



OLLI News

Osher Lifelong Learning Institute
at George Mason University



Summer 2005, Issue 4

www.lli.gmu.edu

July 11, 2005

Carol Ferrara to Leave OLLI

By Charles Duggan, President

Carol Ferrara, Program Coordinator, informed us in late June that she will be leaving OLLI at the end of August 2005.

Carol was our first employee and has been with OLLI since shortly after its formation. She has held various positions and has been in her current role for more than six years. In that time, she has played the pivotal role in developing and expanding our program to the point where OLLI is recognized as one of the finest lifelong learning institutes in the nation. Her contribution will be missed and our challenge will be to continue to maintain the high standard that she has set.

Carol chose August 31 to assure that everything will be scheduled and in place for our fall 2005 term.

Executive Director Search

By Charles Duggan, President

Immediately upon hearing that the Osher Foundation awarded OLLI a second year grant for the purpose of funding an executive director, the Board of Directors formed an Ad Hoc Executive Director Search Committee to lead our efforts in recruiting a suitable candidate. The committee has met and outlined the basic job description for the position. We have also asked the office of Provost Peter Stearns to assist in the search and to

designate the individual as a university employee (at OLLI expense). Advertising for the position will commence shortly, and we are hopeful that the position can be filled before the beginning of the fall term.

Potomac Music Academy

By Gordon Canyock, Acting Editor

GMU's Center for the Arts has been busy for the past three summers hosting the Potomac Music Academy.

This year from June 6 until August 13, the Academy is sponsoring a series of music seminars, workshops, and symposiums for several hundred elementary through high school, undergraduate and graduate students and private music teachers, primarily from the D.C. area. Programs are offered in piano pedagogy, string chamber and woodwind ensembles, and choral conducting. There are also two honor band programs, one for 8th graders and another for grades 9-12.

There are two final concerts open to the public. The honor bands will perform on August 2 at 7:30 PM and will be followed by a post-performance reception. The woodwind ensemble will perform on August 5 at 8:00 PM. Both events are in the Harris Theater, and OLLI members are invited to see the Academy in action. For more information, visit the Academy's website at www.gmu.edu/departments/music/potomac.html or call the program coordinator, JoLynn Bailey-Page at 703-993-4749.

Discover the Riches of OLLI's Website

By Rod Zumbro, OLLI News Staff Writer

When was the last time you visited OLLI's Website at www.olligmu.edu? Did you know that on the *What's New* page, you can find all the latest news about OLLI ... and a link to the "OLLI Story" movie that you can watch on your computer? As the former Webmaster, I'd like to tell you about our Website.

The OLLI Website contains everything you always wanted to know about our wonderful institute. In the gold banner on each page you'll find links to the site's major parts, such as: *Organization*, where you can find out the names of—and how to contact—your board of directors, officers, committee chairs and administrative staff; *Volunteer*, to learn how to volunteer at OLLI; *Useful Links*, to discover interesting links and practical Internet tips; and *Search*, to instantly search the entire site for any word or phrase.

Did you know that our Website has an online suggestion box that you can use anonymously? Just click the suggestion box on the *Contact Us* page to send us your ideas on improving OLLI.

Our newsletter, *OLLI News*, is posted on the Website during the weekend before its official print publication. You can read *OLLI News* online and get a head's up on the next week's happenings. Likewise, each new catalog is posted on the Website when it is sent to the printer ... which means you can view the catalog online and start thinking about courses for the next term a full week or so before catalogs are even put in the mail!

Stay in touch with what's happening at OLLI by visiting our *What's New* page regularly. Make that page an Internet Explorer "Favorite" and it will always be easy for you to visit.

Photo Contest

By Gordon Canyock, Acting Editor

Generations United, a DC non-profit, has announced a contest for photos taken by adults over 50 of younger and older people together that demonstrate the importance of intergenerational connections. The purpose of the contest is to capture the power and beauty of intergenerational relationships and to convey the important roles that younger and older people play in each other's lives. The Grand Prize is \$250, Second place is \$100, and Third place is \$50. Entries for the contest must be postmarked to Generations United no later than July 31, 2005. Only amateur photographs will be considered for purposes of the contest. An official contest entry form, complete rules, tips on how to win, and the winning photos of 2004 and 2003 are available by visiting www.gu.org.

Counting

By Nancy Jarvis, Tallwood Poet

Now I lay me down to sleep
Now's the time for counting sheep
Why not cows who jump over the moon
Leaping to a bovine tune?
Chickens, goats, cows or sheep
I pray for slumber soft and deep.

Board Meeting

The regularly scheduled meeting of the OLLI Board of Directors will start at 10:00 on July 15. All OLLI members are invited to attend.

Slicing Up Spam: Some Suggestions

By Rod Zumbro, OLLI News Staff Writer

All of us with email are annoyed by spam (unsolicited commercial email messages), which is not likely ever to go completely away. Surprisingly, many of us have noted a sharp reduction in the amount of spam reaching our inboxes as major players have concentrated their efforts on fighting spam. Here are suggestions on how you can minimize spam.

- **Activate your ISP's spam filter**

Almost every Internet Service Provider (including AOL, Cox, Erols, Earthlink, Verizon, Comcast, Yahoo, AT&T, MSN, Hotmail and GMU) offers a spam blocker or filter. *The most effective way to reduce spam is to activate that spam filter.* Typically, you can have suspected spam messages either automatically deleted (they'll never reach your inbox) or put into a spam/junk-mail folder that you can periodically review for possible legitimate messages.

- **Use an email program with antispam features**

Unfortunately, the default email program most of us use—Microsoft Outlook Express—does NOT have antispam capabilities. If too much spam still reaches your inbox after you activate your ISP's spam filter, you can switch to an email program that has antispam capabilities. Mozilla's Thunderbird for Windows and Mac and Apple's Mail (Mac OS X only) are free, highly rated, full-featured email programs with built-in antispam features.

- **Install a separate antispam program.**

If you don't want to stop using Outlook Express, you can install an antispam program. Some such programs are free (e.g., Polesoft's Lockspam, which eliminates most of the spam in the office where I work part time). Other programs cost only about \$40 (e.g., SafetyBar 4.0 and Qurb 3.0—both PC Magazine Editors' Choices; and Norton Antispam 2005).

- **Use your primary email address only for family and friends**

It's not necessary to do this, but using only your primary email address on the Internet exposes that address to potential spammers. It's quick and easy to obtain a free, Web-based email account with Yahoo, Hotmail, Google, etc. that you can use as a secondary email address for Internet shopping, signing up for services, filling out forms, and other online activities. An added benefit: When away from home, you can log onto your secondary account from any Internet terminal (hotel, public library, cybercafé, etc.) to send and receive emails and even retrieve mail from your primary email account. However, remember to check your mail regularly on that secondary account or the ISP will cancel it.

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Published weekly when classes are in session

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