



# OSHER NETWORK NEWSLETTER

Produced by the National Resource Center for Osher Institutes



## Season's Greetings from the NRC December 2021

Just hours past Thanksgiving, the holidays are well underway. We're likely already midway through Hanukkah as you read this newsletter. While weary from the slow, evil track of COVID, many of us are having a decidedly different season than last year. We're largely out and about, shopping and socializing – albeit many masked – enjoying the lights like those above on Michigan Avenue here in Chicago. Our unsettled times prompt deeper reflections and a variety of emotions. What are the holidays really about? For me, they come down to gratitude – experiencing the feeling of it and showing it to others. Behavioral science increasingly points out the health benefits of a personal gratitude practice. It can be easy: making a daily habit of consciously recognizing what you are thankful for can counteract the multitude of reminders of that which we are NOT thankful.

In that holiday spirit, I am grateful for our three contributing OLLIs and what they offer us this month – from Penn State in recounting a poignant field trip; from California State Channel Islands in co-presenting an event that commemorated the Indigenous culture from their community; and from the University of Southern Oregon in sharing a glimpse of an inspiring instructor with special talents in songwriting.

I'm thankful that Osher Institutes so consistently honor others, our varied traditions, religions, and the cultures that make up our rich national community. And for showing us how we can care about and for one another.

As you wind down the year, may the spirit of gratitude be a gift you give yourself.

Happy Holidays from the Osher NRC,



Steve Thaxton, Executive Director

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# OLLI NEWS

OLLI AT THE PENNSYLVANIA STATE UNIVERSITY

## **Members Travel to 9-11 Memorial and Rescue Site**



OLLI at Penn State members recently traveled to the [Flight 93 National Memorial](#) and the [Quecreek Mine rescue site](#) in Somerset County, PA, during OLLI's first day-trip since 2019.

The first stop for the group of 30 was the Flight 93 National Memorial, a site managed by the National Parks System — where, on the morning of

September 11, 2001, forty passengers and crew members of Flight 93 thwarted a hijacking attempt headed toward Washington, D.C. Members began their tour at the Memorial Plaza, the site commemorating the defiance, courage, and sacrifice of the passengers and crew members. The visit also included a stop at the Wall of Names, which features forty white polished marble stones inscribed with the names of the passengers and crew. Members concluded the tour by viewing the [Tower of Voices](#), which is a visual and audible reminder of passengers and crew members who lost their lives. OLLI member and trip participant, Diane Bartram, shared her thought that “the inscription on the glass railing of the overlook from which one can see the desolate site where the plane hit, summed up the entire trip: A common field one day. A field of honor forever.”

After a brief picnic lunch, the group went to the Quecreek Mine rescue site for a presentation and tour around the site. The Quecreek Mine rescue site is where nine miners were successfully saved from the depths of a mine after being trapped underground for 77 hours. The story of the miners was told by Bill Arnold, owner of the farm located above the mine. Members learned directly from Bill, hearing him speak about how he had friends in the mine and about his active participation in the rescue. OLLI members also visited the Educational Visitor Center that houses a wealth of

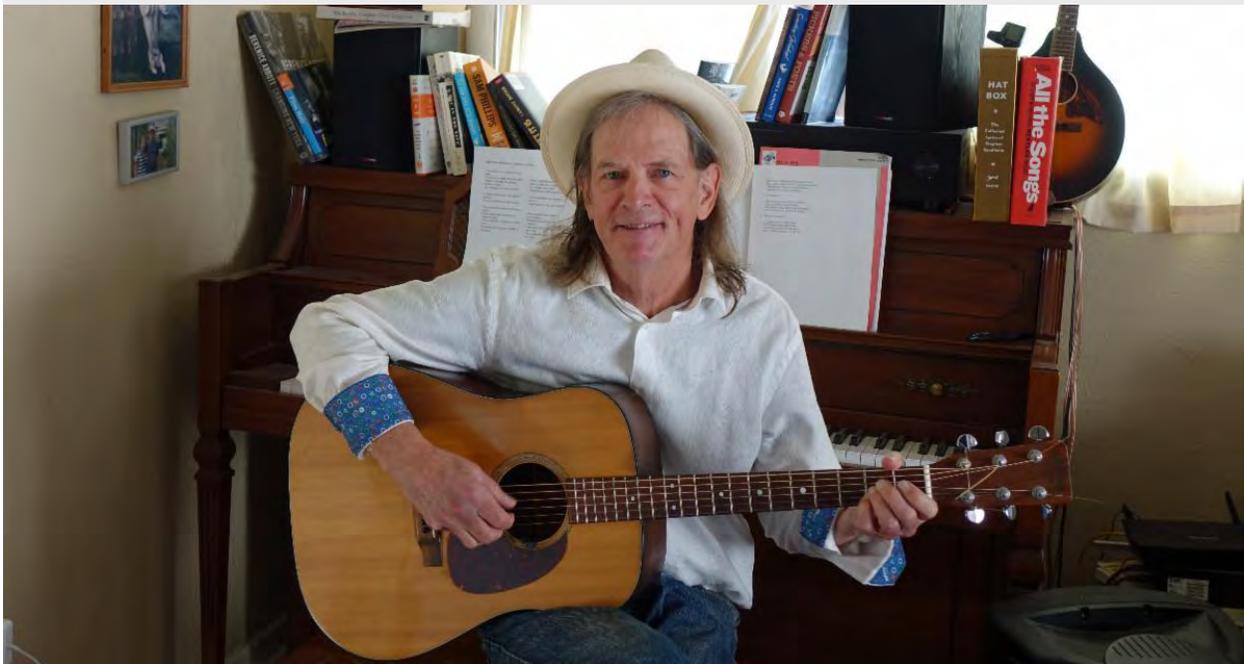
mining-related items, including the steel capsule in which the trapped miners were pulled individually to the surface.

OLLI at Penn State travel opportunities include local, regional, and even international trips. These trips and excursions have an exceptional reputation with OLLI members because they are packed with unique learning and sightseeing opportunities. Click here to view [upcoming trip offerings](#) on their website.

Submitted by the staff at [OLLI at Penn State University](#)

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## OLLI AT SOUTHERN OREGON UNIVERSITY A Musical Testimonial of the Value of OLLI



A number of the members of OLLI at Southern Oregon University (SOU) have been enjoying the classes taught by OLLI member and volunteer instructor Denny Caraher. While Denny's professional life included stints as an attorney and a computer programmer, he has been writing songs for decades and has six recorded albums. His songs have been heard on NPR, and his lyrics featured on "The Writer's Almanac."

Denny's *Advanced Songwriting* course is designed for people who have some experience writing poetry or songs and who want to improve and to support other writers. Different aspects of song writing are introduced each week and Denny notes that "After some discussion we'd move on to talking about the art we had created throughout the week. Using my prompts, each week every student brought in a complete song. The songs were always surprising and sometimes amazing, especially since all were writing on deadline. But what was most moving was the tone of the room-- completely supportive."

Denny produced an [autobiographical song](#) to illustrate the process for students. It is a musical testimonial to the value of learning and teaching within the OLLI community of curious adults.

Lyric Excerpt:

*And I fell in love with Ashland town but the best thing I have found  
Is this educational program all volunteer, you can learn pretty much anything here*

*S-O-U-O DOUBLE L I Ya gotta check it out, you gotta try  
S-O-U-O DOUBLE L I*

*Medieval France, its architecture  
Broadway Dance or hear a lecture  
Or to be a wizard doin' crossword puzzles  
How to not get bitter in a world in trouble  
Learn to play pickleball or pick out a flick*  
Submitted by: Anne Bellegia, Volunteer, Communications and Community Outreach,  
[OLLI at Southern Oregon University](#)

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## OLLI AT CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS Celebrating Native American Heritage



On November 12, OLLI at California State University Channel Islands (CSUCI) hosted a Native American Heritage event on Zoom. This event was developed by the OLLI Events Committee and presented by Chumash elder Raudel Bañuelos. The event was open to the public and held in honor of Indigenous Peoples' Month. Honoring Indigenous People is especially significant to CSU Channel Islands, as the campus is located on land historically inhabited by the Chumash.

Chumash elder Raudel Bañuelos, is also significant to the university as he worked for CSUCI as Director of Facilities Support for over 20 years, retiring in 2020. During his time at CSUCI, he also functioned as co-chair of the President's Advisory Council on Cultural Protocols. As Interim President Richard Yao stated, he has been "...providing sage advice and wisdom to all of the University's presidents on matters concerning local Chumash traditions and customs and providing blessings and land acknowledgments at pivotal campus events." To CSUCI, he is an icon on campus, starting many university events by offering a traditional Chumash blessing to the event and university. In honor of his work and dedication to the University, in Spring 2021, he was awarded an honorary degree of Doctor of Humane Letters. Fortunately for the CSU Channel Islands OLLI, his connection with the University did not end with his retirement, he continues to be involved and serve as a presenter.

The almost 2-hour long event was filled with information, insights, and questions from attendees. It covered everything from land acknowledgements, the history of the CSUCI site and Chumash people, cultural resources, and more. The theme that ran through the talk was respect; respect for the land, the university, the students, history, ideas, and beyond. The OLLI members demonstrated their respect as well, with questions, insightful comments, and gratitude.

## NRC UPDATES

**December 2021 Osher NRC Webinar**

# Osher NRC

## National Resource Center for Osher Institutes

**Connecting  
Collaborating  
Consulting  
Celebrating**



Mark your calendar for the final Osher NRC webinar of 2021 on December 16th beginning at 2pm Eastern/1pm Central/noon Mountain/11am Pacific/10am in Alaska and 9am in Hawaii. This webinar is open to all staff, volunteer leaders and members within the Osher Lifelong Learning Institute Network. [Register for the webinar here.](#)

### **Products and Services of the Osher National Resource Center**

The National Resource Center for Osher Institutes (Osher NRC) has organized resources into accessible digital assets to allow convenient self-service for staff and volunteer leadership to find ideas and answers on common practices. The products and services offered to Osher Institutes are not meant to replace individual consultations, but to improve the depth of discussions. The NRC's mission is to help OLLIs thrive: by connecting the 125 Institutes, by collaborating with and among them, by consulting with them on effective practices and solutions. In this session, learn about the growing tools and resources developed by the NRC, including explanations of how they can be accessed and how these resources can be instrumental in growing your local Institute's success.

### **Presenters**

Kevin Connaughton  
Manager of Adult Learning, Osher NRC

Stacey Rivera  
Manager of Operations, Osher NRC

Steve Thaxton  
Executive Director, Osher NRC

If you have interest in being a presenter or have ideas for future webinars, please contact Kevin Connaughton ([kevin.connaughton@northwestern.edu](mailto:kevin.connaughton@northwestern.edu)).

# THE OLLI INSIDER

## QUICK TIPS FOR HELPING OPERATE AN OSHER INSTITUTE

### Quick Tip - Communicate Clear Activity Levels



As Osher Institutes begin to gather in-person again and resume activities that may require some physical stamina, it is essential that members are well aware of what they are signing up for with certain activities. The OLLI at University of Arkansas has made an easy to understand flyer that provides the levels of activity required for differing courses.

## CAREER OPENINGS IN THE OLLI NETWORK

### Job Board

Assistant Director - OLLI  
[Arizona State University](#)

Program Manager - Osher Lifelong Learning Institute  
[The University of Alabama](#)

Business and Communications Coordinator - Osher Lifelong Learning Institute  
[North Carolina State University](#)

Osher Program Coordinator  
[University of Utah](#)

Is there a staff opening at your Osher Institute? Please send it to us at [oshernrc@northwestern.edu](mailto:oshernrc@northwestern.edu)

National Resource Center for Osher Institutes, Northwestern  
University  
Wieboldt Hall, Sixth Floor, 339 East Chicago Avenue, Chicago, IL  
60611

