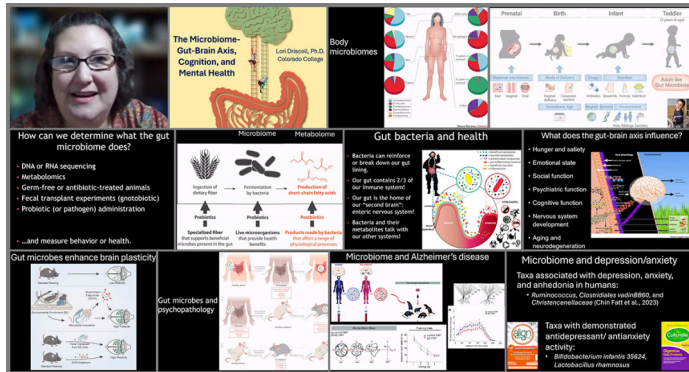


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Psychology Potpourri: Dr. Lori Driscoll of Colorado College Presented on the Microbiome-Gut-Brain Axis, Cognition, and Mental Health—15 February 2024

August 2, 2024

Editor of the Week: David Gundry

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Alerts & Notices

- The OLLI office will be closed for summer break from August 3-18.
- The next issue of OLLI E-News will be published Friday, August 16; the regular deadline for submission of items is Tuesday, August 13, at 6:00.

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Trivia Club



By Pete Oliver, Trivia Club Coordinator

Last month, our trivia team, Los Viejos, pulled off a third consecutive top-three finish.

Final question: "What insect secretion is also slang for a lopsided result in sports?"

We will be getting together again this Thursday (8 August) at Kalypso's in Reston, which is in the same complex as the Lake Anne Osher campus. The game starts at 7:00 PM. Andi and I are usually there around 6:30 to hold a table.

If you decide to give it a try, please text or email in advance: (423) 524-5149 or amount1963@gmail.com.

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Computer Club

3rd Saturday, August 17
Surprise !!
Google Calendar



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, August 17, in person and via Zoom. The Zoom session opens at 12:45.

Surprise—Join Us and Discover

Several topics are under development for this month's session, but details were unavailable when the deadline for this publication arrived. Details will be posted when available on the [OPCUG](#) and [PATACS](#) websites.

Learn in 30: Google Calendar—Presented by Geof Goodrum

This month's *Learn in 30* session will be a guided tour of PATACS's Google Calendar, which was added to the PATACS website this year. We'll demonstrate calendar features and how to add PATACS calendar events and reminders to your personal calendar, so you won't miss a meeting topic that interests you.

Geof Goodrum is a retired US Government scientist and technology enthusiast who has been active in Computer User Groups since 1984. Geof has been a user and advocate of the GNU/Linux operating system and Open Source software since 1994, with professional experience as a programmer, system administrator, network administrator, data engineer, system engineer, and system architect. Geof also enjoys hiking and completed a through hike of the 2,200-mile Appalachian Trail in 2018.

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://olligmj.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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Tallwood Book Club



By Betty Ellerbee, Tallwood Book Club Coordinator

The Tallwood Book Club will hold its last Zoom meeting of the year on Friday, August 9th, at 2:30. The book to be discussed is *Moloka'i* by Alan Brennert.

During the fall and in December, the meetings will be on the Tallwood campus, as noted in the recently-released Fall Catalog.

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Your Thoughts Can Be Featured In A Fall 2024 Course: I Was There

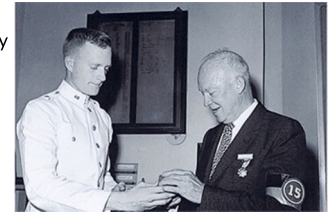


By John Quinn, OLLI Instructor

In the fall term, I will present a two-part course entitled "I Was There," which is intended to capture the personal recollections of OLLI members who participated in or witnessed significant historical events.

I have found some interesting stories from OLLI members so far, but not enough. If you witnessed or were otherwise personally involved in one or more significant historical events, please consider contacting me to have your recollections featured in the course.

The younger gentleman in the accompanying photo is Charley Ostott, an OLLI member and a retired three-star Army general, then a senior at West Point. The older gentleman is Dwight D. Eisenhower.



Please contact me at skinsnats@gmail.com (cell phone: 703-915-1578) with any questions. Thanks.

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Poet's Corner

Courtesy of the Poetry Workshop

Fowl Behavior

Early morning
 Heron in the pond silently steps
 Long legs and splayed feet gently stir the water
 Head lowered checking for small fish
 Slow steady progressive breakfast

Then the ducks arrive in a kerfuffle of fuss
 Wildly calling as they fight momentum to land
 In a squawk of flapping and flusters
 Wings and feet splash into water
 The flock settles into paddled disturbance

The heron quietly raises his head
 Stands to his fullest

Sends an annoyed glance at his new neighbors
Spreads his enormous wings and leaves with grace

–Betty Webb Gressling

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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. 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 Aug 3	10:30 am	Tai Chi Club – online
Mon Aug 5	9:30 am	What's in the Daily News? – online
	11:00 am	Poetry Reading Club – online
Tue Aug 6	1:00 pm	Stay Active and Independent for Life – online
	2:00 pm	Chair Yoga Club – online
	4:30 pm	Tai Chi Club – online
Wed Aug 7	2:00 pm	Memoir and More Writing Group – online
	4:00 pm	Mah Jongg Club – online
	4:00 pm	Spanish Club – online
Thu Aug 8	11:50 am	All the News – online
	3:00 pm	Chair Yoga Club – online
	4:30 pm	Tai Chi Club – online
Fri Aug 9	9:30 am	Photography Club – online
	9:30 am	Crafts and Conversation
	11:00 am	Homer, etc. – online
	11:30 am	Cooking Club
	1:00 pm	Stay Active and Independent for Life – online
	2:30 pm	Tallwood Book Club – online
	2:30 pm	Caregivers Support Group – online
Sat Aug 10	10:30 am	Tai Chi Club – online
Mon Aug 12	9:30 am	What's in the Daily News? – online
	11:00 am	Poetry Writing Club – online

	4:00 pm	Family History/Genealogy Club – online
Tue Aug 13	1:00 pm	Stay Active and Independent for Life – online
	2:00 pm	Chair Yoga Club – online
	4:30 pm	Tai Chi Club – online
Thu Aug 15	11:50 am	All the News – online
	3:00 pm	Chair Yoga Club – online
	4:30 pm	Tai Chi Club – online
Fri Aug 16	9:30 am	Crafts and Conversation – online
	11:00 am	Homer, etc. – online
	1:00 pm	Stay Active and Independent for Life – online
Sat Aug 17	10:30 am	Tai Chi Club – online
	1:00 pm	Personal Computer Club

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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: ollinewseditor@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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Notice: You received this newsletter because either you are a current OLLI member or you have been provided a courtesy copy. If you are an OLLI member who did not renew your membership, you can continue to receive our newsletter by emailing the office at olli@gmu.edu with your request. If someone forwarded this newsletter to you and you'd like to receive it each week, please email the office and ask to be added to the courtesy-copy list.

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