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.

“Autumn is a second spring when every leaf is a flower.”
— Albert Camus

It’s coming. Not the Game of Thrones’ Winter, but New England’s fantastic foliage. As you travel the roads you can glimpse the tops of the maples beginning to turn light orange or red. The bitterroot vine is morphing to a different shade of green. Bright yellow golden-rod nods along the roadside. Sumac shades to pink. These are the harbingers of the coming harvest. September hints of October’s brilliant performance. To many, autumn is the most beautiful season of the year.

How does it get that way? We are all aware that the tilt of the Earth’s axis causes winter and summer. According to LifeScience.com, “From our perspective here on Earth, the sun travels along an imaginary line called the ecliptic, which marks the plane in which the planets orbit the sun. Another imaginary line is the celestial equator, which is a projection of the Earth’s equator into space. For half the year, during summer in the Northern Hemisphere, the sun appears to move along the ecliptic north of the celestial equator and south during the other half of the year.”

*Many think that cool weather or frost causes the leaves to change color. While temperature may dictate the color and its intensity, it is only one of many environmental factors that play a part in painting the deciduous woodlands in glorious fall colors.

During the growing season, chlorophyll is replaced constantly in the leaves. Chlorophyll breaks down with exposure to light in the same way that colored paper fades in sunlight. The leaves must manufacture new chlorophyll to replace chlorophyll that is lost in this way. In autumn, when the connection between the leaf and the rest of the plant begins to be blocked, the production of chlorophyll slows and then stops. In a relatively short period of time, the chlorophyll disappears completely. This is when autumn colors are revealed. *The USDA.gov The National Arboretum The Science of Color in Autumn Leaves

So, OLLI members, that’s what causes all that gorgeous coloration you admire each autumn. Enjoy!
Soon after volunteering to give an OLLI Café talk this Fall session, I received an email disparaging my qualifications to deliver a presentation on my recent travel experiences. At a later date, I would like to address who is qualified to present at OLLI. But today I want to discuss the effects of abusive threatening speech, since the lack of civility is becoming part of the national political discourse. As you encourage your children and grandchildren to engage in “civics,” and be exposed to the news, you may be embarrassed by the crassness and vulgarity of speech broadcast on the news. Bullying speech is becoming commonplace and almost acceptable. This is unhealthy for all of us.

An article in the July 14, 2017 NY Times by Lisa Barrett reveals that chronic, not the acute exposure to bullying that I mention, and potentially violent speech even without physical violence causes chronic stress. Aggressive speech as part of the national dialogue over time causes stress in all of us. Chronic stress stimulates proteins called cytokines which affect your immune system. As we age our cells and their chromosomes divide. On the ends of the chromosomes are packets of genetic material called telomeres. Each time the cell divides the telomere gets a little shorter until it is too short and you die. Chronic stress also causes a shortening of telomeres thereby accelerating the aging process.

Membership in OLLI is a very effective stress reliever primarily by imparting a sense of community for its members. It is a rare opportunity once you are out of the work environment to have a venue where you can socialize, debate, and learn with and from colleagues whom you respect. Even when passions are ignited by hotly debated subjects in the classroom, presenters and students are respectful of one another. With concerns growing about the national political climate, it is more important than ever that the OLLI environment remains mature, respectful and compassionate.

Ira Mickenberg M.D.
President, Leadership Council

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**PARKING**

*Where to Park - with OLLI /UConn Parking Permit:*

1. Friday: Level 2 & 3 of the UConn Parking Garage (entrance North Elm Street). Parking space is available on a first-come, first-served basis.

2. Monday - Friday: Level 5 & 6 of the Scovill Street Municipal Garage (entrance Scovill Street).

*Where to Park - without OLLI /UConn Parking Permit:*

3. Parking is available at the private, street-level parking lot between 141 East Main Street and the UConn campus (on the east side of the campus near the bookstore). The lot has reasonable daily rates.

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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.

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**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:**

- **September 18**... *The Storied Life of A. J. Fikry*, by Gabrielle Zevin
- **October 16**... *The Marriage of Opposites*, by Alice Hoffman
- **November 20**... *Elizabeth Street*, by Laurie Fabiano
OLLI Travel 2018 BY EVELYN MARSHAK

Come join OLLI Travel Club members on Tuesday, May 15, 2018, and enjoy a two hour Circle Line cruise around Upper New York Bay which is home to the Statue of Liberty, the Lady with the Golden Lamp.

Our stay in New York City begins when a step-on-guide boards the Friendship Tour Bus and escorts us to Central Park for a walking tour of this exciting tourist attraction.

Over the years, I have learned that a professional guide will point out things as we tour that I’d likely see but would not know the significance of, say a flower, or a monument.

Then we’ll move onto Rockefeller Center where you are free to pick lunch from several restaurants in the area. And there are some good options in the area, too. Yes, you can bring your own lunch if you wish.

Then we will board a Circle Line ferry for a two hour narrated cruise around the Statue of Liberty and then head to the Upper Bay, Bay Ridge, Greenpoint and the Brooklyn Bridge.

It took me some searching on the internet to prove there is a connection between our state and the Statue of Liberty. The base of the statue is made of Stony Creek granite from Beattie’s Quarry on Leete’s Island in New Haven area.

Cost for the trip which departs at 8AM from the Chase Parkway commuter Lot across from NVCC is $98 for OLLI member and $108 for non-members. ETA to Waterbury is 7:30 PM

The cost of the trip includes all admissions and tours, a tour director and all gratuities.

For reservations call Friendship at 800.243.1630. If you have special medical needs, please advise Friendship Tours.

OLLI trips have become very popular because once you board the bus in Waterbury, you are free to be a tourist and not worry about parking a car, queuing up to buy tickets etc.

Flyers available at the OLLI Information Table. All prices are member prices. Non-members are charged a slight surcharge that is listed on all flyers. Call Friendship Tours for information and reservations. (1-800-243-1630). Mention OLLI Travel. (Please do not call the OLLI Office.)

Maine, Canada and the Bay of Fundy

The trip to Maine, Canada and the Bay of Fundy, my second overnight OLLI adventure, was both enjoyable and educational.

Campobello Island, the summer home of FDR, was certainly a highlight of the trip. A tour guide took us back in time to when FDR, Eleanor and their families vacationed there.

The next stop was St. Andrews by the Sea and we stayed at the historical and supposedly haunted Algonquin Hotel. Also located in St. Andrews we visited Kingsbrae Gardens with its colorful perennial and artistic sculpture gardens.

In the Bay of Fundy we enjoyed our stay in St. John. The reversing tides, a unique phenomenon which is best viewed when the tides are about to change is amazing. On to the Hopewell Rocks, also known as flower pot rocks because of the trees growing out of them we experienced walking on the bottom of the ocean floor at low tide. This is the home of the highest tides in the world, a most famous geological feature. How exciting it would have been to also experience this place at high tide when the waters rise in excess of 30 feet.

On our way back to the states we made stops in Camden, a very picturesque town and Booth Bay Harbor where we enjoyed a delicious lobster bake.

The OLLI travel committee and Friendship Tours need to be commended for organizing and planning such a wonderful travel experience.

Carol Costello

Upcoming OLLI Travel

FALL TRIPS 2017

9/22-24/2017 - Adirondack Balloon Festival, Lake George, NY (overnight) – member price- $463pp dbl & triple
10/11/2017 – NY Botanical Gardens (Chihuly Exhibit), NYC – member price- $77pp
11/07-08/2017 – Terracotta Warriors @Franklin Institute, Philadelphia, PA (overnight) – member price $307pp dbl & triple

SPRING TRIPS 2018

3/03/18 – Metropolitan Opera House / Madame Butterfly – member price- $208pp
5/15/2018 – South Central Park / Circle Line Cruise Tour Landmark & Brooklyn Tour - $98pp
6/11-12/2018 – Lackawanna Coal Mine Tour - $297pp dbl & triple
OLLI Café

September 15 | A Symphony of Sound: intro to Classical Music, with Dr. Vincent DeLuise


September 22
3 Women, 3 Roads
Nancy Palmento Schuler

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said:
"Your hearing is perfect. Your family must really be pleased that you can hear again."

To which the gentleman said:
"Oh I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times already!"

I went to the cinema the other day and in the front row was an old man and with him was his dog. It was a sad funny kind of film, you know the type. At the sad part, the dog cried his eyes out, and in the funny part, the dog laughed his head off. This happened all the way through the film. After the film had ended, I decided to go and speak to the man, "That's the most amazing thing I've seen," I said "That dog really seemed to enjoy the film." The man turned to me and said, "Yeah, it is. He hated the book."

The man told his doctor said he wasn't able to do all the things around the house that he used to do. When the examination was complete, he said, "Now, Doc, I can take it. Tell me in plain English what is wrong with me."

"Well, in plain English," the doctor replied, "you're just lazy."

"Okay," said the man. "Now give me the medical term so I can tell my wife."

Two lawyers arrive at the pub and ordered a couple of drinks. They then take sandwiches from their briefcases and begin to eat.

Seeing this, the angry bartender approaches them and says, "Excuse me, but you cannot eat your own sandwiches in the here!"

The two look at each other, shrug, and exchange sandwiches.

We’re on the web!
WWW.OLLI.UCONN.EDU

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

OLaser Lifelong Learning Institute at UConn, Waterbury

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.
Let’s All Celebrate the Waterbury Symphony Orchestra’s Milestone 80th Anniversary!

I knew that the venerable Waterbury Symphony Orchestra has been entertaining people in Connecticut and beyond for many years, but it wasn’t until I received this year’s brochure that I learned that it is 80 years old! Conductor Leif Bjaland, in his welcoming letter for the 2017-18 season, recalled that its 1938 debut coincided with the completion of Route 66 across America, which built connections and “took travelers through the architectural treasures of the United States of America.” In this spirit, the WSO is looking outside its own home base, which is now at Naugatuck Valley Community College, to “build connections across our regions, making roads, and making connections.” The orchestra will not only be celebrating a milestone anniversary, but it will also be performing concerts throughout Northwestern Connecticut in other venues with a series called Music in Great Spaces. Bjaland explains, “from historic homes and magnificent churches to a cutting edge art gallery and an artisanal distillery, we’re looking forward to an artful collision of great musical sounds and intriguing structures in our back yard and beyond.”

The first program of the year, on Saturday, September 23 at 8 pm, promises to be absolutely delightful. Entitled “Romantic Virtuosity,” it will feature solo artist violinist Natasha Korsakova, whom many of you have enjoyed hearing in the past at WSO concerts. According to Dr. Vincent DeLuise, Cultural Ambassador for the WSO and long-time friend at presenter at OLLI, “the audience will be thrilled by the pyrotechnics of Natasha Korsakova in Tchaikovsky’s concerto, dazzled by Dvorak’s Carnival Overture and enthralled by Elgar’s Enigma Variations.” Prior to the concert, Dr. DeLuise will lecture. I’ll be there and hope to see you! Tickets are still available, but I’d advise you to go on line TODAY*** if you would like to enjoy this very special introduction to the fall season.

Next on the program will be a spooky evening with the orchestra performing the score of Phantom of the Opera while the audience is viewing the original movie of that name starring Lon Chaney. The date is Sunday, October 29 at 3 pm. I can’t think of a better way to get into a Halloween frame of mind! Unfortunately, I will be away that weekend, so I’ll be relying on OLLI friends to share their reactions to this extraordinary and creative blend of live music and classic film! And what would the holidays be without a great WSO concert? “A Connecticut Christmas” on Sunday, December 3 at 3 pm will feature a fairy tale theme with Prokofiev’s “Peter and the Wolf,” and other classic stories. This family-oriented celebration will also include a Christmas carol sing-along and milk and cookies for all! Children of all ages are warmly invited. Now, that sounds like fun!

For those looking for different venues and perhaps a bit of adventure, the “Music in Great Spaces” program will kick off on Thursday, September 28 at 6 pm again featuring Natasha Korsakova at the Mark Twain House & Museum in Hartford. It continues on Sunday, November 12 at 3 pm at Five Points Gallery in Torrington with the Alturas Duo. In January brass and organ concerts will take place at St. Michael’s Church in Litchfield and St. John’s Episcopal Church in Waterbury. I was privileged to be at St. John’s last year for that benefit concert, and it was unforgettable.

The WSO is fortunate to have a new, energetic and very talented Executive Director on board since May. I met Robert Cinnante at a WSO fundraiser in June and was impressed by his vision and presence. In an interview, he told me that he is “very excited to be joining the WSO at this monumental junction. As WSO prepares to mark its 80th anniversary, it is important that we use this opportunity to celebrate our legacy, while looking ahead to the future. I believe that last season’s WSO slogan, Creating Community, extends far beyond that season, one example being the Music in Great Spaces series. We are also continuously working to engage communities through education and outreach programming, including in school instruction and artist in residency programs, and lectures, including our pre-performance insights before each concert at NVCC.”

***Great news for OLLI members! This year WSO is offering a 20% discount on all Choice $35 and Premium $55 tickets for concerts at NVCC and also for the brass and organ concerts (general admission usually $25 and advance purchase $35 at the door.)

If you are reading this article this morning, Friday, September 15, this is a reminder to stay for OLLI Café today. Special guests will be Dr. Vincent DeLuise, who will address the topic of “A Symphony of Sound, an Introduction to Classical Music,” and the engaging Mr. Cinnante. As Dr. DeLuise would say, “Ars longa!” Next OLLI semester, I will outline the Spring Season WSO offerings.
Merle Arcovio not only enjoys recruiting new members for OLLI but the self-described “homebody” loves taking classes herself that introduce her to new ideas and ways of doing things.

A retired teacher and avid lifelong learner, Merle reads extensively and takes courses that give her a broad awareness of culture and people outside of her immediate experience. She found *Understanding Islam* taught by Raghdaa Barmo “an eye opener” and feels that “everybody should take it.”

Mathematics has always been a favored subject of Merle’s. “I think I inherited” the interest and ability in math, the retired teacher observes as her father and grandfather were Certified Public Accountants. Her mother was a bookkeeper in her dad’s accounting firm.

She herself served on the Math Curriculum Committee for the Waterbury school system while teaching at Barnard School.

Merle never tires of learning more about mathematics. She recently talked an exceptional teacher of the subject who has presented several classes at Olli into offering another. Merle then promptly signed up for Rosalie Griffin’s course titled *Applying Fascinating Equations to Everyday Life*.

Her mother, Allyn “Pij” Kadish, along with Kay Bergin urged her to help with the fledging organization’s new catalog. Kay and Pij and were very instrumental in implementing the Osher Lifelong Learning Institute program on the UConn Waterbury campus.

“The next thing I knew, I was in OLLI,” serving as Co-Chair of the Membership Committee, a position Merle holds today and is well-suited for with her warm and welcoming approach to people. She also serves on several other OLLI committees and is a member of the Leadership Council. She remains active with her synagogue, B’nai Shalom Synagogue.

Merle has a deep appreciation of her childhood in Waterbury. The family lived near Fulton Park, where she grew up playing on slides and swings, ice skating in the winter and swimming in the pool in the summer with neighborhood friends.

Her formal education included studying at Beth David Academy and Crosby High School before going to Morris Harvey College, now the University of Charleston, in West Virginia, where she earned her bachelor’s degree. She received her master’s degree from Central Connecticut State University.

Merle taught one year each at East Mountain and Wendell Cross schools in Waterbury. During her career she taught second and fourth graders. When teaching fourth grade, the petite teacher recalled, “Some students were bigger than I was.”

The third year of her career, Merle went to Barnard School where she taught more than 30 years, including “a lot of math stuff.” She also taught in after-school programs for children in first through eighth grades. When teaching young children, Merle likes to use math blocks and other techniques so the pupils will enjoy learning the concepts needed to succeed.

Of her experience at Barnard, Merle recalls it “was like a family.” Lifelong friendships were forged with other faculty members. A special treat today is hearing from former pupils who remember her fondly.

Her home in Thomaston reflects Merle’s many talents. In the living room with a cathedral ceiling are needlepoint wall hangings she has made. She laughed, saying “my husband (Michael) says I’m running out of wall space.”

Merle belongs to two book clubs, one at OLLI and the other with an informal group of friends. While it is hard to keep up on the reading for two clubs, she confides the second one sometimes spends “more time eating than talking about books.” Among books she has enjoyed are *The Nightingale* by Kristin Hannah, and *A Man Called Ove* by Fredrik Backman. The former is about sisters struggling during War II in German-occupied France and the latter is a tale of a curmudgeon and how events affect life. –Mary Ann Martin