



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

Welcome to spring at OLLI!

Although spring is furthest from our current reality according to the temperature, it promises to be a busy season at OLLI at UCONN. Starting with a new, off-site course introduced by a curriculum subcommittee, OLLI members will be introduced to a new way of looking at and appreciating art at the Yale Center for British Art in New Haven. Lectures emanating from the University include Kim Cuevas' Secret Life of Infants and Beth Russell's lecture on Service Learning, both in April. In fact, April will be our busiest month, so once the weather breaks, be prepared for an enormous leap in activity.

The artist Winfred Rembert whose imagery is created by tooling and dyeing leather, will join us in April for a public event that will include a film screening about his extraordinary life and an exploration of his work. Also this spring, UCONN Reads will explore the book Persepolis through film screenings and discussions.

Tom Kmetzo has agreed to help us remember the reasons behind the creation of the play HAIR in a lecture on May 1. While we hope to attend the May 4 matinee at the Palace Theater, it will be refreshing to look back at what the world was like during the years leading up to the making of that pivotal production.

The Osher Lifelong Learning Institute, The University of Connecticut, Waterbury Campus, OLLI National and the OLLI membership and body of presenters would all like to extend a word of congratulations

to member/presenter, Nunzio DeFillipis, for the successful collaboration with Brass City Harvest which has led to an increase this spring in garden beds from 40 to 150. The magnitude of this change has yet to be enjoyed by the people of Waterbury, whose tables will hopefully spill over with much needed sustenance. That said, we need to announce that this particular OLLI course needs an increase in participation. Those of you who would be interested in repairing and preparing garden beds, planting, weeding, watering and harvesting and cooking for the food pantries and shelters that benefit from the efforts of this class are welcome to register in the OLLI office. Please join your friends to help continue the success of this course by adding your hands to one or more of its many components. The first meeting of the course is on April 8th.

We hope you enjoy the new portals of information introduced this spring through our calendar board across from the OLLI office, and our announcement slideshow in the concourse and at OLLI Café. Please look at them both and give us your feedback when you see us in the hallway. Our UCONN student workers were a big part of the creation and design of these new elements of the OLLI program.

Enjoy your spring!

Aleta E. Staton, MA, Coordinator
Osher Lifelong Learning Institute (OLLI)

As I wrote in the OLLI catalog, Friday is about to become one of your favorite days again. Welcome to all, newcomers and veterans of the OLLI adventure. Hopefully, as the oncoming weather gradually chooses to warm us, may we be warmed by our fellowship and fired anew with the challenge of learning.

Richard K. Fogg, President of OLLI

**Daylight Savings Time begins Sunday,
March 9.
- Saturday, March 8th—spring ahead!!**

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.

HEALTHY AGING

No matter how old you are, starting an exercise program increases your chances of staying healthy later in life. Researchers tracked the health and behavior of 3,500 older adults, with an average age of 64, who were disease free at the study's start. By the end of the eight-year study, 20 percent remained without chronic disease, depression, physical limitations, or mental deficiencies. Participants who exercised at least once a week either moderately or vigorously were three to four times more likely to stay healthy than those who didn't exercise. People who started to exercise during the study were better off than those who remained sedentary, indicating that it's never too late to get up and go.

SOURCE::::: *British Journal of Sports Medicine*, published online Nov. 25, 2013

A baby has brains, but it doesn't know much. Experience is the only thing that brings knowledge, and the longer you are on earth the more experience you are sure to get.

L. Frank Baum (Oz)

OLLI POETRY COFFEE HOUSE

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

OLLI BOOK CLUB

Contact: Nancy Via at 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
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 and click on the box that says "READER".

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 or any presenter or staff member

The clock of life is wound but once,
And no man has the power
To tell just when the hands will stop-
At late or early hour.
"Now" is the only time you own;
Life, Love, Toil with a will;
Place no faith in tomorrow," for
The clock may then be still.

Author unknown

contributed by **Delma Way**



OLLI CAFE

March 7, 2014

What's ALL the HYPE About Hypertension?

This is an in-depth look at the disease called hypertension. The causes and consequences will be described in detail, along with the risk of it contributing to Coronary heart disease. Hear about the importance of controlling hypertension and the prevention of progression leading to other health problems. All will be discussed with enthusiasm!

Jaye Howes is a masters-prepared Adult Nurse Practitioner with over 30-years of experience in the nursing field, the majority of that time spent in the Cardiology realm. Prior to that time, Jaye managed the Telemetry Unit at Waterbury Hospital, where she realized her love of teaching patients about cardiac diseases. She currently works in the Cardiovascular Unit at the hospital caring for heart patients after surgery.

March 14, 2014

Southeast Asia at Last...

Ira Mickenberg

Beginning Feb. 3rd and lasting for approximately 14 months, the east bound lane of East Main Street, from addresses 110-118, will be closed. This is to facilitate renovation of the Rectory building for the purpose of providing additional classroom space for the UCONN Waterbury campus. It is our understanding that every effort will be made to maintain two lanes of traffic on East Main (one traveling east and one traveling west), but of course you can still expect some delays and inconvenience. During this time, the sidewalk along East Main Street from the Palace to the Marquee / Louie's Pizza building will also be closed. Pedestrians and motorists will be alerted to the closure with ample signage and warning.

Jonathan XIV-New UConn Mascot

When Jonathan XIV was introduced to the media in late January, I was most happy to see my alma mater's newest mascot. Actually there are two UConn mascots, Jonathan XIV, a pure bred Siberian husky and a costumed "dog".

Suddenly, I thought about a conversation I had with Marcia Eaton, my college roommate.

Luckily I had her email address. I used it and she called me the next the day. Some of the material below is from this conversation.

Marcia said, "My father was president of the student government in the last year of the school being called Connecticut Agricultural School. My mother was also a member of the student government. Then the state voted to rename the school, and it became known as the University of Connecticut, UConn-which eventually led to the decision to drive to the western part of the state and buy a husky.

"My father held the puppy on his lap on the way back to Storrs. The puppy eventually was named Jonathan after the last colonial governor and the first state governor of Connecticut."

Tradition is that George Washington referred to Jonathan Trumbull as Brother Jonathan.

Jonathan I was killed by a car in early 1935 having attended a few basketball games. He was buried in front of Whitney Hall. Over the next 79 years there were many Jonathans. Some were pure white as is Jonathan XIII. Others, like the newest Jonathan, are black and white.

Jonathan XIV will be continuing his lessons in dealing with people, enjoying UConn sporting events and mastering other necessary mascot skills.

-Evelyn Marshak

Memory is a great deceiver; it embroiders until naught is left but the glory and the pleasure.

Tobsha Learner
British author



Cooperstown Foliage and Erie Canal This Fall

This trip has a full itinerary, appealing to all tastes. The correct dates are October 8 and October 9, a Wednesday and Thursday. The dates on the colorful flyers are correct. The trip begins with a scenic drive through the foliage into the Catskills to board the Rip Van Winkle Steam liner with an on-board elegant lunch with delicious entrees served on fine china.

Tickets are included for all passengers to visit the National Baseball Hall of Fame and Museum. If any passengers would rather see American art with a large collection of Native American Art, the bus will deliver you the short distance to and from the Fenimore Art Museum. After check-in at the BW Cooperstown Inn, a welcome dinner follows with more elegant entrees.

The next morning after breakfast, we will explore the Erie Canal and hear the history of this pivotal national project. There will be a comfortable cruise and a "lifting" through the lock mechanism. Lunch is included at a famous eatery, Rocky's Grill, with choice of lunch entrée.

This trip will be our most condensed and least expensive trip to date. Members' price is \$307 and non-members have a nominal \$20 surcharge. The trip includes transportation, baggage handling, a one night hotel stay, 2 lunches, one dinner and one breakfast, which are all the meals at our destinations. All gratuities are included, as is the service of our tour director and bus driver.

Don't miss a trip that will please your senses and your love of history. For early registration call **Friendship Tours at 860-243-1630**. The overnight trip staff will happily answer any questions and deal with any special requests or needs.



TWO TRIPS **Boston-Brooklyn**

If you are tired of looking at dirty snow, the OLLI Travel Committee suggests you start thinking about its May trip to the Ayer Mansion, former home of Louis Comfort Tiffany and The Church of the Covenant. Date is Wednesday May 21st and the snow should have totally melted by then.

The June trip is to the Brooklyn Botanical Gardens with its 52 acres of lilacs, cherry trees etc. and in the afternoon a visit to the Brooklyn Museum, one of the oldest and largest art museums in the country. Date for this trip is Friday June 3rd.

Simply thinking about these two wonderful trips will bring a smile to your face

The Boston trip, leaves the DOT parking lot in Prospect on Route 69 at 7:45 on May 21st. First stop will be the Ayer Mansion which was the former home of art collector, Frederick Ayer. It is the only surviving residence created by Louis Comfort Tiffany

You might remember the incredible art works by Tiffany that were featured at the New Museum of American Art last year.

Lunch is on your own and there are many choices in the center of Boston. After lunch, the bus moves on to the Church of the Covenant which is famous for its 42 stained glass windows.

Members pay \$71 each for the trip and that includes the bus and admission to both places and guided tours. The tour leaves the DOT lot on Route 69 in Prospect at 7:45.

The bus to Brooklyn leaves the DOT lot on Route 69 at 7:30 on June 3. Cost is \$73.

Note the new OLLI Travel Committee policy which allows an OLLI member to sign up and register a non-OLLI member at the same time. Non-members pay \$10 more for each trip.

Register for either or both trips by calling the Friendship Tour number, 860-243-1630

Checks should be made out to Friendship Tours and mailed to Friendship Tours, 705 Bloomfield Ave.

“Good friends are like quilts—they age with you, yet never lose their warmth.”

I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging. Whose business is it, if I choose to read, or play on the computer, until 4 AM, or sleep until noon? I will dance with myself to those wonderful tunes of the 50s, 60s & 70s, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their

hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it). From the internet



The car was pulled over by a highway patrolwoman for speeding.

As the officer was writing the ticket, she noticed several machetes in the car. “What are those for?” she asked suspiciously.

“I’m a juggler,” the man replied. “I use those in my act.”

“Well, show me,” the officer demanded.

The juggler took out the machetes and started juggling them; first three, then more until he was tossing seven at one time, overhand, underhand, behind the back, putting on a dazzling show in the breakdown lane and amazing the officer.

Just then, another car passed by. The driver did a double take, and said, “My God. I’ve got to give up drinking! Look at the test they’re giving now.”

Osher Lifelong Learning Institute at UCONN, Waterbury

The Osher Lifelong Learning Institute
The University of Connecticut
99 East Main Street
Waterbury, CT 06702



NEWSLETTER CONTACTS
Bob Grady 860 274-9389
Email vyoorg@aol.com
or
nblomstrom@aol.com,

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.

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

MEET YOUR PRESENTERS

Robert J. “Bob” Grady, editor of OLLI News, believes in embarking upon new adventures, making dreams come true at any age.

A long-time dream to fly was realized when he first soloed an aircraft, a Cessna 152, at the age of 54. Before taking off on that journey from Oxford in 1986, Bob often went skiing. He enjoyed looking down the mountain and anticipating the challenge of racing downhill. But skiing paled once he found how much he loved to fly, enjoying the sensation of being “like a bird and in control aloft” with a spectacular view of nature’s wonders and a horizon that stretches forever.

No wonder this retired teacher of English likes the John Magee poem that begins “Oh, I have slipped the surly bonds of earth; And danced the skies on laughter-silvered wings.”

But Bob found flying could have its down side. One day, he varied his pre-flight routine and, apparently, did not tighten the right gas cap on his Varieze, a home-built craft that he had purchased from an Oxford pilot. After an accident resulting in his plane hitting trees near the Oxford airport, Bob was trapped in his craft for 23 hours. When rescued, he learned no one searched for him right away because his friends hadn’t realized he was missing. The morning after the accident, Bob’s friends organized a search and soon found him, hanging from his harness in the cockpit unable to move. He suffered from dehydration but no other ill effects of consequence.

But that incident did not dampen Bob’s passion for flying. He later acquired other airplanes. the last of which was a Piper Cherokee PA28-150. Flying with friends across country were great adventures. He delighted in time saved flying as compared to driving when he visited his brother in York, Pennsylvania or his daughter, then living in Vermont.

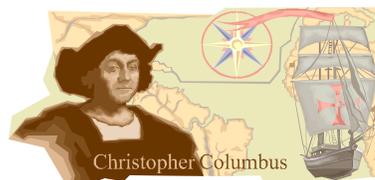
His newest passion is motorcycling, a sport he took up four years ago. Not surprisingly, travel remains an avocation. He has visited all the contiguous states save for Washington state as well as venturing to Singapore, Australia and New Zealand.

When listening to Bob, the words of another writer and poet, Robert Louis Stevenson, come to mind: “The world is so full of such a number of things, I’m sure we should all be happy as kings.” At OLLI Bob has taught a course titled “Poetry, I, too, dislike it but . . .” The class was designed for people “suspicious of poetry” and strove in part to show “how poets try to communicate their thoughts and feelings in many ways.”

Bob began his teaching career in the elementary grades in Waterbury in 1959. After three years, teaching in the city of his birth, he left to team-teach sixth graders in Watertown. From 1969-1994, Bob taught English to juniors and seniors in Watertown High School. To spark his students’ interest, Bob sometimes acted out the characters in the stories they were assigned to read. . An avid reader himself, Bob recalls purchasing “for a quarter” at the age of 8, the book ,“Bambi.” Over the years, John Steinbeck became a favorite author with *Grapes of Wrath* being an all-time favorite. He also liked Ernest Hemingway’s “attitude toward life, the macho thing.”

Always learning, Bob received his bachelor’s in Psychology/English from University of Connecticut; an MS in Education from Central Connecticut State University; and a Sixth Year Certificate in Counseling from Fairfield University. He also attended the English Institute at Carleton College through a National Defense Education Agency grant and earned a Master Certificate in Neuro-Linguistic Programming from the Eastern NLP Institute, Princeton, NJ. He now is taking an online course in the history of writing. In addition to editing the newsletter, Bob serves on the OLLI Leadership Council.

–**Mary Ann Martin**



March 2014

Sun

Mon

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Thu

Fri

Sat

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2	3	4	5	6	7 <i>OLLI</i>	8
9	10	11	12	13 <i>Poetry Club</i> <i>10:00 John Bale Bookstore</i>	14 <i>OLLI</i>	15
16	17 <i>Book Club</i> <i>1:00 rm 102D</i>	18	19 <i>Leadership Council</i> <i>10:30</i>	20	21 <i>OLLI</i>	22
23	24	25 <i>Early Na tive</i> <i>Communities</i> <i>12:30 rm 333</i>	26	27	28 <i>OLLI</i>	29
30	31					

April 2014

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

*1 Clubs and
Activities
10:30*

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4 OLLI

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11 OLLI

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*21 Book Club
1:00*

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25 OLLI

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