



OLLI *Voices*

UConn

WATERBURY

Volume 15, Issue 3

March 21, 2014

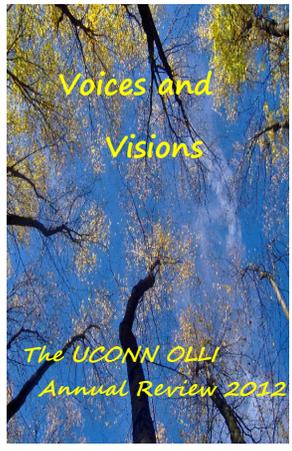
The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction

VOICES AND VISIONS

Voices and Visions: The Annual UConn OLLI Review is a journal comprised of OLLI students' original work. The mission of the Annual UConn OLLI Review is to provide a place for the *voices and visions* of our members which honors their work and creativity, preserves our individual and collective history, and ignites inspiration in others. We encourage all to submit entries. Poems, essays, creative writing, selections from OLLI classes, stories from travels, art work or photography are all examples of submissions.

The Editorial Board is about to begin the process of publishing the fourth edition of Voices and Visions with a provisional publication date for the first OLLI session of Fall 2014. The process starts with **YOU!**- because without your submissions, there can be no Review. We are reminding members this far in advance because we are at the fourth week of OLLI and next week ends the five-week sessions. Some of you will have submissions that may fade from memory by the end of Spring 2014. (It comes with the territory!) The aim of the Committee is to help submitters in any way with their entries. The first three editions have had some great reviews and the Committee gave much individual attention and encouragement to those who sent their work for all to see. There are a great many talented people in OLLI and the Editorial Board is grateful for the chance to showcase that gift. Again, we urge all those with something to say or show to fill out the forms you will find on information tables and submit them to the Committee or to Rita or Aleta.

This may be your chance to live forever in a published book!!



AARP SMART DRIVERS COURSE

When was the last time you have read the latest rules to get a driver's license in Connecticut? Of course, everybody considers him/her self a great driver-but can you see as well as you once could? Do you react as swiftly as you once did to sudden new events? Do you have medications that might restrict your reactions?

AARP has offered driver-safety refresher instruction since 1979, and more than 15 million people have taken it. The course "helps people drive as long as possible safely-safely being the key word."

OLLI at UConn hosts the AARP 4-hour Smart Drivers Course – the oldest and most successful program for older drivers to help refresh driving skills and learn a few new tips. The **new** Smart Drivers Course is revised, modernized and updated with new participant guidebooks and accompanying videos.

Registration and Cost

Please call 203-236-9924
Seating is limited. Room 119

COST: \$15 for AARP members and \$20 for non-members. Payment by check (to AARP) at the start of the course is necessary. State law mandates a minimum discount of 5% on your liability insurance for 2 years for drivers 60 and over who take the AARP-sponsored course.



Mon April, 14, 2014

9:00am-10:30 pm

OR

Monday, May 19, 2014

9:00am-1:30pm



The Newsletter is always looking for content from our readers. This may be in the form of original work or items you have found interesting and may wish to pass on to others. We always welcome any suggestions you may have to improve the newsletter or criticisms of it. The Newsletter exists to inform and entertain our readers.

Contact **Bob Grady** at yvoorg@aol.com or any presenter or staff member

PLEASE HELP US FIND THIS PERSON!!!

This person is a future OLLI presenter - someone who has a passion for a topic that he/she might be willing to share with OLLI members. This person may be your neighbor, a friend, a relative, a former colleague, someone you heard at a conference, or even yourself! Put your thinking caps on !!!

When you find this person call or email Aleta Staton at 203-236-9808 or aleta.staton@uconn.edu.

OLLI POETRY COFFEE HOUSE

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

Contact Denise Whelan (denisewhelan@yahoo.com)

For more information

OLLI BOOK CLUB

Contact: **Nancy Via** at nvia@sbcglobal.net

April 21 **The Moons of Jupiter** by Alice Munro

May 19 **The Light Between Oceans**
by M. L. Stedman

All meetings of the book club will be held in room 102D, UConn, Wtby at 1:00 PM 3rd Monday

OLLI Newsletters on the Internet

OLLI newsletters are available on our web page at www.waterbury.uconn.edu/osher

Then click on the left-hand index that says "Newsletters". They are available in PDF format, if you don't have the free reader, you can get it at www.adobe.com and click on the box that says "READER".



OLLI CAFE

March 21, 2014
Fraud Rings and Elderly Scams There are currently many different fraud scams targeting the elderly in local communities. Be informed about the latest scams and what you can do to protect your accounts.
Jolynn LaChance is a banking center assistant manager assigned to help customers who are victims of fraud and scams. She assists customers in processing claims to recover funds. She often helps the elderly in her community to identify scams currently targeting seniors.

March 28, 2014
Waterbury's Own Fulton Park
Michael Salvio is President of the Historic Overlook Community Club (HOCC)



**OLLI MEMBERS QUALIFY FOR LIBRARY PRIVILEGES!
 AS FEE-EXEMPT "COMMUNITY BORROWERS"**

PICK UP A LIBRARY CARD APPLICATION FORM AT THE OLLI INFO TABLES –
 Fill out and bring to the library.

OLLI members are encouraged to apply for UConn Libraries' privileges As Community Borrowers

Please provide a valid Driver's License showing Connecticut residency. Community Borrowers may:

Borrow books from any UConn library for 30 days with renewals

Borrow DVDs/VHS tapes from any UConn library for a 7-day loan (no renewals)

Borrow AV and/or print material (on reserve) as needed for your courses

Requests for items that are available at UConn campus libraries

Visit the library homepage at www.lib.uconn.edu to explore the many resources available to you.
 Feel free to request an introduction to the library at any time by contacting Shelley Goldstein,

It's Better With Age

Exercise DVDs may help older adults stay fit. Researchers assigned 307 sedentary adults ages 65 and over to one of two groups. The first watched a video about healthy aging and received phone calls with related tips. The second group worked out three times a week to home fitness DVDs that researchers programmed and received calls with workout tips. At the

end of the six month study, **only the exercisers had improved their strength, balance, flexibility** – all factors related to less disability and more independence in older adults.

Journals of Gerontology, February 11, 2013. online

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Dreaming about exercise burns less calories than exercise- Anonymous



The Catskills in the Fall

This trip has a full itinerary, appealing to all tastes. The correct dates are **October 8** and **October 9**, a Wednesday and Thursday. The dates on the colorful flyers are correct. The trip leaves Saint Anthony/ DOT parking lot at 7:30 am, with a carefree scenic drive through the foliage into the Catskills to board the fully restored Rip Van Winkle Steam liner with an on-board elegant lunch with delicious entrees served on fine china.

Tickets are included for all passengers to visit the National Baseball Hall of Fame and Museum. If any passengers would rather see American art with a large collection of Native American Art, the bus will deliver you the short distance to and from the Fenimore Art Museum where senior admission is only \$10.50. After check-in at the BW Cooperstown Inn, a welcome dinner follows with more elegant entrees.

The next morning after breakfast, we will explore the Erie Canal and hear the history of this pivotal 19th century project. There will be a comfortable cruise and a "lifting" through the lock mechanism. Lunch is included at a famous eatery, **Rocky's Grill**, with choice of lunch entrées.

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

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

Submitted by **Dave Angelicola**

STELLA AWARDS

It's time again for the annual 'Stella Awards'! For those unfamiliar with these awards, they are named after 81-year-old Stella Liebeck who spilled hot coffee on herself and successfully sued the McDonald's in New Mexico, where she purchased coffee. You remember, she took the lid off the coffee and put it between her knees while she was driving. Who would ever think one could get burned doing that, right?

That's right; these are awards for the most outlandish lawsuits and verdicts in the U.S. You know, the kinds of cases that make you scratch your head. So keep your head scratcher handy.

Here are some Stellas for year -- 2013:

Kathleen Robertson of Austin, Texas was awarded \$80,000 by a jury of her peers after breaking her ankle tripping over a toddler who was running inside a furniture store. The store owners were understandably surprised by the verdict, considering the running toddler was her own son >>>>

Start scratching!

Carl Truman, 19, of Los Angeles, California won \$74,000 plus medical expenses when his neighbor ran over his hand with a Honda Accord. Truman apparently didn't notice there was someone at the wheel of the car when he was trying to steal his neighbor's hubcaps.

Scratch some more...

Amber Carson of Lancaster, Pennsylvania, because a jury ordered a Philadelphia restaurant to pay her \$113,500 after she slipped on a spilled soft drink and broke her tailbone. The reason the soft drink was on the floor: Ms. Carson had thrown it at her boyfriend 30 seconds earlier during an argument

Only one more so ease up on the scratching ...

: Mrs. Merv Grazinski, of Oklahoma City, Oklahoma, who purchased a new 32-foot Winnebago motor home. On her first trip home, from an OU football game, having driven on to the freeway, she set the cruise control at 70 mph and calmly left the driver's seat to go to the back of the Winnebago to make herself a sandwich. Not surprisingly, the motor home left the freeway, crashed and overturned. Also not surprisingly, Mrs. Grazinski sued Winnebago for not putting in the owner's manual that she couldn't actually leave the driver's seat while the cruise control was set. The Oklahoma jury awarded her, are you sitting down?

\$1,750,000 PLUS a new motor home. Winnebago actually changed their manuals as a result of this suit, just in case Mrs. Grazinski has any relatives who might also buy a motor home. rjg



One day, Bill and Tom went to a restaurant for dinner. As soon as the waiter took out two steaks, Bill quickly picked out the bigger steak for himself.

Tom wasn't happy about that: "When are you going to learn to be polite?"

Bill: "If you had the chance to pick first, which one would you pick?"

Tom: "The smaller piece, of course."

Bill: "What are you whining about then? The smaller piece is what you want, right?"

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It's a sunny morning in the Big Forest and the Bear family is just waking up. Baby Bear goes downstairs and sits in his small chair at the table. He looks into his small bowl. It is empty! "Who's been eating my porridge?" he squeaks.

Daddy Bear arrives at the table and sits in his big chair. He looks into his big bowl. It is also empty! "Who's been eating my porridge?" he roars.

Mummy Bear puts her head through the serving hatch

from the kitchen and yells, "For Pete's sake, how many times do we have to go through this? It was Mummy Bear who got up first. It was Mummy Bear who woke everybody else in the house up. It was Mummy Bear who unloaded the dishwasher from last night and put everything away. It was Mummy Bear who went out into the cold early morning air to fetch the newspaper. It was Mummy Bear who set the table. It was Mummy Bear who put the cat out, cleaned the litter box and filled the cat's water & food dish. And now that you've decided to come down stairs and grace me with your presence.... listen good because I'm only going to say this one more time..... I haven't made the @#*% porridge yet!!

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After drafting a will for an elderly client, the attorney announced a fee of \$100.

The client gave the attorney a \$100 bill.

After the client left, the attorney saw that the client had in fact paid \$200, as two of the client's \$100 bills had stuck together.

Looking at the \$100 overpayment, an ethical question arose in the attorney's mind: "Do I tell my partner?"

Osher Lifelong Learning Institute at UCONN, Waterbury

The Osher Lifelong Learning Institute
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nblomstrom@aol.com,

The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction. Our programs are centered around classes developed and taught by members who volunteer their time and talents to share their knowledge, life passions, and interest with other members. The OLLI program also sponsors special events featuring noted authors, scholars, and experts in respected professional fields.

OLLI Leadership Council

Council Members

OLLI officers are part of the Leadership Council, which is the principal representative body of the OLLI membership.

Council Officers

President - Richard Fogg
1st Vice President - Mary Lou Reignier
2nd Vice President - Delma Way
Secretary - Toni Escott
Assistant Secretary - Joyce Conlan



We're on the web! www.waterbury.uconn.edu/osher

MEET YOUR PRESENTERS

Alphonse Avitabile, a retired director of the University of Connecticut Waterbury Campus, fondly recalls his early days of exploring the outdoors when living in the Town Plot section of Waterbury and attending Tinker School.

Over the years, Al received numerous accolades. But as a pupil at Tinker School, he recalls being kicked out of math class not once but twice for smelling of skunk.

Professor Avitabile explained he learned to trap at a young age. At the time, children were allowed to go home for lunch. Al would check his traps during lunch. He would go to the big swamp, now filled in, that once existed in the general area between Bradley and Fairfield avenues to see if he had caught any muskrats. Sometimes, skunks were caught. The math teacher was not sympathetic about Al's pursuits when the young trapper arrived reeking of skunk.

Al usually sold the furs of the muskrats for about \$3 each to Sears & Roebuck; skunk furs went for about \$2. "While it seems paradoxical, trapping was a way I could be close to nature," Today, he reflects, traps are far more humane. And parents with the means probably would send a child interested in the outdoors to a nature camp. But a big part of his childhood was spent outdoors learning about the creatures –birds, snakes and others- that showed up in the swamp. "It was a great place."

Despite his eventual successful career in the academic world, Al said he tended to be an average student unless a subject such as French engaged him. Then he did well. He didn't think a lot about going to college and "my parents didn't push it."

Al, who served with the 43rd Infantry, National Guard Division of the U.S. Army, began thinking of going to college to pursue teaching as a career. This led to attending Fairfield University on the G.I. bill. After graduating in 1957 from Fairfield, he taught Waterbury high school students for two years and earned his master's degree from Southern Connecticut. Eventually, he did post-graduate work at Cornell University.

In 1980, Al joined the faculty of the University of Connecticut's Waterbury Campus, then located in the Hillside Avenue area. "I began as an instructor and made it all the way to full professor over time, ending up in 1980 as director of the campus," a position he held until retiring in 1989.

The professor emeritus of Ecology and Evolutionary Biology still has a zest for teaching and loves sharing his knowledge of bees at OLLI and other venues.

Despite his affinity for nature, Al didn't know much about bees until 1965 when some UConn students came running into his office telling him he had to go see the termites in the forsythia bush outside his office. Al knew the creatures were bees and not termites but had never seen bees swarm before.

He had a student from Bristol whose father kept bees. The student brought in some equipment and Al was able to move the bees into a hive. Al became fascinated with the bees and began learning about them. Having moved to Bethlehem, Al pursued his work with bees by setting up three hives with purchased bees on his property. He keeps hives to this day and harvests the honey, always leaving some for the bees themselves. Al harvests the honey, sharing some with friends and selling some.

Today, because of the collapse of many bee colonies, interest has grown within the public among people interested in beekeeping. The pollination work that bees do is essential to our food supply. Al finds that classes he teaches used to have only four or five people in them. Now those classes often draw up to 30 students. He co-authored *The Beekeeper's Handbook* with Diana Sammataro –**Mary Ann Martin**

March 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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2	3	4	5	6	7 _{OLLI}	8
9	10	11	12	13 <i>Poetry Club</i> 10:00 John Bale Bookstore	14 _{OLLI}	15
16	17 <i>Book Club</i> 1:00 rm 113	18	19	20	21 _{OLLI}	22
23	24	25 <i>Early Native Communities</i> 12:30 rm 333	26	27 <i>Newsletter</i> 10:30	28 _{OLLI}	29
30	31					

April 2014

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

*1 Clubs and
Activities
10:30*

*2 Persepolis
12:30 pm
MPR*

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4 OLLI

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*8 The Greening
of Waterbury
Organizational
meeting*

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11 OLLI

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no OLLI

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*21 Book Club
1:00 pm 102D*

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25 OLLI

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