



# OLLI News

Osher Lifelong Learning Institute  
at George Mason University



Fall 2005, Issue 2

[www.lli.gmu.edu](http://www.lli.gmu.edu)

September 26, 2005

*Excerpts from a Presidential Message,  
transmitted on Sep 18*

## **Swimming Pool Parking Lot Repair**

*By Charles Duggan, President*

We were advised this weekend that the swim club has engaged a contractor to patch the holes in their parking lot. This is good news and is long overdue.

Now, the bad news. The swim club has scheduled the work to begin on Monday, September 19, our first day of classes. We will still have access to the lot, but spaces will be severely limited. We are told that they will patch the big hole at the entrance and seven other holes elsewhere on the lot. Cones will be placed around the areas to be worked.

If you don't mind walking, parking is available on the street in the residential community across Roberts Road. I would appreciate it if as many people as possible would choose this option so as to leave the limited swim club spaces for those who find it difficult to walk long distances. Of course, if you do park across the street, please be careful crossing Roberts Road.

We are sorry for this inconvenience and assure you that we asked the swim club to address the problem before the beginning of our term. They informed us that they tried but found it difficult to find a contractor to take on this small job. Apparently, the company doing the job has another larger contract nearby and agreed to include the parking lot in their schedule. The pool management further told us that they plan to re-dig their pool next summer and will resurface the entire lot after that project is completed. Thank you for your understanding and patience.

## **Town Meeting: OLLI at a Crossroads**

*by Debbie Halverson, Membership Chair*

As our OLLI matures, members will want to offer their ideas and concerns about its present status and future direction. Mark your calendars for Friday, November 4th, 10:30 to 12:30 at Tallwood for a dynamic meeting where a panel presentation about current issues and future possibilities in many areas will be offered. Topics to be Included will be program development, facilities, long-range planning, OLLI finances, development, OLLI News, and membership recruitment. This meeting will also include ample opportunity for you to share your own ideas in small group discussions. Executive Director Dick Chobot will offer his views following his first two months in the position. More details will follow as the date approaches.

## **Bring a Friend to Class Day**

*By Elizabeth Crawford, OLLI News Staff Writer*

Every spring the nation celebrates Bring Your Child to Work Day. You may feel left out. After all, if you are no longer working, how can you bring your child to work? Besides, your child is probably busy bringing her child to work. What to do? As usual, OLLI provides an answer. Bring a friend to class. You don't have to wait until spring. At OLLI, every day is Bring a Friend to Class Day. The procedure is simple. Check in advance to be sure that there are extra seats in the class your friend would like to attend. When you bring your friend, stop in the office to pick up a nametag. The name tag is a signal to members to make your friend feel welcome. The famous OLLI hospitality, combined with a stimulating class, may well turn your friend into a new member.

## Epilogue: Carol's Farewell Party

By Pat Cosslett, Party Coordinator

First, thanks to you all who gave so generously to make Carol's farewell party the great success that it was. As we said at the party, it was not so much a farewell as a celebration of all the outstanding work that Carol has contributed to OLLI over the years.

We had approximately 100 people at the party and our thanks go to the Hospitality Committee, headed by Sandra Driesslein, for organizing the food, as well as major contributions from Jan Dewire and Eileen Duggan. Many others contributed time, effort, and expertise to add that something special to the event and, in addition, our thanks go to Jennifer and Ann in the front office for all of their hard work, including the banner and the photo collage.

There was a small surplus of funds remaining after all expenses had been met, and after gaining Board guidance, I contacted Carol and asked for her preference in this matter. She indicated that she would like the surplus money to be donated to a charity of her choice.

With Carol's retirement we have lost a valuable contributor to the day-to-day workings of OLLI, though we shall continue to see her (and tap her expertise) in her new role as member!

The entire organization owes Carol a huge debt of gratitude.

### Mark Your Calendar

**Saturday, November 5, 2005**

A select group of actors from OLLI's Reader's Theatre troupe has been asked by a Virginia playwright to perform a public reading of a play he has in development. The play, entitled "Oh, Frank," will be directed by Lynn Gramzow and will star Sandy Lisiewski and Charles Duggan, with supporting roles played by Susanne Zumbro, Eileen Duggan, John Dietz, and Gordon Canyock. This OLLI event will be open to all members. Details will be announced in future editions as they become known.

## Editor's Appeal

By Gordon Canyock, Acting Editor

The editorial staff of OLLI News and OLLI E-News is always looking for new material of likely interest to our members. We do not have a set word limit, although anything over 600 words covers an entire page and tends to lose the readership. If you would like to try your hand at writing, feel free to submit via email your article to both Rod Zumbro and me. If we decide not to use your article, we promise to explain why. We also promise to coordinate editorial changes with you. Please realize that both of us have overall limits on how much we can include each week. Sometimes I have to cut an article so that it will fit in the space available for it on a page. Moreover, if it is not time-sensitive, we may hold onto it for a subsequent issue.

For time-sensitive announcements, my deadline is now 5:00 on Wednesday for the issue distributed the following Monday. Should something arise that cannot wait another week, the deadline for OLLI E-News is Thursday at 7 pm for the issue emailed on Friday. Anything urgent that arises after that deadline will be sent by email as an OLLI Brief. Please send these urgent announcements to Rod Zumbro and to me, with a copy to Jennifer Maloney.

If you are traveling, taking a term off, or do not have access at home to the Internet, OLLI E-News is also routinely posted on the OLLI Website's What's New page (<http://www.oli.gmu.edu/whatsnew.htm>) concurrently with its email distribution each Friday and is available in most public libraries.

Finally, the staff is also looking for at least two assistant editors for *OLLI News* and *OLLI E-News*. Duties include brainstorming ideas for articles, finding writers, monitoring their progress, and editing the drafts.

### OLLI NEWS

Editor.....Gordon Canyock  
Proofreader.....Karen Hamilton

## Miss Manners Speaks...

*By Anonymous*

Do you remember the last time that you stood up in front of a group of strangers and gave a speech? No matter how many times we may have done this, most of us still experience a certain amount of apprehension and nervousness. So it is with our instructors. Many of them come to OLLI for the first time, not quite knowing what to expect from the sea of faces they encounter. They are receiving no compensation, have worked hard to put together material, and hope for an appreciative audience. For the most part, that is what they receive here and why they enjoy coming.

Occasionally, however, members sign up for a class and it turns out to be a disappointment. Either the instructor or the content is not what was expected. In those situations, it is tempting to get up and walk out. This can be unnerving and even devastating to an instructor. At the least, it is poor manners. All of us on occasion have the need to leave a class either for a bathroom break or because of a previous commitment. Leaving because you don't like the class is another matter. Common courtesy dictates that you sit through the class and then if you wish, go to the office and fill out a drop form. Who knows—if you give the course a chance, you may even like it!

*[Editor's Note: Miss Manners will be pleased to reply to letters addressed to her through the Editor in future editions of OLLI News.]*

## Feighery Exhibit

*By Marvina Munch*

Those who saw the excellent program on polar bears by Dan and Jean Feighery know they are talented photographers. Additional examples of that talent are on display in the Social Room Annex. Dan and Jean are active members of the Vienna Photographic Society and each had photos juried into this year's photographic exhibition at Meadowlark Gardens Regional Park. At that event, Dan's stunning image of a

hummingbird won a Sponsor's Choice award. The photo is featured in the Annex exhibit with a description of how the image was captured on film. Other subjects displayed include a butterfly, flowers, abstracts, either created in the camera or by nature, and, of course, polar bears.

## Center for the Arts Season

*By Jane Tombes, FCFA VP for Membership*

Many of you have attended performances at Mason's Center for the Arts over the years since the Center first opened in 1992. You have certainly received season brochures and are aware that you can buy tickets when available throughout the season. Perhaps you don't know that by subscribing, you can receive valuable price discounts, ticket exchanges and discounts on extra tickets. As subscribers, you can receive these benefits with the purchase of just four tickets in the fall or three in the spring. However, with the outstanding array of choices this season, you may very likely opt for more!

The Center's seasons always involve a marvelous variety of productions. Fall programs include stimulating drama from the Theater of the First Amendment (September 15 – October 2) and the return of old favorites such as the Virginia Opera and the Canadian Brass. Exciting new productions feature blues legend John Mayall; the Flying Karamazov Brothers; Chi, a Shanghai acrobatic troupe; and Alison Brown, an internationally acclaimed banjo artist.

One of the exciting new productions this fall is the October 1 performance of the Ballet Hispanico, a group recognized as the preeminent dance interpreter of Hispanic culture in the United States. The next evening, October 2, Chanticleer, an incredible choral group of amazing voices, returns to the Center to present "Earth Songs," with words of poets set to music. You won't want to miss these performances.

For information, call the subscriber hotline at 703-993-2787 or visit the Center's ticket office Tue – Sat between 10 and 6.

## Are You a Patron of the Arts?

By Jane Tombes, FCFA VP for Membership

The Friends of the Center of the Arts (FCFA) is an organization of arts advocates whose primary goal is to support the Center's programs through their contributions. A recent illustration is the generous gift from the FCFA to complete the purchase of the new Steinway grand piano. Membership in the Friends, which totaled more than 500 households last season, made it possible for the organization to play a major role in this acquisition for the concert hall.

An FCFA membership also provides benefits that focus primarily on enhancing members' enjoyment of the Center's events. An example is the opera brunch, a popular annual activity that coincides with a Virginia Opera performance.

A \$75 contribution will give you other basic advantages such as free coffee at the Friends-only refreshment bar and invitations to Friends-only social activities. Depending on your level of giving, you can also receive reduced-rate or free parking deck passes. Each spring Friends receive an exclusive invitation to a "sneak preview" of the next year's performances.

Several OLLI members serve on the FCFA board. Ida Portland and Jane Tombes are represented on the executive committee. Pat Carroll, Eileen Duggan, and Susanne Zumbro are on the board, along with this year's new members: Gordon Canyock, Lynn Gramzow and Joan White.

The FCFA's first major reception will be held on Sunday, October 23, after the Martin Hamlich concert with the artist in attendance. Join the Friends today and you will receive an invitation!

For more information about the FCFA, contact Jane Tombes ([atombes@cox.net](mailto:atombes@cox.net)) or Megan Thornton ([mthornto@gmu.edu](mailto:mthornto@gmu.edu)).

## Seeing Red

By Elizabeth Crawford, OLLI News Staff Writer

Some of us may be approaching a point in life where our eyes play tricks on us. We may not see things that are clear to younger people. Or it may seem as if we sometimes see things that are not there. For example, these days at OLLI we may be seeing a lot of red spots before our eyes. Are they real? Yes. In this case, seeing red is cause for rejoicing. The red spots, or dots, signal an unprecedented number of new members: Clara Angel, Sandy Burke, Jim Caputo, Homer Carhart, Dick Cheadle, Brenda Cheadle, Russ Curran, Karen Custy, Joyce Delong, Marlene Einstein, Victoria Evans, Mark Evans, Dick Farner, Phil Feld, Barbara Fink, Peggy Fink, Barry Fink, Ellie Fusaro, Ruth Ann Henline, Marilyn Herrmann, Peggy Howell, Hyalie Hurwitz, Karl Ingebritsen, Shirley Ingebritsen, Sandra Kilburn, Kay Kinzie, Karen Lacy, Suzanne Lamb, Diana Lefcowitz, Carolyn Lilienthal, Sheila Lingle, Maureen (Mo) Mason, David Mason, Carol McClure, Caroline Miller, Fred Mills, Carol Mundt, Kitty O'Hara, Jean Oliva, Barbara Ottke, Nancy Page, Suresh Patil, Judy Penniman, Jo Peters, Sylvia Robinson, Susan (Sue) Roose, Janet Rowlands, Patti Schacht, Stan Schretter, Dolores Senus, Walter Smith, Pamela Spofford, Lori Stone, Kathryn Torpey, Ilaine Upton, Jane White, Robert Wiles, Florence Wiley, Peggy Woods, Tom Worosz, Jr. Congratulations to our new members, who have made the wise decision to join OLLI. Congratulations to Debbie Halverson, Membership Chair Extraordinaire, for all her hard work. And congratulations to all of us for making OLLI the kind of group that so many people want to join.

### MEMORIAL SERVICE

A memorial service for Helen Beery, former LRI/OLLI member, will be held September 29 at 11 at the old chapel at Fort Myers. She will be buried at Arlington Cemetery. A reception will be held at Leisure World in Lansdowne, VA at 2.

## More Music at Mason

*By Gordon Canyock, Editor*

In addition to the renowned Great Performance series at the Center for the Arts concert hall, GMU offers a host of other musical events that may be of interest to you in the next few weeks:

- GMU Music Faculty Recital, Glenn Dewey, doublebass, Wed, Sep 28 at 8 pm, free, Harris Theater;
- GMU Music Faculty Recital, Kelly Ker-Hackleman, piano, Wed, Oct 5 at 8 pm, free, Harris Theater;
- GMU Players Studio Series, *Marat/Sade*, by Peter Weiss, Oct 7- Oct 9, Fri & Sat at 8 pm, Sat & Sun at 2 pm, free, tickets required, Black Box, tickets available Sept. 27;
- Fairfax Symphony Orchestra, Judith Ingolfsson, violin, Sat, Oct 8 at 8 pm, tickets available Sep 27 for \$60, \$55, \$45, \$35, Concert Hall.

## LETTERS TO THE EDITOR

*After an appeal in the first fall issue of OLLI News, the Editorial Staff was both surprised and elated at the response, even though most writers preferred to remain anonymous. Their identities shall be as securely hidden as that of Deep Throat. I look forward to receiving more emails and letters from our membership. Please keep them coming -----The Editor*

Since you asked members to send you comments, suggestions, and ideas pertaining our Institute, I have a concern that I would like to express. A couple of weeks ago, I noticed a HUGE pothole as one enters the swimming pool parking lot at Osher. While it is difficult to miss, during inclement weather one might drive into the blasted thing. While I know we don't "own" the lot, where would we be, from a legal standpoint, if one of our members should do such a thing? Am I alone in my concern? -----  
*Margaret Andino*

*Apparently not, Margaret. Here's a comment from another reader:*

I had hoped when I returned to class this fall that the pool parking lot would have been resurfaced or at least the holes would have been repaired. That parking lot is dangerous - many of us don't even want to park there anymore. I'm told that we pay rent for that space. Why can't someone talk to their management about making long-needed repairs? ----- *Anonymous*

*While the Editor would love to claim that these letters directly led to immediate action by the OLLI leadership, the repairs initiated last week were coincidental. (See the message from the president on page 1.)*

*On another note, the intrepid Anonymous also raised the following issues:*

I read with great interest and appreciation the recent article in the OLLI news about the wonderful efforts of our gardening committee. They have done a superb job and are to be commended for their time and labors. I do wonder, however, how much all of this is costing us, the dues paying members of OLLI. Inquiring OLLI minds want to know. ----- *Anonymous*

What can be done to get the class liaisons to introduce the instructor? Most of us selected our classes several weeks ago and have forgotten what we read in the catalog about the instructor, so we really would like to hear about the instructor's background. -----*Anonymous*

*And finally, the most perspicacious letter of all:*

I have enjoyed receiving the OLLI News via electronic email. The pictures and the colors make it much more exciting than the hard copy. Thank you and your staff for all their hard work. ----- *Anonymous*

## Shake, Rattle and Roll

By Elizabeth Crawford, OLLI E-News staff writer

Almost 2000 years ago, Juvenal spoke of a "sound mind in a sound body." Sometimes we may feel as if we were there when he said it. Fortunately, OLLI provides an answer for those who occasionally creak or groan when arising from their chairs after a 90-minute class.

With a GMU ID card, available by applying in the Tallwood office, OLLI members may join the GMU Aquatics & Fitness Center for the employee rate of \$175.00/year. As the Fairfax County recreation centers are gradually limiting senior discounts, this offer becomes quite attractive. In the area of aquatics, GMU offers two pools, a whirlpool, and sauna. The recreation pool (see photo below) is handicapped accessible and available for lane swimming or water walking. The competition pool is closed at times during the week for student activities but is open at other times for swimming lessons and water aerobics classes.

The Fitness Center also contains a wide array of machines and free weights, along with an instructor who helps members to set up an individualized fitness routine. Formal fitness programs include Kundalini and Yoga to increase strength and flexibility, martial-arts classes, and StepSculpt, Cardio-Kickboxing, and Pilates to improve general fitness. Use of the pools and machines is included with membership. A schedule of classes and fees is available on the Fitness Center's Website during the fall and spring semesters or by calling 703-993-3939. Parking is free, but members must pick up a parking permit at the Customer Service Desk at the Fitness Center.

Look for a future edition of *OLLI E-News* for information on how to enter the Mr. Senior Universe and Ms. Senior America contests.

## Meet Your Directors

By Elizabeth Crawford, OLLI E-News staff writer



While some of us were having fun in the sun, our conscientious leaders spent a day at Tallwood discussing the changes that the Board of Directors will face in working with an Executive Director. Pictured are Don Yesukaitis, Treasurer and Finance Committee chair, and Debbie Halverson, Membership Committee chair.

Don has been a member of LRI/OLLI since 1999. Don has a degree in Business Administration and worked for many years at Arthur Anderson & Co., eventually becoming a partner in 1986. He is a CPA and part-time advisor to the international accounting firm, KPMG. At OLLI, Don is in his second term on the board and has frequently served as class liaison.

OLLI is fortunate to have someone with such an extensive background in finance to oversee the organization's financial viability. Don will be active in choosing a future home for OLLI that will enable the organization to "accommodate healthy and reasonable membership growth" and to "continue and increase the number of quality lectures, programs, and activities."

Debbie joined OLLI in 2003 and has been an active member ever since. She has had extensive experience in writing, which serves her well when she is called upon to write articles for *OLLI News* and *OLLI E-News* as well as

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membership-related announcements and features for local newspapers and newsletters. She has also taught writing courses for OLLI.

Debbie's years in publishing production taught her how to work with groups of people to generate ideas and see them implemented. To quote Debbie, "My continued role as Membership Chair is to focus my creative energies into growing the membership without losing sight of the varied needs of our ever-faithful members." If anyone is perfect for that job, it's Debbie.

### Meet Your Directors

By Elizabeth Crawford, OLLI E-News staff writer



Pictured here are the smiling faces of Abbie Edwards, Kathryn Russell, and Florence Adler.

ABBIE EDWARDS exemplifies the best of OLLI, an active member with a wide range of interests. A former teacher of photography, art, computer graphics, and yearbook at Herndon High School, she is a published photographer, a director of the Reston Triathlon for nine years, co-president of the Reston/Herndon branch of the American Association of University Women, and an instructor of Comparative Religions for OLLI at Lake Anne and Tallwood.

As the Reston Support Committee chair, her particular focus is on Reston, where Abbie is "always concerned with the quality of our programs." She wants "to stay involved with increasing membership and in finding top notch instructors in our area to teach OLLI courses on a variety of topics." Recently, she has taken on

the important job of interim Program Coordinator in charge of putting together winter semester courses at Lake Anne.

KATHRYN RUSSELL joined LRI in 1997 and is in her second term on the Board of Directors. After serving two years as Vice President, she became chair of the Program Review Committee, the purpose of which has been to facilitate communication between the Board and the Program Coordinator. With the changing role of the Board and Carol Ferrara's retirement as Program Coordinator, Kathryn--with fellow committee members RoseMary Gustin and Bob Bohall--has taken on the mammoth job of interim Program Coordinator of winter semester courses at Tallwood.

Many would say that her best decision so far has been to assign herself to teach "*Hamlet: Shakespeare's Mosaic*." Devotees of her earlier courses on *The Tempest*, *King Lear*, *Macbeth*, etc. can hardly wait to "Brush Up (Their) Shakespeare" this fall.

Kathryn is very excited that Dick Chobot has been hired. She is sure that OLLI can go "in all kinds of directions" under his leadership because of his "familiarity with the academic world and willingness to find new resources at GMU."

FLORENCE ADLER also joined LRI in 1997 and is in her second term on the Board. Florence is chair of the Special Events Committee, a subcommittee of the Program Committee. Her background as director of a private school, a position that involved planning curriculum, hiring, and mentoring, and a simultaneous career as a lifelong student, prepared her well for the multiple tasks involved in coordinating the many special events offered at OLLI.

For certain lectures, readings by authors, trips to plays, operas, musicals, historic sites, and museums, a morning of bird watching, an afternoon of kayaking, or an evening of wine tasting with music, we must thank Florence and her committee. As OLLI grows, Florence hopes

to grow her committee. She would welcome new members with new ideas, new contacts, and a desire to delight the membership with increasingly special events.

## **OLLI and SETI**

*By Michael Coyne, OLLI Webmaster and Publications  
Committee Vice Chair*

Remember the 1997 science-fiction movie, *Contact*? In one scene, Ellie, an astronomer on her first job at the huge Arecibo radio telescope in Puerto Rico, had her SETI project canceled. Ellie's boss tells her that the project is a joke among scientists. Will they say that about OLLI's contribution?

SETI is the Search for Extraterrestrial Intelligence, done primarily by analyzing radio signals from outer space. Ever since NASA's ambitious SETI program (1979-1993) was wiped out by budget cuts, the SETI effort has been sponsored primarily by private organizations. In 1996, one of these organizations, the Planetary Society, came up with the idea of farming out its first-look computing requirements to home computers—which would process SETI data only when idle.

Already some five million homes throughout the world have joined in this search by processing data from that same Arecibo radio telescope featured in *Contact*. By now you have guessed: OLLI has joined the search! One of OLLI's computers is set up as a Web server so anyone who wishes can view our 13-minute "OLLI Story" movie at any time. Despite widespread interest in the movie, the Web server sits idle most of the time. So OLLI joined SETI@home.

Berkeley Space Sciences Laboratory created the SETI@home project to coordinate all the work of these millions of home computers. SETI@home now sends chunks of data regularly to the OLLI Web server. Each work unit contains 107 seconds of radio frequencies, which takes OLLI's computer six to eight hours to process. Calculation results are sent back to Berkeley, where any unusual signals are identified.

Has anything been found yet? The short answer is no. But SETI@home has picked the best 200 possibilities out of millions, and is scheduling time at Arecibo to listen to those locations again. You can see statistics for OLLI at the SETI Website [<http://setiathome.ssl.berkeley.edu/>] Under Community, click Teams and search for a "team" whose name begins with Osher. Who knows? Maybe OLLI will find E.T.!

## **Cognitive Decline? Not at OLLI**

*By Elizabeth Crawford, OLLI E-News staff writer*

According to a recent article in *The Washington Post*, those who remain mentally awake are less likely to become senile in their old age. Bob Stein, author of *Lifestyle May Be Key to Slowing Brain's Aging* (August 14, 2005), suggests that it may be difficult for some older people to change bad habits--to turn off brainless television programs and spend more time in challenging mental activity. This is no problem for members of OLLI, whose major mental challenge is deciding which of many fascinating classes to attend.

Studies have suggested that people who read, act, go to plays, attend lectures, and stretch their brains with games like chess are more likely to remain alert into their later years. In other words, "use it or lose it." With our book discussion groups, Reader's Theater, trips to plays, bridge group, and myriad classes, we seem to have those areas well covered at OLLI.

Even more helpful, according to Stein, is participating in a "rich diversity of stimulating activities." It is important, he says, to "combine mental stimulation with social interaction." He must have been thinking of us when he wrote this article.

Increasing sophistication in brain imaging is allowing scientists to measure activity in test subjects' frontal lobes. One study of seniors whose volunteer work involves mental activity, such as tutoring, showed "reinvigorated" frontal lobes.



We can tutor students at GMU or, even better, become instructors at OLLI, thus helping others while helping ourselves. Those who teach will not need to have their frontal lobes examined. The enthusiastic response of their students will be reassurance enough that their brains are working just fine. Therefore, with all we are doing at OLLI, we are likely to be a dynamite group of old folks.

Before we dislocate our shoulders patting ourselves on the back, however, we must consider one depressing detail mentioned in Stein's article. He says that the same prudent choices that help us avoid heart attacks and strokes--those dreaded words "diet and exercise"--also help to maintain mental health. However, since research in this area of geriatrics is only beginning, no one is sure which factors are most important.

So, if we cover our bases--volunteer, join a discussion group, make some new friends in the Social Room, and take an extra class--then we should be able to take a walk on the wild side (that would qualify as exercise, wouldn't it?) and have a cookie.

### **OLLI's Safari Adventure**

*By Eileen Duggan, Board Member*

Some members liked the elephants best —others favored the giraffes. No, they didn't take a trip to the Serengeti or the Washington zoo, but rather to the Hippodrome Theater in Baltimore to see *The Lion King*, the last OLLI special event of the summer session.

The August 6 all-day event was put together by the City of Fairfax Parks and Recreation Department, which invited OLLI to participate. Thirty-two OLLI members boarded a bus at Fairfax City Hall at 10 AM and headed for Baltimore.

Prior to the performance, members had a few hours to explore Lexington Market, lunch at the Inner Harbor, or simply stroll through the Baltimore neighborhoods. *The Lion King* was, of course, the highlight of the trip.

With a cast of forty actors who help bring the animals to life, the award-winning performance is a grand spectacle of artistry, puppetry, music and dance. A group of very happy OLLI members returned to Fairfax at the end of the day. All were grateful to the City of Fairfax and hopeful that similar trips will be made available in the future.

### **Recipient-Friendly Emails**

*By Rod Zumbro, OLLI E-News editor*

All of us have occasion to email documents or messages to others. Here are tips on making your emails "recipient-friendly."

Tip #1: Avoid sending documents as attachments unless the format is important or you want the recipient to respond by inserting comments. The "recipient-friendly" way is to select and copy the document's text and paste it into the body of your email message.

Tip #2: Forward email messages as "inline text" rather than as attachments. Microsoft Outlook Express uses inline text by default, but you can also set the preferences of some other email programs to do this automatically. For example, in Yahoo Mail, go to Mail Options/General Preferences, and under Message Actions/Forwarding Messages, select "Forward as inline text."

Tip #3: Think twice before forwarding information that might not be true. First, check its validity by searching "urban legends" Web pages, e.g. <http://www.snopes.com>. If the information is valid, you can feel comfortable forwarding the message ... BUT, if the original information is buried beneath many layers of forwarding actions, be "recipient friendly" by copying the relevant text and pasting it into the body of a new message.

Follow the above tips and the recipients of your messages will thank you for being so thoughtful!

## COMING ATTRACTIONS

DATE	DAY	TIME	ACTIVITY	LOCATION
<b>SEPTEMBER</b>				
21	Wednesday	1:00	Development Committee meeting	TA-2
		1:30	Fiction Writers	Annex
		1:30	Bridge Club	TA-3
		2:00	D. Arlington: Field of Honor	TA-1
23	Friday	10:00	Classic Fiction Book Club	Reston Library
		10:30	New member coffee	Social Room
		10:30	Homer Book Club	TA-2
24	Saturday	2:00	E. Three Hotels	GMU
28	Wednesday	1:30	Bridge Club	TA-3
		2:00	F. Vietnamese Culture	TA-1
30	Friday	10:30	Homer Book Club	Annex
<b>OCTOBER</b>				
5	Wednesday	1:30	Special Events Committee meeting	TA-2
		1:30	Fiction Writers	Annex
		1:30	Bridge Club	TA-3
		2:00	History Club	TA-1
7	Friday	10:00	Program Committee meeting ??	TA-2
		10:30	Homer Book Club	Annex
		7:30	GMU Theater of the First Amendment	Old Town Hall
12	Wednesday	1:30	Book Club	TA-2
		1:30	Bridge Club	TA-3
		2:00	G. Poetry Reading	TA-1
		10:30	Homer Book Club	Annex
14	Friday	8:30 - 5:00	H. Shenandoah Valley Museum	Bus trip
		2:00	I. <i>La Traviata</i>	GMU
16	Sunday	5:00 - 7:00	J. Wine, Bistro and Song	Café Montmartre
17	Monday	1:30	Fiction Writers	Annex
19	Wednesday	1:30	Bridge Club	TA-3
		2:00	K. Veterans History Project	TA-1
		10:00	Board meeting	TA-1
21	Friday	10:30	Homer Book Club	Annex
		2:00	L. <i>Uncle Vanya</i>	GMU
22	Saturday	1:30	Bridge Club	TA-3
26	Wednesday	2:00	M. Transportation Options	TA-1
		10 - 3	N. Supreme Court building	Bus trip
28	Friday	10:00	Classic Fiction Book Club	Reston Library
		10:30	Homer Book Club	Annex

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 4210 Roberts Road, Fairfax, VA 22032, Phone: 703-503-3384