Newsletter Week of April 27, 2015

Osher Lifelong Learning Institute

at Coastal Carolina University

PO Box 261954, Conway SC 29528-6054 coastal.edu/olli

Dear Lifelong Learners,

We appreciate the compliments on the newsletter's new format. The newsletter is a work in progress, and we welcome your comments and suggestions.

Do we have any OLLI shutterbugs out there? We would love to receive photo submissions that could be used in our newsletter, website and/or Facebook page. We encourage you to capture some OLLI moments during special events, activities in classes or clubs, excursions and other highlights during OLLI campus events.

The photos can be submitted from cellphone cameras or other cameras. To submit one or more photos, email them to <u>Lisa Rickenbrode</u> or <u>Casey Keck</u>. Make sure to provide the name of the photographer, the date the photo was taken and a few words to identify the event, class or other subject of the photo.



Staff Contacts:

<u>Kelli Barker</u>, director of operations, Myrtle Beach & Conway

<u>Gayle Britt</u>, director of operations, Litchfield & Georgetown

<u>Cam Crawford</u>, administrative support, Litchfield & Georgetown

Ellen Jampole, administrative support, Myrtle Beach & Conway

<u>Casey Keck</u>, administrative support, Conway

<u>Lisa Rickenbrode</u>, administrative assistant, Myrtle Beach

<u>Cal Wall</u>, administrative support, Litchfield & Georgetown

OLLI at CCU Board of Volunteer Leaders:

John Kenny – BOVL Chair Communications Committee

Ellen Elliott - BOVL Vice Chair

Sally Z. Hare – Chair Membership/Program Committee

Doris Gleason

Mike Kohler



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Course Additions/Corrections/Cancellations

To view a complete list of weekly cancellations, visit our page, *CANCELLATIONS*, at <u>coastal.edu/olli</u>.

*Note: Plan on attending your class. If we have not listed it under cancellations and/or you have not received a communication from one of our staff members, then your class is going forward.

- New We want to hear from you. An OLLI member suggestion form is now available at <u>coastal.edu/olli</u>.
 All forms can be dropped off at any of our education centers or email to <u>olli@coastal.edu</u>.
- New We now have a department Facebook page. Make sure you
 "Like" our page to stay updated on our department
 announcements. You can find us on Facebook at the Office of
 Extended Learning and Community Outreach.
- New Do you have grandkids, nieces or nephews ages 6 to 10 years old visiting the Grand Strand this summer? Looking for something fun and educational for them to try? Coastal Carolina Kids Camps are gearing up for another fun and busy summer. Half day and full day programs available at the Myrtle Beach Education Center. Now taking registrations. Visit Coastal Carolina Kids Camp for camp information.
- New Available for purchase the 2015 Great Decisions Books at a
 discounted price of \$15. The book offers a more in-depth look at
 each discussion topic. Books will be available at the Myrtle Beach
 Education Center, cash or checks only.
- New Invitation to participate in a CCU research project: Let's demonstrate again that we are the BEST when it comes to responding to a request to help the research faculty and their student interns! Here's the survey request from the Department of Psychology: How do you manage the process of getting older? Nicole Rushing and JongHan Kim from the Department of Psychology at Coastal Carolina University are conducting a survey on emotion regulation for older adults. Because many people manage their emotions differently, this research requires a wide range of participants. Your participation will be greatly appreciated and will shed light on secrets of successful aging. Please click this link www.surveymonkey.com/r/BYWMKHR to learn more about the study and to access the survey. If you have difficulty accessing the link, copy it into your browser. Questions may be directed to nrushing@coastal.edu.
- New May 4, 9:30 to 11:30 a.m. OLLI Photography Club presenter Sandra Barnes will discuss a technique of transferring old photographs to wood. The process is distinctive, resulting is a unique way of displaying old photos, and the best part is that your original is NOT destroyed in the process. You won't want to miss this presentation.
- New May 11, 11 a.m. 1 p.m. OLLI Coastal Carolina Travel Club will be a combined luncheon and meeting (both Litchfield Education Center and Myrtle Beach Education Center clubs) at the City Mac (Apple Store) in Market Common. This meeting will cover new technologies that relate to enhancing your traveling enjoyment for both Mac and Android operating systems. Lunch is \$7 per person and will include pizza, soft drink and dessert. Room for 40 students, call Kathy Blackburn at 843-450-2032 or email Kathy@earthtravelpals.com.



OLLI Buzz . . .

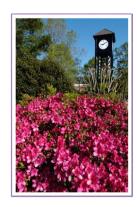
The staff would like to give a special shout out and thank you to one of our OLLI instructors, Jim Farrell. Jim makes sure our candy dishes are always filled with treats for the students and staff. Thank you, Jim, for your generous sweet donations.

Reminders:

Winter/Spring membership fees are good through Aug. 31, so you do not need to pay that again until Fall semester 2015.

- New May 14, 1 6:30 p.m. Join well known Georgetown photographer Paige Sawyer for a half day Photo Safari on land and water. Pre Revolutionary War historic structures, South Carolina's oldest fish house, stained glass church windows once described by Sandlapper magazine at the "prettiest in the state," shrimp boats, eagles, ospreys, maybe an alligator and beautiful low country scenery on the Sampit River which is the shortest navigable river in South Carolina. Four hours in historic Georgetown and two hours on the Carolina Rover. Wear comfortable shoes since walking is involved, and bring bug spray, water, snacks, etc. Tripods optional but not necessary along with some degree of camera knowledge. (XPHO 163 G03, \$45)
- New The Coastal and Marine Systems Science Seminars and Suppers in Georgetown will resume for the final session on May 14, 4:30 to 5:30 p.m. Please register for this free seminar in advance, and then come and support our graduate students while also learning from them! (XSCI 937 G01, free with OLLI membership but registration required.)
- New! Photo Safari to Tom Yawkey Wildlife Center. Join award-winning wildlife photographer and S.C. Master Naturalist Ron Blanchard on a photo safari to North, South and Cat Islands in the Yawkey Wildlife Center located at the mouth of Winyah Bay. Nearly 20,000 acres of tidal marsh, forest openings and virgin barrier island beaches are dedicated to the management of habitat for waterfowl, wading birds, nesting eagles and other raptors. Meet at the South Island ferry, travel by ferry across the Intracoastal Waterway and board a bus to travel the islands with frequent stops to photograph the splendor of this beautiful and serene landscape. Bring a snack, water, camera with wide angle and telephoto lenses, tripod, sunscreen and insect spray, wear comfortable clothing to suit the weather. One spot available. Thursday, May 21, 10 a.m.-4 p.m., \$40, XPHO 163 LO1.
- New The Georgetown Book Club, under the leadership of Ann Carlson and Sandra Quinn, will meet the first Monday each month (May 4 – "Ramblings of a Lowcountry Game Warden" by Ben Moise) from 3 to 4:30 p.m., the focus will be on Southern authors and subjects, fiction and nonfiction.
- CANCLELLATION Litchfield Education Center The Middle East, May 5, 10:30 a.m. – 12:30 p.m. (XHIST 459 L03).
- CANCELLATION Litchfield Education Center The Middle East

 Show and Tell, May 12, 10:30 a.m. 12:30 p.m. (XHIST 459 L04).
- **CANCELLATION** The Conway, Georgetown and Myrtle Beach iPad Club has been canceled for May.
- CANCELLATION Georgetown Photo Safari by George by Land & by Bay, May 11 (XPHO 163 G03)



Looking Ahead

The *Invitation to Teach* for Fall 2015 will be sent out by the end of the semester to those instructors who have taught for OLLI in the past. If you do not receive the *Invitation to Teach* but wish to be considered as an instructor, please send your request for information to <u>Kelli Barker</u> or <u>Gayle Britt</u>.

Also, if you are interested in becoming a club leader, a volunteer, a member of the Board of Volunteer Leaders for OLLI, or if you have notices that you wish to be included in future newsletters, please notify us at OLLI@coastal.edu. You may also send us suggestions for new topics for courses or discussion groups through this email address.

We are also working to create a better and more informative OLLI website for you. We invite your comments and suggestions on both this new newsletter format and on the website changes. You may send your suggestions to us at OLLI@coastal.edu.

This Week's Spotlight is on yoga instructor, **Donna Carr**. She has been teaching with the OLLI program for eight years and is certified as an RYT with the Yoga Alliance, having studied Restorative, Elder, Low Mobility and Meridian Yoga, she completed Reiki Level III Certification in 2012.

Originally from Pittsburgh, PA, Carr got involved with yoga after having two back surgeries along with recommendations for a third surgery. She decided to look at alternatives and found yoga. After seeing the benefits first hand, she began teaching yoga in 2000, sharing the gentle Vini Yoga tradition of respecting and opening the body, allowing yoga to meet you and your needs.

When Carr talks about yoga and her classes, she lights up. She genuinely cares about her students and their well-being. She says "they are like family to me."

One of her students, Ellen Jampole, has this to say "Donna is one of the most flexible yoga instructors I know. She bends her classes to meet the needs of <u>each</u> student. She stretches and pushes us to reach our core beings and grow as people. I enjoy her classes a great deal."

You can take one of her yoga classes at the Coastal Science Center or at the Myrtle Beach Education Center.





Connecting with CCU

"COASTAL NOW"

An inside look at Coastal Carolina University. Watch "Coastal Now" online, a lively half-hour look at what's happening on campus, including interviews with students, alumni, faculty and staff. Hosted by Robin Edwards Russell, the show airs 24 times per week on HTC, Time Warner Cable and on affiliates WPDE Newschannel 15 and WFXB Fox43.

The Atheneum

The Faculty and Staff Newsletter of Coastal Carolina University can be found at coastal.edu/newsletter.

OLLI and Coastal Carolina University events:

Monday, April 27 – Saturday, May 9 – Portfolios II: Studio Art Senior Exhibition featuring works by graduating Studio Art students, this exhibition is the culmination of four years of study and features projects completed during their senior theses in photography, painting and sculpture. Please join us to see the work of the next generation of artists from Coastal Carolina University. Free, Gallery Hours: 9 a.m. – 5 p.m., Mon. – Fri., Closing Reception, Friday May 8, 4:30 to 6:30 p.m., Rebecca Randall Bryan Art Gallery.

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- Monday, April 27 Symphonic Gamers It has been said that Beethoven was the cutting edge composer of his time, and if he were alive today, he would be composing music for video games! Join the CCU bands as they play some of your favorite video game music such as Halo, Myst and Kingdom Hearts, as well as music that has been featured in games such as Toccata and Fugue and Carmina Burana. Game music composer Jim Bonney's Chaos Theory will feature faculty member Dan Hull on electric guitar. General admission - \$5, 7:30 p.m., Wheelwright Auditorium.
- Tuesday, April 28 John Locke and the –isms Was Locke a Racist?
 Concerns about Locke's being a racist are raised often in discussion of his apparent endorsement of the slave trade both in his activities and in his writings. Did he endorse the slave trade? Do his philosophical writing support racism? Join Eva Kort, Philosophy & Religious Studies for this discussion. Admission: Free (no ticket required), 5 p.m., Lackey Chapel.
- Tuesday, April 28 The Ridiculous! From the birth of opera to current day, laughter has been a common element of operatic masterworks. CCU's Opera Workshop will explore some of these comedic moments in a concert that will leave you smiling. Join us and enjoy . . . "The Ridiculous!" General admission \$5, 7:30 p.m., Edwards Recital Hall.
- Ongoing until May 7 End Human Trafficking drive, the Department
 of Politics and Geography is now collecting donations for Victim Kits.
 Victims are in need of basic necessities. Please help in assisting them
 as they transition to safety. What do they need? Toiletry items, soap,
 shampoo, sanitizers, lotions, combs, etc. You can donate these items
 at Brittain Hall Room 113 and 349 or any of the OLLI Outreach Centers.

Ongoing Programs/Activities Offered by OLLI Partners:

- April 1- 30 Brookgreen Gardens "Open Late 'Til 8." After a day on the golf course or on the beach, see the beauty of Brookgreen's spring flowers when the gardens remain open. Gift shop and food service are available. Ride with an interpreter on a Graveyard Trekker Excursion and explore some of the cemeteries on the 9,000-acre property. The excursions are available on Sunday, Tuesday and Thursday at 5:30 p.m. and cost \$15 per person in addition to garden admission. Daily, 9:30 a.m.-8 p.m., (OLLI discount), 843-235-6000.
- April 1 Oct. 31, Daily Whispering Wings Butterfly Experience at Brookgreen's Butterfly House. This seasonal exhibit features a lush garden filled with tropical plants where hundreds of butterflies soar through the air. Monarch, Zebra Longwing, Polydamas Swallowtails, Pipevine Swallowtails, Spicebush Swallowtails, Julias, Buckeyes, Queens, Painted Lady and American Lady are just a few of the species that call Whispering Wings home. Dozens of other species added throughout the summer and fall. Whispering Wings contains a pupae emergence room where visitors may observe the transformation from chrysalis to adult butterflies. Interpretive signs throughout the exhibit and benches provide a restful place to watch their delicate beauty in



OLLI Community Partners:

<u>Fit4Everyone</u> (Conway) 843-582-4458

<u>Fitness Edge</u> (Murrells Inlet, Carolina Forest) 843-652-3488

HealthPoint Center for Health & Fitness (Litchfield) 843-237-2205

YMCA (Myrtle Beach, Georgetown) 843-449-9622 or 843-545-9622

<u>Brookgreen Gardens</u> 843-235-6000

Franklin G. Burroughs-Simeon B. Chapin Art Museum 843-238-2510

Belle W. Baruch Foundation's Hobcaw Barony 843-546-4623

Horry County Museum 843-915-5320

Atlantic Stage 1-877-ATS-TKTS

Long Bay Symphony 843-448-8379

Theatre of the Republic 843-488-0821

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flight. Daily: 10:30 a.m. - 4:30 p.m. Tickets - adults \$3, children \$2 for a 30-minute timed visit, in addition to garden admission (OLLI discount), 843-235-6000.

- Wednesday, April 29 Long Bay Symphony Youth Orchestra Spring Concert 7:30 p.m., Coastal Carolina University, Wheelwright Auditorium. For ticket information, please contact the Wheelwright Box Office at 843-349-ARTS (2787).
- Thursday, April 30 Sunday, May 31 Waccamaw Arts & Crafts Guild 18th Annual Juried Exhibition, Always popular with area residents and visitors alike, the 18th annual WACG juried Exhibition combines works of professional and amateur regional artists. This springtime favorit offers a diverse display of oils, watercolors, mixed media, ceramics, sculpture, etc. Opening Reception: Thursday, April 30, 5:30 7:30 p.m. Museum hours: Monday Saturday, 10 a.m. 4 p.m.; Sunday, 1 4 p.m. For more information visit myrtlebeachartmuseum.org or call 843-448-8379.
- Ongoing thru May 10 Theatre of the Republic presents *Smokey Joe's Café*, OLLI members with current ID cards receive \$3 off performance tickets. April 30 at 7:30 p.m.; May 1, 2, 7, 8, 9 at 7:30 p.m.; May 2, 3, 9, 10 at 3 p.m. For ticket information, call 843-488-0821.
- Saturday, May 9 The Invasion of Florence during the Civil War..., 1 p.m. For more information contact the Horry County Museum at 843-915-5320 or visit the Horry County Museum website.
- Thursday, May 14, and end on Thursday, Aug. 13 Sign-ups for the 2015 Summer Golf League at The Hackler Course are now available. Two-person teams will play nine holes every Thursday at 5 p.m., with a shotgun start. The Summer Golf League is open to the public, not just to University affiliates. To sign up or for more information, please call the golf shop at 843-349-6600 or visit our website at Hackler Upcoming Events-Summer League. Ask your friends and family to join us on for the first night of play. We are looking forward to another amazing summer full of golf, friendship, prizes and food!
- Saturday, May 16 Historic Photographs of Myrtle Beach 1 p.m. For more information contact the Horry County Museum at 843-915-5320 or visit the Horry County Museum website.
- Earth Travel Pals is offering several small group excursions during the coming year. Summaries of proposed trips can be found at EarthTravelPals.com or contact judy@EarthTravelPals.com (843-222-5839) or kathy@EarthTravelPals.com (843-450-2032). America's National Parks, 10-day tour from June 5-14, 2015 (date change). View the Wonders of the West, plus stunning scenery and amazing wildlife, through its best-known national parks, gold-mining towns and old saloons on this colorful vacation. Among the places we will visit are: Mount Rushmore; Crazy Horse Memorial; Black Hills National Forest, Deadwood, S.D.; Black Hills National Forest , Sheridan, Wyo.; Little Bighorn Battlefield in Montana; Cody, Wyo.; Buffalo Bill Center of the West; Yellowstone National Park with all its wonders; Grand Teton National Park; Jackson Hole, Wyo.; and Salt Lake City, Utah. VIP access and skip the lines for the must-see attractions; great hotels in the right locations; tour directors to make every destination fascinating with transportation to sit back and enjoy the ride! \$2,219 per person for double occupancy or single available for \$3,004. Included meals are daily breakfast and four dinners. Deposit is \$250 per person. Estimated air at \$630 per person not included. Optional travel insurance available for \$199 per person. Pre- and post-night stays available.
- Earth Travel Pals is offering Trains, Wineries & Treasures of Northern California, Oct. 17-25, 2015 a nineday tour to Northern California, hosted by Bill and Judy Blackburn. This trip features 4-star hotels in central locations and unique experiences. Costs (including eight breakfasts, four dinners) \$2,499/person double occupancy, \$3,399/single, plus round trip air from Myrtle Beach to San Francisco, \$900/person. Cancel any

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time, any reason Travel Insurance, \$205/person. • Two nights in San Francisco, staying at the Marriott, Fisherman's Wharf, with a city tour and cable car ride, with free time to explore (and visit Alcatraz?); • Two nights in Tuolumne at the Hotel at Black Oak Casino Resort, Sonora with visits to Yosemite National Park and a tram ride with amazing views; • Two nights in Sacramento at the Holiday Inn Capitol Plaza, with tours of Old Sacramento's historical district and the famous California State Railroad Museum, the beautiful Lake Tahoe (aboard the MS. Dixie II paddle-wheeler); • Two nights in Santa Rosa at the Flamingo Resort and Spa. Enjoy the nearby vineyards, visit Sonoma and a famous winery, sample intriguing flavors of olive oils and board the elegant Napa Valley Wine Train for a breathtaking ride and dinner on the train.

- Earth Travel Pals is offering 2015 New Year's Eve Eight Day Cruise on the Emerald Princess to the Eastern Caribbean out of Ft. Lauderdale, hosted by Judy and Bill Blackburn. Three days at sea, plus stops in Antigua, St. Kitts, St. Thomas and Grand Turks & Caicos. Inside cabins from \$1,384/person, ocean view from \$1,624/person, balcony from \$1,924/person, mini suites from \$2,324/person. Prices include all taxes and port charges. For more information contact Judy Blackburn 843-222-5839 or Judy@EarthTravelPals.com.
- World Cultural Tours offers "Southern Italy," a nine-day (Nov. 6-14, 2015) motor coach tour of Sorrento,
 Naples, Pompeii, the Amalfi Coast (with an optional tour of the Isle of Capri) and Rome (with an optional tour
 of the Vatican) for \$2,999 (per person, double occupancy). Included in the fee: roundtrip airfare from Myrtle
 Beach (including air taxes up to \$600), seven nights' accommodations, luxury motor coach, professional tour
 manager, all breakfasts, welcome and farewell dinners, as well as three additional dinners, sightseeing fees,
 wine and cheese tasting. Itinerary available at the CCU outreach centers.

Outreach Center Locations:

Coastal Science Center (CSCC) * 301 Allied Drive, Conway * 843-349-5002
Georgetown Education Center (GEC1) * 909 Front Street, Georgetown * 843-349-6584
Litchfield Education Center (LEC1) *14427 Ocean Highway, Litchfield Landing * 843-349-6584
Myrtle Beach Education Center (MBEC) * 900 79th Avenue North, Myrtle Beach * 843-349-2767

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