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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.

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## **OLLI SWEATSHIRT DAY!**

### **JOIN THE FUN – WEAR YOUR OLLI SWEATSHIRT WITH PRIDE!**

The UConn Co-op is promoting a SALE on the specially designed OLLI Sweatshirts! Pick up your 20% coupon at the OLLI Information Table and the Co-op will add an additional 15% discount on the purchase of an OLLI Sweatshirt – that’s a total 35% off the purchase price! You have a choice of light blue or grey! Then wear your shirt on FRIDAY, OCTOBER 18<sup>th</sup> in honor of OLLI Sweatshirt Day! Fashionistas can gather outside the multipurpose room right before OLLI Café for a group photo which we will then promote to the Osher National Resource Center online newsletter! Let’s show OLLIs across the U.S. that we are proud of our program and it’s perks!

#### **OLLI VOLUNTEER DAY**

**September 27, 2013**

Whether you’re new to OLLI this fall, or an old hand at all things OLLI, today is your chance to get a little bit more involved. AT OLLI Café, there will be brief presentations from the co-chairs of the committees and clubs, informing you about their groups and their activities. If you’re interested, you can use the sign-up sheets on each table. They are always looking for new members.

If committee work isn’t your thing, there is also an opportunity to help out just a little every now and then, by joining the Very Involved People (VIP). If you join this group of volunteers, you would be asked, once in a while, to help out with the refreshments for special events and UConn research lectures. Volunteers are chosen from the event rosters, so you wouldn’t be asked if you weren’t already signed up.

So please, listen to your fellow OLLI members who have already become involved and consider joining us. Remember, OLLI is totally member-driven, so volunteers are our heart and soul.

## On Aging

As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

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 50, 60 & 70's, 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, I eventually 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).

**Shiela Morisette**

## LOST & FOUND

Pair of sunglasses left in #119 after 1:15 PM "Kick Start Your Health" class.

Yoga mat in a blue/black case left in fitness room #102 – Pretty Gold Earring with tiny dangling purple stone...Found in Rita's office. Call 203-236-9924

## SUE & FRIENDS A SPECIAL Cabaret Show Produced for

### OLLI AT UCONN MEMBERS Sponsored by the OLLI Clubs and Activities Committee

### An afternoon of Cabaret, Jazz, Standards and Show Tunes, with a multi-award winning cast and a few surprises from OLLI members

**Date:** Saturday, October 5, 2013

**Depart:** 11:30 AM, UCONN Waterbury

**Parking:** UConn Parking Garage (w/OLLI parking pass)  
*The campus building will be closed-parking only.*

**Brunch:** 1:30 - 3:00 PM, \$10 minimum per person (not included in trip cost)

**Show:** 3:00 - 4:15 PM, Estimated return time: 6:30 PM in Waterbury

**Featuring:** **Miles Phillips** - Broadway and Musical Theater gem, **Gretchen Reinbogen** - doing some Kaye Ballard tunes, and **Tracy Stark**, Musical Director/Singer/Songwriter

**LIMITED SEATING-REGISTER TODAY:** Call 860-243-1630  
(do not call the OLLI Office)

**THE LAURIE BEECHMAN THEATRE at the WEST BANK  
CAFÉ**

407 West 42<sup>nd</sup> Street (off of 9<sup>th</sup> Avenue)

**COST: (Bus Transfer and Show only) JUST \$65.00 (plus money for brunch)**

There is an added \$10 fee for non-OLLI members.

## 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".

True friendship is like phosphorescence– it glows best when the world around you goes dark.

-Denise Martin



OLLI Café'

**September 27**

**Life and Work in Lithuania, 1995 – 2008**

**Irene and Gintas Zemaitaitis**

After the re-establishment of Lithuanian independence from the Soviet Union, Irene and Gintas returned to their country of birth after more than a 45-year absence to experience life there. This presentation will include visuals of their work and volunteer activities from 1995 to 2008. They will speak about their life and work in Lithuania, touching on some historical aspects and the difficulties people experienced after independence.

**Irene and Gintas Zemaitaitis** are OLLI members. Irene is a UConn alum and a language teacher. Gintas is a retired accountant.

**October 4**

**What do You Know About French Music**

**Mary Conseur**

**BOOK CLUB**

Oct. 21 **Ella Grasso** by Jon Purmont  
 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](mailto:nvia@sbcglobal.net)

**OLLI POETRY COFFEE HOUSE**

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

**OLLI WORKSHOP**

Have you ever considered being an OLLI course presenter but you are not sure how to get started?

It is not as hard as you might think!

Come to the

OLLI Course Proposal Workshop

for New Presenters

on Wednesday October 9th at 1:30 PM

This meeting will help demystify the process and assist in helping you create a course proposal.

Please RSVP to [nancylagrove@gmail.com](mailto:nancylagrove@gmail.com) if you wish to attend.

**UConn Trip Reminder**



Are you saving say 100 calories a day so you can splurge at the last stop on OLLI's UConn trip which will leave our new parking lot, the DOT lot in Prospect .

Cost for the October 16<sup>th</sup> trip is \$40. You can reserve a place on the bus by calling Ben at Friendship Tours, 860-263-0174.

First stop will be the Visitors' Center. The second stop is the Natural History Center and an overview of the Center by the state's archeologist, Nicholas Bellantoni.

Remember the wonderful dorm food of your undergraduate days at UConn.? The taste of the food has vastly improved and you'll have several places to choose from when the bus stops at the Student Union. Yes, you may bring your own sandwich if you choose.

Next stop is the Dodd Center where an archivist will explain the unique collection of materials owned by the university.

Last stop will be the Dairy Bar and here you might want to spend the calories you have been saving on say a sundae or a banana split.

My sister, Jacki, also an UConn alumnae , used to tell our parents that the three tall towers you see, when approaching the campus , contained hot cereal, gravy and mashed potatoes.

Of course they didn't. My question is are the towers still standing?

**Evelyn Marshak**

**OLLI @ UCONN/Waterbury Presents:**

**Baltimore and Annapolis** - May 4 - 6, 2014 (Sunday - Tuesday)

United States Naval Academy Tour \* Baltimore City Tour \* Fort McHenry \* Oriole Park Tour @ Camden Yards

Day 1: Travel by deluxe motorcoach to Baltimore! Our 2 nights will be spent at the RADISSON PLAZA LORD BALTIMORE HOTEL - an Art Deco building located in the center of downtown Baltimore, just 3 blocks from the Inner Harbor. Dinner and musical entertainment tonight at TOBY'S DINNER THEATRE - show TBA.

PLEASE NOTE: Breakfasts are NOT included. However, the hotel has an in-house cafe and there are numerous diners, delis and coffee shops nearby. (There are over 100 eateries within one mile of the hotel).

Day 2: Tour the US NAVAL ACADEMY. The walking tour will include Lejeune Hall, Dahlgren Hall, Bancroft Hall, the main chapel (when available) and the crypt of John Paul Jones. Lunchtime, on your own, will be spent at the ANNAPOLIS CITY DOCK exploring the shops, eating at a restaurant, and watching the watercraft . A local guide will join us in the afternoon for a BALTIMORE CITY TOUR highlighting some of the famous spots in the city: Inner Harbor, the grave of Edgar Allen Poe, Ft. McHenry, and Fells Point.

Dinner will be at PHILLIPS SEAFOOD RESTARANT. The Menu Choices are either: Chesapeake Crab Cakes (not the wimpy ones that Conn. restaurants sell as 'Maryland Crab Cakes'), Marinated Grilled Chicken Breast, or Grilled Salmon.

Day 3: This morning we will take a GUIDED BEHIND THE SCENES TOUR OF ORIOLE PARK at Camden Yards. See what the ballpark looks like from the club level suites, the press level, and the Orioles dugout. You will have time in BALTIMORE'S INNER HARBOR for lunch on your own before heading home. Harborplace the Gallery, located in the Inner

Harbor is a mix of 120 shops, restaurants, and 'diverse' eateries. There are many other eateries located throughout the Inner Harbor. Other points of interest located at the Inner Harbor are the National Aquarium, the Maryland Science Center, and the American Visionary Art Museum.

**\*\*PLEASE NOTE: THERE IS A MODERATE AMOUNT OF WALKING ON THIS TOUR\*\***

COST: \$479.00 pp twin/triple \$629 pp single  
Non-member surcharge: +\$20 pp

Includes: Deluxe motorcoach, 2 nights hotel, 2 dinners, sight-seeing and admissions as per itinerary, Tour Director and all gratuities.

DEPARTURE: 8AM from St. Anthony Church/D.O.T. lot/ Rte. 69, Prospect  
(departure time subject to change based on final documents)

DEPOSIT: \$150. pp by Feb. 10. 2014

FINAL PAYMENT: March 17, 2014

FOR RESERVATIONS: Friendship Tours, Overnight Dept: 860-243-1630. PLEASE ADVISE IF YOU HAVE ANY SPECIAL NEEDS.

CHECKS PAYABLE TO: Friendship Tours

MAIL TO: Friendship Tours, Overnight Dept., 533



**REMINDER** – If you are taking any trips through OLLI Travel in the future, you will be departing from **St. Anthony/DOT Commuter Parking Lot in Prospect on Rt. 69**. Please use the area of the parking lot next to the Dunkin Donuts parking lot. From I-84, take exit 23 and head south on RT. 69 to the center of Prospect, or from Naugatuck and Cheshire areas, take Rt. 68 to Rt. 69 in the center of Prospect. St. Anthony Church is where Rt. 69 and Rt. 68 meet.



**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**



## MEET YOUR PRESENTERS

Growing up in Naugatuck, Dr. David Reed developed a life-long interest in Eastern Europe that grew out of stories told to him by Lithuanian immigrants who had settled in his hometown.

He heard vivid stories of village life and culture and tales about the period when Czarist Russia ruled the Baltic States.

The immigrants also described how Lithuanians who served in the Russian Army would be sent to places distant from home. This was to ensure if a local uprising against the government occurred that you being “a stranger” were less likely to have sympathy for the local people. Thus, someone from Lithuania would be sent to Siberia to serve. “You were never sent to the place where you were born” to guard against the human tendency to identify with your own.

The more he heard of the superpower that was Russia, the more the young David Reed wanted to know about its history. Although extremely important in the world, Russia seemed very remote to a Naugatuck youth. To learn even more, David taught himself the Russian language, commenting that Lithuanians generally spoke three languages: Lithuanian, Polish and Russian. Today, he can still read Russian although his ability to speak the language has suffered from lack of practice.

But his love of science pulled him towards a career in medicine. At the University of Connecticut, Dr. Reed had a double major in physics and chemistry with a minor in mathematics. After graduating from Yale Medical School, he returned to the area where he grew up to practice internal medicine for 45 years. But “anytime I wanted to get my mind off science, I would read history.”

In 1968, Dr. Reed went to Russia for the first time, traveling with a medical group that toured hospitals.

His knowledge of the language allowed him to “do a little interpreting.” Dr. Reed said the hospitals appeared to be well equipped observing that the medical field didn’t appear to be politically influenced the same way other fields were.

Over the years, along with his wife Joan, he visited Russia five more times with the last trip being about 10 years ago when part of a tourist group. On that trip, “things appeared to be less militarized; people were freer to speak.”

When he retired from the practice of medicine, Dr. Reed chuckled, his wife told him, “You’ve got two weeks to get a new career!” His friend, Francis Brennan, former director of the Waterbury UConn branch, suggested presenting at the OLLI program. Dr. Reed proceeded to do so and found he had to be very well prepared. Those who come to his classes want to be there and “have a lifetime of experience.” They aren’t holding back in discussions as undergraduates concerned about grades might. He encourages discussion and likes to use film of historic events when possible “to put a face to a name” and add value to the class.

Dr. Reed dislikes what he refers to as the “Great Man” theory of history. History, he believes, molds the man, not the other way around. Churchill would have been of little importance were it not for the situation that existed in Germany at the time. History is a continuum with lessons to be learned. He is skeptical of today’s tendency of American political leaders to want to look good rather than do what is right in terms of statesmanship.

One of his ongoing projects is to find a publisher for his book *Strangers in the Land*, a historical novel based on the Czech Legion of World War I. The Legion was comprised of Czechoslovaks sympathetic to the Western Powers but conscripted into the Austrian Army. Many of those conscripted defected to the Russian Army and eventually formed a brigade within the Russian Army. The fallout from the Legion’s activities had historic ramifications that affected Western-Soviet relations for many years.

This term Dr. Reed is teaching the “History of Eastern Europe.” –**Mary Ann Martin**

# September 2013

Sun      Mon      Tue      Wed      Thu      Fri      Sat

	2	3	4	5	6	7
	9	10 <i>Council Mtg 10:30 Jonathan Kel- log 6:30</i>	11	12	13 OLLI	14
5	16 OLLI <i>Book Club</i>	17	18	19	20 OLLI	21
2	23	24	25 <i>What Does It mean to Be Hu- man? 12:45</i>	26 <i>Curriculum Committee 10:00</i>	27 OLLI	28
9	30					

# October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> Travel Committee 10-12	<b>3</b>	<b>4</b> <i>OLLI</i>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> Jonathan Kellog 6:30	<b>9</b>	<b>10</b> <i>Poetry Club</i> <i>John Bale Book</i> 10:00	<b>11</b> <i>OLLI</i>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Chemists Without Borders12:45	<b>16</b> Trip to Storrs  Council Mtg 10:30	<b>17</b>	<b>18</b> <i>OLLI</i>	<b>19</b>
<b>20</b>	<b>21</b> <i>OLLI Book Club</i>	<b>22</b>	<b>23</b>	<b>24</b> Curriculum Committee 10:00	<b>25</b> <i>OLLI</i>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		