Back to OLLI!

Fall 2009

September 18 – November 6, 2009

OLLI Open House
Tuesday, August 18
see page 30 for details

EXERCISE
for the brain

(OLLI) at the University of Connecticut, Waterbury, CT

Lifelong Learning | Providing adults 50 and over with opportunities to engage in intellectual development, cultural stimulation, and social interaction.
Welcome to the University of Connecticut’s Waterbury Campus!

Welcome, one and all, to another exciting and stimulating fall session of OLLI. Our list of presenters and class offerings has increased and we anticipate another banner year—with a boost in our membership. New to our OLLI happenings are two travel excursions that will take us to Avery Point, the shoreline campus of UConn, to experience Project Oceanology, along with a docent-guided tour at the Wadsworth Atheneum in Hartford. I hope you have many interesting, productive and fun learning experiences during our fall months and I encourage you to recruit new folks to join our OLLI family at UConn Waterbury. Best wishes for a wonderful semester!

Nancy Via
President, OLLI at UConn Waterbury

Welcome to the University of Connecticut, Waterbury campus! Our campus proudly serves Waterbury and the region by delivering educational programs for undergraduate, graduate, and lifelong learning students in a dynamic, accessible, state-of-the-art environment. We are equally proud to be associated with the Bernard Osher Foundation and the network of one hundred twenty two (122) Osher Lifelong Learning Institutes across the United States. We express deep thanks to Bernard and Barbro Osher for their generosity and vision with regard to the lifelong learning movement. Whether you will be connecting with college for the first time, reconnecting with higher education, or coming back to UConn—we want this to be a positive and enriching experience. OLLI members bring a unique and positive energy to our campus through their enthusiasm and their depth of life experience in various careers, family life, and civic engagement. I extend a warm welcome to each and every one of you. Please enjoy your time here and savor the fun of learning.

William J. Pizzuto, Ph. D.
Director, UConn Waterbury Campus

University of Connecticut

The Osher Lifelong Learning Institute at the University of Connecticut is pleased to present the fall 2009 Course Catalog (brochure) to residents of the region and the State of Connecticut. As we reflect on the first half of 2009 there is good news to share with our past, current, and prospective members. In these often uncertain times, it is an honor to lead an organization that has so much good news and embraces positive, healthy, forward-looking ideas.

- The Bernard Osher Foundation has announced the third cycle grant funding for OLLI at UConn beginning on July 1, 2009
- Our Second Annual OLLI Open House takes place Tuesday, August 18, 2009 from 9 AM to 3 PM! It is bigger and better than ever! See page 30 for details
- OLLI is offering nearly 40 courses—among them are 28 NEW course titles
- Author William Mann returns to OLLI in 2009 to launch his new book about Elizabeth Taylor. This special event takes place at the Palace Theater. See page 28 for details
- Musica Scolara, our intergenerational UConn/Waterbury Chorus, continues to grow (please consider joining if you like to sing—vocal placements will be on August 18, 2009). See page 20 for details
- OLLI is proud to announce the “Mat and Chat Series”, exclusively designed for OLLI members, in partnership with the Palace Theater. Please support this wonderful program. See page 26 for details
- OLLI has expanded the “Connect to Your World” library workshop series during the lunch time slot. This six-part series provides an option during the OLLI Café time slot. Seating is limited so advance registration is required. See page 24 for details
- OLLI is honoring and reaching out to Veterans. We are honored to have retired Brigadier General Wilma Vaught coming to speak from Washington, DC. Please come hear about the history and role of women in the U.S. Military. See page 28 for details
- If you like what we are doing please tell friends, relatives, and acquaintances. Our goal is to reach 500 members in the coming months and we are very close! Please help us by spreading the word!

Finally, I express deep thanks to our staff and members who volunteer their time to make this organization operate so smoothly—without them OLLI wouldn’t exist.

Sincerely,

Brian G. Chapman, Ed.D.
Director of OLLI at UCONN
OLLI at UConn is a member-driven, community-responsive program offering non-credit learning experiences (courses, lectures, and special events) for mature adults who want to engage socially and intellectually with their peers as teachers and learners. Situated on an intimate, state-of-the-art university campus with traditional-age students and research faculty, OLLI also provides fertile ground for an intergenerational interaction and exchange of ideas. The urban campus reaches out to a diverse region which provides opportunities with other cultural, educational, and arts organizations.

Membership Cycle Examples

Members who joined OLLI in fall 2008 had a membership cycle from September 2008 through August 2009. These members will need to renew their membership now and pay the annual membership fee (new membership will extend from September 2009 – August 2010). A member joining OLLI for the first time in fall 2009 will have a membership cycle from September 2009 to August 2010.

FEES ARE NON-REFUNDABLE!

ANNUAL OLLI MEMBERSHIP IS $60 – THIS IS ALSO CALLED BASIC MEMBERSHIP. WHEN A MEMBER PAYS THE ANNUAL $60 MEMBERSHIP, BENEFITS INCLUDE:

- Participation in OLLI Café Activities – “A place to lunch and learn.” Members are encouraged to bring a brown bag lunch – coffee and fruit will be provided
- Opportunity to register for OLLI courses – $25 each course
- UConn Waterbury parking pass for your annual membership cycle (see directions/parking on last page for restrictions)
- Discounts for OLLI partnership events
- Entrance to Special OLLI Events
- Year-round notices about additional OLLI programs
- OLLI membership card

LEARNING ACTIVITIES

The OLLI Program currently includes short-term, non-credit courses, OLLI Café (lunch and learn) activities, and special events. Most programs and classes are scheduled during daytime hours. See course descriptions for specific times.

Brown Bag OLLI Café presentations are held from 11:30 AM – 1:00 PM in the multipurpose room.

Why Lifelong Learning?

Enjoyment, fulfillment, intellectual stimulation, shared enthusiasm, challenging discussion, enriching existing friendships and forging new ones – these benefits merely begin to answer the question, “Why Lifelong Learning?”

Lifelong learning is an educational philosophy that embraces a comprehensive definition of human inquiry; educational activities can and should be available through all stages of life. We are endowed at birth with insatiable curiosity and an incredible capacity to learn. Spend a few moments watching a group of children who encounter something completely new that captures their attention and challenges their intellect. There is pure delight in the adventure of experimentation and the thrill of discovery.

“Cognition is dependent upon brain function and brain function can be improved through physical exercise and cognitive stimulation. Lifelong learning offers the added practical benefit of maintaining brain health. Cognitive stimulation, otherwise known as “exercise for your brain,” is essential to maintaining high cognitive functioning in later life. “Cognition is dependent upon brain function and brain function can be improved through physical exercise and cognitive stimulation. Lifelong learning institutes offer older adults a myriad of opportunities to enhance their cognitive function.” (Simone & Sculli, 2006)

Harkening back to the days when we were encouraged to seek a well-rounded education, we now have the opportunity to engage fully and ask the deeper questions using our own life histories and those around us. Lifelong learning allows us to relish – either again or for the first time – the big ideas of art, history, music, health, philosophy, politics, religion, science and more. And not just with our contemporaries, but with people ten, twenty, or thirty years older or younger. Some OLLI courses and programs are designed to be intergenerational, with college undergraduates working alongside OLLI members. The mix of young and old in a university setting opens up new worlds of interest, reexamination, excitement, varying points of view, and sometimes a healthy level of controversy. It enlivens our mind, helps focus our life, and gives us new insights to the world around us. And there are no exams! So come and revel in the experience of learning for the joy of it!
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<td>12:15 PM</td>
<td>6 SESSIONS: LIBRARY WORKSHOP - CONNECT TO THE WORLD, ROOM #224 (ALTERNATIVE TO OLLI CAFÉ)</td>
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The teacher inspires and moves you beyond imagination. No words can describe the value of the class experience.

Adulthood & Aging: An Intergenerational Class Approach
14 Sessions – Tuesdays from 3:45 PM – 6:15 PM
September 1, 8, 15, 22, 29 October 6, 13, 20, 27, November 3, 10, 17, December 1, 8
Room #120

PLEASE NOTE: This course meets on Tuesday afternoons – course books are recommended but not mandatory.

This is a standing undergraduate course offered at the University of Connecticut. Because the topic is that of adulthood and aging, the instructor believes it would be beneficial for the younger students to share the learning advantage of OLLI members. This course will examine individual development and behavior from young adulthood through later life, with special attention given to family and social influences. Topics include (but are not limited to) physical, cognitive, social, and personality changes and continuities; role transitions, and interpersonal and intergenerational relationships and current public policy issues as deemed relevant.

Dr. Laura Donorfo is an Assistant Professor in the Department of Human Development and Family Studies. Her area of study is adulthood and aging. She is the faculty liaison to the Older Lifelong Learning Institute.

SING WITH THE UNIVERSITY OF CONNECTICUT INTERGENERATIONAL CHOIR

Musica Scolara
14 Sessions – Tuesdays, from 7:00 PM – 9:00 PM (sheet music required)
September 1, 8, 15, 22, 29 October 6, 13, 20, 27, November 3, 10, 17, December 1, 8

Room #223

PLEASE NOTE: This course meets on Tuesday evenings – course books are recommended but not mandatory.

Whether they have been here for centuries or just arrived yesterday, Latinos are an overwhelmingly urban population that continues to grow in numbers and importance in U.S. cities. Neither black nor white, Latinos occupy niches in the urban landscape that are often overlooked because of a “black and white” view of urban life. In this course participants will be viewing Latinos in the urban landscape through a comparison of Mexicans, Puerto Ricans, Dominicans, and newer groups immigrating to the U.S. Latino history, sociology, anthropology, literature and music will all be explored. Hear personal stories of immigration and settlement by conducting and interpreting oral histories. The course will have a slight focus on New York City, and the class will plan a field trip to sample some of the city’s Latino neighborhoods.

Dr. Ruth Glasser received her Ph.D. from Yale University in 1991 and is a lecturer in Urban and Community Studies at the University of Connecticut. She is the author of My Music is My Flag: Puerto Rican Musicians and Their New York Communities, 1917-1940 and Aguí Me Quedo: Puerto Ricans in Connecticut. She is the co-editor of Caribbean Connections: Dominican Republic. Her work also includes documentary films, curriculum materials and oral history archival materials related to Latino and other immigrant/ethnic communities.

Reconstruction: America’s Failed Revolution
4 Sessions – Fridays from 6:15 AM – 9:45 AM
September 18, 25, October 9, 16 (required book)
Room #203

After the Civil War the nation created new, revolutionary changes in the American South, which would have completed the transformative work of the Civil War and the emancipation of the slaves. However, the nation missed its chance, and Reconstruction was a failed revolution whose work was not taken up again until our lifetime.

Steve McGrath received his MA in history from Trinity College. He retired from the West Hartford public schools, where he was social studies supervisor. He currently teaches History at Central Connecticut State University and is a Master Teacher for the Chuter-Oak Collaborative in Hartford, which provides staff development for teachers of American History in the greater Hartford region. Steve is a returning OLLI presenter.

Some courses have required and/or recommended reading. The UConn Co-op bookstore welcomes OLLI members and carries a supply of most required or recommended books. OLLI members are also entitled to join the Co-op OLLI Book Club to save money on their book purchases. Please keep your Co-op book card from session to session.
and at SCSU in New Haven. Maryellen is a member of Ward-Nasse Gallery in NYC. She is an Accredited Organic Land Care Professional and a member of the Grassland, Fens and Peatmoor Association. He has a BS from the University of Connecticut. He is co-founder of Growing Solutions, LLC, an organic land care company in Ridgefield, CT.


The Life Cycles of Stars and the Sun
4 Sessions – Fridays from 10:00 AM – 11:30 AM
October 16, 23, 30, November 6
Room #202

Stars, like life itself, are “born”, live for a time, and eventually “die”. Stars are born when very large complexes of interstellar matter, known as Molecular Clouds, begin to gravitationally collapse and then fragment into smaller masses which will then contract to become the stars we see in galaxies like the Milky Way. Learn about red dwarfs, pulsars and black holes, as well as stellar lifetimes that can be as short as a million years, or as long as tens of billions of years.

Dr. Arnold M. Heiser is an Emeritus Professor of Physics and Astronomy, and belongs to the American Astronomical Society, International Astronomical Union and Astronomical Society of the Pacific. A grad student at the University of Chicago, he has been a Director at Vanderbilt Observatories, was an outreach volunteer at the Dyer Observatory, a NASA Faculty Fellow, and is a published author. He is also a returning OLLI presenter.

Dance for the Love of It!
7 Sessions – Fridays from 10:00 AM to 11:30 AM
September 18, 25, October 2, 9, 16, 23, 30
Room #102

This movement course will take a look at the positive effects dance has on our well being – mind, body and soul – and the health benefits derived from social dancing. It will cover how dance impacts our culture and social environment, the different styles of dance over the decades – from the 1920s to the 1990s – along with studying the artists who made these social dances popular, such as Fred Astaire and Gene Kelly. So come and learn dance history and get up and dance! Donna Bonasera is the founder and Artistic Director of CT Dance Theatre, Inc. She is one of the few Americans to receive a diploma in the Vaganova Method of Classical ballet while studying in Russia. She was awarded a scholarship to study at the American Dance Machine which preserves the original choreography of Broadway musicals and film. She is the state director for National Dance Week and is recognized nationally and internationally for training high caliber dancers and for her choreography for both musical theatre and ballet. Many of her students have gone on to dance professionally in ballet companies throughout the world and are featured performers on Broadway and in films. Donna is a returning OLLI presenter.

Visual Memoirs: Painting From Memory and/or Imagination
8 Sessions – Fridays from 10:00 AM – 11:30 AM
September 18, 25, October 2, 9, 16, 23, 30, November 6 (art supplies required)
Room #118

Using references when applicable, members will create works from memory and/or imagination with either oil or acrylic paint. Writing from personal points of view or interpreting passages from prose or poetry may be among the exercises used to elicit visual images. Expressive and meaningful works of art will be the end result. A variety of painting techniques will be reviewed. Verbal participation, along with one-on-one assistance from the presenter, will enhance the experience. Note: Drying time for oil may be very long. If this is a consideration, members may elect to use acrylic paint, which dries in a relatively short time. Beginners welcome.

A returning OLLI presenter, Maryellen Considine Ed.D. also teaches Learn How to Draw Your Favorite People, Places and Things.

Orwell Matters
8 Sessions – Fridays from 10:00 AM to 11:30 AM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #217

George Orwell is arguably the most important political writer in the English language. His books, Animal Farm and Nineteen Eighty-Four, have been translated into dozens of languages, often to the dismay of politicians who have banned their possession. This course chiefly explores these two works, with some attention given to the films they have generated. It also explores Orwell’s global influence. Bill has lectured about Orwell in the U.S. and England, and his articles have been published internationally.

Bill Blair also teaches The Berlin Wall - Twenty Years Already! and Shakespeare.

Elementary Italian - Cleao!
8 Sessions – Fridays from 10:00 AM to 11:30 AM
September 18, 25, October 2, 9, 16, 23, 30, November 6 (recommended book)
Room #210

If you have always wanted to learn Italian, feel more comfortable understanding the Italian language, understand the mind and lifestyle of the people, or just re-fresh your Italian, this 8-week course will concentrate on the elementary basics of the Italian language. The class will also continue topics from the previous session, Conversational Italian for Travel.

Connie Tripodi is a returning OLLI presenter and also teaches An Eight-Week Virtual Tour of Italy – Andiamo!

In So Many Words
8 Sessions – Fridays from 10:00 AM to 11:30 AM
September 18, 25, October 2, 9, 16, 23, 30, November 6 (blank journal is recommended)
Room #326

Everyone can write – it’s a birth “write”. Writing isn’t just the domain of the Dan Browns or Jane Austens of the world – it is a phenomenonological process by which we humans make sense of our experience. Unfortunately, some have gotten hold of our early writing and deemed us “far” – or worse – “bad writers”. It’s time to take back what is “write-fully” ours. Participants will open their journals to a blank page and not have an anxiety attack – following several strategies and models to guide them in learning to hear their own writing voice. Then it’s just a matter of becoming comfortable with individual and personal styles to become a strong and confident writer.

Cindy Eastman also teaches Not Your Father’s Internet.

American History – from 1789 to 1841
8 Sessions – Fridays from 10:00 AM to 11:30 AM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #233

The course will examine the new government in action beginning with the Presidency of George Washington and continuing through the presidencies of John Adams, Thomas Jefferson, James Madison, James Monroe, John Quincy Adams, Andrew Jackson, Martin Van Buren and William Henry Harrison. Topics for discussion will include political conflict and the birth of political parties, an expanding United States, the War of 1812, sectionalism, slavery and the role of the new United States in world affairs.

Dorothy Sterpka is a teacher, writer, and volunteer social worker. She taught English at UConn Hartford for over 30 years and now teaches at Central Connecticut State University. Dorothy received a MSW at UConn School of Social Work in 1999 and

Writing and Music As Transformative Art
8 Sessions – Fridays from 10:00 AM to 11:30 AM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #123

The objective of this creative writing course is to allow members to write freely in order to discover themselves in a special way. Dorothy Sterpka will facilitate the first few weeks. Participants will read short models of writing and then use free writing, meditation, and creative writing techniques to write memoirs and poems. This expressive writing can result in understanding, playfulness, and often joy. In the second few weeks, Judy Cook will show how music can deepen the writing experience. Members will listen to specially chosen music selections to enhance specific types of writing, such as memoir or fantasy – allowing opportunities for poems to become song lyrics, and for members to create spontaneous soundscapes to accompany the reading of a written piece. Using voices and simple instruments (provided), members may participate to their comfort level.

Penni O’Connell has a BA in Political Science from Skidmore College. She is a retired high school history teacher with a broad view of world history, having taught courses on the Ancient World, European and American history. She has spent years trying to unravel the mysteries of our historical past and is delighted to share her discoveries with those who have inquiring minds. Penny is a returning OLLI presenter who also teaches More Queens and Then Some: Women of Power in History.
The Rise and Fall of the Soviet Empire
8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #210

This history course will cover from Tsar to Commissar, the two Russian Revolutions, the Russian Civil War and the World Wars 1918-1922, the World Revolution versus Socialism in one country—the rise of Stalin, Russia in World War II, the Cold War (1945-1985), the fall of Russia, and the aftermath.

After 45 years, Dr. David Reed retired from the practice of medicine. He has always been interested in Russia and Eastern European history. Before his medical career, he attended Naugatuck schools. As a young student, he was fascinated by the stories from his Lithuanian friends, feeding his interest to continue the historical research. He has traveled to Russia to gather information and has recently written (but not published) The Czechoslovak Legion and the Russian Civil War.

What Branch Are You From? Researching Your Family Tree
8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #218

Do you want to know more about your family history but don’t know where to start? Then this is the course for you! It will focus on the fundamentals of genealogy. Participants will learn how to organize, use and properly record information on family group sheets and pedigree charts. Research will include the use of vital, church, census, immigration, court and land records. A variety of sources will be investigated including the use of the Internet. A special Saturday trip to the Connecticut State Library, Department of History and Genealogy, will also be arranged.

Polly S. Gunther is a self taught genealogist. She has been researching and unraveling her family’s history for about seven years. She is a member of the Connecticut Society of Genealogists, Connecticut Professional Genealogists Council, The New England Historic Genealogical Society, Godfrey Memorial Library and the Mayflower Descendants of the State of Connecticut. She is presently serving as the registrar for her chapter of The National Society Daughters of the American Revolution. The class is designed for beginners, but all are welcome. A recently retired elementary teacher, Polly is a returning OLLI presenter.

Chemistry Concepts in Everyday Living
8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #234

Would you like to learn how chemistry applies to daily living? This course will introduce you to basic atomic structure, the most used elements, matter, heat energy, simple chemical reactions and the relation of these topics in helping you to understand your surroundings. Basic principles of common batteries, fuels (gas & oil), the fuel cell vehicle, the laser, MRI, X-Ray, nuclear energy, the atomic nucleus, plastic polymers & rubber & plastics, environmental chemistry (acid rain & greenhouse gases) will be presented. Simple demonstrations of some of these and other topics will be performed.

Frank Lussier holds a BS and MS in Chemistry from Providence and Holy Cross Colleges. He worked as an analytical chemist for 44 years at the Unropal Chemical Company in Naugatuck and Middlebury, CT, managing a large Analytical Instrumentation Laboratory. After retiring, Frank taught Introductory Chemistry at Naugatuck Valley Community College. Presently he is in his seventh year instructing three General Chemistry Laboratories, as an Adjunct Professor in Chemistry at Quinnipiac University in Hamden, CT.

Memories, Memories... Let Your Life Speak!
8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #217

Every life is a story; every legacy an album of story types; every person an unfinished framework, including timelines and key elements. Possible outcomes of this course could be a basis for legacy through memoir writing, oral tradition, or other media.

Sandra Noel is Director of Congregational Care and Senior Ministry at Bethany Covenant Church, Berlin CT. After 32 years in the insurance industry and drawing on her 15 years of lay pastoral work, she received her MA in Gerontology from Joseph College integrating the study of aging, counseling and spirituality. A returning OLLI presenter, she is a member of the CT Interfaith Network on Aging Executive Board, American Society on Aging, Forum on Religion, Spirituality & Age, and Connecticut Gerontology Consortium. She leads reminiscence groups and uses the life story approach in her work.

“Discipline is the soul of freedom.” – Sir Winston Churchill

The Joy of Acting!
8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #119

It is never too late to study acting, either with hopes of joining the profession or as a fun hobby. Find your inner character and expand upon it through acting exercises, improvisation and scene study in this hands-on acting class. Continue the work you started in college or in community theater, or simply start from scratch. Work with other adults to explore the craft of acting with a seasoned professional actor and your peers. Learn to observe, critique and revise your own work, and create your own monologue or scene.

Investigate character development methods, vocal inflections and accents, movement, stage direction, performance techniques and much more. Whether you are a bashful beginner or a thespian looking for a class, you can calibrate who you are through this fun, active exploration of the craft of acting!

Award-winning actress Aleta Staton has many years of theater experience, acting and directing for regional theaters throughout the United States. She has taught theater to students of all ages. She recently toured in Another Side Of The Island, an adaptation of Shakespeare’s Tempest, developed by and featuring Oscar award winning actress Olympia Dukakis in the title role. Aleta attended Wesleyan University in Middletown, CT where she earned a BA with high honors in Theater. She also earned a Master of Arts in Arts Administration from Goucher College in Baltimore, MD.

Food for Life
8 Sessions – Fridays from 1:15 PM – 3:00 PM
September 18, 25, October 2, 9, 16, 23, 30, November 6
Room #102

The class sessions cover cancer-related nutrition topics and demonstrate how to prepare several meals (gluten-free or easily adapted) loaded with antioxidants and...
Course Descriptions

Mythological Studies: An Exploration of Greco-Roman Mythologies as Expressed in the Visual Arts
4 Sessions – Fridays from 3:30 PM – 4:30 PM
September 18, 25, October 2, 9
Room #204

This course will explore some of the great stories and archetypes which exist in the ancient Greco-Roman mythologies. In pre-literate and semi-literate cultures, mythologies and religious systems were commonly passed on in oral traditions such as storytelling, or illustrated in painting, dance, sculptures, and more recently, in film. Members will explore several storied representations of the gods and goddesses that come to us from these ancient civilizations. Cultural mythologies have long been a way of relating the great lessons of any given society. What can we learn from these ancient stories? These topics will be the focus of the course discussion. Please note: this course is not a repeat of the spring 2009 course.

After a 25-year career as a Physician Assistant, Carol Rizzolo is now pursuing her doctorate in Mythological Studies with an emphasis in Depth Psychology. She is a returning OLLI presenter.

Bridge for Beginners – Challenging and Fun!
4 Sessions – Fridays from 3:30 PM – 4:30 PM
October 16, 23, 30, November 6
Room #302

Learn the basics of this interesting card game – the rules, bidding, conventions and the play of the hand. Members must be fully committed to learning the game and therefore attending all four classes.

Joyce McMillan is a bridge aficionado who is personally dedicated to the survival of the game of bridge! She earned a BA in English Literature from the College of St. Elizabeth in Convent Station, NJ where she edited the college newspaper. She has a background in teaching, journalism, retail sales and business ownership. She is very active in charity work with the Calvary Foundation and Southington Community Services, and previously with the Waterbury Symphony Orchestra Women’s Group.

Planning to Leave Us? Are Your Papers and Arrangements in Order?
4 Sessions – Fridays from 3:00 PM – 4:30 PM
October 16, 23, 30, November 6
Room #203

This course will be a general overview and discussion of documents that may (or may not) put your mind at ease during what has been called the third stage of life – estate planning. Sharing the importance of clear communications and instructions, the course is intended to be informational only, focusing on definitions of terms and explanations of concepts encountered in arranging one’s property and affairs.

Anthony B. Ludovico is a member of the law firm of Rome McGuigan, PC, in Hartford. His work is focused on estate planning, research, document preparation, and administration of decedents’ estates. He is a member of the CT Estate and Tax Planning Council, Inc., and the Greater Hartford Estate and Business Planning Council. He volunteers his time to organizations such as AARP, Planned Lifetime Assistance Network of CT, Inc., The Funeral Consumer Alliance of CT, Inc., and local community organizations.

Fairy Tales: A Depth Psychological Perspective
4 Sessions – Fridays from 3:30 PM – 4:30 PM
October 16, 23, 30, November 6
Room #204

Capturing the imagination of children and adults alike, fairy tales such as Cinderella, Rapunzel, and Little Red Riding Hood have been told in hundreds of cultures around the globe with as many variations. In this course, participants will explore the stories, highlight the many recurring themes that emerge throughout this genre, and ultimately, explore the depth of psychological aspects of these tales.

Carol Rizzolo is a returning OLLI presenter and also teaches Mythological Studies.
Established in fall 2008, this premiere vocal ensemble is committed to performing outstanding repertoire. It sings well-known choral masterworks, as well as small-ensemble choral literature. The group seeks to nurture a love for, and global awareness of, music from many cultures. OLLI members, community members who wish to join OLLI, UConn students, and UConn faculty and staff are invited to join Musica Scolara, the first intergenerational OLLI Chorus in the United States.

Singers interested in the music of the masters are encouraged to schedule a vocal placement meeting at UConn, Waterbury. This meeting is very informal to help the conductor place each singer in the appropriate voice part. There is no need to bring printed music or memorize any songs.

CALL 203-236-9924 TO SCHEDULE A VOICE PLACEMENT APPOINTMENT.

Dr. Sharon Shoblom-Van Nest, Director of Musica Scolara, holds a Bachelor of Music degree from San Francisco State University, graduating with Honors, a Master of Music degree from Colorado State University, and a Doctorate of Musical Arts degree from the Conservatory of Music at the University of Missouri-Kansas City. Her professional music career spans thirty years of playing, singing and conducting in the United States and Europe. Known for her choral artistry, as well as her enthusiasm and passion for people, Sherry has served on the faculty at Northern Illinois University, the University of Virginia-Wise, the University of Hawaii-Hilo, and Ferrum College in Virginia. She also taught elementary and high school music in northern California.

Patricia Richards has been the accompanist for OLLI’s Musica Scolara chorus since its inception. Ms. Richards is the full-time Director of Music at Sacred Heart Church in Southbury, CT. As accompanist for Sacred Heart Adult Choir (16 years) she traveled with the choir to Italy, with the distinct honor of playing at St. Peter’s Basilica in Rome. She continues to work with the Adult Choir at Sacred Heart and also formed a 30 member Youth Choir three years ago. Ms. Richards just completed accompanying four Cabaret performances at St. Teresa’s in Woodbury, CT.

OLLI Courses are generally led by retired, semi-retired and working educators, professionals, entrepreneurs, artists, writers, and others.

• Share your passion on a topic or set of topics
• Inspire others to learn and explore
• Engage with peers and community members
• Lead learners without the administrative burdens of traditional teaching (reading papers/homework, calculating grades, etc.)
• Develop innovative, interesting, and compelling learning experiences
• Utilize the campus infrastructure to deliver enriching experiences for older adult learners and yourself—without the pressures of homework or testing
• Explore topics with other learners and create a laboratory for new ideas
• Join a national movement of adult learners at the first and only Osher Institute in Connecticut

Some of the perks . . .
• free Basic OLLI membership
• reasonable supplies and equipment for course instruction
• UConn parking pass
• Recognition event
• Presenter Honoraria

TIME TO THINK ABOUT SPRING 2010 SESSION!

Spring 2010 session – Fridays from March 19 to May 14, 2010 (no class on Good Friday, April 2)
Deadline for course proposals – November 27, 2009
Please contact us if you would like to present a Spring 2010 course!
Call 203-236-9924 or email: osher@uconn.edu
Forensic Science

Forensic science is the application of a broad spectrum of scientific practices to answer questions of interest to the legal system. While popular crime shows and the media have heightened public interest in forensics in the 21st century, the discipline has a long and unique history. This history, as well as the techniques currently utilized by forensic scientists, crime scene investigators, and other law enforcement agencies in conducting criminal investigations will be discussed as some current issues in forensic science are explored.

Colleen Altenburger is a science teacher at Chase Collegiate School in Waterbury, where she has currently designed and implemented the forensic science curriculum. She received a BS in Biology from Providence College and an MS in Natural Sciences from the University at Buffalo in conjunction with the Rosewell Park Cancer Institute. She has been a professional educator for eleven years.

OCTOBER 9

Bacteria and Other Microbes – Friends or Foe?

Are we too clean? Our primitive ancestors evolved close to the earth and were in constant contact with countless microbes. These tiny creatures have learned to adapt to, and in many cases live symbiotically with, the human immune system. New research suggests that our Western obsession with cleanliness may be having a disastrous effect upon our health. The abuse of antibiotics and over-use of anti-microbial cleansers may be destroying these “good bugs” and may be at the root of many cases of asthma, allergies and autoimmune diseases.

Dr. James Prado, returning OLLI presenter is a chiropractic physician and has always had a keen interest in the ability to sustain health naturally. Although the life-saving miracles of high-tech medicines are at times necessary to restore lost health, nature provides all that is necessary to maintain optimal health. He draws on contemporary research that acknowledges the rapid growth of lifestyle-related chronic disease and supports a natural approach to lifestyle modifications in terms of reducing the burden of chronic disease.

Laurel K. Kohl is the Education and Training Energy Specialist at Eastern Connecticut State University’s Institute for Sustainable Energy. She has many years of experience with adult and child education in community programs and science enrichment. At the Institute, she is creating a center for K-12 Energy Education Resources and developing consumer and educator support programs.

OCTOBER 16

The View From Cracker Hill

Enjoy the memoir of an inner city girlhood during the 1950s in Waterbury. Hear selected readings from the book, related to local history and personal reflections, learn how the author came to write it and participate in sharing your own reminiscences.

Bettejane Wasson is a Waterbury native and neighborhood activist who loves her city’s history and it’s potential. She earned a BA from Albertus Magnus, and has degrees in English and Communication and a Master’s Degree in Humanities. She also has a Certificate in leading writing workshops from Amherst Writers and Artists Institute.

OCTOBER 23

Climate Change and Connecticut

Polar bears are having a tough time in the Arctic, but how about Connecticut? Will we see the effects of climate change? Why? How much? And what can we do?

“The teacher was interesting and really knew the subject matter and inspired thoughtful discussions.”
Connect to the World – Library at Your Fingertips Workshops

This hands-on OLLI workshop is sponsored by UConn library personnel from the Waterbury, Torrington, Avery Point, Stamford and Storrs campuses. A basic knowledge of computers and familiarity with the internet is required. These are not individual workshops – registration covers the series which takes place during OLLI Café time. See registration form to sign up for the free workshop series.

Session I – September 25
Are you taking advantage of free library resources on the web?
Instructor: Shelley Rosenman, UConn Waterbury
Libraries aren’t the only place you can find books and articles! Browse the shelves of the Internet Public Library, WorldCat, Medline, local library catalogs, Google Books, and more. You’ll be able to learn how to find some books directly from your computer and use interlibrary loan services for materials owned by other libraries.

Session II – October 2
Tracking Down the Best on the Web
Instructor: Shelley Rosenman, UConn Waterbury
Ever feel like you’re wasting time on the web? Learn how to sort through the clutter of information and misinformation. You’ll be able to track down reputable health web sites, trustworthy business/financial information fun sites focusing on hobbies, politics, humor and more. This session encourages lively discussion and welcomes your input, so bring along your list of favorite websites.

Session III – October 9
Online Learning Tools: To Keep You On Your Toes
Instructor: Phara Bayonne, UConn Stamford
iTunes, RSS Feeds, Podcasts? If you're wondering what all the fuss is about, learn how these “web 2.0” tools can work for you to help you learn new subjects, stay current on topics of interest, and be alerted to breaking news.

Session IV – October 16
Social Networking Tools: Staying Connected With Friends
Instructors: Kathy Labadorf, UConn Storrs and Beth Rumery, UConn Avery Point
Facebook? Twitter? Learn about these trendy (free) communication tools on the web that can help you stay connected with friends and family and allow you to follow and learn from groups and individuals with similar interests. The workshop will not only provide a lively introduction to these resources, but will walk you through the steps to set up your own accounts.

Session V – October 23
Savvy Searching: Exploring Google
Instructor: Sheila Lafferty, UConn Torrington
We all love Google, but are you aware of the tips and tricks available from Google to refine your search and make searching simpler and more effective? Let us give you some insider’s tips to make your searching easier. There will be hands-on opportunities to refine your searching skills.

Session VI – October 30
Exploring Firefox: The Other Browser
Instructor: Sheila Lafferty, UConn Torrington
Do you know that there are many ways to browse the Internet? Learn to use Firefox so that you can customize and make your searches reflect your search patterns. You’ll be introduced to: Smart keywords, Xmarks, and more.

PRESENTER BIOS

Phara Bayonne is the Director of the Jeremy Richman Library at UConn Stamford. Phara has been instrumental in pioneering “web 2.0 technology” at UConn Libraries and has created wikis, blogs, RSS feeds, and podcasts. She serves as Social Sciences Liaison at the Stamford campus.

Kathy Labadorf has worked at the UConn Storrs Library since 1997 following a 25-year career as professional florist. She serves as the Library Liaison to the Women’s Studies program and Undergraduate Services Librarian. Her twitter bio also admits her other secret passions: feminist beekeeper and gardener.

Sheila A. Lafferty is the Director of the Julia Brooker Thompson Library at UConn Torrington and has worked for UConn libraries since 1989. Sheila is responsible for the Instruction/reference services and is Library Liaison for Undergraduate Programs Liaison at the Torrington campus. In her spare time, she can be found using her searching skills in tracing her family history and helping others with their genealogy searches.

Shelley Roseman is the Director of the UConn Waterbury Library. Among her many hats, she provides instructional/research sessions to undergraduates and graduates, serves as the Regional Campus Libraries’ Webmaster, and conducts workshops on plagiarism prevention at various campuses.

Beth Rumery is the Undergraduate Services Librarian at the UConn Avery Point Library. She has worked in college and university academic libraries since 1987. Her approach to teaching information literacy and lifelong learning is to share examples that are relevant to student needs, leaving toward humor whenever possible.

Janet Swift is a reference and instruction librarian at the UConn Waterbury Library. She has worked for UConn libraries since 1975. Janet has held various positions on the Board of the Friends of the Silas Bronson Library, including director, and is currently serving as treasurer.

OLLI TRAVEL

A new dimension has been added to the learning experiences for OLLI at UConn Waterbury – TRAVEL. The fall trips will start with day tours but will be evolving with time. Watch for more details in upcoming OLLI newsletters. Also, leave any suggestions or questions in the OLLI Suggestion Boxes at either OLLI information table – addressed to the Travel Committee. See “Some Facts for OLLI Travelers” below. Join us at OLLI Travel and learn about new – and old – places waiting to be explored! See Registration form to sign up for these events.

A Firsthand Glimpse of Connecticut Maritime Studies at Avery Point, Groton

Price $35.00 – separate check to OLLI at UConn
Tuesday, September 22, 2009
Bus leaves Waterbury at 9:00 AM – Arrives back at 4:00 PM
(from Hamilton Avenue Commuter Parking Lot)

UConn Avery Point in Groton, Connecticut, is a lovely setting on the Thames River surrounded on three sides by water. The tour begins in the morning with a historical tour of the Mystic Seaport Museum and the Mystic Seacoast House. Avery Point, originally a 30-room mansion, turned over to the University of Connecticut about thirty years ago. Learn about Ocean Observing Systems, Invasive Species, Mercury Contamination, and Marine Meteorological Studies. Then visit the Lab Facilities to see how these research studies are conducted. An optional boat ride provided by Project Oceanology is also available (included in price of the trip) to view the lighthouses and trawl the ocean floor. Other optional activities include a visit to Avery Point’s Alexey von Schlippe Art Gallery or a stroll through the Sculpture Garden. Bring your own lunch or buy lunch at the campus Cafeteria. Come and explore. See a different side of UConn!

Walk the Wadsworth

Price $30.00 – separate check to OLLI at UConn
Wednesdays, November 18, 2009
Bus leaves Waterbury at 9:00 AM – Arrives back at 3:00 PM
(from Hamilton Avenue Commuter Parking Lot)

Hartford’s Wadsworth Athenaeum is the oldest public art museum in the country. Founded in 1842, it houses 45,000 permanent works of art. The hour-long guided tour will feature some of the most important works in that collection. A special exhibit entitled, “Rembrandt and Rembrandts People” will also be available to view on our own while we are there. Lunch is not included in the price of the trip but may be purchased at the Russell Cafe at the Museum. To enhance our understanding and appreciation of Rembrandts’s work and style, OLLI will be presenting a free pre-seminar on Friday, November 13, 2009 at UConn Waterbury (details to follow).

Trips are open to current OLLI members. All travel fees must be paid when submitting annual membership and course fees with fall registration form. Availability will be on a first come – first serve basis. Minimum of 45 people is required or trip will be cancelled. If space allows, non-OLLI members will be allowed to register at an additional fee of $700. All pre-travel forms, parking/directions, and trip information will be sent in the mail with verification of your trip. Pre-travel forms are due back at least one week before the date of the trip. Please make separate checks for each trip, writing the name of your trip on the memo line in the bottom left hand corner of your check. Include check with your registration form payable to OLLI at UConn.
THE PALACE THEATER

Your Palace, Your Place...for the Best in Entertainment

Show your OLLI membership card at the box office or call 203-755-8484. May not be combined with other discounts or promotional offers.

Mat & Chat

The Palace Theater has something unique and exciting to offer OLLI members this season – the opportunity to participate in creative conversations with some of the incredibly creative people who make the national Broadway touring productions coming to the Palace 2009-2010 season happen.

Planned to take place before or after the Saturday or Sunday matinees of each show, you can take a front row seat for the opportunity to learn about various aspects of what it takes to mount a real Broadway touring show!

For more details about the Mat & Chat program, contact Robin Colossa, Group Sales Coordinator at 203.755.8483 ext. 124. And remember, OLLI members enjoy 10% off single ticket purchases when you show your OLLI membership card at the Box Office!

Disney’s Beauty and The Beast

A tale as old as time, true as it can be. Disney’s Beauty and the Beast, the smash hit Broadway musical, based on the Academy Award-winning animated feature film, touts spectacular sets, costumes, and dazzling production numbers including “Be Our Guest”.

Cirque Dreams Illumination

Created and directed by Neil Goldberg, this show lives up to the Cirque Dreams brand of notoriety and hailed as “jaw dropping and family friendly,” by the Los Angeles Times and “the grandest circus spectacle east of Vegas,” by New York Magazine.

The Color Purple

A soul-stirring musical based on the classic Pulitzer Prize-winning novel by Alice Walker and film by Steven Spielberg. Nominated for eleven Tony Awards® it’s a Broadway phenomenon with a joyous GRAMMY®-nominated score featuring jazz, gospel and blues.

A Chorus Line

The musical for everyone who’s ever had a dream and put it all on the line and winner of nine Tony Awards®, including “Best Musical” and the Pulitzer Prize for drama, this singular sensation is the longest-running American Broadway musical ever.

Sugar Plum Fairy Tea Party and Holiday Craft Fair

Sunday, November 15, 1:00 PM – 3:30 PM at CDT Studio, Watertown

The perfect pre-holiday spirit Tea Party with dance characters from the Nutcracker – a great day to share with Grandmas, Aunts, Moms, cousins and friends.

Clara and the Nutcracker

For all CDT events, contact Donna Bonasera at CDT Studio, 860-274-0004 or email: ctdance523@aol.com

CONNECTICUT DANCE THEATRE

During fall 2009, Connecticut Dance Theatre will offer OLLI members a 10% discount on all dance and yoga classes. Connecticut Dance Theatre is celebrating its 20th anniversary as a non-profit Arts organization.

Thank you to Donna Bonasera, Connecticut Dance Theatre’s Executive Director for information on the AARP Driver Safety Course.
How To Be A Movie Star – Elizabeth Taylor in Hollywood

Wednesday, October 7, 2009
6:30 PM, at the Palace Theater

Light refreshments will be served.

Elizabeth Taylor is our greatest screen star. As she enters the last phase of a brilliant career and life, author William J. Mann offers a completely new look at this icon using previously untapped sources and offers an unprecedented look at stardom itself – through the life of perhaps the world’s first superstar. Here is Elizabeth Taylor as she was meant to be, leading her epic life on her own terms, playing the game of supreme stardom at which she remains, to this day, unmatched.

William J. Mann is the author of Kitte. The Woman Who Was Hepburn, which was named a New York Times Notable Book. Mann has worked as a freelance journalist and editor, and has written several other works of fiction and nonfiction. He divides his time between Provincetown, Massachusetts and Palm Springs, California. He was a guest speaker for OLLII in spring 2007.

UCONN WATERBURY RESEARCH LECTURE SERIES

Why Does the Brain Prefer Cocaine to Broccoli, and Why Should We Care?
Tuesday, November 3
12:45 PM – 1:45 PM, Room #333

There is considerable discomfort among non-medically-trained mental health professionals about recent advances in neuroscience that have radically changed our knowledge base about mental health and addictions challenges. How are psychological events and brain structures/functions connected? Dr. Johnson uses 3-D animations of elementary neuroscience basics she created to make this knowledge more accessible and less aversive to future social work and other practitioners. Audience comments and suggestions are welcome to help Dr. Johnson enhance the material.

Harriette C. Johnson, MSW, PhD, Professor of Casework, UConn School of Social Work, is author of over forty publications, most recently Psyche and Synapse: Expanding Worlds, Deerfield Valley Publishing, Greenfield, MA.

Parking in the UConn Parking Garage on days other than Friday is limited to degree-seeking students, faculty, and staff. Please use alternative street level or municipal parking. Please register on member registration form.

Events Open to the Public include celebrations, film premiers, author talks, special lectures, and other programs.

OLLI HEADLINER

Special Veterans Day Event
Called to Serve: A History of America’s Military Women

Friday, November 13, 2009
1:30 PM – 3:00 PM in the Multipurpose Room

Light refreshments will be served.

Brigadier General Vaught will address the more than 230 years of service to the nation of America’s military women. Her remarks will chronicle the steadfast commitment of the nearly 2.5 million women who have served since the American Revolution and uncover an extraordinary story of patriotism that has been lost to history. Participants will learn about Civil War nurses and soldiers who disguised themselves as men just to serve; World War I women who promised to support and defend the Constitution of the United States yet could not vote; the some 400,000 women who answered the call during World War II, and the many thousands of women since who have donned the uniforms of America’s military to protect our freedoms, yesterday and today. Guests will learn about this remarkable history and discover how women’s military service was pivotal to women’s advancement across the United States.

Retired Air Force Brigadier General Wilma L. Vaught, served in the United States Air Force for over 28 years, retiring in 1985 as one of the most highly decorated women in U.S. history. Throughout her career, General Vaught forged new paths and pioneered opportunities for the servicewoman who would follow. A Vietnam veteran, she was one of the few military women in Vietnam who were not nurses. When promoted to brigadier general in 1980, she was one of a handful of women in the world who had ever achieved that distinction. While her military accomplishments are extraordinary, General Vaught’s most lasting contribution will be her successful efforts related to the Women In Military Service For America Memorial where she was the driving force that built and now operates the $22.5 million memorial. Located at the gateway to Arlington National Cemetery, the Women’s Memorial is the nation’s only major memorial to pay tribute to the more than 2.5 million women who have served in the nation’s defense. Because of Wilma Vaught, the American people and visitors from around the world can learn of the courage and bravery of tens of thousands of American women who, like her, have pioneered the future.

A Brief Introduction to Copyright Law
Wednesday, September 30
12:45 PM – 1:30 PM, Room #333

This lecture will define the principle of copyright and what is does and does not protect. Discussion will include the history and philosophy of copyright protection, including relevant court cases and explain how you can use somebody else’s copyrighted material. Finally, we will analyze how copyright protection has changed in the digital age. This lecture is designed specifically for people with no legal or computer background.

Edward H. Freeman, JD, MCP, MCT

is an attorney and educational consultant in West Hartford, Connecticut. He has written over 70 articles on computer technology, privacy, security and legal issues. He is also an adjunct faculty member at Central Connecticut State University, St. Joseph College in West Hartford, Connecticut and the University of Connecticut, teaching math and computer science courses.

Cognitive Vulnerability to Anxiety in Children and Adolescents
Tuesday, October 13
12:45 PM – 1:45 PM, Room #333

Biting nails. Crying about monsters under the bed at night. Hiding from strangers. Refusing to go to school. Step on a crack and break your mother’s back. Children are fearful about a variety of situations and circumstances growing up. What is normal and when does a child need help? This talk will review a cognitive approach to understanding the development and treatment of childhood anxiety, and outline new research findings regarding a cognitive vulnerability to the development of anxiety in childhood.

Kimberli Treadwell, Ph.D.

is an associate professor in the clinical division of the Department of Psychology at UConn. She is a licensed psychologist specializing in emotional and behavioral disorders in childhood. Her research focuses on cognitive and parental factors in the development, assessment and treatment of child anxiety. She accepts students for research assistantships, independent study, and field placements.

Events Open to the Public include celebrations, film premiers, author talks, special lectures, and other programs.

Events Open to the Public
Olli Open House • August 18, 2009 • 9:00 AM – 3:00 PM

Calling all former, current, and future OLLI Members! This event is open to the general public. OLLI members are encouraged to attend and register their friends. Attendees will be eligible to enter a drawing for a free OLLI membership! Bring your post card invitation and drop it in the silver box!

10:15 AM – 11:15 AM  — Dr. Regina Barreca noted author of It’s Not That I’m Bitter will share her views on laughter, humor and jokes. We can enrich our lives when we’re able to create and deal with humor, helping us to cope with stress and deal effectively with change in our everyday life. Dr. Barreca, Professor of English at UCConn, has been called “smart and funny” by People magazine and deemed a “feminist humor maven” by Ms. magazine.

11:15 AM – 12:00 PM  — Regina Barreca book signing. Multipurpose Room

11:15 AM – 1:30 PM  — Vocal Placement Appointments, Musica Scolara with Dr. Sharon Shlobin-Van Nest, #102

11:15 AM – 1:30 PM  — Visit Committee Tables and OLLI On-site Registration in the main concourse

1:30 PM – 2:00 PM  — Your choice of four afternoon programs!

A Walk Around Waterbury at the Turn of the Twentieth Century — Through Slides
Room #333 (Option A on registration form)
This program will be presented through slides (mostly based on early postcards and photos) showing views of Waterbury at the turn of the twentieth century (1880 – 1920). View Waterbury’s early history from its founding in 1674 up to 1910. Enjoy a visual walk around the Green at the turn of the century with colorful stories that are told, and see Bank Street, Grand Street and other landmarks from this colorful past.
Philip Benvenuto is Waterbury’s city historian, an OLLI Leadership Council member and will be presenting America Finds its Literary Voice in the fall OLLI session.

New Asian Emperors: The Origins and Strategies of the Overseas Chinese
Room #327 (Option B on registration form)
Southeast Asia has a population of more than a half a billion, yet its economy is dominated by about 40 families, most of Overseas Chinese descent. New Asian Emperors shows how and why Overseas Chinese companies continue to dominate the region and how they have extended their reach in East Asia, along with the role and management practices of the Overseas Chinese as they continue to create some of Asia’s wealthiest and most successful companies.

Dr. George T. Haley is Professor of Marketing at the University of New Haven and Founding Director of the Center for International Industry Competitiveness. He has published over 100 articles, presentations and books.

The Road Taken – The Merritt Parkway
Room #113 (Option C on registration form)
The Queen of Parkways, the Merritt Parkway is the focus of this delightful documentary – with historical information, lively personal anecdotes and lots of rarely seen archival material. The film was designed to remind us of the history and beauty of a heavily traveled road many people in Fairfield County never slow down long enough to think about. A Westport, CT resident, filmmaker Lisa Saldenberg worked in network TV in NYC as a Director of Photography and was a Video Journalist for ABC, WTN, NBC and many PBS programs as well as Corporate Media. Her work includes a feature film, Pledge of Allegiance Blues.

Simple Recipes That Could Save Your Life!
Room # 119 (Option D on registration form)
— Heart disease, cancer, stroke, and diabetes are the top killers of men and women. Learn what you can do to prevent and reduce the risk factors and avoid being a statistic on this list! Learn how to improve the quality of your life now! Watch demonstrations of simple and great tasting dishes that are also gluten-free or adaptable – dishes anyone can make in their own kitchen. Taste and see for yourself!

Jaye Sirignano will be presenting the Food for Life Nutrient & Cooking classes which are sponsored by the Cancer Project. Fall classes welcome cancer survivors, friends, family and anyone interested in cancer prevention and healthy eating.

Contact Us
For more information call 203-236-9924 or 203-236-9881. Email: osher@uconn.edu or visit our website at www.waterbury.uconn.edu/osh

World Affairs Council — Connecticut and OLLI
The World Affairs Council is a non-partisan organization which promotes public understanding of global affairs and world issues by sponsoring programs, discussion series and seminars on international politics, business and culture. OLLI members can purchase tickets to World Affairs Council programs and events at World Affairs Council Member prices. To view upcoming programs please go to: www.ctwac.org and to participate in this offer please call the council at 860-416-2844.

Directions
The UConn campus is located at 99 East Main Street in Waterbury, across the street from the Palace Theater. Parking and directions to campus can be obtained from our website, www.waterbury.uconn.edu/osh or by calling 203.236.9924

Parking
During the fall session, paid OLLLl members can use their parking pass in the UConn garage located on North Elm Street on Fridays only. OLLI members can also use the Scoovill Street garage when coming to campus for OLLI events by showing their UConn parking pass.

Exit 31
W Main St
Exit 22
N Elm St
South Ferry St
Cherry St
Union St
Waterbury Campus
Exit 29
Main St
Exit 30
Keen St
Exit 32
Main St
Exit 33
S Main St
Exit 28
N Main St
Exit 27
Scovill St
Restrictions
Parking
Exit 31
Exit 22
Exit 29
Exit 30
Exit 32
Exit 33
Restrictions
Exit 28
Exit 27
Restrictions

Parking
Restrictions
Exit 28
Exit 27
Restrictions
The Osher Lifelong Learning Institute at UConn is guided by the OLLI Leadership Council which is the principal representative body of the OLLI membership. Composed of founding OLLI members and elected officers, the Council helps foster the growth and sustainability of the Institute. OLLI members serving on standing committees, in conjunction with the OLLI Director and Assistant Director, carry out the operation of OLLI at UConn. OLLI is always seeking new members to get involved in curriculum planning, marketing and membership development, hospitality, communications, and travel and events through various committees. For a list of current council members and committee information please visit our website or call 203-236-9924.

The lifelong learning initiative began with seed money, market research, and technical support from the Leever and Connecticut Community Foundations. Currently, the Institute is made possible by the generosity and support of the Bernard Osher Foundation and the University of Connecticut.

The University of Connecticut’s Waterbury campus serves more than 1,100 students annually. In its sixty years of operation, UConn Waterbury has opened the doors to educational access and excellence to thousands of Connecticut residents, many of whom have distinguished themselves in the fields of community service, business, education, law and politics. Today, the campus is located in a modern, state-of-the-art facility in the heart of downtown Waterbury. Our neighbors are the historic Palace Theater and a new arts magnet middle and high school, making our location a beacon for educational and cultural enlightenment. Students enjoy quality interaction with great professors and participate in research opportunities that enrich the college experience. An extensive range of undergraduate and graduate course offerings and study areas are available. Visit us online: www.waterbury.uconn.edu.