



OLLI *News*

UConn  
WATERBURY

Volume 18, Issue 10

November 13, 2015

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

## THANKS

The Fall semester classes of OLLI end today. However, OLLI continues with committee meetings and special events such as **The Harlem Renaissance Revisited** on Friday, Nov. 20, from 1-2 in the MPR. The *Voices and Visions*' committee will be reviewing Fall 15 entries to that publication, so remember to send your selections to them before you forget.

This is the time to thank all who make the OLLI experience great. Volunteers are the backbone of the OLLI experience. They are the ones who make things seem smooth and who mostly go un-noticed, but if it were not for them, OLLI as it is would not exist. So, thank you, volunteers! I urge anyone who can contribute even a little time to sign up for the various committees because volunteering can contribute to feeling even better about your OLLI experience.

The Winter Session starts on January 22 and goes for four weeks until February 12. Remember to sign up for the extended winter courses and have a great holiday season!

## ART DAY TODAY

**Save the date – November 13 – 2:15–3:45 pm!** Do you attend an OLLI afternoon class from 2:15 to 3:45 pm? If not, please plan to join your fellow OLLI members in the Multi-purpose room at that time for a special presentation. As part of OLLI's Arts Celebration Day on the last day of Classes, several OLLI members will be presenting dramatic readings of brief new, original plays written by them. OLLI poets whose poetry has appeared in a recent issue of *Voices and Visions* will accompany these OLLI playwrights. Save the date and become part of this outstanding cultural and artistic event.

## Save Your Breath

Research is mounting that a natural, potent source of stress relief is right in front of your nose. New science is showing that slowing down and deepening your breathing can have profound effects on well-being. “Many researchers can’t imagine how something so simple could actually have effects on physiology,” says Dr. Andrew Weil, a physician and founder of the Arizona Center for Integrative Medicine at the University of Arizona. Breathing exercises – a staple of mindfulness and yoga exercises – have been shown to help control blood pressure, improve heart rate, make arteries more flexible and activate the parasympathetic nervous system, which tamps down the body’s fight-or-flight response to stress. Weil and other experts now believe deep breathing has a place in a clinical setting.

“It’s enough to warrant applications to several areas of medicine,” says Dr. Luciano Bernardi, an internal medicine professor whose research shows that slow breathing exercises improve exercise capacity in patients with chronic heart failure. “We’ve shown that this simple thing has a fantastic series of effects.”

### Try It Yourself

Sit in a position that is comfortable enough to sustain for a few minutes of alternate nostril breathing. Sitting in a chair is just fine. This is one of many breathing exercises shown to have some health benefits. Hold your right thumb over your right nostril to plug it closed. Inhale slowly through the left nostril until your lungs are full. Hold for four seconds. Release the right nostril and plug the left with your pinky. Slowly exhale. Once you’ve exhaled fully, inhale through the right nostril to repeat on the other side. Do about four rounds on each side – or more if you have time.

**Mandy Oaklander** –*Time*, November 16, 2015



**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 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

**November 16 When Lions Roar Thomas Maier**



**OLLI CAFE**

**Friday, November 13  
A THIRST FOR HOME  
Chris Ieronimo**

In this presentation, Plymouth, Connecticut, native and mother of four, Christine Ieronimo will discuss her very first children's book, *A Thirst For Home, A Story Of Water Across The World*. The need for clean water in Ethiopia and around the world has become her passion and it is her hope that this story will inspire other children to want to learn more about this global problem. *A Thirst For Home* has been recognized by the national Children's Book Council as a Notable Social Studies Book for 2015. It has been embraced by students and recently inspired a third and fourth grade class in Connecticut to raise money to build a well in Uganda.

**Upcoming OLLI Travel**

- **A5/12/16-** The Springfield Museums (4)/Dr. Seuss Sculpture Garden MA- \$62pp  
**6/20-22/2016** – Lancaster PA (Sight & Sound Theatre (overnight) )-\$427pp dbl  
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**9/17-19/2016** – Washington DC/ChantillyVA/Mount Vernon – price \$457 pp dbl  
**11/04--11/11/2016** -- America's Music Cities Tour (Nashville - Memphis - New Orleans  
 Price: \$2,899. pp. dbl

**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**



**LAST CHANCE!!!!!!**

With today being the **LAST** day of the Fall, 2015 semester, this is the **LAST** Newsletter and the **LAST** reminder to OLLI travelers who are interested in re-serving spots for two of our hottest overnight trips for 2016. So let us remind you one **LAST** time.

- #1 **WHAT:** Samson: Sight and Sound Theatre, Amish Farm and House  
 Tour, QVC Studio Tour  
**WHERE:** Lancaster, PA  
**WHEN:** June 20--22, 2016 (Mon - Wed)  
**PRICE:** \$427. (Deposit of \$150.00 by Mar. 28; Final Payment Due May 02, 2016)
- #2 **WHAT:** America's Music Cities  
**WHERE:** Nashville, Memphis, New Orleans  
**WHEN:** Nov. 04--11, 2016 (Fri - Fri)  
**PRICE:** \$2,899 including airfare (Deposit of \$600.00 by Apr 02;  
 \*available seats will be released after Apr. 02 -- Final payment due Aug. 02, 2016)

For more detailed information on the above trips, please refer back to Travel  
 News in the OLLI Newsletters of Fall, 2015, refer to flyers that are still available on the Membership table on the main concourse here at UCONN and/or call Barbara at Friendship Tours (860-243-1630). Don't miss out on two of 2016's hottest destinations. You are urged to call and reserve as soon as possible as these weekly reminders have come to an end.  
**LAST CHANCE,** indeed!!



## ATTENTION OLLI TRAVELERS: THE SOUTH BECKONS

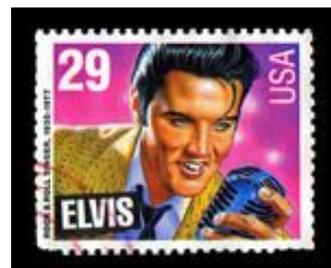
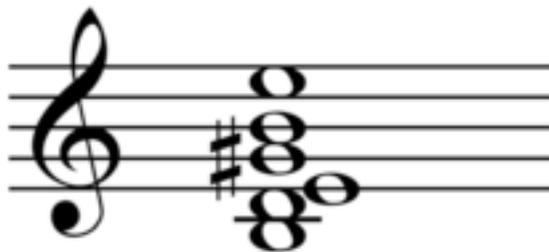
Your OLLI Travel Committee has just added a new and exciting trip to its Fall, 2016 schedule. Join us next November 4<sup>th</sup> to 11<sup>th</sup>, as we fly from Bradley Airport to Nashville. There we will meet our “southern tour guide” who will lead us on an extraordinary tour of the “Music City”--including a historic RCA Studio where Elvis, Dolly Parton, Charlie Pride, and countless country legends recorded their hits. We will also visit historic Ryman Auditorium and finally the Grand Ole Opry, including a backstage tour of this iconic venue. Before departing for our next “music city”, we will visit the Country Music Hall of Fame and attempt to absorb or at least relive the music and artists that are so identified with this part of our country.

On Day 3 we are off to Memphis where Graceland, home of Elvis, awaits us. Here in the city of Blues, Rock ‘n Roll, and Soul, we will savor the city’s essence along famous Beale Street. Dinner at the #1 BBQ in Memphis is also on the agenda.

Day 5 takes us to none other than the “Jazz Capital of the World” New Orleans. Rich in history, Cajun and Creole cuisine, as well, New Orleans offers a grand stay as we walk the French Quarter, motor through the city, and boat tour through the famous Louisiana swamp region. For all our gourmet travelers, a cooking demo and dinner Louisiana Style) will be presented at the New Orleans School of Cooking.

Yes, America’s Music Cities -- Nashville, Memphis, and New Orleans await us next November 4<sup>th</sup>--11<sup>th</sup>. Look for flyers on the Membership table on the main concourse here at UCONN or call Barbara at Friendship Tours (860-243-1630) to reserve your seat. It’s important to reserve early as seats will be held until April 2, 2016 and then released back to the tour company down South.

Price for this fabulous trip is \$2,899. With final payment due August 2, 2016, there is plenty of time to budget accordingly, but reserve now and don’t miss out on a great getaway!!



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## MEET YOUR PRESENTERS

Since he was a little kid, **Peter Mulholland** says, he liked telling stories that grew out of his imagination.

The student inclined to daydream found his métier in a creative writing class at Woodland High School in District 16 when his teacher Michelle Papa “really instilled a love for writing in me.”

He took the creative writing elective each of the four years of high school under Ms. Papa’s tutelage. The chair of the Humanities Department at Woodland stressed the importance of discipline and editing in the very structured writing course. “She helped me in understanding some aspects of writing (from) life.”

The emphasis on editing carries over into his approach to working with OLLI students taking his “Techniques in Contemporary Poetry: A Workshop” class. The assignment for a recent workshop session required participants to tell a story in poetic form. Those participating brought their work for peer review where each poem was carefully read by everyone around the table. Suggestions were made on how specific words or sequences might be replaced or reordered to better express the poet’s idea.

Peter himself also offered edits and suggestions on how changes might strengthen the poems through stronger imagery. He cited the importance of using an economy of words.

One of the poems gave a vivid description of a grandmother’s experience in taking a trip to see her grandson lead his marching band. The group discussed how a line might work better if moved up in the piece. Word choices were discussed. But all agreed the poem captured emotion and conveyed the grandmother’s story well.

A graduate of the University of Connecticut with a degree in English and a concentration in Creative Writing, Peter spoke of the privilege of learning from Penelope Pelizzon, a professor on the Storrs campus and Ira Joe Fisher. He studied with Fisher, then an adjunct faculty

member, at UConn Waterbury before going to the Storrs campus and workshops with Prof. Pelizzon.

Prof. Pelizzon is the author of several published books and won awards for *Nostos: Poems* published by the Ohio University Press in 2000, including the Poetry Society of America’s Norma Farber First Book Award. Peter draws upon Prof. Pelizzon’s poetry workshop model when presenting his.

Mr. Fisher writes poetry and also presents lectures and workshop on the topic. His career has included being a weatherman and making frequent guest appearances as Hucklebee, the Boy’s Father, in the Broadway show *The Fantasticks*.

An avid reader of novels as well as of poetry, Peter likes contemporary American fiction, citing Don DeLillo as a favorite writer. “He is a very poetic writer,” Peter says of DeLillo who twice has been a finalist for the Pulitzer Prize for Fiction for *Mao II* in 1992 and *Underworld* in 1998. DeLillo writes about ways society and lives of ordinary people are affected by cultural change as well as by politics and international terrorism.

Peter relaxes by playing blues and jazz on the guitar with friends. Favored artists include jazzman Pat Metheny and Al Di Meola known for his jazz fusion and Latin guitar music, and the late Stevie Ray Vaughan, who played a major role in reviving blues music in the 1980s.

Poetry is Peter’s major love and he spends “lots of time” writing poetry while applying to graduate schools. A recent poem of his, *Wake for a Friend’s Father*, is filled with imagery, with one of the stanzas reading:

A black dress  
Perfumed wrists.  
I move down the line, shaking  
Hands. Blessings perspire  
On my palms.  
“I’m sorry.” “I’m sorry.”

**-Mary Ann Martin**

Special thanks to Mary Ann Martin for all her great work.

RJG