



OLLI *Nexus*

**UConn**  
WATERBURY

Volume 15, Issue 2

March 14, 2014

The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction

*You're invited to...*



## UConn Reads Events UConn Waterbury March -- April, 2014

### **Book Discussion--*Persepolis***

March 17, 2014, 1:00 PM, Room 113

Free and Open to Entire UConn Waterbury Community including OLLI Members, Faculty, Staff, and Students

*Sponsored by Osher Lifelong Learning Institute (OLLI)  
Book Club*

RSVP: Call Rita Quinn, Program Assistant at 203-236-9924 or OLLI Student Associates at 203-236-9925 to reserve your space or email: [osher@uconn.edu](mailto:osher@uconn.edu)

### **Persepolis: A Graphic Revolution**

April 2, 2014, 12:30 PM, Multipurpose Room

Free and Open to the Entire UConn Waterbury Community including OLLI Members, Faculty, Staff, and Students.

**Graphic Novels Introduction by Dr. Thomas Hodgkin**  
**Partial screening of the film, *Persepolis***  
**Panel Discussion UConn Faculty and Students**  
**Light Refreshments**

*The discussion will focus on the transmission of political history and human experience through the burgeoning creative medium of graphic novel and through the use of animated film.*

*Sponsored by the UConn Waterbury and OLLI at UConn*

RSVP: Call Rita Quinn, Program Assistant at 203-236-9924 or OLLI Student Associates at 203-236-9925 to reserve your space or email: [osher@uconn.edu](mailto:osher@uconn.edu)

### OLLI IS MAKING A DIFFERENCE!

It's a course--it's a service project--it's an experience!

FROM PLANTING TO HARVEST TO TABLE: THE GREENING OF WATERBURY, HC-404

#### HOW YOU CAN JOIN THIS EXCITING PROJECT!

Call OLLI at UCONN TODAY@ 203.236.9924/25 to register. We are now accepting participants who can only participate at limited times.

#### HOW YOU CAN HELP, EVEN IF YOU CAN'T JOIN

We need seeds. Please bring seeds to the OLLI Information Table on OLLI Fridays

**SEEDS NEEDED:** Cucumber, Kale, Spinach, Squash (of any variety), String Beans, and Swiss Chard

#### QUESTIONS?

Call Nunzio DeFilippis at 347.743.7499

#### PLEASE HELP US FIND THIS PERSON!!!

This person is a future OLLI presenter - someone who has a passion for a topic that he/she might be willing to share with OLLI members. This person may be your neighbor, a friend, a relative, a former colleague, someone you heard at a conference, or even yourself! Put your thinking caps on !!!

When you find this person call or email Aleta Staton at 203-236-9808 or [aleta.staton@uconn.edu](mailto:aleta.staton@uconn.edu).

The Newsletter is always looking for content from our readers. This may be in the form of original work or items you have found interesting and may wish to pass on to others. We always welcome any suggestions you may have to improve the newsletter or criticisms of it. The Newsletter exists to inform and entertain our readers. Contact **Bob Grady** at [yvoorg@aol.com](mailto:yvoorg@aol.com) or any presenter or staff member

### PARKING

**UConn Police Officers conduct routine parking enforcement in the attached campus parking garage and all cars will be ticketed for parking violations. These violations include, but are not limited to:**

**Failure to display a UConn parking decal, parking in an unauthorized area –**

**NO PARKING ON LEVEL ONE, fire lanes, handicap and reserved spaces.**

**Parking fines can be as high as \$150 for parking in handicap spaces or misuse of a handicap permit. The fine for not displaying a University decal is \$30.**

. Reminder of the importance of parking your vehicles correctly while in the UCONN parking garage. As everyone knows, parking is limited and every parking space is needed. So please, once you park your vehicle in a space, make sure it's within the space provided

**ALL REPLACEMENT PARKING STICKERS – including newly purchased vehicle stickers: \$10.**

#### OLLI POETRY COFFEE HOUSE

2nd Thurs at John Bale Bookshop –10:00am  
Contact Denise Whelan ([denisewhelan@yahoo.com](mailto:denisewhelan@yahoo.com))  
For more information

#### OLLI BOOK CLUB

Contact: Nancy Via at [nvia@sbcglobal.net](mailto:nvia@sbcglobal.net)

- March 17 **Persepolis** by Marjane Satrape.....this is the UConn reads book for this year
- April 21 **The Moons of Jupiter** by Alice Munro
- May 19 **The Light Between Oceans** by M. L. Stedman

All meetings of the book club will be held in room 102D, UConn, Wtby at 1:00 PM 3rd Monday

### OLLI Newsletters Go Internet

OLLI newsletters are available on our web page at [www.waterbury.uconn.edu/osher](http://www.waterbury.uconn.edu/osher)

Then click on the left-hand index that says "Newsletters". They are available in PDF format, if you don't have the free reader, you can get it at [www.adobe.com](http://www.adobe.com) and click on the box that says "READER".



**OLLI CAFE**

**March 14, 2014**  
**Southeast Asia at Last...**In 2011, my wife Pat Fahey and I visited Thailand, Laos, Cambodia and Vietnam on a trip sponsored by Road Scholar. Come hear the cultural, historical, political religious and geographic aspects of Southeast Asia accompanied by slides and short videos. This talk is geared for members of the "Vietnam" generation.

OLLI Member, **Ira Mickenberg**, is a retired physician. He served in the N.I.H. during the Vietnam War, doing research in Washington D.C. Forty years after the war, he was curious to see the area which played a significant part of his youth. This was his first trip with the Road Scholar program.

**March 21, 2014**  
**Fraud Rings and Elderly Scams** There are currently many different fraud scams targeting the elderly in local communities. Be informed about the latest scams and what you can do to protect your accounts.  
**Jolynn LaChance**

Jaye Howes is an adult nurse practitioner who works in the Waterbury Hospital Healthcare Center cardiovascular unit. She has more than 30 years of experience in her field. She pointed out that one of three people in our country have hypertension and most of them do not know that they need treatment because there are few symptoms a lay person can use to identify the condition. A happier statistic is that one in two people with hypertension and on medication has the disease under control. Having your blood pressure checked regularly is important. Howe went into detail on steps to take to lower blood pressure, including reducing salt intake, losing weight, exercising more, and limiting alcohol consumption.

Evelyn Marshak

When a man sits with a pretty girl for an hour, it seems like a minute. But let him sit on a hot stove for a minute-and it's longer than any hour. That's relativity!  
 Albert Einstein

**NO MORE!**

December's snow came softly,  
 Silently sculpting new shapes over all,  
 Creating excitement for the coming holidays.  
 Christmas carols filled the airwaves.  
 Kids searched for sleds and skis  
 As they bundled up in warm winter clothes  
 Ready to enjoy the new season.  
 Drivers quickly changed over to snow-tires.  
 The world lay blanketed in white,  
 Pristine and cold.

And time moved on.

It is February.  
 The snow is gray and grainy,  
 Ice-patched from the frequent melting  
 And freezing of the myriad storms  
 Of this unending brutal winter.  
 The forecast predicts more snow  
 With temperatures below zero.  
 The people groan, "No more!"  
 But, this is just New England  
 And the poet's 'justSpring' lies ahead.

Thank God the earth keeps turning!

>**Bob Grady**< 2/28/14

**FRAMED STORIES**

Municipal historian for Waterbury, **Phil Benevento**, will use two framed museum paintings as the springboard for his talk on lodging, banking and government in old Waterbury. A WPA commissioned painting by noted surrealist, George Marinko, captures two centuries of local inns, taverns and hotels. A more primitive artistic effort tells a tale of one hundred years of the city's financial growth. As different as the works are, they curiously intersect in the history and streetscapes of nineteenth century Waterbury.

The presentation will take place on Wednesday, March 19, at the Mattatuck Museum from 1:00pm to 2:00 pm and the lecture is free with museum admission.

## COOPERSTOWN AND THE ERIE CANAL

**OCTOBER 8 & 9, 2014**

How would you like to take a trip through history while enjoying the spectacular scenery of the Catskill Mountains in upstate New York?

You will have a chance to ride on The Rip Van Winkle Flyer, a refurbished Streamliner train, one of the finest collection of train cars on the East Coast, for a relaxing ride through the picturesque mountain ranges. You will have the experience of dining in the elegance of the past.

Our next destination will be home to our national pastime, The National Baseball Hall of Fame, one of Cooperstown's "claim to fame". You will have time to explore the history and collections of approx. 40,000 three dimensional items, books, documents, and 500,000 photographs. The National Baseball Hall of Fame and Museum's outstanding treasure is the Plaque Gallery, where visitors will discover all 295 Hall of Fame members' bronze plaques honoring their achievement.

If you are not interested in baseball, you will have the option of visiting the Fenimore Museum of Art for an additional \$10.50 entrance fee, which will be payable at the museum. It is located in an elegant 1930's neo-

Georgian mansion. It has some of the nation's finest examples of art ranging from 20<sup>th</sup> century American Art to traditional American Indian art.

Overnight accommodation and dinner will be at the Cooperstown Inn, along with a planned dinner.

Day two starts off with breakfast at your hotel. You will then cruise the historic Erie Canal. Construction began in 1817 and opened in 1825. The Erie Canal is considered the engineering phenomenon of the 19th Century. When the federal government decided that the project was too large to undertake, the State of New York took on the job of carving 363 miles of canal through rough country.

On your cruise you will pass through Lock 18, which is 100 years old, and is still operating with all its original equipment. Once inside the lock the upper gates are closed, the water is drained and the boat is lowered twenty feet. Once down, the lower gates are opened and the boat departs the lock into the scenic Mohawk River. Being raised and lowered twenty feet in a smooth "liquid elevator" is an experience that you will always remember. After a short trip on the river, the boat re-enters the lock and is raised twenty feet. Lunch will follow at Rocky's Quick Grill. You will then head for home with many wonderful memories.

Make your reservation early!!! Call Friendship Tours at (860) 243-1630.

Cost: \$307.00 (members) and \$20.00 surcharge (non members).

**Barbara Marchitto**



The first OLLI daytrip of the 2014 year will be to Boston's Ayer Mansion in the morning and followed by a chance to eat in the area of the Prudential. The second part of the trip will be to the Church of the Covenant.

The Ayer Mansion was named a National Historic Landmark in 2005. The Mansion is the only surviving residence created by Louis Comfort Tiffany. In it you will see the many media that Tiffany brilliantly worked in. These include stone and glass mosaics, graceful metalwork, Favile glass vases, stained glass windows, custom furniture and architectural flourishes.

Tiffany's imagination and ability to shine in many media will be in the spotlight at the Church of the Covenant, the second stop for the Wednesday, May 21, 2014 trip.

The bus leaves our new gathering place, the Prospect DOT lot at 7:45 am and returns approximately at 6:30 pm.

Cost is \$71 for OLLI members. For reservations for this trip call Friendship Tours, 860 243-1630.

**Evelyn Marshak**



### THE FBI HAD AN OPENING FOR AN ASSASSIN.

After all the background checks, interviews and testing were done, there were 3 finalists; two men and a woman.

For the final test, the FBI agents took one of the men to a large metal door and handed him a gun.

'We must know that you will follow your instructions no matter what the circumstances.

Inside the room you find your wife sitting in a chair.....  
Kill her!!'

The man said, 'You can't be serious. I could never shoot my wife.'

The agent said, 'Then you're not the right man for this job. Take your wife and go home.'

The second man was given the same instructions. He took the gun and went into the room. All was quiet for about 5 minutes. The man came out with tears in his eyes, 'I tried, but I can't kill my wife.'

The agent said, 'You don't have what it takes. Take your wife and go home.'

Finally, it was the woman's turn. She was given the same instructions, to kill her husband. She took the gun and went into the room. Shots were heard, one after another.

They heard screaming, crashing, banging on the walls.. after a few minutes, all was quiet.

The door opened slowly and there stood the woman, wiping the sweat from her brow. 'This gun is loaded with blanks," she said.

I had to kill him with the chair!"



Upon entering a little country store, a stranger noticed a sign reading, "Danger! Beware of Dog" posted on the glass door. Inside, he noticed a harmless old hound dog asleep on the floor beside the cash register.

He asked the store manager, "Is that the dog folks are supposed to beware of?"

"Yep, that's him," he replied.

The stranger couldn't help but be amused. "That certainly doesn't look like a dangerous dog to me. Why in the world would you post that sign?"

"Because," the owner replied, "before I posted that sign, people kept tripping over him."

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## Osher Lifelong Learning Institute at UCONN, Waterbury

The Osher Lifelong Learning Institute  
The University of Connecticut  
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The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction. Our programs are centered around classes developed and taught by members who volunteer their time and talents to share their knowledge, life passions, and interest with other members. The OLLI program also sponsors special events featuring noted authors, scholars, and experts in respected professional fields.

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### OLLI Leadership Council

#### Council Members

OLLI officers are part of the Leadership Council, which is the principal representative body of the OLLI membership.

#### Council Officers

President - Richard Fogg  
1st Vice President - Mary Lou Reignier  
2nd Vice President - Delma Way  
Secretary - Toni Escott  
Assistant Secretary - Joyce Conlan



**We're on the web! [www.waterbury.uconn.edu/osher](http://www.waterbury.uconn.edu/osher)**

## MEET YOUR PRESENTERS

**Susan Bradley** was preparing to become a museum curator when she “fell in love” with the ancient martial art of Tai Chi, an event that changed her life.

Recognizing her artistic talent early on, her parents arranged for Susan to take private art lessons at age 8 under the tutelage of two European artists who had studied in Paris.

As she grew older and learned more about art, Susan decided she would focus on becoming a museum curator.

Gradually, Susan realized she “always had an affinity for all things Chinese,” the art, history, and culture. Having a “flair for languages,” Susan learned to speak Chinese.

The young art student enrolled in the Kansas City Art Institute in Missouri, where she earned a Bachelor of Fine Arts and Eastern Philosophy degree from the Kansas City Art Institute in Missouri.

After graduation, she was restless and yearned to “find something I could give to the world.” She volunteered with the Peace Corps and went to the West African country of Gambia to teach English and work in a program feeding children. “It was an amazing experience.”

Upon returning to the United States, Susan earned a master’s in Asian Studies (with emphasis on Chinese History) and Connoisseurship at the University of Kansas at Lawrence.

She then enrolled at the famed Art Institute of Chicago to do graduate work in painting. Friends soon asked her to come with them to their Tai Chi class. Susan wasn’t sure she was interested but she joined the class and was surprised to find “it was just right for me. I was able to make progress very quickly.

“I couldn’t get enough of it: the movement, the philosophy and the results.”

Susan also studied at the Aspen (CO) Martial Arts Academy, where for two weeks she lived in a tent “looking at the mountains” while taking Tai Chi classes.

Since 1979, Susan has taught Tai Chi. She loves the way movements flow into each other producing beautiful forms and postures.

Tai Chi began in ancient China as a martial art for defense and health. Today, the emphasis in Tai Chi is on evidence-based forms that show it benefits people struggling with certain health issues. Susan teaches several forms, often a short form of Tai Chi that helps with arthritis problems and another form that helps improve balance. Many people benefit from the sense of peace or relaxation they gain from practicing the movements and breathing techniques.

Susan is certified by Dr. Fuzhong Li of the Oregon Research Institute for teaching Yang style Tai Chi. She also has been certified by Dr. Paul Lam of Australia in the Sun style of Tai Chi. These classes, per clinical studies, help students who suffer from arthritis and have balance problems to feel better and improve their flexibility. People who have studied with her often tell Susan of how they benefited. Among comments she has received are: “I can garden again without pain,” and “I have the energy to do the things I enjoy the most.”

Each week Susan teaches up to 12 Tai Chi classes in various venues. She paints, often in the Chinese brush painting style, for pleasure and presents a class on that style at OLLI. Her art usually portrays subjects from nature. She goes into Chinatown in New York for her painting materials for Chinese brush painting, including an ink stick on a stone with a space in it for the water used for grinding the paint. Susan uses brushes with a bamboo handle; the brush tips are made of animal hair. Rice paper is essential for authentic Chinese brush painting.

Susan’s passion for life remains boundless. “It is so fulfilling to do something I know helps people and to have them communicate that to me.” —**Mary Ann Martin**



# March 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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2	3	4	5	6	7 <sub>OLLI</sub>	8
9	10	11	12	13 <i>Poetry Club</i> 10:00 John Bale Bookstore	14 <sub>OLLI</sub>	15
16	17 <i>Book Club</i> 1:00 rm 113	18	19	20	21 <sub>OLLI</sub>	22
23	24	25 <i>Early Native Communities</i> 12:30 rm 333	26	27 <i>Newsletter</i> 10:30	28 <sub>OLLI</sub>	29
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# April 2014

**Sun**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

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*1 Clubs and  
Activities  
10:30*

*2*

*3*

*4 OLLI*

*5*

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*6*

*7*

*8 The Greening  
of Waterbury  
Organizational  
meeting*

*9*

*10*

*11 OLLI*

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*21 Book Club  
1:00 rm 102D*

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*24*

*25 OLLI*

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