealing with them. A health professional will be in attendance to help answer any questions that arise during the conversation, but the primary focus of the program will be participants joining in the discussion. The first series called “Community Conversations” will take place throughout the month of February.

The sessions include:

- **[Seniors in Isolation](#)**: Tuesday, Feb. 2, 2:00 - 3:00 pm
- **[Strengthening Relationships](#)**: Tuesday, Feb. 9, 6:00 - 7:00 pm
- **[Supporting Employees](#)**: Thursday, Feb. 18, 12:00 - 1:00 pm
- **[Families and Parenting](#)**: Thursday, Feb. 25, 6:30-7:30 pm

Space is limited and registration is required. Sign up [here](#). Attendees will receive a link to join the online conversation via Zoom prior to the program. Accommodations can be made for people who want to participate but do not have access to the internet or a device. Please direct questions to the Library's Help Desk at (405) 372-3633 x8106, or email askalibrarian@stillwater.org.

Mastering Mindfulness

Also, the library will begin registration for “Mastering Mindfulness,” a virtual, self-paced mindfulness-based cognitive therapy course on Tuesday, Feb. 2. More details are available [here](#).



Land Art

WE OFTEN FORGET THAT WE ARE NATURE. NATURE IS NOT SOMETHING SEPARATE FROM US. SO WHEN WE SAY THAT WE HAVE LOST OUR CONNECTION TO NATURE, WE'VE LOST OUR CONNECTION TO OURSELVES.

— ANDY GOLDSWORTHY

The Case for Land Art, PBS Digital Studios [click](#)

Transience: Richard Shilling's Nature Art [click](#) and his YouTube channel [click](#)

The Most Fabulous Works of Land Art on the Planet [click](#)

Go Outside: Learn about sculptor Andy Goldsworthy's land art and create your own [click](#)

Back Inside: Watch movies about Andy Goldsworthy: *Leaning Into the Wind* [trailer](#), *Rivers and Tides* and *Stone Arches*, all currently available on Amazon Prime. And you'll find loads of YouTube videos, too.

Northumberlandia: The Largest Land Art in Female Form in the World [click](#)

Plant Magic: Eco Printing [click](#)

Ancient Art: Making Earth Pigments [click](#)

Natural Building & Crafting with Earth: The Nito Project [click](#)

Sand Drawing on the Beach [click](#)

The Puzzling Lines of Nazca [click](#)