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.

DIVERSITY

A popular concept in the workplace and education is diversity. Encouraging diversity in human experiences is antithetical to the fact that people are tribal and are naturally attracted to people with similar backgrounds and experiences. Yet with rapid communications and technology the world as Thomas Friedman of the N.Y. Times has written, is flat, meaning that we are competing globally. Students are competing for positions in the finest universities with students from around the world. Corporations need to satisfy customers with universal as well as local interests. If the rest of the world is interested in fuel efficient cars and the US manufactures gas guzzlers, the manufacturers will be limiting their market share. Recently U.S. car manufacturers are emphasizing electric cars even though the national government is encouraging use of fossil fuels.

Diversity and exposure to differences reduces stereotyping. No one appreciates being stereotyped and being assessed by preconceived notions rather than feeling that you are listened to and judged as to whom you are. Going to school, learning new skills and taking on new responsibilities outside of the family setting runs counter to the stereotype of a grandparent being at the beck and call of whomever in the family needs you, or sitting in front of the TV and dozing off in the middle of the afternoon.

Just as you don’t want to be stereotyped, insufficient exposure to diversity in life leads to implicit subconscious biases, making it difficult to combat the expression of biases and negative attitudes which can be activated unintentionally. The whole concept of who is racist has come into question as people feel comfortable sharing their sensitivities about feeling different. You can explore your unconscious biases by going to the website implicit.harvard.edu. I have learned after taking intergenerational classes at OLLI that traditional students will appreciate my opinion more than a student who has not interacted with older OLLI students. Also I came to appreciate the stress that some UConn students have such as working on a job or caring for their family while attending school. Increased awareness of other’s feelings comes simply from exposure.

This year OLLI has set up a Diversity Task Force led by Mila Limson, Vice President of the Leadership Council. A couple of students from Laura Donorffio’s, a UConn faculty member, Intergenerational Study Group will assist in these efforts. Diversity for those of us at OLLI has limitations. A couple of limitations are the following,

GO TO PG 2
**Openings for OLLI Leadership Council**

Are you interested in becoming more involved in the internal organization of OLLI? Two positions on the OLLI Leadership Council will be open in 2018. These positions are:

- Secretary
- Assistant Secretary

The Nominating Committee is accepting the names of all OLLI members interested in either of these positions. (Self-nominations are also encouraged. This is your chance to see how decisions are made in OLLI and to have more input in those decisions.) Please send nominations by e-mail to either of the Nominating Committee Co-Chairs listed below. Please include the word OLLI in the subject line of your e-mail. Please describe in fifty words or less why you believe this nomination should be considered.

**Deadline Is Oct. 30.**

Nominating Committee Co-Chairs
- Ned Conlan - econlan@snet.net
- Merle Arcovio - merleka@optonline.net

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**The OLLI Film club, a subgroup of the OLLI Clubs and Activities Committee** had their inaugural film presentation on September 27. The film was “Doubt”. The 29 folks attending this award-winning film brought their own lunches and enjoyed OLLI popcorn during the film.

There were brief lectures on Pope John 23rd and the Catholic Church’s second ecumenical council, the 60s, and the 4 high quality actors in the film. There were post film comments, questions and observation that lasted until everyone had his chance to speak.

The next OLLI film club presentation will be the award winning, “Shakespeare in Love” at 1200 PM on Monday, October 23. Look for discussions on Queen Elizabeth, English literature, and the restrictions placed on women throughout history and more.

Bring your own lunch and, if you choose, a non-perishable item for the food bank and enjoy this lively and entertaining film.

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**Cont fr pg 1**

OLLI attracts people of different ages as long as they are over 50. It can attract members of different sexes, racial and ethnic backgrounds and different interests as long as people are interested in learning in a school setting. Thus far the overwhelming majority of OLLI members have a bachelor’s degree and a significant plurality have a Master’s degree. Mila and her group hope to expose the OLLI message to groups who may have missed information about OLLI but whose members may be interested in lifelong learning. It is a big mission but any progress will lead to even more engaging OLLI discussions.

Ira Mickenberg M.D.

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**Sponsored by the OLLI Clubs and Activities Committee...**

**2017 THANKSGIVING FOOD DRIVE**

to benefit Greater Waterbury Interfaith Ministries!

Please drop off non-perishable donations to the Membership Table or to the OLLI Office (Room 103) from October 20th through November 20th. All donations are much appreciated!

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**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 OLLI staff member.
A Tour of The Brown Building  By Mary Fitzpatrick Peitler

Last Friday, with about two dozen other OLLI students, I took a tour of the “Brown Building” on East Main Street, across the street from the UCONN Waterbury campus. The Brown Building is a new state of the art housing facility for UConn Waterbury students. It is privately owned, and has no financial or legal connection to UConn. It is, however, solely for the use of and rental by UConn students, which in my view, makes it unique and very desirable as housing for young adults.

Our tour guide, Efrain Torres, was thorough, knowledgeable and interesting as he took us through the building and answered our questions. Security is a priority, with students having keypad access for the front door, the elevator, and all other rooms with doors. Students must come down to the lobby to greet their visitors and guests. There is also a security person on site, a dorm manager, and a community events coordinator. The lobby was spacious and inviting, decorated in tasteful shades of gray and blue, and security cameras were visible. We went up in two groups to visit a floor where students had just moved in this past August. They were getting ready for a Halloween party that evening and the floor was decorated accordingly with cobwebs, bats and other seasonal paraphernalia, lending to a fun atmosphere. There are different room options available, singles, doubles and suites for three or four. Each comes with kitchens and bathrooms, bedrooms and living rooms. Every floor has a common room and a study lounge. Each unit has its own water heater. Heat, water, and central air conditioning are included in the rent which runs $8,900 for a double for the school year and $11,400 for a single. A nod to nostalgia, when the renovations were completed, an original mail chute was left intact, with the instructions on the front which included the information that a first class letter cost five cents. That would have been 1963 through 1968, though I am guessing the chute itself is older!

According to Efrain, who was recently promoted to Building Supervisor, things are pretty quiet as of now. There are 28 students in residence with future capacity for 80. Hopefully, word of mouth will fill those rooms within the next year or two. He expressed the hope that having a full house will attract more restaurants and retail establishments to the immediate area, making student life there more desirable.

I have no personal frame of reference for dorm life. I lived four blocks from St. John’s University in Queens and walked to college every day carrying my PB&J sandwich (my parents thought they could keep an eye on me that way.) St. John’s was a commuter school back then, and I commuted on foot! I thought The Brown Building accommodations were terrific. Compared to what my own children lived in when they were in college, they were deluxe! I remember my daughter’s freshman year at Providence College where she was in a room with three other girls which was originally designed for one student. There was one bathroom, which I guess was better than a communal bath down the hall, which my son had as a freshman at Saint Michael’s. Everything is relative, I suppose. But I was thinking, maybe if I matriculate at UConn to do another Bachelor’s, could I get an apartment there? Hmmm…….

OLLI BOOK CLUB

Contact: Nancy Via at nvia@sbcglobal.net

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

FALL 2017 Meeting Schedule:

November 20... Elizabeth Street, by Laurie Fabiano
OLLI Café

October 20
Chocolate 101
Carmen Romeo/Fascia's Chocolate
Chocolate 101 will focus on the science and business of chocolate – from bean to bar and bar to box. The discussion will explain the amazing complexities of this sweet product including its origins, health benefits, and how it turned into a consumer confection. Carmen will share the history of Fascia’s Chocolates with a video tour of the manufacturing techniques.

October 27
Kelly’s Kids
Kelly Cronin

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: Dr. Ira Mickenberg
Vice President: Mila Limson
Secretary: Pat Fahey
Assistant Secretary: Joyce Conlan

We’re on the web!
WWW.OLLI.UCONN.EDU

A woman in our diet club was lamenting that she had gained weight. She had made her family's favorite cake over the weekend, she reported, and they had eaten half of it at dinner.
The next day, she said, she kept staring at the other half, until finally she cut a thin slice for herself. One slice led to another, and soon the whole cake was gone.
The woman went on to tell us how upset she was with her lack of willpower, and how she knew her husband would be disappointed. Everyone commiserated, until someone asked her what her husband said when he found out.
She smiled. "He never found out. I made another cake and ate half!"

How about this?

Zero Gravity:
When NASA first started sending up astronauts, they quickly discovered that ballpoint pens would not work in zero gravity. To combat this problem NASA scientists spent a decade and $12 billion developing a pen that writes in zero gravity, upside-down, on almost any surface including glass and at temperatures ranging from below freezing to over 300°C.
The Russians used a pencil.

Your taxes are due again – enjoy paying them!

Last night I went to a 24 hour grocery. When I got there, the guy was locking the front door. I said, "Hey, the sign says you’re open 24 hours."
He goes, "Not in a row!"
Well, I may be doing myself out of a job as OLLI’s arts contributor by telling you this, but there is a terrific website I discovered recently that lets you see at a glance what is on exhibit in most Connecticut museums during any given week. Find it at www.artgeek.io. It also covers over 1000 museums across the U.S. Just enter your parameters (type of art, geographic location, and dates). It gives a brief synopsis of exhibitions and appropriate links. You can see what might appeal to you. I can see that it would be really helpful for planning trips and long weekends. I entered Connecticut museums, just for this weekend, and 80 results appeared! Here are just two of the exhibits that caught my eye:

At the New Britain Museum of American Art: “Harry Everett Townsend: Illustrations of a World War I Artist.” Sketches of action in the European trenches, the preliminary ones of his final polished works which are on display at the Smithsonian. When I took Penny O’Connell’s OLLI courses a few years ago about the causes and results of World War I, it really sparked my interest in this area of history. Now, of course, we are marking the centenary of America’s entry into the war, and many museums have appropriately themed exhibitions. (Until January 7, 2018)

At the Yale University Art Gallery, an exhibition entitled “Drink That You May Live” shows a collection of 130 examples of ancient glass from the Mediterranean region. It traces the technical evolution of glassmaking and tells the story of how ancient glass was used, opening a window onto the daily life, religion, trade, pilgrimage and luxury in the ancient world. (Until November 12, so act fast if you want to enjoy this craftsmanship and artistry!)

Last weekend, a friend and I decided to do a fall foliage ride because the State of CT site said that northwest Connecticut was at peak. They lied. Notwithstanding that, we had a really nice ride up Route 22 in New York State from Brewster all the way to the Massachusetts border. That part of Route 22 is actually a bit wild and untamed compared to its Connecticut counterpart, Route 7. What began as a rainy, cloudy Sunday had by 1 pm turned into a lovely day with sunshine and the humidity steadily lowering by the hour. The landscape in Columbia County was quite beautiful and we enjoyed reading some of the funny signs along the way. One advertised building lots for sale with the enticement “Lots ready to go.” I wondered if you could drive in, pick up a building lot and drive off with it! We then proceeded eastward toward Great Barrington, passing the birthplace of WEB DuBois which I was surprised to see. I had no idea the great African American scholar was born in Massachusetts! We decided to return to Danbury on Route 7 which I know well, from many years as a Vermontophile, and during my son’s college years at Saint Michael’s College. A lovely ride on a beautiful October day. Only thing missing? Fall foliage!!! Almost everything in southwestern Mass and northwestern CT was still very green. So my good news? This weekend may be our foliage weekend, OLLI members! Take a look at artgeek.io. Pick out a museum and combine a fine arts visit with a foliage ride. Weather forecast looks pretty good for Saturday and Sunday. Take a picnic, and your significant other or a good friend! Winter is on its way – enjoy our beautiful New England autumn while you can.

Carpe Diem, friends. (I am seriously thinking about changing the name of this column from OLLI artBeat to Carpe Diem, OLLI!!)
MEET YOUR PRESENTERS

Elizabeth Petruccione’s road to a successful career as a life and wellness coach took many turns. Her journey often was laden with tragic events and serious “emotional overeating” that she used to attempt to solve her problems.

Now a published author with a recognized talent for helping people, Elizabeth is enjoying life and helping others to make changes in their lives.

She herself hit the 250 pound mark before embarking on a plan that resulted in losing 93 pounds over three years and eventually writing a book, “You Were Born Fat.” Its companion piece is The Handbook, Losing Weight with Elizabeth, in which the author shows people step by step her practical way of losing weight step by step. Born Fat, a play based on her book, was performed for the first time at Seven Angels Theatre in January 2016.

Born in Waterbury in 1948, Elizabeth lived on many military bases growing up. Her father was an Air Force test pilot, a high risk occupation, when based at famed Edwards Air Force Base in California.

Her dad also served in Viet Nam, flying a Piper Cub as a “spotter pilot, a terrible job.” His career requiring many moves was “really hard on the family,” Elizabeth recalled. The family returned to Waterbury when her father retired with the rank of major.

Elizabeth attended Antelope Community College, Lancaster, California, and “was the only kid who didn’t protest” the Viet Nam War. “I believed in what my father was doing.”

Now, she says, I’m a big protester” on behalf of women’s rights and civil rights and marched against President Trump while carrying a sign, “You Thought This Would be Easy?”

Another complication in her life was her mother’s chronic illnesses. As the oldest of five children, Elizabeth often was left in charge of her siblings when her mother, who died in her 40s, was bedridden or hospitalized and her father was “away at war.”

Her mother was very critical of her oldest child who was always gaining weight. “You were born fat,” her mother would say, insisting Elizabeth go on endless diets. None worked. Elizabeth grew more and more dissatisfied with herself. Food became her outlet.

Back in Waterbury, Elizabeth held a variety of jobs, including successfully selling used cars. She attended Mattatuck Community College, now Naugatuck Valley Community College, and studied theater. This led to performing and directing in community theater, including roles that required singing. “I’m a good actress; I am not a singer.”

But all wasn’t well. Now in a stable marriage of 27 years, Elizabeth said earlier marriages didn’t work. During a series of tragedies in a short period of time, Elizabeth’s only child died when hit by lightning after struggling with multiple illnesses. “He was always sick.”

Her son’s death threw Elizabeth into a tailspin. “I was really sick. Not a cookie went untouched.” She couldn’t work. Her old boss suggested she come in a few days a week. She accompanied a friend to a weight loss program and the facilitator helped Elizabeth gain insight into why she was eating too much. She began to feel “valuable.”

Elizabeth set a goal: lose .06 pounds a week. It took three years to lose 93 pounds. She wrote her book and founded her own business, Losing Weight with Elizabeth. A play, Born Fat, based on her experiences was performed for the first time at Seven Angels Theatre in January 2016. “I’m really a good cook.” Her popular cooking show is on cable TV. But in a tip in her “Handbook”, Elizabeth cautions the overweight cook cannot sample the food while preparing it!

Many individuals have come forward to tell her how much her advice has helped them, resulting in Elizabeth expanding her mission to help people focus on goal setting and forward movement. She is teaching “Moving Forward With Life,” at OLLI. -Mary Ann Martin