



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.

THANKS

Another great semester of OLLI is coming to a close. I hope we all remembered our veterans for their service and sacrifice this past Monday and throughout the years to come. The first snow (very light) came last night and, unfortunately, is a harbinger of what is to come. The autumn colors seemed to have lasted longer this year. Thanksgiving approaches and the season for friendship and joy will soon be here. In that spirit, I would like to take the time to thank all who enjoyed their time at OLLI this semester and who participated in any way-by being here and/or by volunteering- in making OLLI at Waterbury one of the best experiences for seniors in the area.

Volunteers are the background of the OLLI experience. They make up the small army that causes things to run as smoothly as they do. I urge anyone who can to sign up for the various committees because you might be surprised how volunteering can contribute to feeling even better about your OLLI experience.

I would especially like to thank my committee for catching all my *minor* mistakes before going to print. Again, special thanks to all who contributed material for the Newsletter and for all the comments you made concerning our endeavors.

Remember to sign up for winter courses and have a great holiday season!-RJG





John F. Kennedy's Assassination, 50 Years Later

It was so easy to find people to answer my question, "Where Were You When you learned that JFK had been shot in Dallas?" No one I approached looked at me and wondered what I was talking about. I was happy because I realized that approaching OLLI members would easily get me a variety of answers.

However, one of the first people I questioned was Aleta Staton, the new OLLI Coordinator, who startled me when she said that she was still in diapers on that day in November, 50 years ago. She elaborated and said she remembered that her mother cried the whole day after hearing the news.

Jim Orsillo said, "I was at my grandmother's wake being held at the Bergin Funeral Home. Once we heard the news, of the events in Dallas, we were torn between watching the news on a TV in the next room or carrying out our responsibilities to greet the mourners."

Geoffrey Whan handed me a small slip of paper that said, "I was in my first day at Officer's Candidate School in Newport, Rhode Island."....

Evelyn Marshak

Baltimore/Annapolis May 4-6, 2014

Don't be left behind – make your reservation early for the trip to the Baltimore/Annapolis area.

We will be staying three days, 2 nights at the Radisson Plaza Lord Baltimore which is centrally located just a few blocks from Baltimore's Inner Harbor, the USS Constellation, the last all-sail warship built by the US Navy, and the Baltimore Aquarium. Dinner and entertainment on the first evening will be at Toby's Dinner Theatre.

The second day we will drive to Annapolis, home of the US Naval Academy. A walking tour will include many of the historic buildings on campus. After the tour we will spend time at the Annapolis city docks and explore the historic district, shops and restaurants. In the afternoon we will return to Baltimore for a city tour including Ft. McHenry, site of the Battle of Baltimore during the War of 1812, and the grave of Edgar Allan Poe. We will also tour Fells Point, a historic waterfront, home to antique shops and coffee shops. In the evening we will have dinner at Phillips Seafood Restaurant for traditional Baltimore food.

Day Three we will have a guided tour of Camden Yards, home of the Orioles, where we will get a close up view of the ballpark from club level suites, and even the Orioles dugout. We will have time in Baltimore's Inner Harbor for lunch on own before heading home.

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".

Cost: \$479pp twin/triple. \$629pp single. Non-members surcharge +\$20pp. Call the Overnight Department at Friendship Tours (860-243-1630) to at least ensure your reservation.



OLLI Café'
November 15
Celebration of OLLI Arts

On Friday, November 15th, join us for a special
 OLLI Café!

The Advanced OLLI Cabaret class, under the direction of Sue Matsuki and accompanied by pianist, TJ Thompson, will perform solos and duets for all to enjoy! Come join the fun!

SOUND FAMILIAR?

I didn't do a lot of writing this week, only some of the assignments, but if I have to be honest, I did them yesterday. Everyday goes by, one day at a time, and I do a lot of nothing; meaning, not the things I want to do.

I get up, say a quick prayer, eat a quick breakfast-- here come the kids. Rush, give them breakfast, off to school. Go exercise, which is one good thing I do for myself. Arrive back home where my husband is because he now works in the afternoon. He has been doing a lot of remodeling around the house, which means there are trips to Home Depot, Lowe's, Job Lot, or he has a doctor's appointment and of course he can't go by himself. There are trips to Aldi's, Stop and Shop and other stores. Come back home, rush to do some laundry, pick up around the house, as much as I can because with all the remodeling, there is a lot of stuff around that I can't put away. Sit down, have a cup of coffee. Oh, it's lunchtime, rest for a while and then off I go to pick up the kids. Rush home, snacks, more snacks, cartoons, fights, make dinner in between and there they go with their moms. Husband stops by to eat dinner in between job assignments; then clean the kitchen, take a shower, maybe put laundry away; that's it, I'm exhausted, watch mindless TV until I fall asleep. Oh, I was going to write, or make soap, maybe read a bit, no, not time, maybe tomorrow, maybe another day. That's my day, a lot of things done, but not the ones I wanted to do. And they call this retirement?

That's why I enjoy OLLI; it is my time, my day, my escape from all the nothing that I do all day. All the rushing stops for a while and my mind is stimulated. This is my time. Oh, how great it is to do something for me, not for others, for my enjoyment. A time to relax, to learn, to soar, to make new friends. My time, my experience, my life. So being here, writing during this time, this is the change in my writing because otherwise, I would never do it.

Gladys M. Bournival- (*Cindy Eastman's Class*)

OLLI WINTER SESSION 2014

See the selection of course offerings and sign up now!

Winter session will be five weeks – Fridays, January 17, 24, 31, February 7, 14 – February 21 will be built in as a winter snow date

Most classes are Fridays from 1:00 PM to 2:30 PM unless otherwise noted. Rooms will be posted!

HS-401 The Palace Theater History, Lou Belloisy

HW-412 Yoga Stretch, Strengthen & Breathe, Cynthia Paolino

HW-411 Chair Yoga, Kathleen Greco

CE-007 Tales of Bosnia, Leslie Lebl

CE-004 Today's News – Tomorrow's History, Barry Davis

SP-401 The Official Game, Ned Conlan

MS-419 Basic Astronomy, Part II Gary Ruggeri

AH-419 Beatniks vs. Hippies? Alan Bisbort

VA-421 A Love Affair with Woody Allen Films, Nunzio DeFilippis

(note: this is a 3-hour course)

WE WANT YOUR FEEDBACK!

Please provide us with your suggestions, submissions and comments praises and/or critiques.

What do you want to read in the Newsletter ?

Contact or send your ideas to:

Bob Grady 860 274-9389

yvoorg@aol.com

BOOK CLUB

Nov. 18 **My Beloved World** by Sonia Sotomayor

Our meetings are from 1:00 to 3:00 in room 102D...UConn/Waterbury—contact **Nancy Via** e-mail nvia@sbcglobal.net

OLLI POETRY COFFEE HOUSE

2nd Thurs at John Bale Bookshop –10:00am

Contact Denise Whelan (deniseawhelan@yahoo.com)

For more information



On the trip to Philadelphia pumpkin scones were passed out on the bus. Many requested the recipe.

Pumpkin Scones

Scones Ingredients:

- 2 cups all-purpose flour
- 7 Tablespoons sugar
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 6 Tablespoons frozen butter
- 1/2 cup canned pumpkin
- 3 Tablespoons sour cream
- 1 large egg

Sugar Glaze Ingredients:

- 1 cup powdered sugar
- 1 Tablespoon powdered sugar
- 2 Tablespoons whole milk

Spiced Glaze Ingredients:

- 1 cup powdered sugar
- 3 Tablespoons powdered sugar
- 2 Tablespoons whole milk
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 pinch ginger
- 1 pinch ground cloves

Scones Directions:

1. Preheat oven to 425 degrees F.
2. Lightly grease a cookie sheet or line with parchment paper.
3. Combine flour, sugar, baking powder, salt, and spices in a large mixing bowl.
4. Grate butter into the dry ingredients. Mixture until crumbly. Set aside.
5. In a separate mixing bowl, whisk pumpkin, sour cream, and egg.
6. Fold wet ingredients into dry ingredients. Form the dough into a ball.
7. Pat out dough onto a lightly floured surface and form it into a 1-inch thick rectangle (about 9 inches long and 3 inches wide).
8. Use a large knife to slice the dough into three equal portions. Cut diagonally to produce 6 triangular slices of

OLLI Tappers to perform at Howland Hughes

Many of you have asked about the members who are taking tap lessons at Donna Bonasera's Ct. Dance Theatre. You will get your chance to see them firsthand on Sunday, Dec. 1st. On that date, Waterbury will have its lighting of the Christmas tree on the Green in Waterbury. Immediately after the festivities on the Green, Sheila Waters Fucci will have her 'OLLI Tappers' performing a short Christmas routine at about 7PM at the CT Dance Theatre at Howland Hughes on Bank St.. This will be followed by other dances including some of Donna's exceptionally talented students from the Dance Theatre performing sections of the Nutcracker. If you are curious as to whether you might like to take tap lessons also, or if you just may want to see one of your OLLI friends 'in action', this is the perfect time.

If you are planning to start at the festivities on the Green which include live entertainment and goodies, you might want to come an hour or so earlier than the Dance Theatre's time and bring a can or two of food for our citizens who are less fortunate than us at Christmas. There will be containers for the food at the Green.

However you do it, come and join the fun! Watch for more detailed information on the tree lighting in the Waterbury paper closer to the date.

dough. (I make them smaller)

9. Place on prepared baking sheet from step 2.
10. Bake for 14–16 minutes until scones turn light brown.
11. Place on wire rack to cool.

Sugar Glaze Directions:

1. Mix the powdered sugar and 2 Tablespoon milk together until smooth.
2. Brush glaze over the top of each cooled scone.

Spiced Glaze Directions:

1. As sugar glaze firms, combine the spiced icing ingredients.
2. Use whisk to drizzle over each scone and allow to dry before serving.

Makes 6 pumpkin scones.

Barbara Marchitto

Barbara Schafer takes great satisfaction in improving the quality of life for people through teaching and practicing Reiki. This woman of science embarked on learning about Reiki when a friend “badgered me into” taking Reiki classes.

Barbara spent many years working in the mental health field before that happened. She grew up in Pennsylvania Dutch country and graduated from the nursing program at St. Joseph’s Hospital in Reading PA. She then received her bachelor’s degree in nursing from Wilkes-Barre University and her master’s degree, also in nursing, from the University of Pittsburgh. She became an advanced practice registered nurse (APRN) and a certified psychiatric nurse. She also is an experienced psychotherapist.

Her early work in the field of mental health included doing follow-ups on people who had been discharged from mental health facilities. During the 1960s, her husband’s work took them to Syracuse. Barbara’s research skills resulted in a position at Syracuse University with a group researching the benefits of the Head Start program for pre-school children. The information from this project helped document the value of Head Start to members of Congress.

Upon moving to Connecticut, Barbara returned to working in the mental health field, including six years (1980-1986) in the office of the state Mental Health Commissioner. In 1995 her friend introduced her to Reiki. Impressed with how Reiki enhances wellness, reduces stress, and boosts the immune system among other things, Barbara became a Reiki Master Teacher. But Barbara is quick to say that Reiki doesn’t replace traditional medicine but rather complements it. Reiki might, for example, help a patient lower feelings of stress when facing surgery or going through physical rehabilitation.

She describes Reiki as “spiritually guided life force energy” with the practitioner serving as a conduit of spiritual energy. This happens when the practitioner lays his or her hands lightly on the recipient’s energy fields corresponding to the major energy points within the body. She explains the theory is “we all have healing within us but we develop blocks” to it.

Reiki isn’t a religion but is a way of keeping one’s energy field in balance. Barbara explains that each person is surrounded by energy fields. When the energy fields get out of balance, Reiki may be used to shift energy where it should be. In time the energy fields will be “more vibrant.” Reiki allows people to release the blocks caused by fear, attitudes, guilt and bad habits that create unhealthy living patterns. Once the blocks are removed, positive energy can flow and enhance life. Someone who has learned Reiki, which she says is easy to learn, can call upon it the rest of their lives.

When Barbara began to practice Reiki, she found “things started to happen.” She observed that people she worked with often found anxiety lessened. Barbara spoke of a woman who depended totally on her husband because of anxiety. “She would not travel without her husband.” After a couple of years of Reiki this woman experienced a “life transforming experience.” The client started her own business, found she could travel without her spouse and communications with her family improved. How did her husband feel about this change? “He loved it!”

Over the years, Barbara has observed that many nurses go into Reiki. “It comes from the heart and supplements what they do.” Reiki is actually a Japanese method to reduce stress and promote healing. The word Reiki is comprised of two Japanese words: Rei meaning God’s wisdom or higher power and Ki that means spiritually guided life force energy.

In addition to presenting at OLLI, Barbara’s activities include doing Reiki and Therapeutic Touch as a volunteer at Griffin Hospital. She also has a private Reiki practice in Naugatuck.

–**Mary Ann Martin**

(Many thanks to Mary Ann for her dedication and all her interesting articles on our presenters.-RJG)

FIFTY YEARS!

And just like that everything changed

It was a sunny fall afternoon in northern Indiana. I was pushing my two tiered cart along the third floor of the library re-shelving books for my work study job which paid \$1.75 an hour. Time dragged by slowly on the four hour shift which when I punched out at five, would net me exactly seven dollars toward my next paycheck.

However on this late November day, time was moving a little faster than usual because Thanksgiving break was only days away. I was already planning what I'd be doing on this long anticipated respite from studying beginning with Thanksgiving itself when I would be united once again with my parents and my brothers and sister. The "oohing" and "aahing" as my mother made her entry into the dining room with the Thanksgiving turkey would be followed by a feast of home cooked delicacies not even considered as possibilities on our menu in the student dining hall.

As I continued down the row of shelves, I focused in on the call number of the philosophy book I held in my hand, having just pinpointed its exact location. I was about to slide the book into its place when I looked up and saw Bill, the amiable supervisor of student workers, headed right toward me with an uncharacteristically serious expression on his face. His panicked look immediately sent shockwaves in my direction reflecting the devastation he was experiencing as he managed to get out the words: "The president has been shot! President Kennedy is dead!"

Just like that in one breath, everything changed!

Bill's words were like a solid punch to the solar plexus knocking the wind out of me and sending the book I was holding hurtling to the floor!

"But wait!" I thought. "This couldn't be true. President Kennedy was the personification of life itself, of youth, and of hope for the future. He was proving too, that a catholic could be president not influenced by a pontiff thousands of miles away.

And what Bill had said couldn't be true for another reason. People in my life weren't dying yet. Everyone around me was young and healthy, preparing for a future after college just as President Kennedy was preparing the country for its own new hopeful idealistic future: the Peace Corps, Civil Rights, the Alliance for Progress. The lifeblood of these programs pumped through the veins of this young handsome president whose humor, whose laughter, whose down east accent, whose beautiful wife and their regal demeanor together as President and First Lady all spelled LIFE not DEATH!

And it couldn't be true for another reason. Even if there was someone who hated the President, even if there was some deranged killer out there, members of the Secret Service with their dark suits and sunglasses with all their training and their mission to protect the President at all costs, they would never let this happen. There was definitely a mistake somewhere along the line. Bill had clearly misunderstood what he had been told about the President.

I reached down, picked up the book and placed it in its exact spot on the shelf, certain that everything would return to normal as I prepared to leave for Thanksgiving Break.

Tom Melesky

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>OLLI</i>	2
3	4	5 Clubs and Activities Comm Library Conference Rm	6 Boston Trip 8:00 am	7	8 <i>OLLI</i>	9
10	11	12	13 Travel Mtg. 10:am	14 Poetry Club John Bale BookStore	15 <i>OLLI</i> Food Drive	16
17	18 Book Club 1:00 rm102d	19	20 Leadership-Council 10:30	21	22 JFK	23
24	25	26	27	28	29	30