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 & VISIONS**

The Editorial Committee – which produces the OLLI literary magazine, *Voices and Visions*, is looking for ‘creative submissions’ for the next issue which will be printed sometime late summer. Any OLLI members or presenters interested in submitting creative works for Volume #6 can send their pieces electronically to [UConnOlliReview@gmail.com](mailto:UConnOlliReview@gmail.com) OR drop off or send it to the OLLI office – and it will be forwarded to the committee.

If you have a piece of poetry or prose, or any form of artwork that you have created in class, or at home, and think it might be a worthy addition to the next *Voices and Visions*, (or your presenter encouraged you to submit the piece), but you are still unsure, the committee is prepared to help you polish your pride and joy if revision might be needed. The committee’s expertise comes from being students, teachers, writers and presenters.

FINAL deadline for submissions is June 30, 2016 – although the committee would welcome submissions any time sooner!

Also - if anyone is interested in joining the review committee – especially those involved in poetry, photography or visual arts, please see one of the committee members!

THE EDITORIAL COMMITTEE

Cindy Eastman, Chuck Miceli, Bob Grady, Elizabeth Hanahan, Allen Smuckler, Nancy Whitney, Peter Mulholland and Evelyn Marshak
OLLI Springfield Trip

The Springfield Quadrangle features four museum and the Dr. Seuss Memorial Sculpture Garden. Things to enjoy on this May 12th visit include the largest collection of Currier and Ives paintings, a Smith and Wesson gun display, one of the largest collection of cloisonné objects outside of Asia, Indian motorcycles made in Springfield and… Actually the list of displays is extraordinary.

Please don’t think well I’ve been there before. The special displays will keep your interest for hours. They include Wolf to Woof: The Story of Dogs; Horse Racing Prints; and Better Angels, the 347 Firefighters of 9/11.

When you want a break, go outside and enjoy the park setting which is home to many figures made famous by Springfield native, Dr. Seuss also known as Theodor Geisel.

One special feature of the Springfield Quadrangle museums is there is one admission price and you are free to leave one museum after looking at the Hasbro Games Art Discovery Center and going to another of the museum buildings or sit in the parklike area.

If you and your friend have different interests, both people can be accommodated with minimal walking.

The price of the first OLLI spring trip is $62 for OLLI members and $72 for non-OLLI members. Under new Travel Committee guidelines a member and a non-member can sign up immediately by calling Friendship Tours at 860-243-1630.

The trip price includes transportation, admission to the museums and a tour leader.

Lunch is on your own at the Blake Street Cafe on the museum grounds or bring your own lunch.

Many people, including me, like the idea of parking their car, climbing aboard the chartered bus and immediately start enjoying themselves without worrying about parking, traffic, and entry fees etc.

IMPORTANT NOTE: Our bus departs from a new location, the parking lot on Chase Parkway which is across from NVCC.

Departure time for this trip is 8:45 am. ETA is 6pm.

Evelyn Marshak

OLLI EXPERIENCES

Learning without tests, the only expectation is to bring your curiosity! Because I am not from Waterbury nor a practicing Catholic, nor a former teacher, I have considered myself a bit of ‘an outsider’ from time to time. But the desire to learn, the willingness to share openly is the passport to being one of the ‘tribe’ at OLLI. I think the highlights of my courses are a) inspiring instructors and b) motivated learners.

Irene Murray

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

OLLI BOOK CLUB

Contact: Nancy Via at nvia@sbcglobal.net

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

5/12/16 - The Springfield Museums (4)/Dr. Seuss Sculpture Garden MA - $62pp
6/20-22/2016 – Lancaster PA (Sight & Sound Theatre (overnight) -$427pp dbl
6/29/2016 - Thomas Edison National Historic Park/Montclair Museum - $85pp

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9/07/2016 - Music on the Mountain (Mohonk Mountain) NY - $114pp
9/28/2016 – Walkway Over the Hudson/Lunch & Tour of Culinary Inst., Hyde Park, NY - $107pp
11/4-11/2016 – America’s Music Cities-Nashville, Memphis, New Orleans - $2899pp twin

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.

OLLI Travel NEWS – Effective immediately, all OLLI Trips will no longer depart from St. Anthony Parking Lot. They will depart from and return to the Chase Parkway DOT Commuter Lot, Waterbury. Maps of this new Departure area are available on the OLLI Information Table in the main hall.

Friday April 1
We All Have a Story to Tell
OLLI members are invited to participate in a memoir booklet that will be published and presented to all participants in summer 2016. Additional information about Literacy Volunteers and Waterbury Reads will be presented as well.

Friday , April 8
The Con Artist Playbook
Tia Murphy

OLLI Travel Reminders on Two Upcoming Trips:

Journey with us to New Jersey on Wed. June 29th, as we step back in time to explore Thomas Edison National Historic Park and Montclair Art Museum.

There are still seats available for our Ranger-led Tour of Thomas Edison National Historic Park -- “Where Modern America was Invented”. Discover where America’s greatest inventor changed the world forever.

The second part of our trip takes us to Montclair Art Museum which is one of the few museums in the United States devoted to American art and Native American art forms--more than 12,000 works dating from the 18th Century to the present.

Come join us for a truly American adventure. Flyers with all the specifics are still available on the Membership Table on the main concourse, but don’t delay - - call Friendship Tours today at 860-243-1630.

*****FINAL REMINDER!!!!

If you are planning to join us on our AMERICAN CITIES TOUR of Nashville, Memphis, and New Orleans (November 4th - 11th), the deadline to send in your deposit ($600.00 p.p.) is tomorrow, Saturday, April 2nd. Call Friendship Tours today and ask for Barbara immediately. Don’t miss out. This is the LAST CALL!!!
NERDY JOKES-THEY MAKE YOU THINK
-OR GROAN
A linguistics professor says during a lecture that, "In English, a double negative forms a positive. But in some languages, such as Russian, a double negative is still a negative. However, in no language in the world can a double positive form a negative." But then a voice from the back of the room piped up, "Yeah, right."

A photon is going through airport security. The TSA agent asks if he has any luggage. The photon says, "No, I'm traveling light."

A logician's wife is having a baby. The doctor immediately hands the newborn to the dad. The wife says, "Is it a boy or a girl?" The logician says, "Yes."

Heard about that new band called 1023 MB? They haven't had any gigs yet.

What does a dyslexic, agnostic, insomniac do at night? He stays up wondering if there really is a dog.

Blame Sheila Morisette

HOW TO START A FIGHT
One year, I decided to buy my mother-in-law a cemetery plot as a Christmas gift...

The next year, I didn't buy her a gift.

When she asked me why, I replied,

"Well, you still haven't used the gift I bought you last year!"

And that's how the fight started....

My wife sat down next to me as I was flipping channels.

She asked, "What's on TV?"

I said, "Dust."

And then the fight started...

Osher Lifelong Learning Institute at UCONN, Waterbury

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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.

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 - Chuck Miceli
1st Vice President - Toni Escott
2nd Vice President - Delma Way
Secretary - Pat Fahey
Assistant Secretary - Joyce Conlan

We’re on the web! www.oli.uconn.edu
OLLI Gardeners Recognized by The Connecticut Community Foundation

By Mary Fitzpatrick Peitler

Hearty congratulations to our hard working group of OLLI gardeners who have been selected for recognition by the Connecticut Community Foundation (CCF) in their March newsletter. This horticultural project, which began as the brainchild of staff member and teacher, Nunzio DeFilippis, is supported in part by a grant from CCF’s Pathways Initiative entitled, “The Greening of Waterbury.” With a loyal and industrious crew of 15 to 20 OLLI students each year who work at least three days a week from March through October, the farm at Fulton Park produces 10,000 pounds of fresh food annually which is delivered to area soup kitchens. CCF’s funding is particularly instrumental in supplying the “down to earth” needs of the program, such as securing organic fertilizer which is used in the raised beds the gardeners must use, as much of Waterbury’s soil is contaminated and not suitable for growing. In the near future, CCF grant funds will also be used to install a new irrigation system, which, according to DeFilippis, “will conserve water, save time and effort and increase productivity.”

The goals of the OLLI gardening project tie in nicely with the mission of CCF which is fostering creative partnerships to help build rewarding lives and thriving communities. CCF aims to strengthen nonprofits in terms of efficiency, effectiveness, and leadership, providing not only financial help but direct support for groups’ leaders and workers. As DeFilippis explains, “the benefits of this project are countless for the community and the OLLI group. Not only are the volunteers feeding the hungry, but they have a unique opportunity to engage socially with their peers, improve their physical health and interact with younger generations through partnerships with undergraduate students and Waterbury’s LACE program which fosters leadership, athletics, community and education for young people in the city.”

This project is actually offered as an OLLI course under the title “From Planting to Harvest to Table: The Greening of Waterbury.” Students work hard, but they also have the opportunity to learn about soil preparation techniques, planting, growing viable seedlings, and raised bed gardening techniques. They are also provided with the opportunity to provide fresh food to Waterbury residents, and even cook and serve if it they so choose when harvest time arrives. The endeavor is definitely a “Win - Win” for the participants and the recipients of the garden’s bounty alike! Congratulations again on the kudos received from CCF by our very own generous group of urban gardeners!
Judith Dreyer sees life as a tapestry with threads drawn from experiences that shape our lives.

When growing up, one of her favorite pursuits was reading with the Cherry Ames series of books that dealt with the adventures of a nurse who solved mysteries. Her mother said that Judith often played with a doctor kit when growing up. When 12-year-old Judith knew just what questions to ask when her brother fell down the stairs while carrying dishes, her parents were surprised. Her brother was just fine and Judith’s parents encouraged their daughter to pursue a career in nursing.

Judith, now an author, speaker, nutritionist and master gardener, wanted to be a physician but said “the right doors didn’t open at the time.” Her extensive career in medicine included hospital nursing, being a visiting nurse and helping start a hospice team. She also has cultivated knowledge about the medicinal value of plants, such as yarrow and the common dandelion, growing in fields and has practiced yoga and meditation – all of which support good health. She also has taught courses in holistic medicine at the college level.

She decided to pursue her nursing degree at the University of Connecticut. During nurse’s training, Judith worked with patients at the old McCook Hospital in Hartford’s North End. Many of the McCook patients presented mental health and alcohol issues.

An early position was working at the Hebrew Home for the Aged in Hartford where the average age of patients was 84. Among them were people who had been imprisoned in Nazi German’s concentration camps. She learned about Jewish culture for the first time. Meeting people of widely different backgrounds, from her own homogenous Catholic one was an “eye opening experience” for the young nurse.

Judith loved interacting with patients and their families. When doing geriatric nursing she saw how the quality of life we live affects the quality of life of how we die. As a VNA nurse caring for cancer patients, she witnessed the “beautiful endings some of our families gave” to their own.” But others had a different feeling. She observed how major illnesses bring into the open “our stuff.”

She became interested in finding ways to help people “handle chemotherapy and radiation treatments better” while also pursing the idea of encouraging people to develop better life styles before having serious illnesses. She witnessed some patients with end-stage cancer seek to improve their situation with diet but it was too late.

Gradually, Judith learned more about her own Native American heritage, which strengthened her connection to nature and interest in the use of medicinal plants to support good health. Her interest in nutrition led her to study biochemistry and earn her master’s degree in Human Nutrition from the University of Bridgeport.

All of these matters led to her starting a health food store in 2004 in Canaan that closed in 2009 during the economic downturn. But the store had a very positive impact on the customers who patronized it, she found.

When Judith married and had children, her young son had chronic health issues and she began learning about homeopathic medicine. “He got better without drugs; his foundation health improved.” Holistic medicine treats the whole person, not just the specific problem, and can be very useful in managing chronic disease.

Judith has always been interested in dreams, saying she remembers dreams from when she was five and ten years old. Dreams have a “mysterious” tone, she says. She made efforts to decode the meaning of hers but didn’t understand them until she was in her 20s. Judith is the author of one book, At The Garden’s Gate, which focuses on self-discovery through creating a sustainable meadow in your yard., She is writing a second on dreams.

At OLLI, Judith has taught “Dreaming with the Muse” and is teaching “To Plant a Garden is to Believe in Tomorrow” this term. —Mary Ann Martin