Spring 2008

Fridays: March 7 – May 2

Providing mature adults with opportunities to engage in intellectual development, cultural stimulation and social interaction.

(OLLI) at the University of Connecticut
Waterbury, CT
The Osher Lifelong Learning Institute (OLLI) is making its mark on the Waterbury community and in the State. OLLI was recognized in 2007 for its Excellence in Outreach and Public Engagement by the Office of the Provost. We have a proud sixty-year history in the Waterbury region and an equally promising future at our state-of-the-art downtown campus. OLLI members enrich our campus community and strengthen our connection to the region. We hope you can join our successful OLLI Program or take full advantage of the variety of courses, events, and activities where you will meet old friends and make new ones. The OLLI staff, volunteers, and University personnel are here to assist you if you have any questions or specific needs. Have a great OLLI Year!

Welcome to the second year of the Osher Lifelong Learning Institute (OLLI) at the University of Connecticut. OLLI has grown from a concept to a reality in less than one year: the Institute has grown to over three hundred members from over thirty eight (38) cities and towns in the Greater Waterbury region. In this spring 2008 program brochure you will also see that we have nearly tripled our course offering, from the spring 2007 session and you will notice:

- OLLI now offers over thirty courses in ten curriculum areas.
- OLLI now has Annual Membership. This was always the plan, and now we are ready! Memberships will be for a full year. If you join now, your membership will extend through the end of 2008.
- OLLI is expanding our partnership with The Palace Theater by offering our first course in that remarkable and stunning venue! This is also our first non-Friday course.
- OLLI is opening our 2008 OLLI year with a presentation by Jonathan Kellogg, Executive Editor of the Republican-American Newspaper.
- We are adding to the list of “OLLI Headliners” with an exciting presentation by Fran Brill, the first female puppeteer hired by Muppets creator Jim Henson. Seats for this event are going to fill fast – so be sure to pre-register!
- We have new course time slots to accommodate our growth and success. Please note the new time slots.

The world of lifelong learning is like no other learning environment you have likely ever experienced—it’s a place where you can come and be yourself, and engage in learning for the sake of personal enrichment and joy! Along with the OLLI staff, the OLLI Leadership Council, our Standing Committee members and OLLI volunteers, invite you to partake fully in the OLLI offerings this year. Come join the fun and engage in the richness of human experience and knowledge right here in your own region of Connecticut. And please remember to encourage your friends to join!

Have an amazing year of new learning and connections with others!

Sincerely,

Brian G. Chapman, Ed.D.
Director of OLLI
Annual Membership and Benefits

NEW!! Announcing Annual Membership! Members asked for it, and now we have it! Join OLLI now for all of 2008! You will receive member benefits throughout the year and can register for courses the same way you have on a semester-by-semester basis! Join today and get your OLLI Card!

Annual OLLI Membership is $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 in spring and fall, 2008 ($25 each course)
- UConn Waterbury free Friday parking pass
- OLLI discount book card for UConn Co-op bookstore
- Entrance to Special OLLI Events
- Discounts for Non-Osher Events
- OLLI membership card

Learning Activities

The OLLI Program currently includes short-term, non-credit courses, OLLI Café (lunch & learn) activities, and special events. Courses generally meet at the Waterbury campus once a week on Fridays.

Most programs and classes are scheduled during daytime hours. See course descriptions for specific times. Please note the newly added class times.

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

To join and register for Spring classes, please fill out the enclosed membership form and return by February 22, 2008.
OLLI SPRING 2008

ARTS

***SPECIAL-OFFSITE COURSE***

Looking Back – Moving Forward: The Palace Theater History

4 Sessions – Thursdays from 10:30 AM – 12:00 PM
March 6, March 13, March 27 and April 3

At the Palace Theater (across the street from the UConn campus)

Built in 1920, the Palace Theater is known for its rich culture and architectural design. In what is described as a Renaissance Revival style, the Palace Theater features an eclectic mix of Greek, Roman, Arabic and Federal Motifs. Originally a movie/vaudeville house, the Palace changed with the times over its seventy years of operation and unfortunately went dark for eighteen years. After a significant financial investment by the State of Connecticut, the Palace underwent a major renovation, restoration and expansion. Positioning itself as Greater Waterbury’s Center of the Performing Arts, this exquisite complex showcases a performance schedule ranging from celebrity concerts, family entertainment and multi-plex movies, to theater and a projectionist for a multi-plex theater in Torrington.

Art Therapy – Creative Self-Exploration

4 Sessions – Fridays from 10:00 AM – 11:30 AM
April 11, April 18, April 25, May 2
Room # 203

For those who want to explore their creativity, this course will define art therapy and how and where it is used in our community. Members will learn about art therapy as they learn about themselves. Each class will cover an art therapy approach by experiencing it hands on.

Margaret McGovern, ATR, BC, LCP, is a board certified art therapist. She is a graduate of Alburtus Magnus College, receiving an MA in art therapy. She served four years on the board of the Connecticut Art Therapy Association as Secretary. Margaret currently has a private practice in Hamden, is a therapist at The Village in Hartford, CT and previously worked at Bridgeport Hospital Psychiatric Unit.

Painting in Pastels

4 Sessions – Fridays from 10:00 AM – 11:30 AM
April 11, April 18, April 25, May 2
Room # 213

Explore your artistic talents and abilities in this hands-on course. Learn drawing, composition, and values by setting up a still life and going through each step in shape, shading and shadow in color to render a three dimensional painting working in pastels. Members can bring home a finished painting at the end of each four weeks.

Carminena (Molly) DeSerrano has taught art and painting professionally for over 25 years. She has worked with many renowned artists and has taken art classes at Pace College of Art and Quinnipiac College. Her works have won numerous awards in juried art shows and national art competitions. She has created artwork for catalog companies, and has designed holiday cards for businesses and individuals. She holds a Bachelor’s with a double major in Fine Art and Fashion. From her studio in Cheshire, CT for over 12 years. Her artwork appears in Fine Line Art Gallery in Woodbury, CT; the PS Gallery in Litchfield, CT; and Foxglove Gallery in Madison, CT.

The Basics of Microsoft Word and Excel

8 Sessions – Fridays from 1:15 PM – 2:45 PM
March 17, March 24, March 31, April 14, April 21, April 28, May 5, May 12
Room # 207

Microsoft Word – learn the fundamental techniques of word processing, including creating, editing and formatting documents. Computer basics; entering and saving data, and how to use text and tables. Computer basics; entering and saving data, and how to use text and tables. Learn how to create, modify and print spreadsheets; entering and using formulas and functions.

Leon LeClerc has an A.S. in Business, a B.S. in Business Administration with minors in Psychology and Law and is a PC Consultant, having been involved with all phases of computers for over 45 years. Returning as an OLLI presenter, Leon also teaches for the Connecticut Community College System, the City of Waterbury Education Department and private corporations and colleges.

Dance for the Love of It!

8 Sessions – Fridays from 10:00 AM – 11:30 AM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
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. Research from the 1980’s – along with studying the artists who made these social dances popular, such as Fred Astaire and Gene Kelly. Learn the different steps from the Roaring 20s, Swing, and Big Band era!

Donna Bonasera is the founder and Artistic Director of CT Dance Theatre, Inc. and has been training dancers for over 30 years. She is one of few Americans to perform with a private dance company while studying in Russia, and was also awarded a scholarship to study at the American Dance Machine. Many of her students have gone on to dance professionally, become independent choreographers, or serve as the state director for National Dance Week and has been nationally recognized for her choreography/Computer.

Leon LeClerc also teaches Demystifying Personal Computers – Basic Introduction to Computers

COMPUTERS

CULTURE AND LANGUAGE

Conversational Italian I for Travel

8 Sessions – Fridays from 10:00 AM – 11:30 AM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room # 207

Going to Italy? Want to feel more comfortable understanding the Italian language, mind and lifestyle of the people? In addition to helping members understand the language and grammar, this introductory course of conversational Italian will focus on the non-verbal (Italian) communicator, cultural differences, expectations, and Italian customs and traditions to help the traveler avoid cultural blunders.

Connie Tripodi has a B.A. in Natural Sciences from CCSU and an MBA with double specializations in Healthcare and Global Management. She was a Medical Technology at St. Mary’s Hospital and has been the administrator of a surgical practice for the past 18 years. Connie also has a geology degree from UConn and has been actively involved in making and designs jewelry inspired by the ancient civilizations and has conducted lectures on the topic. A returning OLLI presenter, Connie speaks fluent Spanish, Italian and several dialects of Southern Italy. Her annual travels to Italy focuses on the culture and archaeological research.

Conversational Italian II for Travel

8 Sessions – Fridays from 1:15 PM – 2:45 PM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room # 207

Going to Italy? Want to feel more comfortable understanding the Italian language, mind and lifestyle of the people? In addition to helping members understand the language and grammar, this intermediate course of conversational Italian will focus on the non-verbal (Italian) communicator, cultural differences, expectations, and Italian customs and traditions to help the traveler avoid cultural blunders.

Connie Tripodi also teaches Conversational Italian I for Travel

Introduction to Spanish language and culture through lively conversation, a splash of grammar and adventures into the intriguing cultures of the Spanish speaking world. A perfect class for those who want to refresh their classroom Spanish and for anyone who needs Spanish for travel, work or fun. Enjoy learning the beautiful Spanish language.

Judy Kollis has a BA, MA and Sixth Year in Spanish. She has taught Spanish language, literature and culture at Cheshire High School and Quinnipiac University and has traveled extensively in the Spanish speaking world. Judy is a resident at the Mattatuck Museum, an English language conversation tutor with Literacy Volunteers of Greater Waterbury and is President of the Board of Directors of Literacy Volunteers of Greater Waterbury.

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.
HEALTH AND WELLNESS

Fundamentals of Chinese Medicine
8 Sessions – Fridays from 10:45 AM – 12:15 PM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room #327

This course will be an introduction to the fundamental principles that form the foundation for Traditional Chinese Medicine, which can be used to complement our current medical system of healthcare. These principles based on a “way of life” that emphasizes the need for harmony, also encourage the individuals to actively participate in maintenance of their mental and physical well being. The course will also explore the application of these principles as a means of assisting us in understanding ourselves, other people and the world in which we live.

William Courtland LMT is a teacher, lecturer and workshop facilitator who researches Chinese Medical theory and its relationship to mind and body. As a returning OLLI presenter, he is currently a faculty member at the CT Center for Massage Therapy. Westport, CT, where he teaches Acupuncture and the Theory of Traditional Chinese Medicine. He is a Nationally Certified Licensed Massage Therapist and maintains a private practice for Massage and Acupuncture.

Food for Life: Nutrition and Cooking
8 Sessions – Fridays from 1:15 PM – 3:00 PM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room #102

The class sessions will cover topics such as fueling up low-fat foods, flavoring fiber, discovering dairy alternatives, replacing meat, planning healthy meals, antioxidants and phytochemicals, immune-boosting foods, and maintaining a healthy weight. Classes will cover information about how certain foods and nutrients work to promote or discourage cancer growth along with demonstrations of simple and healthy recipes. Everyone will benefit in some way, and the delicious food samples are a bonus!

Jane Sirignano returns as an OLLI presenter for a third consecutive session. She has worked with the Coronary Health Improvement Project (CHIP), an educationally intensive program. Jane has a diploma in nutrition, has managed a natural foods store, has started a food co-op, and has been a cook in a natural foods restaurant.

The Psychology of Ageing in Chinese Medicine
8 Sessions – Fridays from 1:15 PM – 2:45 PM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room #327

The ancient Chinese understood the middle and later years of life to be a phase when one is given a unique potential for psychological transformation and growth, which is not present at any previous time of life. Today many of us see those times of life as only being a period that accelerates the degeneration of our body and mind. This course will examine those years from the perspective of Traditional Chinese Medicine whose principles can assist us in understanding what it means to not grow old, but age consciously with health and grace.


Documenting Venture Smith (C. 1728 – 1805)
4 Sessions – Fridays from 10:00 AM – 11:30 AM
March 7, March 14, March 28, April 4
Room #201

This course focuses on the life of Venture Smith. Born in West Africa and originally named Brooer Furro, Venture Smith (renamed by his first owner) died in Hadmad Neck, Connecticut in 1805. His Narrative is in an extremely rare autobiographical window into one West African’s encounter with the Atlantic Slave Trade and the “middle passage” during the 18th century. It also vividly recounts the extraordinary challenges he overcame to free himself from slavery and to live as an equal American citizen. By the time of his death, Venture had become a highly respected merchant and landowner. A former victim of the African Slave Trade, he transformed himself into a stunning Revolutionary-era example of African-American accomplishment and independence.

Chandler B. Saint, President, Beecher House Center for the Study of Equal Rights, in Torrington, organized and runs the project, Documenting Venture Smith, with David Richardson of the University of Hull, UK and diverse faculty of the University of Connecticut. This is the largest and most interdisciplinary project ever to document the life of a survivor of the “middle passage”. He is also the co-author of Making Freedom: The Extraordinary Life of Venture Smith, being published in 2008 by Wesleyan University Press.

Harlem Stories: A Journey Through Harlem’s History
4 Sessions – Fridays from 10:00 AM – 11:30 AM
March 7, March 14, March 28, April 4
Room #210

Through a short documentary and discussion, this course will explore three stories from historical Harlem and the impact that Martin Luther King Jr., Malcolm X and modern day pioneers have had on the community. Harlem is best known for the Apollo Theatre and the Cotton Club. Discussion will cover the impact that Harlem has had in America and the entertainment world.

Franchone Bey is a writer, singer, dancer and producer. A native New Yorker, she studied dance, classical piano and violin. While attending the University of Las Vegas, she produced and hosted a weekly talk show. Since then she has performed in numerous productions, has worked as a newspaper reporter in television news production and entertained on stage for over 30 years. She is currently the artistic director for Obie Theatre Group. Franchone holds a Masters degree in Journalism and Media Studies from Quinnipiac University.

Blacks in the Military – An Untold History
4 Sessions – Fridays from 1:15 PM – 2:45 PM
March 7, March 14, March 28, April 4
Room #210

This course will provide an opportunity to learn about the significant contributions of Blacks in United States Military. The presenter will lead a discussion about the roles of African-Americans in the Vietnam War and during other periods of American History. It will focus on the history of military personnel whose stories should be highlighted and honored, as they have positively impacted American History, the lives of their fellow service men and women, and the lives of all Americans.

Samuel K. Beamon, Sr., “Sam” is a Waterstratagist and a graduate of Walsh Grammar and Kaynor Tech High Schools. He joined the U.S. Marine Corps and served 19 months in combat. He flew over 300 missions in Vietnam. Upon return, he joined the Waterbury Police Department. The last 12 years on the force he was the officer in charge of the Juvenile Division. He retired in 1998 at the Rank of Lieutenant. In 2007, he published a book about his military experiences, Flying Death – The Vietnam Experience.

The Origins of Democracy in Connecticut
4 Sessions – Fridays from 10:00 AM – 11:30 AM
April 11, April 18, April 25, May 2
Room #201

This course will provide an opportunity to learn about the State’s leading role in the American Revolution and the CT men, who contributed to the founding of a new nation. The four-week session will include:

1. Thomas Hooker and the founding of CT Colony;

Dr. Raymond Sullivan is a retired General Surgeon, who practiced in Waterbury for 30 years and is a former OLLI presenter. He holds a B.A. from Brown University and his MD from Georgetown University. He has written on many subjects of historical interest including his book, “Exile, a novel of New England’s birth. He is a member of the Massachusetts Historical Society and the Winthrop Society.

Castro’s Cuba
8 Sessions in Weeks – Fridays from 10:00 AM – 11:30 AM and continued from 1:15 PM – 2:45 PM
PLEASE NOTE: This course meets morning AND afternoon for four Fridays! April 11, April 18, April 25, May 2
Room #201

Communist Cuba has been long a political irritation for the U.S. government. Despite the Treasury Department’s 45-year trade embargo on Cuba, Fidel Castro remains iconic to many Cubans. This course examines those defining events that have shaped U.S. – Cuba relations since the early 1960s, with special emphasis on the Bay of Pigs Invasion, the Cuban Missile Crisis, the collapse of the U.S.S.R. and Cuba today.

Bill Blair is a native of Waterbury and has previously taught “Shakespeare Platters” and “Post WWII Genocides” in the OLLI program. He has a B.A. and an M.S. in English, a B.A. in Anthropology. Bill currently is an adjunct instructor at Naugatuck Valley Community College. In addition to his writing of literary criticism, he is a political freelance journalist who has visited Cuba three times.

“...This is one of the best things that has happened for me at this stage of my life – to feel that I can still learn and someone else thinks so too!”
Neighborhood of Memory: Researching the Bygone South
End of Waterbury
8 Sessions – Fridays from 10:00 AM to 11:30 AM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room # 204
This is a “hands-on” course for members interested in the history of Waterbury. It is recommended that registrants read “Brous Valley” on the topic of Waterbury history. Members will receive training in conducting oral history interviews, titles searches, newspaper analyses, census data etc. These research skills will then be used to gather and analyze information to help create a portrait of the Waterbury South End neighborhood from early industrialization to the 1990s. Participants will be asked to critique and add to a manuscript in process for the history of Waterbury’s multi-ethnic South End.

Dr. Ruth Glasser received her PhD from Yale University in American Studies in 1991. A former OLLI presenter, she is also the author of My Music is My Flag: Puerto Rican Musicians. As well as a variety of articles, curriculum materials, and other publications. She has spent the last several years doing interviews and research for a book on Waterbury’s South End community.

“The classes I took were enjoyable - they enriched my knowledge and made me a better person.”

LITERATURE AND WRITING

Writing the Novel You’ve Always Dreamed of Writing
8 Sessions – Fridays from 3:00 PM to 4:30 PM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room # 326
Each of us has a novel inside him/her. If yours is itching to get out, this practical writing course will explain how to begin with an action that “hooks” your readers, the role of plot, setting, characters, dialogue and point of view, and the essential balance of show vs. tell, and of details vs. the broad stroke. The final class will stress rewriting and working with a professional editor.

Jack Lander is the publisher of three nonfiction books, 51 papers, and for the past 12 years has written a magazine column for inventors. A former OLLI presenter, Jack also works full time as a mentor to creative entrepreneurs and inventors, and, at “70 something” has no plans to retire. In his corporate life as a mechanical engineer, he patented 11 inventions, most on laparoscopic surgical instruments. He is presently writing patents on two of his own inventions, and a fourth book on marketing inventions.

MATH AND SCIENCE

It’s Not Their Grandparents’ Calculator!
6 Sessions – Fridays from 1:15 PM to 2:45 PM
March 28, April 4, April 11, April 18, April 25, May 2
Room # 218
Texas Instruments’ graphing calculator has changed math education since the 1990’s. Using the power of visualization, this technology has enabled students to “see” mathematics more clearly and to explore the implications of various mathematical concepts. A knowledge of basic arithmetic is the only prerequisite to experience these technological advancements. The course format includes an intergenerational OLLI experience by involving high school students in aspects of this course. Calculators will be provided for use in class.

Rosalie Griffin is a Waterbury native. She received a B.A. in Mathematics from Albertus Magnus College and a M.A.L.S. from Wesleyan University. After teaching mathematics for 35 years at Crosby High School in Waterbury, Rosalie presently serves as an adjunct instructor at Naugatuck Valley Community College. She has provided professional development for teachers as a consultant for the Connecticut Academy of Education in math and science and is a former OLLI presenter.

From the Pyramids to Plato to Pine Cones: The Phi-losophy of the Golden Ratio
4 Sessions – Fridays from 10:00 AM to 11:30 AM
April 11, April 18, April 25, May 2
Room # 318
This course is a mathematical analysis of the “golden ratio,” known as phi, a concept that can be found throughout nature and various aspects of life. It has been part of the world’s culture from ancient Egypt and Greece to modern times. The number of spirals in a pine cone, the spiral growth of mollusks, and Da Vinci’s The Annunciation, all share a relationship to the golden ratio. A basic knowledge of fractions and simple geometric shapes is all that is required.

Rosalie Griffin also teaches “It’s Not Their Grandparents’ Calculator!”

Writing for the Orchestra: A Workshop
4 Sessions – Fridays from 9:30 AM to 11:00 AM
March 4, March 18, April 1, April 18, May 2
Room # 318

Dr. Henry the Eight – His Wives and Children
8 Sessions – Fridays from 10:00 AM to 11:30 AM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room # 204
This course is a psychological study of Henry VIII, Tudor King of England, his obsession for a male heir, his six wives, children (legitimate and otherwise), his break with the Roman Pope and the establishment of the Protestant religion in England. It will consider the effects of Henry’s marital history on the current members of the British royal family.

Penny O’Connell has a B.A. 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 also a returning OLLI presenter.

Native Americans – From the Beginning to 1763
8 Sessions – Fridays from 1:15 PM to 2:45 PM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room # 324
Want to know about our Native Americans – where they came from and when? How many were in the Americas before 1492? What were their cultural and religious values? Was Columbus a hero or a villain? Who else explored the Americas? How did Native Americans interact with early British Settlers? Who won the wars between the Native Americans and the white men up to 1763? This eight-week session will answer these questions and more.

Penny O’Connell also teaches Henry the Eighth – His Wives and Children.

Music

The Composer’s World
4 Sessions – Fridays from 1:15 PM to 2:45 PM
March 7, March 14, March 28, April 4
Room # 118

Symphonies and other works for orchestra did not end with Brahms. Composers today are writing for the orchestra with the intention of having their works performed as well as to entertain audiences. This course explores the world of composers writing for orchestras and the relationship between the composer, conductor, musician, patrons and audiences. Learn how the life of a composer is different today from in Beethoven’s time, why composers write and how they make a living. Explore some of the great masterpieces of the last century and what works composers are writing today.

Participants are invited to attend the March 7th Beethoven Violin Concerto and Bartok Concerto for Orchestra rehearsal (7:30 – 10:00 PM) and the March 8th concert at Naugatuck Valley Community Fine Arts Center.

Leif Bjaland is currently the Symphony Orchestra (WSO) Music Director and Artistic Director and Conductor of the FL West Coast Symphony and has previously served as Assistant Conductor of the San Francisco Symphony and Resident Conductor of the New World Symphony. Maestro Bjaland received a Masters in Music from the University of Michigan.

Michael Schwerin received a Bachelor of Arts degree in Mathematics and Music – Trumpet Performance from the University of Minnesota and a Masters in Music from the University of North Texas. He was a participant in the 2006 American Symphony Orchestra League’s Essentials of Orchestra Management program and a Pelly Arts Leadership Fellow of the North Texas Institute for Educators in the Visual Arts. He currently serves as the Director of Marketing for the WSO.

Fran Goldman is the Executive Director of the WSO and previously held a similar position with the Jackson, TN Symphony. She has performed as a clarinetist with the Richmond, VA Symphony, the US Army Band of New England and Young Audiences of VA. She has taught music in public and private schools and at Hampton University and was the Conductor of the Williamsburg Youth Orchestra. Goldman holds degrees in woodwind performance from Boston University and Norfolk State University and in Secondary Education from Old Dominion University.

“Talking Funny”
4 Sessions – Fridays from 1:15 PM to 2:45 PM
March 7, March 14, March 28, April 4
Room # 213

This course is not to be a serious effort in the causes or effects of humor. It will be a proven technique for developing one’s humor and its participants in various areas of humor. As part of this interactive course, you will be invited “hands-on” to develop it. It is not a course about the psychology of humor or its beneficial results on the immune system of humans. Come and have a good laugh. If you don’t, it may be your own fault. There is no required reading, so bring your own jokes and play! What’s not to like?

Roberto Blaise has a B.A. from the University of Connecticut, an M.S. from Southern Connecticut State University and is a survivor of 34 years of teaching in the Waterbury school system, 28 years of them at Kennedy High School and is still smiling and laughing all the way!

“Telling Them Apart”
4 Sessions – Fridays from 10:00 AM to 11:30 AM
March 7, March 14, March 28, April 4
Room # 317

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. Members 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 cemeteries, the internet, family trees, and a trip to the CT State Library’s Department of History and Genealogy will be arranged.

Polly S. Gunther is a self-taught genealogist. She has been researching and unraveling her family’s history for about 5 years. She is a member of the CT Society of Genealogists, CT Professional Genealogists Council, The New England Historic Genealogical Society, Godfrey Memorial Library and The Society of Mayflower Descendants of the State of CT. She is presently serving as the registrar for her chapter of the National Society Daughters of the American Revolution. She is a recently retired teacher, having taught for 34 years at the elementary level.

What Branch Are You?
Researching Your Family Tree.
8 Sessions – Fridays from 10:00 AM to 11:30 AM
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
Room # 317

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. Members 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 cemeteries, the internet, family trees, and a trip to the CT State Library’s Department of History and Genealogy will be arranged.

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Philosophy and Religion

Buddhism is Not What You Think!

Room #218
March 7, March 14, March 28, April 4, April 11, April 18, April 25, May 2
This course offers a clear, straightforward look at the wisdom and guidance of an enlightened teacher who lived some 2,500 years ago but whose teachings remain as vital and penetrating today as ever. It provides an overview of Buddhism’s essentials, free of the fetters and cultural trappings that have accumulated over 25 centuries. Designed for the person with a desire to see deeply into the nature of existence, it is a call to awakening. When the Buddha was asked to sum up his teachings in a single word, he said, “Awareness.”

Radical Islam in Europe: A Primer

Room #326
March 7, March 14, March 28, April 4
This course is co-sponsored with the World Affairs Council – Connecticut. The media are now reporting the growing impact of Islamists in Europe, whether it is terrorists planning to blow things up or activists seeking fundamental changes in European society and culture. This course will seek to trace the development of large, unassimilated Muslim minorities in Europe, and the emergence within them of radical Islamists; examine the ways in which radical Islam affects European politics, society and foreign policy; and what all this means for the United States.

Why is There Something Rather Than Nothing?

Room #204
March 7, March 14, March 28, April 4
This and other questions will be examined in a course using direct, easy-to-comprehend language, free from jargon and esoteric terms. Have you ever taken a philosophy course that made your eyes glaze over? Have you avoided it because you thought it was boring or irrelevant? This lively course guarantees to energize your mind by making connections among the great western minds, including Plato, Aristotle, Descartes, Darwin and YOU!

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

Spring 2008

Being a Course Presenter

for the Osher Lifelong Learning Institute (OLLI) at the University of Connecticut, Waterbury Campus

• 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 Osher Institute in Connecticut

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

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

OLLI Café sessions

The entire OLLI is outstanding: topics and presenters are excellent and the OLLI Café sessions are just as interesting as the classes.

Fall 2008 session – September 19, 2008 – November 9, 2008
Deadline for proposals – May 23, 2008
Please contact us if you would like to present a Fall 2008 course!
Recent Trends of the Broadway Musical

March 1, 2008

Have you enjoyed Broadway shows over the years and wondered about what makes it all happen? There are various outside forces that have shaped the musicals produced for Broadway over the last ten to fifteen years; various factors and their significance will be presented. The financial factors, popular trends and audience expectations that have influenced what is being presented on Broadway today will be highlighted. Bring your questions for this lively presentation on a mesmerizing American art form!

Bob Alwine is Associate Producer Goodspeed Musicals and holds an MFA in theater management and creative producing from Columbia University. Bob has worked as the Associate Managing Director of The Old Globe in San Diego and the Director of Programming for The Onedia Center for the Performing Arts. He has worked for Alan Wasser Associates in New York on productions of Phantom of the Opera, Miss Saigon, Les Miserables and Five Guys Named Moe.

Laugh, Breathe, Live – On Purpose!

March 14, 2008

Do you want more energy? Less stress? Contrary to popular belief, stress does not just “happen” to us. And those who have plenty of energy and a positive outlook are not “just lucky.” Especially as we age, energy levels and stress levels are the result of choices we’re making, often unconsciously. Join the fun and explore the energizing AND stress-reducing benefits of deliberate laughter and breathing. Learn to relax, calm, and energize yourself — simply by choosing to breathe and laugh “on purpose”: These natural abilities can become powerful tools to improve your health and well-being.

Laura Grasso is best known for bringing “Laughter Yoga” to CT and sharing the power and importance of balanced and deliberate breathing. In her private therapeutic practice, she assists clients in correcting unhealthy breathing patterns, and then coaches them to use it as a tool to further support health and happiness. Director of the non-profit Oxigenesis Institute in Hartford, she is an engaging presenter who has appeared on many radio and TV shows.

Death, Dying, Bereavement, and Living Wills

March 28, 2008

Are you prepared to face the issues of death, dying and bereavement? Do you have a living will? What are the pros and cons of this type of documentation?

Members will hear about the bereavement process, stages of grief, and effect upon the physical body from a long-time, dedicated social worker.

Arlene Pereira, LCSW, BCD, CT has been a social worker for 32 years, the majority of her career focused on Hospice or Bereavement. She is the president of Stand By Me, the bereavement agency she founded 14 years ago. She provides bereavement support to adults in the community.

April 4, 2008

Personal Safety and Awareness – for the Older Generation!

Seniors are sometimes a target – quite possibly an easy target – to public acts of criminal intent. Prevention is the key! Learn to use your instincts, knowledge, common sense and awareness while at home, in the car, shopping or walking in a parking lot so you do not become an easy target and victim of a criminal offense.

Sergeant Daniel Cruz is currently the 2nd shift Supervising Sergeant of the UConn Waterbury Police Substation. He has over 15 years of law enforcement experience as a police officer and instructor for the Department of Children and Families (DCF); a police sergeant at the UConn Police Department at Storrs; a state certified law enforcement instructor and adjunct instructor for the Police Academy in Meriden, CT. He holds titles in martial arts, is an instructor for the Police Combat Fitness program and is a member of the Waterbury Emergency Response Team (SWAT).

Genealogy – The Tree of Life

April 11, 2008

Dabble into the world of genealogy and learn how you can begin to climb the tree and take the steps to tracing your ancestry. By using libraries, company indexes, books and research services, you can uncover the different branches of your tree.

Understand the excitement of discovery, the despair of running into that brick wall, the importance of patience, acceptance, and the determination to find the “lost sheep” of the family – and what it entails.

Dr. Robert L. Rafford received a BA in philosophy from Brooklyn College of the City University of New York, a Master of Divinity degree from Andover Newton Theological School and a Doctor of Ministry degree in psychology and clinical studies.

Estate Planning 101

April 18, 2008

Beyon the Companionhip

Humans and companion animals have a long, shared history. The health and social benefits of pet ownership or simply interacting with a companion animal in a pet therapy session is well documented. Explore the function of animal assisted activities and hear about many of the recent developments in the use of companion animals to improve the quality of life for children and adults.

May 2, 2008

There is no OLLI Café today, but check the Special OLLI Events section of the brochure for important details on the OLLI Appreciation Event, May 9, 2008!
OLLI Events

Special OLLI Events

Opening OLLI Social 2008
Friday, March 7, 2008 at 6:45 PM – Multipurpose Room
Light refreshments will be served

The Opening Event, which now replaces “OLLI Orientation,” is designed to acquaint members and enjoy morning coffee and light refreshments at the start of a new OLLI year. As OLLI moves into its third session and second full year, current members are encouraged to help acquaint new members with the UConn campus and OLLI programs.

This year the Opening OLLI Social will feature a keynote address by Jonathan Kellogg, Executive Editor, Republican-American newspaper. Come and join the fun! Previous keynote speakers at a similar event have been Carl Rosa of Waterbury Main Street and Frank Tavera, Executive Director of The Palace Theater.

OLLI Appreciation Event
Friday, May 9, 2008 at 1:00 PM – Multipurpose Room
Light refreshments will be served after the event

This event is planned by OLLI Members for OLLI Members. The purpose of this event is to honor OLLI Presenters for their volunteerism, dedication, and creativity. OLLI members also are provided with the opportunity to highlight their new learning and overall experiences in the various courses. Another outcome of this event is a “preview” for potential member-enrollees in the future. Please come and show your appreciation with friends and fellow OLLI members!

OLLI HEADLINER EVENT!

Fran Brill – “A Puppeteer’s Life on Sesame Street”
Tuesday, April 29, 2008 at 6:00 PM – Multipurpose Room
Light refreshments will be served after the event

Fran Brill, who performs Zoe and Prairie Dawn on SESAME STREET and was the first female puppeteer to be hired by Jim Henson, tells the story of how she stumbled onto Broadway and tripped and fell onto “THE STREET.” This adult-focused program will include a discussion by Fran Brill of her career as an actress, a brief history of how SESAME STREET was created in the late 60’s, the story of how she broke into the “boys club,” the anatomy of puppets, a quick lesson in puppetry, how SESAME STREET has progressed from low-tech to high tech, how puppet characters are created and evolve, how the feminist movement impacted her characters and the show, and finally her recollections of working with Jim Henson. This presentation will also include video clips of backstage scenes at SESAME STREET and highlights from the show. After the presentation there will be a Q & A. Sesame Street and associated characters, trademarks and design elements are owned and licensed by Sesame Workshop. All rights reserved.

“This was one the most important events of the year!”
- A 2007 OLLI Member

OLLI Members will receive a 20% discount. Call the Waterbury Symphony at 203-574-4283.

OLLI Headliner Events have been a tradition since the OLLI Kick-off Event in 2006. Former OLLI Headliners have included The Silver Belles, stars of the Connecticut Film Premier of Been Rich All My Life in 2006 and William J. Mann, author of KATE: The Woman Who Was Hepburn in 2007.

Paragon Events

OLLI members will receive ticket discounts for events sponsored by partnering organizations.

THE PALACE THEATRE

Whatever your musical taste, the Palace Theater’s Spring concert line-up has something for all OLLI members to enjoy. The best part? OLLI members receive a special 10% discount off their tickets to any of the following events! Call the Palace Box Office at 203-755-4700.

“American Girl” Tea & Show
Bring your favorite little “American Girl” lover and her favorite “American Girl” doll to see Addy: An American Girl Story coming to the Palace Theater on Saturday, March 29! Enjoy a post show tea and photo opportunity too!

Based on the popular American Girl series by Connie Porter and adapted for the stage by Cheryl L. West, this compelling tale of love and courage is the first ever to tour from the acclaimed Seattle Children’s Theatre. Addy’s story follows her devastating separation from her father and brother—who are sold away from their North Carolina plantation during the Civil War—and her daring journey to flee the life of slavery with her mother. Once free, Addy and her Momma must bravely adjust to the challenges of being on their own—learning to read, write, and earn money—all the while trying to reunite their beloved family.


WATERBURY SYMPHONY ORCHESTRA

An Evening with Virtuosis Musicians
Saturday, March 8, 2008, 8:00 PM
Naugatuck Valley Community College Fine Arts Center
Beethoven, Violin Concerto
Featuring Jennifer Frautschi on Violin

This virtuosic concert features two famous geniuses of classical music, Beethoven and Bartok. Beethoven’s Concerto for Violin has become one of the most popular and most recognizable violin concertos, which is performed in this concert by young violinist, Jennifer Frautschi. The Waterbury Symphony Orchestra is featured with Bartok’s Concerto for Orchestra, a stunning piece that showcases the technical command of the WSO Musicians.

Leroy Anderson Centennial Pops Celebration
Saturday, May 10, 2008, 8:15 PM
Palace Theater

The Waterbury Symphony Orchestra hosts the community celebration of the legendary pops composer, Leroy Anderson. Mr. Anderson lived in Woodbury, CT, and was often referred to as ‘a craftsman of genius’ in reference to his legendary pops compositions, including Sligh Ride, Bugler’s Holiday, and Blue Tango.

The concert features Simon Tedeschi performing Anderson’s Piano Concerto, and other favorites like Sandpiper Ballet (with the Woodbury Ballet), Blue Tango, and Bugler’s Holiday.
The Driving Decision: Health, Safety, and the Older Driver – Laura K. M. Donorfio, Ph.D.
Tuesday, February 5, 2008
1:00 – 1:45 PM
Room #333

The past 3 years, the Documenting Venture Smith Project has been verifying events, places and dates referred to in a narrative, dictated in 1798 to a Haddam, CT schoolteacher, by a former slave named Venture Smith. The narrative relates the story of Smith’s capture in Africa as a young boy, who survived the Middle Passage, suffered the injustices of slavery during the prime of his life, eventually purchased his and his family’s freedom, and finally managed to live out his remaining years as a free man and prosperous CT businessman. This talk will explain the project, its players and supporters; and, through the voice of Venture Smith, will add important details to the story of slavery in early New England.

Documenting Venture Smith Project – Dorothoa V. DiCecco
Tuesday, April 8, 2008
1:00 – 1:45 PM
Room #333

Today’s older adults and the rapidly aging baby boom generation were formed by the “automobile society” – a society based upon mobility-on-demand to go where you want. Today’s older adults are more likely to have a driver’s license and drive more than any previous generation. In the next 20 years, the number of drivers age 70 and over in the United States is expected to triple. Should this give us cause for concern? Yes and No. This presentation will discuss research makers to keep older Americans on the move and safe. Specific self-regulation behaviors will be discussed, as well as whether self-regulation attitudes and patterns differ by health and gender.

Race, Rape, and Capital Punishment in Connecticut to 1830 – Lawrence Goodheart, Ph.D.
Wednesday, March 5, 2008
1:00 – 1:45 PM
Room #333

The topic is part of a current book project called, “The Most Solemn Sentence of Death: Capital Punishment in Connecticut, 1636 – 2005.” An unofficial, racial protocol governed the death penalty for the capital crime of rape which was on the books until 1830. Of six men hanged for rape, five were African American. All the victims were white women and girls. No one was executed for the rape of African American or Native American females. The talk will examine the cases of those who were executed, and those who were convicted but not hanged. The role of race in early Connecticut history, particularly in terms of crime and punishment, will also be discussed.

UConn MBA Program Open Houses in Waterbury
Wednesday, January 9, 2008; Tuesday, February 5, 2008; Thursday, March 6, 2008; Wednesday, April 2, 2008; Tuesday, May 6, 2008; Thursday, June 5, 2008; Wednesday, July 9, 2008

Monthly MBA Program Open Houses will be held for anyone interested in UConn’s Part-time, Full-time or Executive MBA programs. Information about admissions, program curriculum and concentrations of electives will be provided. Please call (203) 236-9935 or email glen.richardson@business.uconn.edu if you have any questions or wish to RSVP to an MBA Open House.
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, the Council helps foster the growth and sustainability of the Institute. OLLI members serving on standing committees, in conjunction with the OLLI Director and Program Assistant, carry out every aspect of the organization. OLLI is always seeking new members to get involved in curriculum planning, membership, public relations, hospitality, newsletter, and OLLI Café 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 1,000 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.

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