



The OLLI UPdate

OSHER LIFELONG LEARNING INSTITUTE

OKLAHOMA STATE UNIVERSITY



SEPTEMBER 10, 2020

Dear Friends,

On Tuesday, September 15 at 2pm, I'll kick off our fall session Coffee Talks - a time for us to gather informally and chat, test drive Zoom, and see each other before classes begin. During the fall session, I or some of the other OLLI staffers will host additional Coffee Talk sessions. We like these opportunities to see your smiles, hear what you've been reading, watching and doing and just fellowship with each other. I hope that you will plan to join us. These do not require registration and the link to join is [here](#). It will also be in each newsletter the week before the upcoming Coffee Talk.

As we round the corner from summer into fall, I look forward to rejoining you in class. In the next few weeks we will finalize the last odd administration bits before we step into our Zoom classrooms. As in the summer, each Zoom room will have a room monitor, who will be an OLLI staffer. They will be there to admit you to your room, take roll and help both you and the instructor so that the class will go smoothly. Be sure and ask them for assistance if you need it.

This newsletter is full of interesting, useful and fun bits. I hope you enjoy it and if you do, feel free to send it on to someone who might also.

See you in class,
Robbin



OLLI OFFICE * 405.744.5868 * OLLI@OKSTATE.EDU



"What Kind of Times Are These?"

POETRY OF WITNESS

Wednesdays, 1pm-2:30pm, Shanley Wells-Rau, instructor

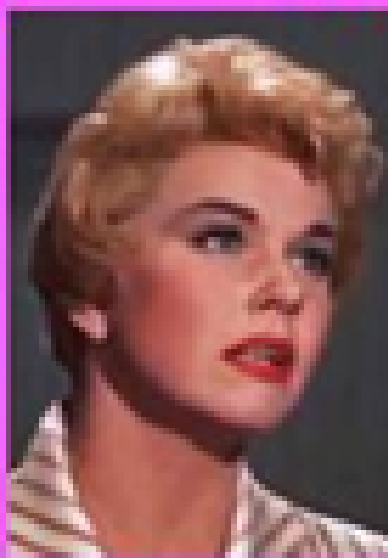
At the end of the 1930s, the exiled German poet Bertolt Brecht wrote: "What times are these, in which / A conversation about trees is almost a crime / For in doing so we maintain our silence about so much wrongdoing!"

In 1961 from behind the Iron Curtain, poet Anna Akhmatova wrote: "I stand as a witness to the common lot, / survivor of that time, that place."

In a 1991 poem titled "What Kind of Times Are These," American Adrienne Rich wrote: "...this isn't a Russian poem, this is not somewhere else but here, / our country moving closer to its own truth and dread ..."

Today, as we experience extraordinary and confusing times of our own, let's explore together how writers, especially poets, make sense of events around them. We'll see what we can learn from them about navigating a pandemic, civil unrest and a presidential election. We'll read the poet Carolyn Forché's memoir of her experiences as an unlikely witness to the unrest in 1980s El Salvador. We'll discuss how Claudia Rankine uses different forms of text and media to paint a portrait of race relations in America set against her own experiences of everyday racism. Finally, we'll read work by Layli Long Soldier, a citizen of the Oglala Lakota Nation, responding to the 2009 Congressional Resolution of Apology to Native Americans.

Your instructor will be Shanley Wells-Rau, who spent 20 years as a writer/editor in the corporate world before starting graduate work at Oklahoma State University. She completed her MFA in Poetry in 2018. Her poetry has been published in *The Maine Review*, *Bluestem Magazine* and *Poetry Quarterly*, among others. She teaches part-time at OSU and lives on a hill outside Ponca City with her husband and dog.



The Movies of Doris Day

GIRL NEXT DOOR

Mondays, 11am-12:30pm, Vickie Sturgeon instructor

Adored and revered by her fans as the quintessential entertainer, Doris Day had the voice, the great acting ability and the vivacious personality to pull off a career that continues to delight audiences as much today as it ever has. Equally successful in comedy, musicals and suspense, she ruled the box-office for years running. Join Vickie Sturgeon for a look at some of Doris Day's best work. Participants are responsible for watching the movies on their own on Netflix, Amazon Prime, Redbox, YouTube, Peacock TV or Vudu.

9/21 Romance on the High Seas

Rent on Amazon \$2.99 or YouTube \$3.99

9/28 Calamity Jane

Rent on Amazon or YouTube \$2.99

10/5 Love Me or Leave Me

Rent on Amazon \$1.99

10/12 The Man Who Knew Too Much

Rent on Amazon, YouTube or RedBox for \$3.99

10/19 The Pajama Game

Not available for rent. Available for purchase on Amazon or YouTube for \$9.99

10/26 Pillow Talk

Rent on Amazon, YouTube, RedBox Online or Vudu for \$3.99 or view for free on PeacockTV online.

I like joy; I want to be joyous; I want to have fun on the set; I want to wear beautiful clothes and look pretty. I want to smile, and I want to make people laugh. And that's all I want. I like it. I like being happy. I want to make others happy.
Doris Day



One Liners

FREE CONCERTS, COFFEE TALK & PIGEONS

House Party, the concert series, is now **free** for OLLI members and \$10 for non-members. Concerts will be on Thursdays, 5:30-7:00 pm. Dates and performers will be announced in the next newsletter. Registration is required.

Coffee Talk is back! Stop by this special Zoom chat room to socialize, practice your Zoom skills or give Zoom a test run before classes start. An OLLI staff member will be there to answer your questions. Join us on Tues., Sept. 15 at 2:00 pm. Here is a Zoom link to [Coffee Talk](#).

Marty Heitz will be the facilitator for **TED Circles** on Mondays from 5:30-7:00 pm beginning on Sept. 21. Marty's popular Stillwater courses have included a wide range of topics including mindfulness, tai chi, philosophy, Daoism, Buddhism, and the evolution of consciousness.

Why is there a pigeon on this page? Pigeons are often disparaged and regarded as rats with wings--harsh criticism from the species that created the deep fried Twinkie. Before you cast aspersions, know your [pigeon facts](#):

- Pigeons can return to their nests from 1300 miles away with no visual, olfactory or magnetic clues.
- Pigeons saved thousands of lives during World Wars I and II.
- Pigeons categorize color, texture and appearance and can distinguish different artists and genres. They can also distinguish strings of letters and word patterns.

So when you ask why there is a photo of a pigeon on this page, the answer is simple. It's a funny photo, and we wanted to make you smile.



Paying It Forward

WHY VOLUNTEERS ARE HEALTHIER & HAPPIER

Positive feelings known as a helper's high are a well-documented reward of volunteering. Researchers have attempted to quantify this and other anecdotal evidence of health benefits that seem to result from volunteering. A 2007 [research review](#) clarifies what many of us have experienced ourselves. As it turns out, not only does the person who volunteers enjoy important health outcomes, their community is a recipient of better quality of life as well. Volunteering:

- Decreases your risk of depression
- Gives you a sense of purpose and teaches valuable skills
- Helps you stay physically and mentally active
- Helps counteract stress, anger and anxiety
- Helps you live longer
- Helps you meet new people and develop relationships

In short, helping others helps you! How does it do this? By being fun and fulfilling, but the secret sauce is that you have to find the right fit. You may wonder how you can volunteer under pandemic conditions. The good news is that there are things you can do from the safety of your home and elsewhere under the right circumstances. Here's a [website](#) that will prompt you to think about your options and help you get started. Over the coming weeks, we'll be highlighting volunteers and safe volunteer opportunities within the OLLI community. If you would like more information, give Robbin a call at the OLLI office to talk about it. We love hearing from you!



Getting Your Just Desserts

ZOOM LINKS

By this time, we hope you're looking forward to the delicious goodness of learning for the pure joy of it. Digging into an OLLI course is like indulging in your favorite dessert. There's nothing as sweet as that first bite of [cheesecake](#) or pie or strudel. Whatever your first choice might be at the OLLI dessert buffet, you're going to need to save your fork. In this case, think of your Zoom link as your fork.

When you register for an OLLI course or lecture, you'll receive a confirmation email that contains a Zoom link. Save your link! You wouldn't get a clean fork for every bite of cheesecake, and you don't need a fresh zoom link every time you want to enjoy your class, either.

Of course, every course has its own unique zoom link, so you'll get a different fork (link) for each class, but that's all you need for that particular course for the entire duration of the course. And treat your Zoom link like you would a fork: Don't share it; don't use it once and throw it away; and keep it in the silverware drawer with the rest of the forks when you aren't using it.

The silverware drawer, in this case, is a document where you can keep all your zoom links handy. When you receive your confirmation email containing the Zoom link, copy the link, paste it into a document and then save the document to your device. If you have more than one link, you can paste all of them into the same document. Be sure to label which class goes with each link. Then on class days, just open that document and click on the appropriate link to open your Zoom classroom. Sweet!



LINKS

STAY CONNECTED

This page is a quick reference to important links from previous issues of OLLI Updates.

- [Cowboys Coming Back: Plan at a Glance](#) OSU's phased re-opening plan during the Covid-19 pandemic. OLLI is under obligation to do everything we can to protect our members, who typically are in higher risk categories. We'll continue to hold courses on Zoom through the fall semester. A decision regarding courses for spring 2021 will be made closer to the end of the year.
- [Fall 2020 OLLI @ OSU Course Catalog](#) Scroll to the bottom of the page and look for it under "Quick Links." Online registration opens on August 31, and classes begin on September 21.
- [OLLI@OSU Home Page](#) Scroll down to the bottom for Quick Links.
- [Join or Renew a Membership](#) Memberships begin on July 1 and expire on June 30 of the following year.
- [Volunteer Form](#) Become an instructor, moderator, facilitator or helper for the spring 2021 term, which begins in February.
- [Zoom Guide for OLLI Members](#) A tip guide to get you started on Zoom.
- [Zoom's "Getting Started" Page](#) A quick-start guide for new users.
- [Zoom's "Start a Meeting" Test](#) Test your microphone and camera in a simulated meeting.
- [Zoom Profile Page](#) Opens your profile page to edit settings (after it asks you to log in).
- [TED Circles](#) How they work.