

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

## TAX DAY!!!

Well, that time has finally come and gone. April 15, 2015, is now history and the dreaded IRS has exacted its toll. The misery of collecting all those receipts, organizing the mess and doing the arithmetic associated with all that stress is finally over-hopefully!

Who is responsible for the income tax? Believe it or not-Abraham Lincoln. According to Wikipedia, with the Congress, the President created the position of commissioner of Internal Revenue and enacted an income tax to pay war expenses in 1862. That tax was repealed 10 years later. However the Congress revived the tax in 1894 but the Supreme Court ruled it unconstitutional in the following year.

Proponents kept trying ,however, and in 1913, Wyoming ratified the 16th Amendment giving the three-quarter majority of states necessary to amend the Constitution. Connecticut was among three states who rejected it. It did not matter. In the first year after ratification, no taxes were collected. Taxpayers simply completed the new form and the IRS checked it for accuracy. The first income tax levied a 1% tax on incomes over \$3000 with a 6% surtax on incomes of more than \$500,000. Payroll tax withholding and quarterly tax payments were introduced during World War II. The rest is history.

From that humble beginning, John Gray of the Heritage Institute, writes in the Waterbury Republican-American on April 15, that the government will spend about, "\$12,304 per citizen. Unfortunately, the government will collect only \$10,878 in tax revenues. That means that, you, the U.S. citizen, will be left with a tab of \$1426. The \$1426 placed on every citizen's tab represents this year's deficit of \$455 billion."

However, the taxes we pay gets the taxpayer entry into Social Security, Medicare and many other social programs. It also pays for defense and education. And "Net Interest: \$868 per person. Net interest is the cost of the nation's \$13 trillion public debt." *Gray*

It does not seem likely to decrease much in the future.

10 NCAA CHAMPIONSHIPS

3 TITLES BACK-TO-BACK

## CONGRATULATIONS

TO GENO AURIEMMA

AND

UConn WOMEN'S BASKETBALL TEAM



Staying Sharp

Those lost car keys that were an annoyance in your thirties can spark major anxiety in your sixties. Turns out it's pretty normal. The brain ages just like the rest of your body, says a new report that urges Americans to take steps to keep sharp in their senior years. The prestigious Institute of Medicine examined what scientists know about "cognitive aging," changes in mental functioning as we get older. This isn't a disease like Alzheimer's but a natural process - and it's not always bad. Wisdom can indeed increase with age, and years of experience can prove invaluable, stressed Dr. Dan Blazer, an emeritus professor of psychiatry at Duke University who chaired the IOM committee. "The brain ages in all of us. But there's a wide variability in the way the brain ages," Blazer said. Staying cognitively sharp is one of the biggest concerns of seniors, with good reason. The report warns that even subtle slowdowns can affect daily life, making seniors more vulnerable to financial scams, driving problems or other difficulties in a technology-driven world. The best advice for staying sharp as you get older- Be physically active. The sooner you start, the better, but it's never too late, Blazer said.

*Associated Press, Waterbury Republican-American 4/15/15*



**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](mailto:yvoorg@aol.com) or any presenter or staff member

**OLLI Newsletters Go Internet**

OLLI newsletters are available on our web page at <http://olli.uconn.edu/weekly-newsletters/>

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

**Save the Date!**

If it's potato pancakes, stuffed cabbage, pierogi, kielbasa and other Polish culinary delights that whet your appetite, then set aside Tuesday, April 28, from 12 noon to 2:00 to join the OLLI Clubs and Activities Committee folks as they bring you the second annual ethnic food venture to the Belvedere Café and Restaurant, 82 Broad Street, New Britain, CT.

Cost of the dining experience is \$20 per person and includes the Polish buffet, a visit to a Polish bakery and a short walking tour of the Broad Street Polish area. OLLI presenter, Lisa Wisniewski, will be our guide along with members of the Clubs and Activities Committee.

Reservations can be made to Nancy Via, [nvia@sbcglobal.net](mailto:nvia@sbcglobal.net), telephone (203) 758-6359 or to Delma Way, [delvilway@aol.com](mailto:delvilway@aol.com), telephone (860) 274-8621 by April 22 at the latest.

**OLLI POETRY COFFEE HOUSE**

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

Contact Denise Whelan ([denisewhelan@yahoo.com](mailto:denisewhelan@yahoo.com))

For more information

**OLLI BOOK CLUB**

Contact: **Nancy Via** at [nvia@sbcglobal.net](mailto:nvia@sbcglobal.net)

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

April 20  
May 18  
June 15

Being Mortal  
Underground Girls of Kabul  
Tomlinson Hill

Atul Gawande  
Jenny Nordberg  
Chris Tomlinson



**OLLI CAFE**



**URGENT MESSAGE: ACT NOW!  
DON'T WAIT!**

**April 17 ANITA SIARKOWSKI-  
ACCORDION MUSIC**

Longtime OLLI member Anita Siarkowski and her husband, Bob, will delight OLLI Café with their accordion music. Learn about the accordion, an air powered instrument complete with bellows, metal reeds and piano keys. Anita and Bob often play at area events as well as convalescent homes and wedding receptions.

**April 24 HISTORY OF WATERBURY WITH PHIL  
BENEVENTO**

Just a few short weeks are left until the end of the Spring Semester here at OLLI. May 1<sup>st</sup>, our last day of classes, will be upon us and OLLI members will be spreading out and enjoying a promising spring and summer -- relaxing, vacationing, gardening, enjoying family and friends, and perhaps not thinking about the Fall Semester and the great trip one might be interested in taking.

Of course we're talking about OLLI Travel's trip to Niagara Falls

September 27--30. If interested in a wonderful Canadian adventure (see our flyers for all the specifics) the Travel Committee urges you to sign up NOW! Don't wait!!

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while the imagination embraces the entire world, and all there ever is to know and understand.”

*Albert Einstein*

Once the semester is over there will be no more Newsletters with our reminders, such as the one you are reading right now. So, act quickly and make a great decision to come join us in September on what promises to be a great Canadian adventure. Call Friendship Tours (860-243-1630) today! Thank you and “happy traveling”.



**Upcoming OLLI Travel**

**5/13/15**-Culinary Arts Museum/RISD Art Museum, RI - \$79pp (sold out)\*

**6/3/2015**- Best of Boston (JFK Library & Cruise) MA - \$86pp (sold out)\*

**6/7 - 6/9/2015** – Ogunquit/Strawbery Banke (overnight)- \$397pp dbl (sold out)\*

**9/16/2015** – NY Botanical Gardens (Frida Kahlo's Garden) - \$75pp

**9/27 - 30/2015** – Niagara Falls (overnight) - \$510pp dbl

**10/21/2015** – 9/11 Memorial Museum - \$74pp

\*You may still put yourself on a wait-list for sold out trips

**All prices are member prices. Non-members are charged a slight surcharge. Call Friendship Tours for information and reservations. (1-800-243-1630). Mention OLLI Travel**



**WALKING THE DOG**

Reportedly, a woman was flying from Seattle to San Francisco . Unexpectedly, The plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes. Everybody got off the plane except one lady, who was blind.

A man had noticed her as he walked by and could tell the lady was blind because her guide dog lay quietly underneath the seats in front of her throughout the entire flight. He could also tell she had flown this very flight before because the pilot approached her, and calling her by **name, said, Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?"**

The blind lady said,  
*No thanks, but maybe Buddy would like to stretch his legs."*

Picture this: All the people in the gate area came to a complete stand still when they looked up and saw the pilot walk off the plane with a guide dog for the blind! Even worse, the pilot was wearing sunglasses !

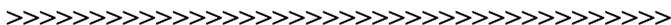
People scattered.  
They not only tried to change planes,  
But they were trying to change airlines!  
True story.....

**Bob Blake**

**When hiking in Grizzly Bear country:**

**Always wear small bells warning of your approach to avoid alarming the bears so they do not become aggressive. Additionally, carry pepper spray for your defense. You can tell you are in Grizzly bear country by their scat or poop.**

**Grizzly bear scat is easily identified because it smells like pepper and has small bells in it.**



**Communication:**

Wife texts husband on a cold winter's morning:

"Windows frozen, won't open."

Husband texts back:

"Gently pour some lukewarm water over it."

Wife texts back 5 minutes later:

"Computer is really screwed up now."

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**Osher Lifelong Learning Institute at UCONN, Waterbury**

The Osher Lifelong Learning Institute  
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NEWSLETTER CONTACTS  
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The Osher Lifelong Learning Institute (OLLI) 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.

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**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.oli.uconn.edu](http://www.oli.uconn.edu)**

## MEET YOUR PRESENTERS



Now retired from the real estate business, New Jersey native **Clementine Delaney** recalls thinking on visits to Connecticut that she could see herself living here in the future. Many years were to pass and major life changes were to occur before she moved to Southington, Connecticut, and had a long and successful career in real estate.

Always open to change, Clementine began taking yoga classes at age 63 despite a history of asthma. Her health improved significantly when she began practicing the discipline of yoga, she says.

Clementine grew up in Englewood, New Jersey, and attended the Academy of Holy Angels, then located in nearby Fort Lee, New Jersey. "I loved it; it was a blast," she said of her time at the all-girls school, where she was captain of the cheerleaders for the basketball team; president of the Athletic Association; and a field hockey player.

After high school, she studied one year at Caldwell College (now Caldwell University) before attending Katherine Gibbs in New York. She worked at New York Presbyterian and married. Clementine and her husband began their family that grew to six children. Eventually the couple divorced and Clementine moved to Southington with her two youngest children.

Clementine worked briefly in Connecticut for Kelly Services; soon she had a position in the corporate world. After five years, she decided to pursue a career in real estate. While preparing for the real estate licensing test, she cooked at Frankie's in Southington. Being the mother of six children, "I was used to cooking."

Once licensed, Clementine worked for Century 21, Prudential (later acquired by Berkshire Hathaway) and Perrella real estate firms. She loved selling homes. She liked the challenge of matching homes to people. You "start as clients but end as friends," she told her customers, which proved to be true.

Despite leading an active life, Clementine suffered from a bronchial condition for many years. She was in and out of the hospital several times. "God, get me off medicine," she prayed one day. Prompted by her desire to get well, she decided at age 63 to try yoga classes.

Yoga is defined by Dictionary.com as being: *a school of Hindu philosophy advocating and prescribing a course of physical and mental disciplines for attaining liberation from the material world and union of the self with the Supreme Being or ultimate principle.*

Once she started doing yoga, she began feeling better. Clementine was up to five classes a week when one of the teachers said, "I'm going to take a yoga trip to Costa Rica. Want to come?"

Clementine went and found getting to the yoga deck where classes were held required climbing 864 steps. "I counted every one!" The reward upon reaching the deck was being at tree top level and getting a spectacular view of the Pacific Ocean. Climbing those steps and taking two classes a day at the top proved "difficult for me but I did it."

Upon her return to Southington, Clementine learned that a teacher training class for yoga instructors was being held in Hamden, Connecticut. "I thought I certainly am not going to be a teacher; I'm too old."

But she went at age 69 and became certified to teach yoga at 70 after 200 hours of instruction. "I tell every class I teach that I know it is good for me." At OLLI, she is presenting *Gentle Yoga to Restore Mind and Body*.

Today, she takes very little medication and firmly credits yoga with the improvement in her health. She explains learning how to move your breath with "each sequence of bodily movement" brings "fresh, new oxygen throughout" the blood. This offers healing throughout the body. Your mind is clearer and "there is a definite spiritual aspect" to yoga, she says. She likes to read the scriptures and says her ongoing study of yoga has helped her to better understand them. **-Mary Ann Martin**