



Osher
 Lifelong Learning
 Institute at UAH
ONLINE



**\$20 Tuition
 plus \$15/\$20
 per Course**

Never Stop Learning with **OLLI!**

This summer OLLI at UAH offers you new ways to rediscover the joy of learning while staying safe – **OLLI Online LIVE**. Take a wide variety of courses from the comfort of your own home in this virtual format with fellow OLLI friends and any other family and friends who can now participate from anywhere in the world!

**OLLI Membership
 is required.**

REGISTER AT:
**[Osher.uah.edu/OLLIRegistration](https://osher.uah.edu/OLLIRegistration) or
 256.824.6010, M – F, 9:00 am – noon (CST)**



MEMBERSHIP AND COURSE REGISTRATION

Join OLLI *Today!*

Membership Options

\$25 for 12 months or / \$50 for 24 months

Fees

OLLI Online LIVE tuition is \$20 plus:

\$15 for each 4-session course

\$20 for each 5-session course

During this time of social distancing, OLLI at UAH membership offers many resources and benefits online. OLLI “rolling” memberships are valid for 12 months beginning the month your membership is processed.

Online Membership Benefits:

- Register for online courses taught by excellent instructors through the user friendly Zoom video conferencing software.
- Discover new online resources such as online tours of museums, gardens, parks, the Metropolitan Opera and more through the Weekly eNews.
- Meet new friends while catching up with the OLLI at UAH Program Manager and Coordinator during weekly virtual coffee chats on Thursdays at 3:00 pm in between terms.
- Receive weekly OLLI eNews and monthly issues of The OLLI Insider electronically *except for the months of June and July*.
- Volunteer to teach, coordinate a course, or serve on a committee.
- And much more!

TWO EASY WAYS TO REGISTER:

Select one or more courses.
REGISTER EARLY! Spaces are limited and on a first-come basis.

ONLINE at Osher.uah.edu/OLLIRegistration

PHONE 256.824.6010. Credit card info is required. 9:00 am – noon (CST), Mon – Fri

ALPHABETICAL COURSE LIST

- C61M2021 Artful Connections \$15
- C64M2019 Basic Spanish for Travelers..... \$15
- C68M2014 Basking in Biotech..... \$15
- C70M2018 Blue Zones \$20
- C71M2026 Discovering Alabama's
Four National Forests \$20
- C70M2024 Gentle, Mindful Yoga \$20
- C66M2025 Growing and Maintaining
Healthy Trees in Your Yard \$15
- C62M2020 How to Become a Social
Media Ninja..... \$15
- C68M2012 Human Anatomy, Physiology
and Pathology..... \$15
- C68M2022 Introduction to the Wonders
of Weather \$15
- C73M2023 Killing Me Softly..... \$15
- C67M2027 Lost City of the Incas \$15
- C67M2016 Military Blunders \$20
- C62M2017 Smart Devices \$15
- C67M2013 The Vietnam War \$20
- C67M2015 The War to End All Wars \$15

Please note:

- OLLI Summer Online tuition will automatically be added to the cart the first time you register online.
- When selecting courses: \$15 will be added to the cart per 4 session course or \$20 will be added to the cart per 5 session course
- You are able to add courses online by logging into your client portal.
- You will be notified at least four working days in advance if a course is canceled due to low enrollment.
- OLLI at UAH is not responsible for any damage or personal injury sustained when a member is participating in any OLLI sponsored activities.
- Membership implies permission to use your photo for OLLI publicity. If you do not want your photo used, please notify the instructor/photographer in advance.

Workshops

The War to End All Wars

It has now been over 100 years since the end of World War I, yet we still live with the consequences of that conflict. Proclaimed as "The War to End All Wars," the war and its aftermath proved to be anything but that. It was more like the "Peace to End All Peace". Discuss and discover the details on how the "Great War" led to an even greater war and how many of the geo-political divisions in the world today stem from that time.

8/3 – 8/6 | Mon – Thurs | 9:00 – 10:30 am (4 sessions)
Tennent Lee and John Mason | \$15

Smart Devices at Home and on the Go

Alexa who? Siri who? Find out about the latest home and on the go smart devices and how they can make your life easier and more productive. Join this informative and interactive course to discover how smart devices work and their implementation in everyday life. It seems like everything you own can connect to the internet these days, from fitness trackers, light bulbs, and TV's to even refrigerators. This is all possible thanks to smart devices.

7/13 – 7/16 | Mon – Thurs | 12:30 – 2:00 pm (4 sessions)
Ray Leftridge | \$15

How to Become a Social Media Ninja

Dive into the most popular and culturally impactful social media platforms of today such as Facebook, Instagram, and Twitter. Explore in detail not only how the various social media platforms work, but the history behind them, their cultural impact, notable careers launched from them, potential dangers, and how to utilize them for business/personal advantage. You can use your smartphone, tablet, or computer and learn how to download apps and create an account. If you don't know where to start, or struggle with the applications, this course is for you!

7/28 – 7/31 | Tues – Fri | 12:30 – 2:00 pm (4 sessions)
Jay Johnson | \$15



Monday



Human Anatomy, Physiology and Pathology

Have you ever thought about how complex the human body is? As a foundation, spend approximately half of each class learning basic human anatomy and physiology through DVD lectures. Then delve into some of the diseases or pathology that can occur in these systems through instructor led discussions. Examples will be illustrated by learning what a pathologist does via interactive lectures. Please note, this course will include pictures of tissue specimens.

7/6 – 7/27 | Mon | 8:30 – 10:00 am (4 sessions)
Lian Bonds | \$15

The Vietnam War, Then and Now

Look into the early years of the Vietnam War with emphasis on three major battles that marked turning points in the war. The first battle of significance was AP BAC in 1963. The second campaign was the Ia Drang Battle using the 7th Cavalry, 1st Cavalry Division, Airmobile, 1965. The third campaign was the TET Offensive, January through August of 1968. Learn and discover the consequences of this war in the United States and in Vietnam through the instructor's experience in 2019.

7/6 – 8/3 | Mon | 10:30 – 11:30 am (5 sessions)
Cliff Lanham | \$20

Basking in Biotech

Revel in the advancements being made in the field of genomics and biotechnology, both right here in Huntsville and beyond with the HudsonAlpha Institute for Biotechnology. Explore the content, research in the fields of agriculture and human health as well as applications making a difference in the world today and shaping the world of tomorrow.

6/22, 6/29, 7/13, 7/20 | Mon | 3:00 – 4:30 pm (4 sessions)
Jennifer Carden | \$15

Tuesday



Military Blunders

Winston Churchill once said "War is mostly a catalog of blunders." Study some of the most egregious blunders in human military history including a Roman massacre at Arausio, a British massacre in Afghanistan (perhaps a lesson still not learned!), and further examples from our Civil War, World War I, and World War II. War may be an extension of politics by other means, but that doesn't mean that politicians, and in many cases, the generals they appoint, are capable of fighting them. Come find out why.

6/30 – 7/28 | Tues | 8:30 – 10:00 am (5 sessions)
John Mason | \$20

Blue Zones: Improving Quality and Longevity

Scientists have discovered pockets of the world with fewer diseases like Alzheimer's and cancer and where people live longer than anyone else in the world. Yet, they don't take pills for it, and they don't live like we do here in the U.S. Learn from a nurse how to change your life and health by understanding the lifestyle of those in "The Blue Zones". Live healthier and happier!

6/23 – 7/21 | Tues | 10:30 am – noon (5 sessions)
Jennifer Ellinger | \$20

Basic Spanish for Travelers

Learn grammar and sentence structure to build your vocabulary in the 2nd most spoken language in the world! Emphasis will be placed on the language needs of travelers by learning commonly used expressions and phrases, improving pronunciation, asking for directions, and more! Some prior knowledge of Spanish is recommended.

7/14 – 8/4 | Tues | 1:00 – 2:30 pm (4 sessions)
Dr. Tim Miller | \$15

Wednesday

Artful Connections with the Smithsonian

Join this live series directly from the Smithsonian's Artful Connection. Examine America through the eyes of diverse artists in four discussion-based sessions, each focused on a separate era in American life, reflecting the cultural, social, and political climate during the time in which they work. Explore the question, "What does art reveal about America?" as you examine better- and lesser-known aspects of American history to reframe your perspective including Colonial, Civil War and World War II periods of time, Civil Rights movements and more!

7/8 – 7/29 | Wed | 9:30 – 11:00 am (4 sessions)
Smithsonian American Art Museum | \$15

Discovering Alabama's Four National Forests

Alabama's four National Forests cover 667,000 acres (1,042 square miles). This course will introduce members broadly to the origin and history of the US National Forest System, its extent, and some of the associated growing pains. Managers and administrators of Alabama-based USFS will attend classroom sessions to tell the tale, hit the highlights, and offer insight and photos/videos of the four forests. An optional field-trip to either the Bankhead or Talladega National Forests will be offered to members.

7/8 – 8/5 | Wed | 1:00 – 2:30 pm (5 Sessions)
Dr. Steve Jones | \$20

Introduction to the Wonders of Weather

Have you ever wondered why the meteorologists on TV seem to always get it wrong? Do you want to have the same knowledge of the weather and atmosphere as James Spann? Discover the intricate world of Earth's atmosphere. Focus on the structure and composition of the atmosphere, how different weather phenomena occur, and even start to learn the process of making your own winter weather forecast!

7/15 – 8/5 | Wed | 3:00 – 4:30 pm (4 sessions)
Caitie Carr | \$15

Questions?

OLLI.info@uah.edu | 256.824.6183

Thursday

Killing Me Softly with His Song: Don McLean, an American Troubadour

In 1971, Lori Lieberman wrote the lyrics with Norman Gimbel, and Charles Fox wrote the music. Ms. Lieberman was inspired by a performance of Don McLean in late 1971. American Pie, McLean's most famous song, is familiar to most people, but some of his lesser known compositions are timeless. Discover more of McLean's ballads, rejoice in the melodies by investigating the lyrics and back stories, and consider his place in history.

6/25 – 7/16 | Thurs | 10:30 am – noon (4 sessions)
Nancy Darnall | \$15

Gentle, Mindful Yoga

Focus on using yoga practices to reduce stress and promote immunity in the body. Postures and gentle movements focused on opening the chest and activating the lymphatic system will be used to release congestion, reduce stress hormones, and support positive nervous system responses. Please wear comfortable clothing and plan a place to practice where you can see and hear the Zoom meeting. Recommended equipment is a yoga mat (or comfortable floor space), strap (you could use a belt from robe or coat), 1-2 firm throw blankets or bath towels, and a sturdy chair that is open (no arms) such as a folding chair.

7/9 – 8/6 | Thurs | 3:00 – 4:00 pm (5 sessions)
Pam Tejes | \$20

Courses listed in this guide are offered in the spirit of academic freedom. The Osher Lifelong Learning Institute and The University of Alabama in Huntsville do not endorse any creed, concept, service, or product that might be presented by the instructors.

Questions?

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Friday



Lost City of the Incas: The Story of Machu Picchu

Discovered more than 100 years ago by Hiram Bingham III, Machu Picchu remained as a hidden city in the Andes Mountains during the Spanish conquest period and many wondered how the Spaniards missed it. Explore the history, discovery, and architecture of one of the seven wonders of the world located in Peru. Also, learn how the city is being maintained today and how to visit this breathtaking historic masterpiece.

7/10 – 7/31 | Fri | 8:30 am – 10:00 am (4 Sessions)
Ale Pacheco | \$15

Growing and Maintaining Healthy Trees in Your Yard

Trees growing in our yards and communities provide us with many important benefits. Learn some basic concepts of tree physiology, tree selection, planting, and care to help ensure that your trees are safe, attractive, and long-lived. Gain an understanding of some general principles of proper pruning and how to protect trees from stresses. The instructor will discuss some interesting facts and misconceptions about trees and tree care.

7/10 – 7/31 | Fri | 10:30 – 11:30 am (4 sessions)
Chris Stuhlinger | \$15

OLLI INSTRUCTORS

Lian Bonds is a retired pathologist, having worked in the medical field for almost 20 years. Having recently discovered OLLI, and inspired by the enthusiasm the students have for learning, she decided to dust off the cobwebs and share some of her knowledge in this area.

Caitie Carr has a BS in earth systems science with a concentration in atmospheric science from The University of Alabama in Huntsville. She is currently a geospatial analyst at Optimal GEO which specializes in executing a full range of geospatial services including Photogrammetric Mapping, Orthoimage, Lidar, GIS, and GEOINT.

Jennifer Carden is a member of HudsonAlpha's outstanding educational outreach team. With her background in education and molecular biology, Jennifer has played an important role in the institute's efforts to inspire and cultivate tomorrow's scientists in Huntsville and across the state.

Nancy Darnall has a BS and an MBA. She has been an OLLI member for over six years, former BOD member, and an instructor for four years. She enjoys researching various topics for OLLI classes.

Jennifer Ellinger, RN, is a graduate of UAH with a BS in Nursing. She has worked as an RN in both hospital ICU and office settings, giving her a unique perspective on health and disease prevention. The recipient of the 2018 National MS Society's 2018 Volunteer of the Year, she passionately lives on a quest to find joy in every situation she experiences--even when faced with her own health challenges.

Jay Johnson is an admissions counselor and social media coordinator at the UAH Office of Undergraduate Admissions. He is a UAH alumnus and holds a bachelor's degree in marketing as well as a master's degree in professional communications. He has served in many social media roles with the UAH Chapter of the Alpha Tau Omega Fraternity, Battle of the Buffalo, and maintains a personal social media following of over forty-three thousand users.

Dr. Steve Jones is a forester (BS, 1973, PhD 1987), author, retired educator (former president of four universities), and Earth steward dedicating his life to leaving this world a better place. His approach to OLLI education is passion-fueled, purpose-driven, and nature-driven.

Clifford Lanham has a BS from Jacksonville State University and an MBA from Florida Institute of Technology. His experience spans 28 years in the US Army, owning his own business, and teaching chemistry and physics in the Virginia Beach Public School System.

Tennent Lee is retired after practicing law in Huntsville for 43 years. He holds B.S. and J.D. degrees from the University of Alabama. Since his retirement Tennent has become an avowed "history junkie," especially military and political history.

Ray Leftridge is a computer technology teacher at Oakwood Adventist Academy and enjoys sharing technology skills with the OLLI community. His teaching background is in Google and Microsoft applications, mobile devices and computer literacy.

John Mason was, for most of his adult life, a contracting specialist with the US Government. Now happily retired, he spends his time in Huntsville, Alabama studying the American Civil War, particularly as it relates to the state of Alabama. An author, he has written *Heroes Afloat*, and is working on other manuscripts.

Dr. Tim Miller was a NASA atmospheric researcher for 30 years before retiring a few years ago. As a NASA scientist, he taught atmospheric science courses at UAH. Tim has studied French, Italian, and German, but is most proficient in Spanish. He often sings in one or more of those languages, as well as in Latin, with the Huntsville Master Chorale.

Ale Pacheco is a proud UAH alumna (BSBA - Human Resource Management and MBA). She is originally from Lima, Peru and came to UAH 11 years ago. She is the OLLI Program Manager and has previously worked in the UAH Housing Department and Office of Admissions. One of her favorite things to do is travel. She and her husband love visiting new countries and cities around the world.

The Smithsonian American Art Museum has long offered interactive distance learning. Since 2000, the Museum has connected with learners of all ages, focusing especially on lifelong learning sites during summers since 2013.

Chris Stuhlinger is a recently retired forester and ISA Certified Arborist. His work experience over almost 40 years included forest management, research, extension, and urban forestry/arboriculture. Chris was employed as a research assistant/associate in Louisiana (LSU), a county/urban forester in Maryland, and as University Forester in University of Arkansas. He currently assists with tree-related activities at the Huntsville Botanical Garden.

Pam Tejes is a certified yoga teacher with over 200 hours of training compliant with Yoga Alliance guidelines. She is a graduate of Loyola University with a BS in biology, is certified in CPR/AED/First Aid, and is experienced in teaching yoga for all ages.

A GUIDE TO LEARNING WITH ZOOM



Guide to Learning with Zoom

Zoom is a centrally supported video conferencing platform that provides high definition, interactive collaboration tools for communication. To access Zoom you will need a laptop or desktop (Windows or Mac), tablet, or smartphone (iPhone or Android). The following equipment will enhance your experience:

- **Web camera:** A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you don't have access to a web camera, you will still be able to see the instructor.
- **Microphone:** This will let you be heard during the class. You don't need fancy equipment; it can be headphones with a mic incorporated that you use with your smartphone.
- **Charger:** Charging your device during class will ensure that you do not have an unexpected power outage interrupting your learning.

Once you register for a course, OLLI at UAH will send registered members a link for the Zoom meeting. A Zoom account isn't required to attend our course sessions.

- If you haven't used Zoom before, allow about 15 minutes for setup before first use.
- Using a **laptop** or **desktop**: Download the free and secure Zoom program to computer.
- Using a **tablet** or **smartphone**: Download the free and secure Zoom application from the app store.

Your Safety Comes First!

The CPS staff is aware of the reports happening around the U.S. on "Zoombombers" who disrupt Zoom meetings and privacy concerns. We ask that you please do not share course links with individuals not registered for the course. UAH has various safety measures to ensure unexpected guests do not attend Zoom meetings.

If you have any questions about these security measures contact us at OLLI.info@uah.edu. Your privacy and safety are always our number one priority.

ZOOM MEETING TESTS AVAILABLE

Do you want to make sure you are all set with Zoom prior to class? We recommend members joining us at one of our Test Zoom Meetings on the following dates:

**Thursday, June 11
at 10:00 am**

**Monday, June 15
at 3:00 pm**

**Monday, June 22
at 2:00 pm**

**Monday, June 29
at 10:00 am**

**Monday, July 6
at 1:00 pm**

**Monday, July 13
at 11:30 am**

*Sign up for a test session at Osher.uah.edu/OnlineZoomTest
You will receive the Zoom invitation one day prior.*

SCHEDULE AT A GLANCE

JUNE	Monday	Tuesday	Wednesday	Thursday	Friday
	22	23	24	25	26
8:30 - 10:00 am	Basking in Biotech				
10:30 am - noon		Blue Zones		Don McLean	
1:00 - 2:30 pm					
3:00-4:30 pm					
JUNE/JULY	Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	1	2	3
8:30 - 10:00 am	Basking in Biotech	Military Blunders			No classes- UAH Closed
10:30 am - noon		Blue Zones		Don McLean	
1:00 - 2:30 pm					
3:00-4:30 pm					
JULY	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
8:30-10:00 am	Human Anatomy	Military Blunders	Artful Connections (9:30 - 11 am)		Lost City of the Incas
10:30 am-noon	The Vietnam War (10:30 - 11:30 am)	Blue Zones		Don McLean	Growing Trees (10:30 - 11:30 am)
1:00-2:30 pm			Alabama's Four National Forests		
3:00-4:30 pm				Yoga (3 - 4 pm)	
JULY	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
8:30-10:00 am	Human Anatomy	Military Blunders	Artful Connections (9:30 - 11 am)		Lost City of the Incas
10:30 am-noon	The Vietnam War (10:30 - 11:30 am)	Blue Zones		Don McLean	Growing Trees (10:30 - 11:30 am)
1:00-2:30 pm	Smart Devices (12:30 - 2 pm)	Smart Devices (12:30 - 2 pm)	Smart Devices (12:30 - 2 pm)	Smart Devices (12:30 - 2 pm)	
		Basic Spanish for Travelers	Alabama's Four National Forests		
3:00-4:30 pm	Basking in Biotech		Wonders of Weather	Yoga (3 - 4 pm)	

SCHEDULE AT A GLANCE

JULY	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
8:30-10:00 am	Human Anatomy	Military Blunders	Artful Connections (9:30 - 11 am)		Lost City of the Incas
10:30 am-noon	The Vietnam War (10:30 - 11:30 am)	Blue Zones			Growing Trees (10:30 - 11:30 am)
1:00-2:30 pm		Basic Spanish for Travelers	Alabama's Four National Forests		
3:00-4:30 pm	Basking in Biotech		Wonders of Weather		Yoga (3-4 pm)

JULY	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
8:30-10:00 am	Human Anatomy	Military Blunders	Artful Connections (9:30 - 11 am)		Lost City of the Incas
10:30 am-noon	The Vietnam War (10:30 - 11:30 am)				Growing Trees (10:30 - 11:30 am)
1:00-2:30 pm		Social Media (12:30 - 2 pm)	Social Media (12:30 - 2 pm)	Social Media (12:30 - 2 pm)	Social Media (12:30 - 2 pm)
		Basic Spanish for Travelers	Alabama's Four National Forests		
3:00-4:30 pm				Wonders of Weather	Yoga (3 - 4 pm)

AUGUST	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
8:30-10:00 am	War to End All Wars (9 - 10:30 am)	War to End All Wars (9 - 10:30 am)	War to End All Wars (9 - 10:30 am)	War to End All Wars (9 - 10:30 am)	
10:30 am-noon	The Vietnam War (10:30 - 11:30 am)				
1:00-2:30 pm		Basic Spanish for Travelers	Alabama's Four National Forests		
3:00-4:30 pm			Wonders of Weather	Yoga (3 - 4 pm)	