TIME CHANGE COMING

“The times they are a-changing,” says new Nobel winner, Bob Dylan, and that phrase is really relevant these days. Two days before the election we revert to standard time and dark times may be coming depending on your political persuasion and the results of the election. No matter who wins, however, dark times are really coming as winter approaches.

That can be very difficult for some people who may be susceptible to a condition known as S.A.D. or Seasonal Affective Disorder, also known as winter depression, winter blues, summer depression or seasonal depression, is a mood disorder subset in which people who have normal mental health throughout most of the year experience depressive symptoms at the same time each year, most commonly in the winter. This decreased level of sunlight may disrupt your body’s internal clock and lead to feelings of depression or the “blues.”

Our bodies are designed to coordinate the timing of almost all aspects of life-sleep, work, communication, even having fun. The body has a master biological clock, which keeps the body’s other clocks in sync. This master bio clock relies heavily on external cues of light and darkness, delivered along a pathway that travels from the optic nerve. We also have circadian rhythms which are physical, mental and behavioral changes that follow a roughly 24-hour cycle, responding primarily to light and darkness in an organism’s environment. They are found in most living things, including animals, plants and many tiny microbes.

Clocks are different person-to-person based on a newly discovered PER3 gene. People with certain lengths of the PER3 genes prefer morning-centric activity, while those with other lengths prefer activity later on. Historically, people have been judged as morning, evening or in-between types. These preferences have played a distinct role in human evolution. Morning people usually were the hunter-gatherers, in-betweener were the fabric of society running things, and evening types watched over the others as they slept. Our ancestors lived deeply in sync with the 24-hour cycle. But that has become harder to do.

Until the 20th century, the limits of human capacity for travel fell closely in line with our biological clocks. It took about a day to travel the distance required to change time zones by a single hour-similar to the amount of time it takes the body to adjust to a one-hour shift in the solar cycle. With high-speed travel came the ability to zip through multiple time zones in a day, subjecting our biological clocks to extreme disorientation. Our biological clocks are also thrown off by excessive and poorly timed exposure to artificial light. With the advent of digital technology, it is now possible to live in a kind of perpetual dusk, an environment for which our bodies are profoundly ill-suited.

Today, social and biological time exist in deep conflict and the external timing of daily life seems to unfold with little or no regard for our biological rhythms. Work schedules misalign with body clocks, especially for the many who perform shift work. School start times are opposed to the bio rhythms of young people.

The result of this persistent neglect of bio time? Our biological clocks and rhythms are in chronic states of confusion, receiving mixed messages from our perpetual exposure to light and from the schedules we maintain in deference to social time. In the past 15 years, there has been a landslide of scientific data indicating a relationship between time mismanagement and the major diseases of our time including cardio-vascular disease, obesity, diabetes, depression and cancer. These and other illnesses, which curtail lives and cost billions, are profoundly influenced by when.

So OLLI members, become aware of when you do your best and try to take advantage of your own rhythms. Remember the old adage, “Early to bed and early to rise makes a man healthy and wise.”

But maybe not everyone!

Various internet sources including Inside Life Science
PARKING

Please note the following parking updates for OLLI members:
1. Parking services has mailed OLLI parking permits to all members who have submitted their electronic or paper application and payment.
2. If you have completed your parking permit application, and submitted to parking services, along with payment, you may park:
   A) On levels 2 or 3 of the attached UConn ramp garage (entrance on North Elm Street) on Fridays (even if you have not received your physical decal yet). As always, parking space is available on a first-come, first-served basis.
   B) On levels 5&6 of the Scovill Street Municipal Garage any day of the week.
3. Parking is often 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.

Please note: if you plan to utilize the attached UConn ramp garage, or the Scovill Street municipal garage this semester, you must purchase a Parking Services-issued OLLI parking permit. Applications can be submitted online at: park.uconn.edu/olliparking-permit-application/
You may also pick up a paper application form at the OLLI membership table or in the OLLI office, room 103.

Openings for OLLI Leadership Council

Are you interested in becoming more involved in the internal organization of OLLI? Four positions on the OLLI Leadership Council will be open in 2017.

These positions are:
- President
- Vice President
- 2 Members-at-Large (Members-at-Large are liaisons between the OLLI general membership and the Leadership Council.)

The Nominating Committee is accepting the names of all OLLI members interested in any 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 any Nominating Committee member listed below or place your nomination in the OLLI Suggestion Box on the main information table. When sending by e-mail, please include the word OLLI in the subject line of your e-mail. If using the Suggestion Box, address to the Nominating Committee with the name of your nominee and the position. Please describe in fifty words or less why you believe this nomination should be considered.

Nominating Committee Members
- Ann Rompre (Chairperson) – annrompre@sbcglobal.net
- Merle Arcovio – merleka@optonline.net
- Gen Delkescamp – gdelkescamp11@comcast.net
- Toni Escott – toniescott1@cox.net

No man is fit to command another who cannot command himself.

William Penn

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 and click on the box that says “READER.”

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 presenter or staff member

OLLI POETRY COFFEE HOUSE

2nd Thurs at John Bale Bookshop – 10:00am
Contact Denise Whelan (denisewhelan@yahoo.com) for more information

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

November 21st...The Warmth of Other Suns by Isabel Wilkerson
The Underground Railroad in Connecticut.

I just never thought that there was much of the Underground Railroad to be found in our state but an article in the Waterbury paper changed my mind. Some of the information I used for this article also came from the Farmington Historical Society website.

New interest in the Underground Railroad has occurred since the Davison Art Center at Wesleyan University, in Middletown, salutes this relatively unknown part of American History with photographs exhibited by William Earle Williams now through December 11, 2016.

Seventeen years after the Declaration of Independence was signed and the United States broke away from England, the new government passed the Fugitive Slave Act that allowed for the capture and return of any runaway slave living in a free state including Connecticut.

Trains had not been invented in 1793 and there were no underground rail tracks. Yet the system that helped runaway slaves reach freedom was called the Underground Railroad. It provided a series of safe houses or stations for fugitive slaves trying to reach the Northern states or Canada.

There were no GPS devices, printed maps or web sites to aid these slaves. The slaves depended on the North Star as their guide. They traveled mostly by foot. Sometimes they would have access to a horse, a wagon or a boat to their next stop where they would be hidden until it was considered safe to move on.

Harriet Tubman, who will become the first black woman to be featured on the United States’ paper money, is likely the name most prominent in the Underground Railroad movement. Tubman escaped from slavery and then devoted herself to helping others reach freedom.

However, very little is known about the whites, the free African Americans and the Native Americans who acted as conductors on the Underground Railroad in our state. Secrecy was necessary since those who acted as conductors could be charged with breaking the law by helping slaves escape from their owners.

Most of what we know about the Underground Railroad in our state was handed down via oral tradition. Your great-grandmother might have told her sons who then told their offspring about helping slaves move onto freedom.

To maintain the secrecy of the movement, the anti-abolitionist sympathizers adopted a code based on railroad terms. Stops were called stations or depots. Safe houses were run by “stationmasters.” Guides were known as “conductors.”

Slaves slept during the daylight hours and traveled by night. They were aided by stationmasters who used signs on the Railroad such as overturned cups, lanterns and tilted signs.

Farmington earned the title as Grand Central Station because there were so many residents involved in the Railroad. A survey done in our state in 1837 revealed there were 29 anti-slavery societies in Connecticut at that time.

The need for the Railroad ended in 1865 with the passing of the 13th Amendment which outlawed slavery.

Tracey O’Shaugnessy, writing in the Waterbury paper, mentioned Stamford, New Haven and Old Lyme as entry points on the Underground Railroad

Waterbury was part of the Western Connecticut route as were New Milford, Washington, Torrington, Winchester and Winsted.

Evelyn Marshak
These are classified ads which were actually placed in U.K. Newspapers:
FREE PUPPIES
1/2 Cocker Spaniel, 1/2 sneaky neighbor's dog.

FREE PUPPIES. Mother is a Kennel Club registered German Shepherd.
Father is a Super Dog, able to leap tall fences in a single bound.

COWS, CALVES: NEVER BRED. Also 1 gay bull for sale.

JOINING NUDIST COLONY!
Must sell washer and dryer £100.

WEDDING DRESS FOR SALE.
Worn once by mistake.
Call Stephanie.

FOR SALE BY OWNER. Complete set of Encyclopedia Britannica,
45 volumes. Excellent condition, £200 or best offer.
No longer needed, got married, wife knows everything.

Children Are Quick
TEACHER: Why are you late?
STUDENT: Class started before I got here.

TEACHER: John, why are you doing your math(s) multiplication
on the floor?
JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile'?
TEACHER: No, that's wrong
GLENN: Maybe it is wrong, but you asked me how I spell it.
(1 Love this child)

TEACHER: Donald, what is the chemical formula for water?
DONALD: H I J K L M N O.
TEACHER: What are you talking about?
DONALD: Yesterday you said it's H to O.

TEACHER: Glen, why do you always get so dirty?
GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: George Washington not only chopped down his father's
cherry tree, but also admitted it. Now, Louie, do you know why his
father didn't punish him?
LOUIS: Because George still had the axe in his hand.....

TEACHER: Now, Simon , tell me frankly, do you say prayers before
eating?
SIMON: No sir, I don't have to, my Mom is a good cook.

TEACHER: Clyde , your composition on 'My Dog' is exactly the
same as your brother's.. Did you copy his?
CLYDE : No, sir. It's the same dog.
(I want to adopt this kid!!!)

TEACHER: Harold, what do you call a person who keeps on talking
when people are no longer interested?
HAROLD: A teacher

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.

Osher Lifelong Learning Institute at UCONN, Waterbury

The Osher Lifelong Learning Institute
The University of Connecticut
99 East Main Street
Waterbury, CT 06702

NEWSLETTER CONTACTS
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nblomstrom@aol.com

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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 - 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.OLLI.UConn.EDU
RIGHT IN YOUR OWN BACKYARD

By Mary Fitzpatrick Peitler

While a foliage ride to Vermont or Massachusetts is always a fun way to start off the season, right now is peak foliage time for most of Connecticut. Weather permitting, we should be able to enjoy a couple of more weeks of color before settling into cooler and darker days. A fun way to spend a day would be right here, perhaps with a ride through the Litchfield Hills or the Naugatuck Valley coupled with a museum visit and dinner out.

The Mattatuck Museum currently has some very interesting exhibitions, and I think they will appeal to many OLLI students. I really enjoyed the collection of memorabilia entitled “What A Woman!” from the life and career of actress Rosalind Russell, a Waterbury native. Probably best known as Auntie Mame, her film career spanned the 1930’s through the 1970’s. Included in the exhibition are a good number of movie posters and playbills, and information about the day she returned to Waterbury, August 18, 1955, to promote her latest film. It just happened to be the day of the great flood! She managed to escape from Waterbury just as the waters were rising because she knew how to direct her taxi driver through the back roads, being a “local girl.” Also displayed are some costumes from her career, including the barmaid costume from The Girl Rush and a gown from Auntie Mame. This exhibition closes October 30.

Another personal favorite, which surprised me, was a wonderful display of Boy Scout memorabilia. Loaned by a Connecticut family, it is a very large collection of medals, uniforms, handbooks, badges, historical information and camping equipment spanning the past 100 years. If you were ever a Scout, or the mother or father of a scout, this is sure to bring back lots of fun memories. If you want to see this, however, this weekend is it! Sunday is the last day.

The third exhibit that caught my attention was the display of the winning works from the Pomperaug Woods: The Art of Experience contest for artists seventy years of age and older. Photography, painting, drawing and sculpture by senior artists reminded me of the wealth of artistic talent we have right here at OLLI. My favorite painting was “Dance Lesson” a lively and colorful scene done in sand and paint. The technique was interesting and the figures seemed to come alive with the love of life and embracing the moment. On display until November 6.

Other current exhibits include sculptor Steven Naifah’s work which uses the geometry and abstraction of western art while evoking the Islamist Renaissance of a thousand years ago. My favorite was Saida Inverse III: Iridescent Copper, 72 pieces of copper plated steel which looks like a beautiful sunburst. Also closes November 6. On Thursday, November 3 at 5:30 p.m you can meet the artist. He is also an art historian and will read from his biography of Vincent Van Gogh!

The Mattatuck is a rare gem in our community and there is always a lot going on there. Upcoming exhibitions include the work of internationally known neo-Impressionist painter Hunt Slonem, Puerto Rican Arte Urbano, photographs of the island’s dynamic urban art scene, and as the days get cooler you can warm up with “My Big Blue Sun,” Christian Cesari’s fauvist-like paintings of his Connecticut surroundings.

So, after your foliage ride, repair to your favorite restaurant, or try a new one, enjoy a good meal and talk about all the wonderful things you saw that day in Connecticut, “your own backyard.”

For more information go to mattatuckmuseum.org. Museum is closed on Mondays.
2016 October Food Drive
Sponsored By
OLLI Clubs and Activities Committee
To Benefit
Greater Waterbury Interfaith Ministries

October 1st thru October 31st, 2016
Please look for donation boxes at the Member Table or in the OLLI office (room 103)
Let us make a great success of this food drive