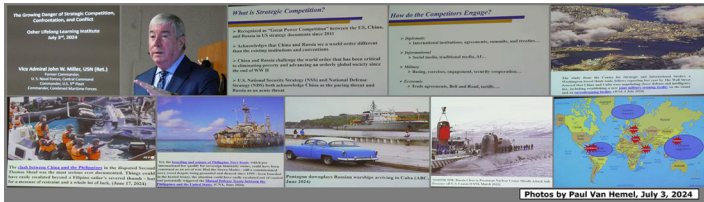


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**John Miller, US Navy Vice Admiral (Ret.), Presented an Informative Analysis of the Growing Danger of Strategic Competition, Confrontation, and Conflict; July 3**

## July 12, 2024

Editor of the Week: David Gundry

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### Alerts & Notices

- Board of Directors meeting Friday, July 19, at 10:00, in TA-1 and via Zoom. All members welcome.
- The next issue of *OLLI E-News* will be published Friday, July 19; the regular deadline for submission of items is Tuesday, July 16, at 6:00.

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### How the OLLI Program Is Made



**By Kathryn Russell, OLLI Program Committee Co-Chair**

Have you noticed that OLLI catalogs are becoming heftier? That's because our choices have grown substantially in recent years. Each term we choose from a stunning array of courses, special events, clubs, and ongoing activities. Then there's the added advantage of choosing among in-person, Zoom, and hybrid classes. As we're enjoying this fabulous summer term and anticipating the arrival of the fall catalog soon, this is a good time to reflect on how all these wonderful activities come into being. And to consider becoming a program volunteer.

There's no magic involved. We begin with ideas generated not only by program planners, but also by many OLLI members. For example, you may come up with an idea inspired by a class you're currently taking. You may discover a fascinating idea in the media or some other source. Or perhaps you're thinking of teaching a class.

We invite you to come along and join in the process of program making. You'll find so many rewards when you become an OLLI program volunteer. Volunteers often speak of the personal satisfaction that comes from sharing their talents with appreciative OLLI audiences. And they enjoy the camaraderie of their peers who share common interests.

One easy way to get involved is to attend one of the program planning group meetings that are held periodically, usually by Zoom. Look for announcements of these meetings in the E-News. For more information, contact one of the program planning leaders listed at the beginning of each subject area of the OLLI catalog. Or let one of the Program Committee co-chairs know about your interest. We want to hear from you!

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## Opportunities to Join the **OLLI E-News Editorial Team**



**By Paul Van Hemel, E-News Chief Editor**

If you love OLLI and are interested in an easy way to contribute a volunteer effort to the organization, here's an opportunity to do so by becoming a member of the *E-News* editorial team. By serving one day every four or five weeks as Editor of the Week, you can have a positive impact on OLLI and enjoy a pleasant journalistic experience. We have openings for a couple of new editors.

*E-News* is one of several OLLI publications that is created using MailChimp software. We will teach you what you need to know and be able to do to put together an *E-News* issue. You don't have to generate content, which generally is submitted by OLLI-member coordinators for committees, clubs, and activities. If you are interested and have questions or would like to know more, please contact me at [ollienewseditor@gmail.com](mailto:ollienewseditor@gmail.com). Thanks!

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## OLLI Tai Chi Club



**By Cathey Parker, an OLLI Host for Tai Chi Club**

Jerry Cheng, our instructor, has taught 500 classes for the Tai Chi Club on Zoom! He reached this milestone at the end of June. When the pandemic started in May 2020, Jerry suggested that we could benefit from the gentle exercise of Tai Chi three times a week, not just on Saturdays. We have classes at 4:30 on Tuesdays and Thursdays, allowing Jerry to return from work at his law practice, and also at 10:30 on Saturday mornings.

After the pandemic restrictions were reduced, Jerry has needed to miss teaching some classes because of court dates or client consultations. The OLLI members who host the meetings share a recent recording of a Tai Chi session when that happens. The 500-class milestone mentioned in the first sentence is when Jerry has been in-person on Zoom (is that an oxymoron?).

Some members miss seeing others in the TA-3 classroom, but others are quite pleased to exercise in private, avoiding traffic and parking challenges, and moving chairs before and after each lesson. Many OLLI members have been pleased to discover the benefits of regular physical activity that would not be possible without a virtual option at OLLI. Thank you, Jerry, for providing this opportunity for us!

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## Change of Date for Wednesday Chat Session This Coming Week



**By Brenda Bloch-Young and Doris Bloch, Co-Moderators**

Team Bloch is unable to host the usual conversation hour on Wednesday, July 17. However, we are rescheduling, for this week only, to Tuesday, July 16 at 4:00. The proposed topic will be a discussion of all the careers and jobs that are no longer viable or much in demand (e.g., secretary, shoe repairman/woman, itinerant knife sharpener, union steward) and what jobs and careers have popped up to replace them (e.g., computer programmer, influencer, equal opportunity officer). Since we left school, worker demand has changed significantly!

Look for us in the coming week on Tuesday the 16th—we should be on the OLLI Daily Schedule, but you can always log into the 24/7 chat line to find us.

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## Computer Club

**3rd Saturday, July 20**

**Secure File Deletion**

**Windows Virtual Machines (VM): the What, Why, and How  
Celebratory Luncheon**



**By Paul Howard, OPCUG Program Chair**

The Computer Club (OLLI Personal Computer User Group, or OPCUG) will meet with its partner, the Potomac Area Technology and Computer Society (PATACS) on Saturday, July 20, in person and via Zoom. The Zoom session opens at 12:45.

*Secure File Deletion—Presented by John Krout*

This presentation will help you understand how Windows stores your files. When you choose to delete a file, Windows delete a file you choose in a way that allows a File Recovery application to recover the deleted file, including the file name and the file data, during a limited time window. You will learn about Recuva, a zero-cost File Recovery application.

Sometimes, though, you want to make sure a file is deleted securely, in a way that prevents recovery of it. Examples include:

- your gift idea list for anyone else in your house sharing use of the computer
- before lending or donating the computer to a young techie-to-be who has no qualms about snooping around in the computer
- if you sell the computer or send it out for repair.

You will learn what Secure File Deletion does to prevent file recovery in such cases. You will learn how to use that capability in three applications: CCleaner, File Shredder, both of which are zero-cost, and System Mechanic, a commercial application.

John Krout is a frequent presenter at our meetings on a wide range of computer, technology, and photography topics, and author of many articles for the *PATACS Posts* newsletter.

*Windows Virtual Machines (VM): the What, Why, and How—Presented by Roger Fujii*

This will be a quick primer on some Virtual Machine (VM) options available on Windows 10/11. It will cover what VMs are, what one would use a VM for, and how to set it up. Bring your questions about this little known but potentially highly-useful technology.

Roger Fujii has helped OLLI with technology challenges for its email and LAN systems since 2006 and has been a PATACS stalwart since the '80s.

**See full details on this meeting by [clicking here](#).** For information on the Computer Club, see the [OPCUG Website](#). OPCUG dues are \$5 and are now due for 2024 (and 2023, if you didn't get around to paying last year!)—see <http://olligmu.org/opcug/comm.html> for details on making payment.

To attend via Zoom's cloud meeting service, beginning at 12:45, please click [this link](#) to join the meeting and use passcode 815677 (*Note*: enter passcode with NO spaces) or enter meeting ID 849 1732 2131 in the Zoom app and use the above passcode (preferred method), or dial in at 301-715-8592.

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## Poet's Corner

*Courtesy of the Poetry Workshop*

### Whiteness and Brightness

We have many beautiful colors  
in our yard  
even after the red and yellow tulips  
were snipped off by unknown miscreants

But what is outstanding is  
our white flowers.  
The white iris line the lower front yard  
and are next to the pink azalea.

The white azaleas contrast

with the red azaleas in the upper  
part of the yard  
and with the Japanese maple  
in the lower part.

The white puffballs  
are next to the park  
and are just coming into fullness

The white snowdrops  
have largely faded  
but small white flowers  
are in the back.

The new white roof  
has succeeded in keeping out the rain  
and bouncing off the summer heat.

The whiteness and brightness  
of the yard  
are not symbolic of the purity of the owner  
but serve to keep up his mood  
when the news is bad.

I don't forget the blooming red,  
yellow and pink roses  
But my color for the moment is white.

White and bright.

—Jack A. Underhill

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## Arts & Music at George Mason

**Performances July 12 through July 21**



**By Shelly Gersten, OLLI E-News Staff Writer**

For tickets for either Center for the Arts Concert Hall (CFA) or Hylton Center, call 1-888-945-2468. You can also buy tickets online through the event calendar (see the CFA ticket page link below) or visit the venue's box office. For more information, see the [CFA ticket page](#) or the [Hylton Center ticket purchase page](#).

Dr. Linda Apple Monson produces a periodic "Notes from the Director." This email is full of information on interesting online performances by the students and faculty of the School of Music. If you would like to receive these bulletins, just sign up at [this link to stay in touch](#). Also, the Center for the Arts has a website [Mason Arts at Home](#), which has a calendar of online events and access to many past performances.

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**At the Fairfax Campus Venues**

**No performances this month**, but single tickets go on sale for non-subscribers August 1. Check [CFA ticket purchase page](#) for schedule of performances.

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**Mason Student and Faculty Performances**

(see [music.gmu.edu](#) for additional student recitals)

**No Performances**

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**At the Hylton Center (Manassas Campus)**

**Prince William Little Theatre: 110 in the Shade**

Fri, Jul 12, 8:00  
 Sat, Jul 13, 2:00 and 7:00  
 Sun, Jul 14, 2:00  
 Fri, Jul 19, 8:00  
 Sat, Jul 20, 2:00 and 7:00  
 Sun, Jul 21, 2:00  
 Gregory Family Theater  
 Admission: \$30 Adult, \$25 Senior.

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For further details on any of the above events, see the [CFA event calendar](#) and the [Hylton Center event calendar](#).

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**Meetings & Clubs**

**Please note:** OLLI Meetings and Clubs may currently take place in several formats: some are in person only, some are online only, and some are hybrid, meaning that they take place in person and are accessible online simultaneously. OLLI events and activities meeting online bear the identification "Z" in their course or event number (except clubs; you may need to check the [OLLI calendar](#) and daily schedule email for location and other event information). Refer to the university's [coronavirus website](#) for official university updates.

The following list covering the next two weeks is extracted for your convenience from the master online calendar maintained by the office. The list is accurate as of mid-week, but for the most up-to-date information, please view the latest forecast of coming events on our website (News/[OLLI Calendar](#)). *Note: All OLLI members are welcome at, and encouraged to attend, meetings of the Board of Directors, committees and resource groups, kick-off coffees, etc., **bolded** below. The OLLI office has sent (or will send) emails with links and meeting passwords to club members; you may also log in at the [member portal](#) and click on ZOOM CLASS LINKS.*

Sat Jul 13	10:30 am	Tai Chi Club – online
Mon Jul 15	9:30 am	What's in the Daily News? – online
	10:00 am	Bridge Club
	4:00 pm	Family History/Genealogy Club – online
Tue Jul 16	1:00 pm	Stay Active and Independent for Life – online
	4:00 pm	Conversation with Team Bloch – online
	4:30 pm	Tai Chi Club – online
Wed Jul 17	4:00 pm	Spanish Club – online
Thu Jul 18	4:30 pm	Tai Chi Club – online
Fri Jul 19	9:30 am	Dabbling Artists Club
	9:30 am	Mah Jongg Club
	9:30 am	Crafts and Conversation
	10:00 am	<b>Board of Directors Meeting</b>
	11:00 am	Homer, etc. – online
Sat Jul 20	1:00 pm	Stay Active and Independent for Life – online
	10:30 am	Tai Chi Club – online
Mon Jul 22	1:00 pm	Personal Computer User Group
	9:30 am	What's in the Daily News? – online
	10:00 am	Board Game Club
Tue Jul 23	10:00 am	Bridge Club
	1:00 pm	Stay Active and Independent for Life – online
Wed Jul 24	4:30 pm	Tai Chi Club – online
	2:00 pm	Memoir and More Writing Group – online
	4:00 pm	Mah Jongg Club – online
	4:00 pm	Theater Lovers' Group
	4:00 pm	Conversation with Team Bloch – online
7:00 pm	New Zealand and Ireland Travel – online	

Thu Jul 25	4:30 pm 6:00 pm 7:00 pm	Tai Chi Club – online Ethnic Eats Club – online Canada and Portugal Travel – online
Fri Jul 26	9:30 am 10:00 am 11:00 am 12:00 noon 1:00 pm 2:30 pm	Crafts and Conversation Spanish Club Homer, etc. – online Photography Club Stay Active and Independent for Life – online Caregivers Support Group – online
Sat Jul 27	10:30 am	Tai Chi Club – online

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## About *OLLI E-News*

*OLLI E-News* was created by Rod Zumbro, who served as its editor from 2005 to 2013.

### Editorial Staff

Chief Editor: Paul Van Hemel  
Associate Editor: David Gundry

Weekly Editor Team: David Gundry, John Nash, Sheri Siesseger, Paul Van Hemel  
Proofreaders: Rebecca Jann, Susan Van Hemel, Tom Appich, Martha Kossoff, Anne Hartshorn, Bonnie Becker, Carol McManus

**Submissions:** Members are encouraged to submit letters to the editor, letters to Ms. Ollie Ettakit (on etiquette matters), OLLI-related news items, articles, and photos. Submit material to: [ollienewseditor@gmail.com](mailto:ollienewseditor@gmail.com).

**Deadline:** Tuesday, 6:00, for that week's issue (Monday, 6:00, for letters to the editor); early submissions are greatly appreciated. Please limit articles to about 250 words.

**Note:** You can view past issues of *OLLI E-News* on the DocStore. To search the content of issues, use Search Our Site or put your search term in Google followed by "site:olli.gmu.edu/" without the quotes.

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