



The OLLI UPdate

OSHER LIFELONG LEARNING INSTITUTE

OKLAHOMA STATE UNIVERSITY



MARCH 25, 2021

Hi, Friends!

We're very busy here in the OLLI office - yes, we are actually in the office again! In case you have not heard, our longtime office assistant, Misty Burk is moving on at the end of the month. She has been working hard to train incoming office assistant Sofia Gustafson. We also have a new student worker, Abby Jeffrey. Some of you may have talked to Abby or Sofia over the phone or through email as they both started in the OLLI office on March 3. Both are fitting in nicely and are already great assets to OLLI.

There are several time sensitive items in this newsletter:

Dr. Tyrrell Conway will be talking to us on Friday morning about COVID; we're headed to the SPAM museum on Monday afternoon and the Theater Circle of OSU is meeting on Monday afternoon as well. Also, this Saturday OLLI watercolor instructor Fatemeh Kian will give a live, paint-along demonstration at 11:00 am to 12:30 pm. This demonstration is for her fans in the UK but is free and open to everyone. Here is the [Zoom link](#). The meeting ID is 978 3280 6321 and passcode is 426555.

As always, there is a literal **virtual** smorgasbord of options from which to choose. (See what I did there?)

Hope you are doing well. What are you reading? I'm slowly working my way through "[A History of God.](#)" It would make a great OLLI course...

Kindly,

Robbin

Your OLLI Director



Are you following OLLI on [Facebook](#)?

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Guest Speakers

THESE COURSES HAVE A DIFFERENT GUEST SPEAKER EACH WEEK.
HERE'S WHAT'S UP NEXT

[Enroll Here](#)

Major Artists of Gilcrease Museum

3/30 Sharon Patch is a native-born Oklahoman and retired from a 39-year career as an educator. She joined the Gillies in 2011 and found a new passion and appreciation for Gilcrease Museum. As a docent she enjoys sharing treasures with visitors at the museum, in school classrooms and with civic organizations. Her topic is *Women Artists of Gilcrease Museum*.

Voices from the University: OSU's Cutting Edge

3/30 Quraysh Ali Lansana, a Teaching Artist at the Center for Poets & Writers, OSU-Tulsa, earned his MFA from NYU. He is the author of twenty books of non-fiction, poetry and children's literature. His presentation is entitled *Truth, Racial Healing & Transformation*. Quraysh is featured in several programs on OStateTV. You can find links to them [here](#).

The Best & Brightest: Oklahoma Authors

4/2 Sarah Beth Childers is the author of the essay collection *Shake Terribly the Earth: Stories from an Appalachian Family* (Ohio University Press, 2013). Her essays also appear in *Brevity*, [PANK], *Colorado Review*, *Quiddity*, *Guernica* and elsewhere. She lives in Stillwater, where she teaches creative nonfiction at OSU, serves as the nonfiction editor of the *Cimarron Review*, and juggles online pandemic teaching with her new baby girl.

Events Calendar

THESE LECTURES ARE FREE FOR OLLI MEMBERS AND \$10 EACH FOR NON-MEMBERS.

[REGISTER HERE](#)

3/26	9 am	COVID-19 Q&A with Dr. Tyrrell Conway
3/29	11 am	Antiquing: The Seven Basic "How To's" with Manning & Karen Rogers
3/29	3 pm	Special Guided Tour: The SPAM® Museum, free for members, \$10 non-members
4/1	9 am	Top 10s of 2021 with Doug Stowell
4/8	9 am	Learning a New Language with Roha Kaira
4/9	1 pm	Leonardo's Knots with Caroline Cocciardi



The Theatre Circle of OSU

EXCELLENCE, TRANSFORMATION, LEADERSHIP

Do You Love Theatre? So Do We!

OLLI was proud to host OSU Theatre Department Head David Kersnar as a guest speaker in the *Voices from OSU* course this spring. David extends an invitation and warm welcome to everyone who wants to become a theatre booster. The Theatre Circle of OSU is your ticket to supporting productions both online and in person. It's free to join, fun to participate and will promote everything you love about live theatre, both online and in person. The Circle meets quarterly, and the next meeting is Monday, March 29, at 2:00 pm. Join the meeting at this [Zoom link](#). You can find more information as well as a membership form [here](#).

Theatre Lives! Watch for Free.

Let's watch *Romeo and Juliet* at the Globe Theatre in London. Or how about *My Beautiful Laundrette* from the Curve in Leicester, UK? If you don't feel like armchair travelling so far from home, you can find plays at the Lincoln Center, in Chicago or on PBS! Here is a [list](#) of plays and musicals recorded live that you can stream for free. Find more lists by searching for "live theatre free online."

Can You Hear Me Now?

From [AmericanTheater.org](#) we found this interesting article: *Four Podcasts That Make a Play for Your Ears*, which can be found [here](#).

Playwriting DIY

So...have you ever thought of writing your own play? Here's some [advice](#) from writer and storyteller E.M. Welsh on *How to Write a 10-Minute Play*.

Did You See...

...*War Horse*? Here's a [link](#) to the stage production. The main character was, you guessed it, a war horse. Basil Jones and Adrian Kohler of Handspring Puppet Company tell how they made the astonishingly life-like Joey, the war horse, [come alive](#).



Brainstorm

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OLLI at California State University - Chico invites you watch a recorded [lecture](#), ***Maintaining Optimum Brain Health & Fitness***. The most important resource to maintaining excellent quality-of-life is the health and fitness of our brains. Following an introduction to brain structure and function, Dr. Len Matheson will present one of the five key ingredients to brain health and fitness based on the latest scientific research. Each of his five sessions will include easy-to-implement recommendations to optimize residual cognitive function and emotional resilience. Older adults who are intentional about brain health and fitness will be empowered by the information provided in this course. Dr. Matheson is a psychologist with graduate degrees in gerontology. For 50 years, he has been helping people put their lives back together after a brain injury or illness. He retired as an award-winning medical school professor who uses multimedia to help make potentially difficult material understandable.

A Neuroscientist on Love & Learning

From the *On Being* podcast website: "Neuroscientist Richard Davidson is one of the central people who's helped us begin to see inside our brains. His work has illuminated the rich interplay between things we saw as separate not that long ago: body, mind, spirit, emotion, behavior and genetics. Richard is applying what he's learning about imparting qualities of character — like kindness and practical love — in lives and in classrooms. Listen to Krista Tippett's interview with Richard [here](#)."

How Does Your Brain Work?

Click [here](#) for an extensive playlist of TED Talks on this subject.

Are You My Brain Double? Join Robert Krulwich and Jad Abumrad of *RadioLab* for a look at what happens in the brain when two people "click". Listen [here](#).



SPAM[®] Museum

[REGISTER HERE](#)

Introduced in 1937, SPAM has sold more than 8 billion cans to date and is available in 43 countries. Love it or hate it, you have to admit: SPAM is part of who we are. Find out more about this ubiquitous processed food on **Monday, March 29, at 3 pm** when OLLI goes on a live Zoom tour of the SPAM Museum in Austin, MN. The tour will be led by a SPAMBassador, and is free for all, whether you're a member of OLLI or not. Registration is required.

Eight billion! It's absolutely mindboggling, isn't it? As a side note, if you were hoping this was a museum dedicated to unwanted email, you'll be sorely disappointed. But the question remains, how did the dreaded and unwanted email come to be called by the name of this beloved meat product?

Business Insider offers a [theory](#), and it has something to do with the SPAM equivalent of humor: *Monty Python's Flying Circus*.

Additionally, while we strongly discourage you from responding in any way to spam email, and you should definitely **not** open any attachments or click on any links therein, have you ever wondered what might happen if you did? Aside from getting scammed, that is. Comedian and writer James Veitch tried it! He answered a spam email just to see where it would lead. [This](#) is worth 10 minutes of your attention.