



(OLLI) at the University of Connecticut, Waterbury, CT

Lifelong Learning | Providing older adults with opportunities to engage in intellectual development, cultural stimulation, and social interaction.

UConn
WATERBURY

NEW



SPRING 2015

10 weeks! February 20 - May 1

SUMMER 2015

5 weeks! June 3 - 30

olli.uconn.edu

WELCOME

to the University of Connecticut's Waterbury Campus!



From the Desk
of the
OLLI Coordinator

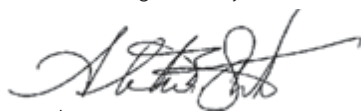
Everything on earth has its cycle. As spring approaches us, it calls up that part of the life cycle that signals renewal. Looking forward to the newness of spring is always fascinating.

OLLI's signs of renewal resonate from different corners. OLLI's administration has been strengthened by a Legacy

Committee, charged with looking to OLLI's future, and advising OLLI's leadership on how to get there with all of our parts intact. We thank them in advance for the good work we know they will do. OLLI's renewal will include drum corps, accordion, and dulcimer, Antarctica and weather, flip flops and a survey of Waterbury through the ages. All of this in addition to our courses. This promises to be an active engaging spring at the UConn Waterbury Campus.

To our new friends -

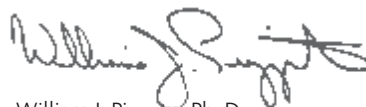
Why not renew your current routine with an OLLI membership? Select courses that you'd like to brush up on or explore for the first time. Meet up with your friends at OLLI Café. Discover your inner creativity, your inner power, your new poem, your voice. Take a new look at an old subject, a former President, an historical event. Brush up on your Shakespeare, your Italian, your French. Learn how to use that iPad, that PowerPoint program. Energize with Yoga and Alexander or nutritious choices you can prepare at home. Take a trip with friends. Join a committee. Make new friends. Renew yourself by joining OLLI; it's good for your mind, body and soul!



Aleta Staton
OLLI Coordinator

Welcome to the University of Connecticut's Waterbury campus. Our campus proudly serves Waterbury and the region by delivering educational programs for undergraduate, graduate, and lifelong learning students in a dynamic, accessible, state-of-the-art environment. We are equally proud to be associated with The Bernard Osher Foundation and the network of one hundred and nineteen Osher Lifelong Learning Institutes across the United States.

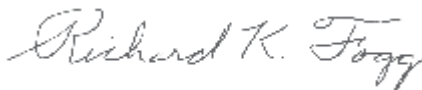
We express deep appreciation to The Bernard Osher Foundation for its generosity and vision with regard to the lifelong learning movement. OLLI members bring a unique and positive energy to our campus through their enthusiasm and their depth of life experience in various careers, family life, and civic engagement. I extend a warm welcome to each and every one of you. Please enjoy your time here and savor the fun of learning.



William J. Pizzuto, Ph. D.
Director, UConn Waterbury Campus

Welcome to the spring and summer sessions of the Osher Lifelong Learning Institute at UConn. Courses for both sessions are in this brochure. Yes, as you peruse this publication, there may be snow on the ground outside your window, but I bring you greetings from spring, the season of hope, and greetings from OLLI where the hope of new learnings and renewing old interests are.

Richard K. Fogg
President, OLLI at UConn Waterbury





WHAT'S NEW...NATIONALLY, AT UNIVERSITY OF CONNECTICUT, AND AT OLLI AT UCONN!

Brian G. Chapman, Ed. D., Director of Outreach and Director of OLLI at UConn

HAPPY NEW YEAR AND WELCOME TO SPRING/SUMMER 2015!

The National Resource Center for the Osher Lifelong Learning Institutes plays a lead role in disseminating information on effective educational programming for older learners to local OLLIs. The Center provides connection among the current 119 OLLIs across the United States.

"The Bernard Osher Foundation designated Northwestern University the National Resource Center for Osher Lifelong Learning Institutes in October 2014. The Center was previously located at the University of Southern Maine from 2004 to 2014. The Center is not a governance body, but is rather a center for excellence and dissemination of best practice models. Each Osher Institute reflects the culture of its own university and its learning community. The National Resource Center exists to facilitate the exchange of opinions, solutions and experiences among institutes throughout the country so that all can benefit." – osher.net.



Please visit: <http://osher.net>

OLLI at UConn is a program of the University of Connecticut and is subject to University policies. The combination of fees paid by OLLI members and annual Osher endowment revenue accounts for less than 50% percent of the expense to operate OLLI at UConn. The remainder of OLLI operations are covered by gratis services provided by the campus and your direct donations. Additionally, all direct donations from members count toward benchmarks of local support; this local support is considered very important to the Bernard Osher Foundation when reviewing OLLI at UConn. **Your generosity to our annual campaign is deeply appreciated. Please reference "OLLI, Fund #22682" when donating through the UConn Foundation.** Approximately 95 cents on every dollar donated goes directly to OLLI operations. Please see page 5.

Courses at OLLI at UConn

Our Winter session was the largest ever—with 14 courses and nearly 200 enrollees!

OLLI at UConn is offering a record 77 courses during the first half of 2015 (Winter, Spring, and Summer Sessions), including 37 new course titles.

Spring—Summer Registration Opens January 15, 2015 at 9:00 AM

In order to provide everyone with more equal access to registration, online registration opens after the mailing of this brochure.

You may have noticed that our Winter 2015 Semester started a little later this year and our Spring 2015 Semester starts a little earlier this year. The OLLI schedule changes are important for synchronicity with the University and Campus schedules. You will also see that we have, at least temporarily, moved away from early morning classes during these colder months. Based on feedback, as of 2015, we have added a wait list option on our registration system.

Wishing much enjoyment and success in 2015.

REGISTRATION – ALL FEES ARE NON-REFUNDABLE!

Registrations are still first-come, first served, with current members always receiving the brochure via first class mail. If you register online, you will receive an immediate confirmation email. Paper registrations will receive confirmation letters by US mail. Encourage a friend to go to the website (www.olli.uconn.edu) for course information and online activation of membership and registration.

CALENDAR OF EVENTS

SPRING REGISTRATION OPENS ON THURSDAY, JANUARY 15, 2015 AT 9 AM

Open registration for all returning and new OLLI members. Fill out and send in the yellow membership form or register online.

FEBRUARY	3 Research Lecture Judith Meyer. “Voices from the Past: A Tale of Two French Communities”		20 OLLI Café presents. Mattatuck Drum Corps with Bill Pierpont		27 OLLI Café presents. Antarctica with Paul McElvane	
MARCH	3 Research Lecture Dr. Beth Russell. “Learning Self-Control: Powerful Parenting Practices in Early Childhood.”	6 OLLI Café presents. Music & Storytelling with Jeremy Driscoll and Isabel Carrington	13 OLLI Café presents. Gulf of Tonkin with John White	20 OLLI Café presents. WATR Radio with Tom Chute	24 Someone Must Wash The Dishes: An Anti-Suffrage Satire by Marie Jenney Howe	27 OLLI Café presents. Flip Flops After 50 and Other Thoughts on Aging With Author Cindy Eastman
APRIL	10 OLLI Café presents. The Power Within with Cindy Mazzaferro		17 OLLI Café presents. Bob and Anita Siarkowski Accordion Performance		24 OLLI Café presents. History of Waterbury with Phil Benevento	
MAY	1 OLLI Café presents. Performance by Liz Hanahan’s Dulcimer Class	1 Deadline for OLLI Fall/Winter course proposal.	13 OLLI Trip to RISD Museum in Providence, Rhode Island		22-31 OLLI Trip to London and Paris	
JUNE	3 OLLI Summer Session Begins		3 OLLI Boston Harbor Cruise		7-9 OLLI Trip to Ogunquit, ME	



TO JOIN AND REGISTER FOR SPRING CLASSES, PLEASE GO TO OUR WEBSITE:

WWW.OLLI.UCONN.EDU BEGINNING ON JANUARY 15, 2015. Click on the red button that says "Take a Class or Join OLLI Now" and follow the prompts to completion. Register for your special events and register your vehicle with your profile information.

There is also an enclosed membership form/worksheet in the center of this brochure to aid in smooth registration. All fees that you render with your online or paper registration form are non-refundable.

**SAVE THE
OLLI DATES!**

FALL 2015
SEPTEMBER 11, 2015 –
NOVEMBER 13, 2015

WINTER 2016
JANUARY 22 & 29 –
FEBRUARY 5 & 12, 2016

UConn FOUNDATION

Dear OLLI Members and Friends of OLLI,

We are writing to you as co-chairs of the Legacy Committee of the Osher Lifelong Learning Institute (OLLI) at the University of Connecticut and of this year's Annual Appeal. This recently established Committee will be focused on leading OLLI in the achievement of goals related to funding, growth, and program enhancement.

From Nancy Via, Founding President and Member, OLLI Leadership Council

Being involved in many aspects of the entire OLLI at UConn operation, over eight years, has given me an inside look at the amount of work this takes, from numerous campus departments, foundations, and individuals, to make this program a success. The success is measured in many ways, but particularly in the enjoyment and fulfillment expressed by many members in regard to courses, special events, trips, and other activities.

When I joined OLLI in 2006 I decided, then and there, to be a contributor...a contributor of my time, ideas, leadership experience and monetary support. Asking individuals to give during these somewhat austere times is difficult. However, the reality of how OLLI enriches lives through lifelong learning makes this request more meaningful. We are so very fortunate to have this program at UConn Waterbury.

From Joyce DeCesare, Member, OLLI Leadership Council

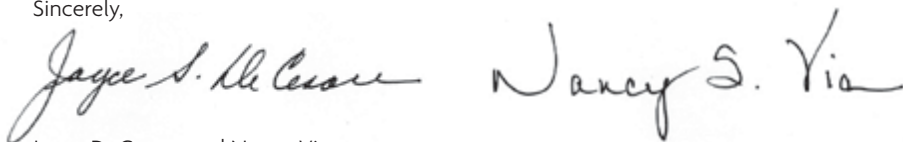
My relationship with OLLI began in 2006 during the planning process of this new initiative. Carol O'Donnell from the Connecticut Community Foundation reached out to my late husband, John, and invited him to be one of the founding leaders of OLLI. He accepted with enthusiasm and vigor.

John and I always viewed education as lifelong. John worked tirelessly to help establish OLLI at UConn through recruitment of members and presenters. He was successful in his efforts; many of those individuals remain engaged and committed to OLLI today. Unfortunately, John died suddenly in 2008. In honor of John's devotion, in 2011, I established the John A. DeCesare Renaissance Fund committing to a \$5,000 contribution over multiple years. John believed that this Institute was one of Waterbury's finest treasures, and I agree.

OLLI at UConn is able to achieve new goals, while continuing to provide access to individuals from over eighty towns, because of the generous in-kind services provided by UConn's Waterbury Campus and donations like yours. Your participation in this campaign, regardless of the size of your donation, counts toward the important goal of demonstrating to the Osher Foundation that we have local support for OLLI at UConn.

Contributions to the OLLI Sustainability Fund have supported general operations including all presenter honoraria, Voices and Visions (OLLI's literary publication), OLLI Café, and other OLLI initiatives. The collective energy and dedication of many individuals has created this OLLI family. Please join us in moving OLLI forward. Thank you, in advance, for your direct support of OLLI.

Sincerely,

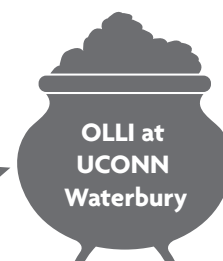


Joyce DeCesare and Nancy Via
Co-Chairs, OLLI at UConn Legacy Committee & OLLI at UConn Annual Campaign

PS. THERE ARE MANY WAYS TO GIVE TO OLLI; THROUGH A PLANNED GIFT, ESTABLISHING A NAMED FUND, OR FUNDING A SPECIAL INITIATIVE. PLEASE CALL 860-486-2983 FOR MORE INFORMATION.



The University of Connecticut Foundation Inc.
P.O. Box 842659
Boston, MA 02284-2659



SPRING 2015 CATEGORIES AND COURSE TITLES

Please use designated course ID number as your choice(s) for online registration and on paper membership registration form.

ART & ART HISTORY

AH-419 Beatniks vs. Hippies? No contest!.....	\$30
<i>Alan Bisbort</i>	Page 13
AH-425 Still Lives and Fast Food.....	\$25
<i>Dr. Virginia Bush</i>	Page 13
AH-426 Palace Theater – Looking Back – Moving Forward.....	\$20
<i>Louis Belloisy</i>	Page 15

COMPUTERS

CO-414 iPads for Beginners.....	\$25
<i>Sheila Lafferty</i>	Page 13
CO-415 Computer Basics: How to Create Documents and Folders.....	\$25
<i>Nancy Wallace</i>	Page 10

CULTURE & LANGUAGE

CL-415 Conversational French for Travelers.. <i>Mary Conseur</i>	\$50 Page 10
CL-423 Italian: Vita e Lingua, Part IV.....	\$100
<i>Nunzio DeFilippis</i>	Page 11
CL-424 The Polish Experience in America.....	\$25
<i>Lisa Wisniewski</i>	Page 12
CL-425 Bette Davis: All About <i>Eve's Dark Victory</i>	\$20
<i>Paul Marino</i>	Page 14

HEALTH & WELLNESS

HW-412 Yoga Stretch, Strengthen & Breathe <i>Cynthia Paolino</i>	\$25 Page 12
HW-417 The Alexander Technique: Posture, Balance, Movement.....	\$50
<i>Peter Anderheggen</i>	Page 15
HW-437 Chinese Medicine: Death and Rebirth.....	\$40
<i>William Courtland</i>	Page 13
HW-438 Gentle Yoga to Restore Mind and Body.....	\$50
<i>Clementine Delaney</i>	Page 10
HW-439 What Practicing Forty Years as a Psychiatrist Has Taught Me.....	\$25
<i>Dr. Avi Isseroff</i>	Page 10
HW-440 What Color Are Your Genes?.....	\$40
<i>Douglas Welsh</i>	Page 13
HW-443 Reiki Level Two.....	\$40
<i>Barbara Schafer</i>	Page 14

HISTORY

HS-425 European History For Travelers: Southern Italy & Eastern Europe.....	\$25
<i>Diane Stone</i>	Page 13
HS-435 European History For Travelers: Western Europe.....	\$25
<i>Diane Stone</i>	Page 10

HS-466 Mr. and Mrs. Lincoln: A Marriage Blessed or Cursed.....	\$25
<i>Dr. Avi Isseroff</i>	Page 12
HS-467 Genealogy 101: Tracing Your family History.....	\$25
<i>Sheila Lafferty</i>	Page 14
HS-470 Historical Themes and Television in the 20th Century.....	\$50
<i>Chris Gibbs</i>	Page 12
HS-471 Italy, the Mother of Europe.....	\$40
<i>David P. Reed, MD</i>	Page 13
HS-472 Understanding the Arab-Israeli Conflict.....	\$40
<i>Ted Welsh</i>	Page 10
HS-473 Economic Development of East Asia.....	\$25
<i>Dr. Roger Levy</i>	Page 12
HS-474 American History From the Beginning: Native Americans, British Colonists, and the French and Indian War.....	\$50
<i>Penny O'Connell</i>	Page 10
HS-475 World War I – The Beginning.....	\$50
<i>Penny O'Connell</i>	Page 13

HORTICULTURE

HC-404 From Planting to Harvest to Table: The Greening of Waterbury.....	\$25
<i>Nunzio De Filippis</i>	Page 15

LITERATURE & WRITING

LW-403 In So Many Words 2.0.....	\$50
<i>Cindy Eastman</i>	Page 10
LW-423 For The Love of Children's Literature.....	\$25
<i>Christine Guiditta</i>	Page 14
LW-443 Poetry Lowdown: Craft, Concepts, Critique.....	\$50
<i>Peter Mulholland</i>	Page 15
LW-444 Out of the Halls and Into the Streets: Resistance Literature in the U.S.....	\$50
<i>Bilal Tajildeen</i>	Page 15
LW-445 Writing on the Write Side of Your Brain.....	\$40
<i>Nancy Whitney</i>	Page 10
LW-446 Voices & Visions Writer's Workshop.....	\$25
<i>Cindy Eastman</i>	Page 11

MATH & SCIENCE

MS-421 A Novel Look at Math.....	\$25
<i>Catherine Capuano and Rosalie Griffin</i>	Page 14
MS-423 Chemistry in Everyday Living.....	\$25
<i>Frank Lussier</i>	Page 11

MUSIC

MU-429 Name that Tune – The Classical Cliché.....	\$25
<i>Donna Obarowski</i>	Page 11
MU-434 Singing in the Shower – Together! ..	\$25
<i>Julie Cook</i>	Page 12
MU-435 The Russian BEAR and the Italian LION – Tchaikovsky and Verdi.....	\$50
<i>Nunzio De Filippis</i>	Page 15
MU-436 Dust Off Your Dulcimer!.....	\$30
<i>Elizabeth Hanahan</i>	Page 12

PERFORMING ARTS

PA-420 "Yes! And..." – Honing Your Mind Through Improvisation.....	\$50
<i>Bryan Murphy</i>	Page 15

PERSONAL DEVELOPMENT

PD-423 Mandalas as Art and Personal Relaxation.....	\$50
<i>Rose-Ann Chrzanowski</i>	Page 11
PD-425 The Power Within – Improving Your Body and Mind.....	\$50
<i>Cynthia Mazzaferro</i>	Page 11
PD-426 The Power Within – Manifesting All That You Desire (PART TWO).....	\$50
<i>Cynthia Mazzaferro</i>	Page 12
PD-429 Passport to Retirement – The New Retirement. Is Your Money Ready?.....	\$30
<i>James W Coleman</i>	Page 12
PD-430A&B Personal Transformation and Self-Discovery.....	\$25
<i>Jean Hosier</i>	Pages 14 & 15

PHILOSOPHY & RELIGION

PR-414 The Contemporary Cultural Wars and American Religious Tradition.....	\$45
<i>Vincent Casanova</i>	Page 13

VISUAL ARTS

VA-412 Amazing 1-2-3 Acrylic Painting.....	\$50
<i>Deneen Datcher</i>	Page 15
VA-415 An Enriching Experience with Acrylic Painting.....	\$50
<i>Judy Jaworski</i>	Page 11
VA-424 Mel Brooks: 5 Great Tribute Films.....	\$45
<i>Paul Marino</i>	Page 13
VA-425 Directing Time II: Unusual Uses of Time.....	\$45
<i>Paul Marino</i>	Page 14
VA-429 American Musicals – Reflections Of Our Times.....	\$50
<i>Bryan Murphy</i>	Page 14

SPRING COURSES BY TIME SLOT

CLASS TIMES	FIRST 5 WEEKS FEBRUARY 20, 27, MARCH 6, 13, 20	8 - 10 WEEKS FEBRUARY 20, 27, MARCH 6, 13, 20, 27, APRIL 10, 17, 24, MAY 1	LAST 5 WEEKS MARCH 27, APRIL 10, 17, 24, MAY 1
10:00 AM – 11:30 AM	MS-423 CHEMISTRY IN EVERYDAY LIVING Frank Lussier and Rosalie Griffin Room #203, Page 11	CL-415 CONVERSATIONAL FRENCH FOR TRAVELERS, 10 CLASSES, Mary Conseur Room #213, Page 10	CO-415 COMPUTER BASICS: HOW TO CREATE DOCUMENTS AND FOLDERS Nancy Wallace Room #317, Page 10
		HS-472 UNDERSTANDING THE ARAB-ISRAELI CONFLICT *8 CLASSES Ted Welsh Room #217, Page 10	
		HW-438 GENTLE YOGA TO RESTORE MIND AND BODY *10 CLASSES Clementine Delaney Room #102, Page 10	
		LW-403 IN SO MANY WORDS 2.0 *10 CLASSES Cindy Eastman Room #218, Page 10	
	MU-429 NAME THAT TUNE – THE CLASSICAL CLICHÉ Donna Obarowski Room #210, Page 11	LW-445 WRITING ON THE “WRITE” SIDE OF YOUR BRAIN *8 CLASSES Nancy Whitney Room #323, Page 10	HS-435 EUROPEAN HISTORY FOR TRAVELERS: WESTERN EUROPE Diane Stone Room #207, Page 10
		PD-425 THE POWER WITHIN – IMPROVING YOUR BODY AND MIND *10 CLASSES Cynthia Mazzaferro Room #326, Page 11	
	HW-439 WHAT PRACTICING 40 YEARS AS A PSYCHIATRIST HAS TAUGHT ME Avi Isseroff Room #207, Page 10	PD-423 MANDALAS AS ART AND PERSONAL RELAXATION *10 CLASSES Rose-Ann Chrzanowski Room #102D, Page 11	
		VA-415 AN ENRICHING EXPERIENCE WITH ACRYLIC PAINTING *10 CLASSES Judy Jaworski Room #119, Page 11	LW-446 VOICES AND VISIONS WRITER’S WORKSHOP Cindy Eastman Room #318, Page 11
		HS-474 AMERICAN HISTORY FROM THE BEGINNING: NATIVE AMERICANS AND THE BRITISH COLONISTS AND THE FRENCH AND INDIAN WAR *10 CLASSES Penny O’Connell Room #201, Page 10	
11:40 AM – 1:00 PM	HS-466 MR. AND MRS. LINCOLN: A MARRIAGE BLESSED OR CURSED Dr. Avi Isseroff Room #204, Page 12	PD-426 THE POWER WITHIN-MANIFESTING ALL THAT YOU DESIRE (PART TWO) *10 CLASSES Cynthia Mazzaferro Room #326, Page 12	CL-424 THE POLISH EXPERIENCE IN AMERICA Lisa Wisniewski Room #210, Page 12
		PD-429 PASSPORT TO RETIREMENT – THE NEW RETIREMENT. IS YOUR MONEY READY? *6 CLASSES James Coleman Room #213, Page 12	
		PR-414 THE CONTEMPORARY CULTURAL WARS AND AMERICAN RELIGIOUS TRADITION *9 CLASSES Vincent M. Casanova Room #203, Page 13	
		VA-424 MEL BROOKS: 5 GREAT TRIBUTE FILMS *9 CLASSES Paul Marino Room #323, Page 13	
	HW-412 YOGA STRETCH, STRENGTHEN, AND BREATHE Cynthia Paolino Room #102, Page 12	MU-436 DUST OFF YOUR DULCIMER! *6 CLASSES Elizabeth Hanahan Room #318, Page 12	HS-473 ECONOMIC DEVELOPMENT OF EAST ASIA Dr. Roger Levy Room #217, Page 12
		HS-470 HISTORICAL THEMES AND TELEVISION IN THE 20TH CENTURY *10 CLASSES Chris Gibbs Room #218, Page 12	
		CL-423 ITALIAN: VITA E LINGUA, PART IV *10 CLASSES THIS COURSE IS A DOUBLE SESSION, ENDING AT 2:45. Nunzio De Filippis Room #201, Page 11	MU-434 SINGING IN THE SHOWER – TOGETHER! Julie Cook Room #324, Page 12

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1:15 PM – 2:45 PM	AH-425 STILL LIVES AND FAST FOOD Virginia Bush Room #210, Page 13	AH-419 BEATNIKS VS. HIPPIES? NO CONTEST! *6 CLASSES Alan Bisbort Room #217, Page 13	CO-414 IPADS FOR BEGINNERS Sheila Lafferty Room #318, Page 13
		HW-437 CHINESE MEDICINE: DEATH AND REBIRTH *8 CLASSES William Courtland Room #204, Page 13	
		HW-440 WHAT COLOR ARE YOUR GENES? *8 CLASSES Douglas Welsh Room #203, Page 13	HS-425 EUROPEAN HISTORY FOR TRAVELERS: SOUTHERN ITALY AND EASTERN EUROPE Diane Stone Room #207, Page 13
		HS-471 ITALY, THE MOTHER OF EUROPE *8 CLASSES Dr. David Reed Room #323, Page 13	
	PD-430A PERSONAL TRANSFORMATION AND SELF-DISCOVERY Jean Hosier Room #119, Page 14	VA-425 DIRECTING TIME II: UNUSUAL USES OF TIME *9 CLASSES Paul Marino Room #218, Page 14	LW-423 FOR THE LOVE OF CHILDREN’S LITERATURE Christine Guiditta Room #213, Page 14
		HS-475 WORLD WAR I – THE BEGINNING *10 CLASSES Penny O’Connell Room #326, Page 13	
		VA-429 AMERICAN MUSICALS-REFLECTIONS OF OUR TIMES *10 CLASSES Bryan Murphy Room #324, Page 14	MS-421 A NOVEL LOOK AT MATH Catherine Capuano and Rosalie Griffin as co-presenter Room #210, Page 14
		HW-443 REIKI LEVEL TWO *8 CLASSES Barbara Schafer Room #102, Page 14	
3:00 PM – 4:30 PM	HS-467 GENEALOGY 101: TRACING YOUR FAMILY HISTORY Sheila Lafferty Room #204, Page 14	LW-443 POETRY LOWDOWN: CRAFT, CONCEPTS, CRITIQUE *10 CLASSES Peter Mulholland Room #218, Page 15	PD-430B PERSONAL TRANSFORMATION AND SELF-DISCOVERY Jean Hosier Room #323, Page 15
		MU-435 THE RUSSIAN BEAR AND THE ITALIAN LION – TCHAIKOVSKY AND VERDI *10 CLASSES Nunzio De Filippis Room #201, Page 15	
		VA-412 AMAZING 1-2-3 ACRYLIC PAINTING *10 CLASSES Deneen Datcher Room #318, Page 15	
	CL-425 BETTE DAVIS: ALL ABOUT EVE’S DARK VICTORY Paul Marino Room #323, Page 14	LW-444 OUT OF THE HALLS AND INTO THE STREETS: RESISTANCE LITERATURE IN THE U.S. *10 CLASSES Bilal Tajildeen Room #203, Page 15	
		PA-420 “YES! AND...” – HONING YOUR MIND THROUGH IMPROVISATION *10 CLASSES Bryan Murphy Room #210, Page 15	
		HW-417 THE ALEXANDER TECHNIQUE: POSTURE, BALANCE, MOVEMENT *10 CLASSES Peter Anderheggen Room #102, Page 15	
	OFF-SITE, SPECIAL PROGRAM, NON-FRIDAY CLASSES		
	1:15 PM – 2:45 PM	AH-426 PALACE THEATER – LOOKING BACK – MOVING FORWARD WEDNESDAYS, APRIL 8, 15, 22, 29 Louis Belloisy Page 15	
	HC-404 FROM PLANTING TO HARVEST TO TABLE: THE GREENING OF WATERBURY TUESDAYS, APRIL 7-OCTOBER 10 Nunzio De Filippis Page 15		



HC-404

FROM PLANTING TO HARVEST TO TABLE: THE GREENING OF WATERBURY

Tuesdays, April 7 to October 15, 2015*

Presenter: Nunzio DeFilippis

**2014 Donors of Plants: Brass City Harvest,
Waterbury and Michael's Greenhouses, Cheshire**

Cost: \$25 (Special Project-Reduced Fee)

Questions: Contact OLLI presenter Nunzio DeFilippis at
nonnonunzio@comcast.net or at 347-743-7499

This is a one-of-a-kind learning opportunity to join a successful service learning project in support of the national focus on sustainable urban food production. This project is a partnership among the Osher Lifelong Learning Institute at UConn, Brass City Harvest, St. Vincent DePaul Soup Kitchen, and Greater Waterbury Interfaith Ministries Soup Kitchen. This project is partially funded by East Hill Woods Fund – Pathways for Seniors, Connecticut Community Foundation.



March 24, 2015: The first class meeting will be a lecture-discussion for registered participants; campus location to be announced.

April 7, 2015: First day in gardens, weather permitting.

History/Results: This is the third year of this special service project situated in an urban green space in the historic Olmstead-designed Fulton Park. In two years, this highly successful project resulted in the production of over 13,000 pounds of food and thousands of hot meals for the hungry in our community.

By the numbers: 150 garden beds planted, weeded, nurtured, and harvested. 9,799 pounds of fresh food grown. Excess of 2,096 volunteer hours completed.

What to expect: A rewarding, hands-on, learning project with an avid gardener-instructor and a deeply rewarding experience in urban gardening. Learn about soil preparation techniques, planting, growing viable seedlings, and raised-bed gardening techniques. Participants will also be provided with the opportunity to provide fresh food to Waterbury residents-and even cook and serve if they choose.

Location: Most activities of this project will be based at Fulton Farm (located on upper Pine Street) in Waterbury. Brass City Harvest has provided OLLI volunteer gardener-students with the use of 150 raised beds in Fulton Park Farm that are approximately 3'x 20'x 12'. The beds are laid out with a wide main lane to transport materials, and 18" walking paths between beds. The ground is a bit uneven in spots, so participants will need to walk cautiously.

Restroom Facilities: The Fulton Park site has restrooms located in the park itself, which may require participants to drive in small groups to reach that location.

Physical Activity Level: Moderate, with the ability to work in raised bed gardens which can involve bending or kneeling or a modified way to work with soil and plants.

Participation Policy: As a registered participant, you are expected to participate from the pre-growing season, through growing season, to harvest. Individuals take vacations and have other commitments that will cause them to be absent at times. Reasonable absences can be arranged with the OLLI presenter. Due to the nature of live plants, the project will require a minimum commitment of three hours a week, and during the growing season (mid-May to mid-July), additional gardening hours are highly encouraged. New England weather will dictate some meeting times and locations, as determined by the University and/or the OLLI presenter. Please note that significant or late winter storms could impact access to Fulton Park Farm. Registered participants in this program are considered members and volunteers of OLLI at UConn.

COURSE DESCRIPTIONS

SPRING SESSION ON-CAMPUS CLASSES

10:00 AM – 11:30 AM

CL-415

CONVERSATIONAL FRENCH FOR TRAVELERS

Presenter: Mary Conseur

10 Classes – Fridays from 10:00 AM to 11:30 AM
February 20, 27, March 6, 13, 20, 27,
April 10, 17, 24, May 1
Room #213

After taking this course, students will be better prepared for traveling in French-speaking countries – navigating through hotels, airports, restaurants, shops, and train stations. Students will also explore aspects of French culture and lifestyle.

CO-415

COMPUTER BASICS: HOW TO CREATE DOCUMENTS AND FOLDERS

Presenter: Nancy Wallace

5 Classes – Fridays from 10:00 AM to 11:30 AM
March 27, April 10, 17, 24, May 1
Room #317

This course introduces students to the creation and organization of computer files. You will learn to write simple documents using WORD (notes, recipes, etc.) and how to update, print, and delete them. You will also learn how to create and manage folders for organizing these documents.

HS-435

EUROPEAN HISTORY FOR TRAVELERS: WESTERN EUROPE

Presenter: Diane Stone

5 Classes – Fridays from 10:00 AM to 11:30 AM
March 27, April 10, 17, 24, May 1
Room #207

Visiting the great capital cities of Western Europe is on every traveler's "bucket list." Having an understanding of the historical, social, political, and cultural context for what you see can only enrich the experience. Join us and gain this kind of knowledge so that when you visit London, Paris, Venice, Florence, and Rome you have the most memorable trip possible.

HS-472

UNDERSTANDING THE ARAB-ISRAELI CONFLICT

Presenter: Ted Welsh

8 Classes – Fridays from 10:00 AM to 11:30 AM
February 20, 27, March 6, 13, 20, 27, April 10, 17
Room #217

The conflict between Arabs and Israelis has been raging for all or most of our lives. The attempts to bring about a peaceful solution have always hung in the balance only to be upset by disagreement, violent incidents and often, outright conflict.

With all there is to be gained in making a lasting peace, why is it that the two sides have failed? What does each side need? How has the situation changed over the years? Who are the personalities and groups (the PA, Hamas, Hezbollah, Likud, Labour and others) and what do they seek? What role have the United States and other outside powers played in the conflict? What are the prospects for peace going forward?

These and other questions – including yours – will be explored in the class. There will be a field trip to the United Nations at the end of the course.

HS-474

AMERICAN HISTORY FROM THE BEGINNING: NATIVE AMERICANS, BRITISH COLONISTS, AND THE FRENCH AND INDIAN WAR

Presenter: Penny O'Connell

10 Classes: Fridays from 10:00 AM to 11:30 AM
February 20, 27, March 6, 13, 20, 27,
April 10, 17, 24, May 1
Room #201

North America was a paradise peopled by noble savages when the white man came. The monumental culture clash forever changed the Native American way of life. This course will examine the causes and results of that clash. Students will be asked to volunteer to report on specific Native American tribes and the pattern of settlement of the British colonies up to the French and Indian war. We will read "Indian Givers" by Jack Weatherford to gain a better sense of how Native American really influenced our lives. We will read "Mayflower" by Nathaniel Philbrick in order to get a clearer understanding of the relationship between the Native Americans and the Pilgrims who founded the Plymouth Colony.

HW-438

GENTLE YOGA TO RESTORE MIND AND BODY

Presenter: Clementine Delaney

10 Classes: Fridays from 10:00 AM to 11:30 AM
February 20, 27, March 6, 13, 20, 27,
April 10, 17, 24, May 1
Room #102

Gentle yoga is a lesson on learning to let go, releasing tensions, letting go of stress through deep stretching and learning the art of proper breathing. It is a calm, slow practice, restoring the body gently and bringing the mind into stillness. Bring yoga mat and wear stretchy clothing.

HW-439

WHAT PRACTICING FORTY YEARS AS A PSYCHIATRIST HAS TAUGHT ME

Presenter: Dr. Avi Isseroff

5 Classes: Fridays from 10:00 AM to 11:30 AM
February 20, 27, March 6, 13, 20
Room #207

Enter into the world of a psychiatrist. What was it like during training in psychiatric residency? What were the early years like? How did the state of the art change over the years? How did the way I practiced evolve?

LW-403

IN SO MANY WORDS 2.0

Presenter: Cindy Eastman

10 Classes: Fridays from 10:00 AM to 11:30 AM
February 20, 27, March 6, 13, 20, 27,
April 10, 17, 24, May 1
Room #218

Writing is a phenomenological process by which we humans make sense of our experiences. In this facilitated course, participants will learn strategies and models for journaling and will be guided to hear their own writing voice. Each course will consist of guided writing time. The goal of the course will be for each student to have a piece for submission to the annual Voices and Visions journal.

LW-445

WRITING ON THE "WRITE" SIDE OF YOUR BRAIN

Presenter: Nancy Whitney

8 Classes: Fridays from 10:00 AM to 11:30 AM
February 20, 27, March 6, 13, 20, 27,
April 10, 17
Room #323

Writing. Something we do every day, but... writing is more than words on paper. Come and write and we'll toss ideas, thoughts, fears, stories, poems, and share the results. We'll make a meal of words, a banquet of writing. Come and be open to be surprised and write!

MS-423

CHEMISTRY IN EVERYDAY LIVING

Presenter: Frank Lussier

5 Classes: Fridays from 10:00 AM to 11:30 AM

February 20, 27, March 6, 13, 20

Room #203

Matter, the Periodic Chart, atomic structure, origin of the most common elements, alloys, heat energy, simple chemical reactions, batteries, the Fuel Cell Auto, microwave oven, the LASER, fuels, polymers (plastics & rubber), DNA, radioisotope dating, nuclear energy, CAT Scans, MRI, X-Ray and the relationship of these topics to our surroundings will be presented and discussed. Simple demonstrations of some of these and other topics will be performed.

MU-429

NAME THAT TUNE – THE CLASSICAL CLICHÉ

Presenter : Donna Obarowski

5 Classes – Fridays from 10:00 AM to 11:30 AM

February 20, 27, March 6, 13, 20

Room #210

Classical music is pervasive in popular culture. If you watch movies, commercials, or even cartoons, you have heard this music – some of it so often that it has become a cliché. But what is that music, really? Come, listen, and learn the real story of those tunes that are all around us.

PD-423

MANDALAS AS ART AND PERSONAL RELAXATION

Presenter: Rose-Ann C. Chrzanowski

10 Classes: Fridays from 10:00 AM to 11:30 AM

February 20, 27, March 6, 13, 20, 27,

April 10, 17, May 1, 8

Room #102D

Explore the Tibetan technique of creating mandalas and discuss circular designs in other cultures. Create mandalas in a relaxed, calming setting using a variety of art materials. No need to be an artist, just connect with your inner creativity - come join us and relax!



PD-425

THE POWER WITHIN – IMPROVING YOUR BODY AND MIND

Presenter: Cynthia Mazzaferro

10 Classes: Fridays from 10:00 AM to 11:30 AM

February 20, 27, March 6, 13, 20, 27,

April 10, 17, 24, May 1

Room #326

This interactive course will allow you to personally journey along, improving your Body and Mind by: exploring the effects of Positivity vs. Negativity; self-esteem; synchronicity; intentional living, and affirmation statements that create the life you want to live. You will learn about your own energy level; how to impact and improve it, and how to communicate with your higher-self while you contemplate your spiritual gifts and soul lessons. Learning to release and use "The Power Within," which ONLY "YOU" can do, will help to change your mind set to relinquish any fears and negative thoughts.

VA- 415

AN ENRICHING EXPERIENCE WITH ACRYLIC PAINTING

Presenter: Judy Jaworski

10 Classes: Fridays from 10:00 AM to 11:30 AM

February 20, 27, March 6, 13, 20, 27,

April 10, 17, 24, May 1

Room #119

You will learn to develop your own style and technique using the medium to create an individual work of art, compose a color chart for reference and complete a personal finished painting.

LW-446

VOICES & VISIONS WRITER'S WORKSHOP

Presenter: Cindy Eastman

5 Classes: Fridays from 10:00 AM to 11:30 AM

March 27, April 10, 17, 24, May 1

Room #318

Are you interested in submitting to the annual Voices & Visions journal, but are unsure of your submission? This course will be presented as a facilitated writer's workshop format with interactive group participation and peer review and critique. Bring a piece you're working on or ideas for your first submission. (Participation does not guarantee publication).

11:40 AM – 1:00 PM

CL-423

ITALIAN: VITA E LINGUA, PART IV

Presenter: Nunzio De Filippis

10 Classes: Fridays from 11:40 AM to 2:45 PM

February 20, 27, March 6, 13, 20, 27,

April 10, 17, 24, May 1

Room #201

A continuation of the course on Italian language, enhanced by cultural experiences. The course will consist of basic Italian for an hour and a half, followed by an hour and a half of enrichment in the form of Italian culture, to include customs, everyday life and the inclusion of viewing of Italian movies and operas. There will be homework. This is a two-session course. It is three hours. Please make a note of it.

Some courses have required and/or recommended reading. The UConn Co-op bookstore welcomes OLLI members and carries a small supply of most required books. Save money on book purchases by joining the Co-op OLLI Book Club and/or by buying used textbooks. A Co-op book card will be issued to new members only. Please see Co-op when card is full. Please keep your Co-op book card from session to session.

COURSE DESCRIPTIONS

CL-424

THE POLISH EXPERIENCE IN AMERICA

Presenter: Lisa Wisniewski

5 Classes: Fridays from 11:40 AM to 2:45 PM

March 27, April 10, 17, 24, May 1

Room #210

This course will give an overview of the Polish experience in Connecticut. It will include historical background of the community, discussion of Polish culture, and a tour of Poland through pictures. The class will conclude with a walking tour of Broad Street – “Little Poland” – in New Britain.

HS-466

MR. AND MRS. LINCOLN: A MARRIAGE BLESSED OR CURSED

Presenter: Dr. Avi Isseroff

5 Classes: Fridays from 11:40 AM to 1:00 PM

February 20, 27, March 6, 13, 20

Room #204

Immerse yourself in the mind of both Mary and Abraham Lincoln. How did they feel about each other? How did they treat one another? Would they have married one another if they knew what their marriage would be like?

HS-470

HISTORICAL THEMES AND TELEVISION IN THE 20TH CENTURY

Presenter: Chris Gibbs

10 Classes: Fridays from 11:40 AM to 1:00 PM

February 20, 27, March 6, 13, 20, 27,

April 10, 17, 24, May 1

Room #218

This class will focus on post-WWII historical, political, and cultural themes that appear on various television programs ranging from 1950s to modern era. Class will be comprised of viewing programs and discussions with class about said material. Moderate lecturing to provide specific background information will be a component.

*Each week I learned
something about myself
I never would have taken
the time to experience*

HS-473

ECONOMIC DEVELOPMENT OF EAST ASIA

Presenter: Dr. Roger Levy

5 Classes: Fridays from 11:40 AM to 1:00 PM

March 27, April 10, 17, 24, May 1

Room #217

We examine the history, present conditions and challenges ahead for China, Hong Kong, Taiwan, Japan and South Korea. The People's Republic of China (PRC) and Japan are respectively the second and third largest economies on the planet. Hong Kong and Taiwan have a symbiotic relationship with the PRC. South Korea, whose growth may arguably have been the fastest, has undergone the most spectacular transformation in the last 50 years. What factors have contributed to the success of these countries? What obstacles may hamper their future progress? We examine the geographical, demographic, cultural and political factors at play for each of the four countries and the Special Administrative Region (Hong Kong).

HW-412

YOGA STRETCH, STRENGTHEN, & BREATHE

Presenter: Cynthia Paolino

5 Classes: Fridays from 11:40 AM to 1:00 PM

February 20, 27, March 6, 13, 20

Room #102

This movement class will help create balance between mind, body, and spirit through the practice of yoga postures and meditation, as well as increasing the body's flexibility, strength, and balance, not to mention the calming breath to help reduce stress and aid in the body's natural healing.

MU-434

SINGING IN THE SHOWER – TOGETHER!

Presenter: Julie Cook

5 Classes: Fridays from 11:40 AM to 1:00 PM

March 27, April 10, 17, 24, May 1

Room #324

Shower-singers, choral-singers, wannabe singers – explore the fun of making up our own music-in-the-moment with vocal improvisation. Sing lullabies, blues, and ballads while supported by your fellow singers using playful games, and easy patterns. Step-by-step guidance will have you developing your musicality and opening your heart.

MU-436

DUST OFF YOUR DULCIMER!

Presenter: Elizabeth Hanahan

6 Classes: Fridays from 11:40 AM to 1:00 PM

March 13, 20, 27, April 10, 24, May 1

Room #318

Dust off your dulcimer (or borrow one from the presenter) and come prepared to have fun. We will review all the bump diddy basics, then learn as many more tunes and techniques as we can fit in. Even if you have not played in a few years, you will be playing again in no time.

PD-426

THE POWER WITHIN – MANIFESTING ALL THAT YOU DESIRE – (PART TWO)

Presenter: Cynthia Mazzaferro

10 Classes: Fridays from 11:40 AM to 1:00 PM

February 20, 27, March 6, 13, 20, 27,

April 10, 17, 24, May 1

Room #326

This advanced interactive course allows you to personally journey along, improving your Body and Mind by expanding your knowledge. Participants must have attended any 10 week class, The Power Within. Your Power Family will continue learning, growing and sharing their progress and additional areas that you may want to explore. Additional teachings of continued work on self-esteem, synchronicity, intentional living, affirmation statements, energy intervention, and pendulum dousing. Capitalizing on “The Power Within” which ONLY YOU can do.

PD-429

PASSPORT TO RETIREMENT – THE NEW RETIREMENT. IS YOUR MONEY READY?

Presenter: James Coleman

6 Classes – Fridays from 11:40 AM to 1:00 PM

February 20, 27, March 6, 13, 20, 27

Room #213

How is retirement changing for Americans? This course will cover reliable sources of retirement income, investment strategies to reduce risk while increasing return, how to position your portfolio to withstand volatility in the markets, and help you preserve your estate for your heirs. There will be visual aids and handouts that are clear and easy to understand. The 140-page workbook for purchase will be used as a class reference tool and future resource.

PR-414

THE CONTEMPORARY CULTURAL WARS AND AMERICAN RELIGIOUS TRADITION

Presenter: Vincent M. Casanova

9 Classes: Fridays from 11:40 AM to 1:00 PM
February 20, 27, March 6, 20, 27,
April 10, 17, 24, May 1
Room #203

An historical survey of America's religious traditions and how these traditions come into conflict with multiculturalism, secularism, and New Age trends. This course hopes to explain the why and how of the so-called Cultural Wars.

VA-424

MEL BROOKS: 5 GREAT TRIBUTE FILMS

Presenter: Paul Marino

9 Classes: Fridays from 11:40 AM to 1:00 PM
February 20, 27, March 6, 13, 20, 27,
April 17, 24, May 1
Room #323

This course will provide students with an educational and entertaining experience studying Mel Brooks' five best movies, four of which tribute a movie genre and the other to theater. The course will feature The Producers, Blazing Saddles, Young Frankenstein, Silent Movie, and High Anxiety. The presenter will introduce each film and follow up by facilitating an in-depth student discussion (elements of homage, major themes, character interactions, crucial scenes, etc.).

1:15 PM – 2:45 PM

AH-419

BEATNIKS VS. HIPPIES? NO CONTEST!

Presenter: Alan Bisbort

6 Classes: Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 20, 27, April 10
Room #217

Even though the original beatniks and hippies roamed the planet more than 50 years ago, the literary, artistic, musical, political, fashion and spiritual statements they made still resonate. This course examines who, what, when, where, how, and sometimes why. Bring an open mind and watch it get expanded.

AH-425

STILL LIFES AND FAST FOOD

Presenter: Virginia L. Bush

5 Classes – Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 13, 20
Room #210

From Roman wall painting to Andy Warhol, aesthetic arrangements of inanimate natural or manmade objects display artists' master of shapes and textures, and sometimes contain moral or social messages. Scenes of hunting fast-running game, meat markets, kitchen scenes and banquets show how mankind satisfies hunger and declares status. The depiction of worldly goods and sustaining food is basic to art.

CO-414

IPADS FOR BEGINNERS

Presenter: Sheila Lafferty

5 Classes: Fridays from 1:15 PM to 2:45 PM
March 27, April 10, 17, 24, May 1
Room #318

This five-week workshop will cover the basics of using your iPad, keeping the system up to date, purchasing Apps, using the camera, connecting with friends using email and social networks, searching the web, listening to music and podcasts and watching videos. You must own or borrow an iPad and bring it to class. Limited enrollment.

HS-425

EUROPEAN HISTORY FOR TRAVELERS: SOUTHERN ITALY AND EASTERN EUROPE

Presenter: Diane Stone

5 Classes: Fridays from 1:15 PM to 2:45 PM
March 27, April 10, 17, 24, May 1
Room #207

We are often drawn to visit the places our ancestors came from. Most of us grew up hearing the "immigrant stories" of our parents or grandparents. Because the most prevalent areas they came from were S. Italy and E. Europe, we will visit the key tourists' sights in these areas to gain the historical, social, cultural, and political understanding that will enrich our travel experiences.

HS-471

ITALY, THE MOTHER OF EUROPE

Presenter: David P. Reed, MD

8 Classes: Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 20, 27,
April 10, 17, 24
Room #323

A course on how Italy and Roman civilization influenced the cultural and historical evolution of the European nations throughout the centuries.

HS-475

WORLD WAR I – THE BEGINNING

Presenter: Penny O'Connell

10 Classes: Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 13, 20, 27, April 10,
17, 24, May 1
Room #326

In 1914 the civilized world imploded and World War I began just 100 years ago. The consequences of that war are still being felt today, especially in the Middle East. To understand the causes of World War I, we will read two books: "The Guns of August" by Barbara Tuckman published in 1962 and "The War That Ended the Peace, the Road to 1914" by Margaret MacMillan published in 2014. It will be interesting to compare these two explanations of the causes of World War I written more than 50 years apart.

HW-437

CHINESE MEDICINE: DEATH AND REBIRTH

Presenter: William Courtland

8 Classes: Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 20, 27, April 10, 17, 24
Room #204

The Eastern view of life is that it never dies. It also says life and death cannot be separated because each enables the other to exist. This course will explore this relationship of dependency between Death and Rebirth through the principles of Chinese Medicine that says to us "only a psychological rebirth can overcome the death of the physical body."

HW-440

WHAT COLOR ARE YOUR GENES?

Presenter: Douglas Welsh

8 Classes: Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 20, 27, April 10, 17, 24
Room #203

Modern advances in Genetics have revolutionized medicine and our understanding of ourselves and the world around us. This course will review the history of the genetic revolution and give examples from modern medicine. The exciting new field of Epigenetics will be presented. Along the way, we'll do some genetic experiments using fruit flies.

COURSE DESCRIPTIONS

HW-443

REIKI LEVEL TWO

Presenter: Barbara Schafer

**8 Classes: Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 13, 20, 27, April 10, 17
Room #102**

Having learned the fundamentals of Reiki in Level I that focuses upon the physical realm, Level II focuses upon the emotional/mental realms of healing. There will be a brief review of Level One to assure past knowledge and skills. At the successful completion of this level, the graduate becomes a Reiki Practitioner.

LW-423

FOR THE LOVE OF CHILDREN'S LITERATURE

Presenter: Christine Guiditta

**5 Classes: Fridays from 1:15 PM to 2:45 PM
March 27, April 10, 17, 24, May 1
Room #213**

Do you have a love of children's literature, or do you want to learn more? This course offers an opportunity to revisit a wide variety of books for young readers. You will enjoy reading a selection of genres, engaging in activities utilizing books to present to a wide range of readers (pre-school to seniors), and examining their illustrators. Following books to be read before start of session: "Charlotte's Web" and "The One and Only Ivan."

MS-421

A NOVEL LOOK AT MATH

**Presenters: Catherine Capuano and
Rosalie Griffin**

**5 classes – Fridays from 1:15 PM to 2:45 PM
March 27, April 10, 17, 24, May 1
Room #210**

Using Yoko Ogawa's novel *The Housekeeper and the Professor*, we will explore a world where words and numbers join together in interesting and unexpected equations. It will be a class in which basic math + book talk = new ways of looking at things. Participants are asked to read *The Housekeeper and the Professor* before the start of classes.

PD-430A

PERSONAL TRANSFORMATION AND SELF-DISCOVERY

Presenter: Jean Hosier

**5 Classes – Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 13, 20
Room #119**

This class is an exploration of personal transformation and spiritual growth that is suitable for any level of development. You'll learn how to tap into your natural guidance system by nurturing your mind-body connection. Our body gives us signs and symptoms to tell us when we have moved away from our center. By witnessing how we feel physically and emotionally, we discover what is healthy or unhealthy for us physically and in our relationships.

Our emotions run the gamut from Joy and Empowerment to Despair and Powerlessness. You'll learn to name your more subtle feelings and locate their effect in your body. This is the first step in transformation. It is your awareness of your thoughts and feelings that begins to dissolve the power they have over you. It is not about doing: it is about allowing transformation to occur.

VA-425

DIRECTING TIME II: UNUSUAL USES OF TIME

Presenter: Paul Marino

**9 Classes: Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 13, 20, 27,
April 17, 24, May 1
Room #218**

This course will provide students with an educational and entertaining experience studying four films where the element of time is used in strange ways by the directors to tell their stories. The course will feature two films by Christopher Nolan, *Memento* and *Inception*, as well as Michael Gondry's *Eternal Sunshine of the Spotless Mind* and Alejandro Gonzalez' *Inarritu's Babel*. The presenter will introduce each film and follow up by facilitating an in-depth student discussion (aspects of the use of time, major themes, character interactions, crucial scenes, etc.).

VA-429

AMERICAN MUSICALS – REFLECTIONS OF OUR TIMES

Presenter: Bryan Murphy

**10 Classes – Fridays from 1:15 PM to 2:45 PM
February 20, 27, March 6, 13, 20, 27, April 10,
17, 24, May 1
Room #324**

From Fred to Ginger to Travolta and Newton-John, the American Musical has combined film and music to tell stories with heartfelt emotion and a rollicking beat. Musicals, like no other genre, vibrantly convey the pulse and zeitgeist of their times, always adapting in order to reflect the changing politics, culture, and sensibilities of the American public. Through screenings and discussion, this class will follow the evolution of the American cinematic musical, the twists and turns, in order to discover what these films uniquely reveal about America and its history.

3:00 PM – 4:30 PM

CL-425

BETTE DAVIS: ALL ABOUT EVE'S DARK VICTORY

Presenter: Paul Marino

**4 Classes: Fridays from 3:00 PM to 4:30 PM
February 20, 27, March 6, 13
Room #323**

An analytical review of two great films starring Bette Davis: Edmund Goulding's *"Dark Victory"* from 1939; and Joseph L. Mankiewicz's *"All About Eve"* from 1950. The films will be introduced by the presenter with a detailed, student-based discussion of each facilitated by the presenter upon their completion. Both films composers, Max Steiner & Alfred Newman respectively, will also be discussed. And we will touch on *Gone with the Wind*, since Marilyn Monroe's role in *"All About Eve"* is an homage to Victor Fleming's masterpiece, although that subtext is little known.

HS-467

GENEALOGY 101: TRACING YOUR FAMILY HISTORY

Presenter: Sheila Lafferty

**5 Classes: Fridays from 3:00 PM to 4:30 PM
February 20, 27, March 6, 13, 20
Room #204**

Learn how to start searching for your family history and how the resources of the internet can provide clues about your family origins. The class includes: genealogy software, online resources (free and subscription), census records, vital records, church records, immigration and more!

*Loved the class and
learned valuable skills to
use in my everyday life.*

HW-417

**THE ALEXANDER TECHNIQUE:
 POSTURE, BALANCE, MOVEMENT**

Presenter: Peter Anderheggen

**10 Classes: Fridays from 3:00 PM to 4:30 PM
 February 20, 27, March 6, 13, 20, 27, April 10,
 17, 24, May 1
 Room #102**

Participants will be given the opportunity to learn improved balance, posture, and movement. In addition to readings, brief lectures, and discussions, students will be encouraged to participate actively in each session. They will be presented with methods of restorative rest and dynamic ways to sit, walk, work, and exercise. This course should benefit students wishing to recover from pain as well as those who wish to avoid injury and improve their balance and well-being.

LW-443

**POETRY LOWDOWN: CRAFT,
 CONCEPTS, CRITIQUE**

Presenter: Peter Mulholland

**10 Classes – Fridays from 3:00 PM to 4:30 PM
 February 20, 27, March 6, 13, 20, 27, April 10,
 17, 24, May 1
 Room #218**

The course will focus on four poetry concepts. Students will write an original poem based on each concept, and discuss how to apply the poetic concepts to their poetry and how contemporary poets employ these concepts. Students will produce a portfolio of four original poems.

LW-444

**OUT OF THE HALLS AND INTO
 THE STREETS: RESISTANCE
 LITERATURE IN THE U.S.**

Presenter: Bilal Tajildeen

**10 Classes – Fridays from 3:00 PM to 4:30 PM
 February 20, 27, March 6, 13, 20, 27,
 April 10, 17, 24, May 1
 Room #203**

Audre Lorde says, “When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.” In this course, we are going to read poems and short stories that have been written as an act of resistance, that is to say; they have been borne out of the desire to be heard and the passion to be respected. Topics to be covered include: race, sex, sexuality, gender, socioeconomic class, and mental health.

MU-435

**THE RUSSIAN BEAR AND THE
 ITALIAN LION – TCHAIKOVSKY
 AND VERDI**

Presenter: Nunzio De Filippis

**10 Classes: Fridays from 3:00 PM to 4:30 PM
 February 20, 27, March 6, 13, 20, 27, April 10,
 17, 24, May 1
 Room #201**

Two of the greatest nineteenth century composers were very different and yet very similar. Their different nationalistic priorities and their similar love for their respective homelands, traditions, and most of all, their love for their music and their peasants will be discussed.

PA-420

**“YES! AND...” – HONING YOUR
 MIND THROUGH IMPROVISATION**

Presenter: Bryan Murphy

**10 Classes – Fridays 3:00 PM to 4:30 PM
 February 20, 27, March 6, 13, 20, 27,
 April 10, 17, 24, May 1
 Room #210**

Improvisation. It amuses, amazes, and entertains us, but did you know that it is an excellent life skill? Want a truly sharp mind? Forget crossword puzzles and Sudoku! Improv will keep you on your toes and mentally engaged! Class members will participate in basic improvisational exercises and graduate up to full skits by the final class. Don't miss out on the fun!

PD-430B

**PERSONAL TRANSFORMATION
 AND SELF-DISCOVERY**

Presenter: Jean Hosier

**5 Classes – Fridays from 3:00 PM to 4:30 PM
 March 27, April 10, 17, 24, May 1
 Room #323**

This class is an exploration of personal transformation and spiritual growth that is suitable for any level of development. You'll learn how to tap into your natural guidance system by nurturing your mind-body connection. Our body gives us signs and symptoms to tell us when we have moved away from our center. By witnessing how we feel physically and emotionally, we discover what is healthy or unhealthy for us physically and in our relationships.

Our emotions run the gamut from Joy and Empowerment to Despair and Powerlessness. You'll learn to name your more subtle feelings and locate their effect in your body. This is the first step in transformation. It is your awareness of your thoughts and feelings that

begins to dissolve the power they have over you. It is not about doing: it is about allowing transformation to occur.

VA-412

AMAZING 1-2-3 ACRYLIC PAINTING

Presenter: Deneen Datcher

**10 Classes: Fridays from 3:00 PM to 4:30 PM
 February 20, 27, March 6, 13, 20, 27, April 10,
 17, 24, May 1
 Room #318**

Students will learn amazing acrylic techniques which will enable them to complete a painting in each class

**OLLI OFF-SITE /
 NON-FRIDAY CLASS**

AH-426

**PALACE THEATER – LOOKING
 BACK – MOVING FORWARD**

Presenter: Louis Bellois

**4 Classes: Wednesdays from 1:15 PM to 2:45 PM
 April 8, 15, 22, 29
 Will be meeting at the Palace Theater.**

Detailed tour of the theater – slide show presentation of old. Theater Photos. Discussion of theater lore. Back stage tour. Meet with Palace CEO Frank Tavera to discuss theater's future.

HC-404

**FROM PLANTING TO HARVEST
 TO TABLE: THE GREENING OF
 WATERBURY**

**Presenter: Nunzio De Filippis along with
 Brass City Harvest's Fulton Park Farm
 Tuesdays: April 7 to October 13**

**Questions: contact OLLI presenter Nunzio
 De Filippis at nonnonunzio@comcast.net or
 347-743-7488**

This course is a rewarding, hands-on, learning project with an avid gardener-instructor and a deeply rewarding experience in urban gardening. Learn about soil preparation techniques, planting, growing, viable seedlings, and raised-bed gardening techniques. Participants will also be provided with the opportunity to provide fresh food to Waterbury residents – and even cook it and serve if they choose.

SUMMER 2015 CATEGORIES AND COURSE TITLES

Please use designated course ID number as your choice(s) for online registration and on paper membership registration form.

CULTURE & LANGUAGE

CL-426 Looking Back at the Musicals Part 1:
Today to the 70's\$50
Paul Marino.....Page 17

HEALTH & WELLNESS

HW-442 Food Fight\$25
Jane Sirignano.....Page 17
HW-444 Tennis Under a Microscope.....\$40
Frank H. Adams.....Page 18

LITERATURE & WRITING

LW-446 Writing as Transformative Art\$25
Dorothy Stempka.....Page 17
LW-447 Study in the Craft and Development
of Indian English Poetry\$25
Peter Mulholland.....Page 17

PERSONAL DEVELOPMENT

PD-434 Personal Transformation and
Self-Discovery\$25
Jean Hosier.....Page 17

PD-433 Dust Off Your Dulcimer!.....\$25
Elizabeth Hanahan.....Page 17
PD-434 The Power Within – Manifesting
All That You Desire – Part Two\$20
Cynthia Mazzaferro.....Page 17

VISUAL ARTS

VA-428 Basic Patchwork and Strip Quilting...\$30
Nancy Wallace.....Page 18

SUMMER COURSES BY TIME SLOT

CLASS TIMES	CLASSES TUESDAY, WEDNESDAY, THURSDAY JUNE 1-30
9:00 AM – 12:00 PM	PD-432 PERSONAL TRANSFORMATION AND SELF-DISCOVERY *5 CLASSES *TUESDAYS (10-11:30 AM) Jean Hosier Room #TBA, Page 17
	LW-446 WRITING AS TRANSFORMATIVE ART *5 CLASSES *TUESDAYS (10-11:30 A.M.) Dorothy Stempka Room #TBA, Page 18
	PD-434 THE POWER WITHIN-MANIFESTING ALL THAT YOU DESIRE- PART TWO *4 CLASSES- DOUBLE SESSIONS- *TUESDAY JUNE 2 AND TUESDAY JUNE 9 (9:00-10:30 A.M. AND 10:30 A.M.-12:00 P.M.) Cynthia Mazzaferro Room #TBA, Page 17
	CL-426 LOOKING BACK AT THE MUSICALS PART 1: TODAY TO THE 70'S *5, 90 MINUTE TUESDAY CLASSES 10:00-11:30 *4, 2 HOUR THURSDAY CLASSES 9:30-11:30 Paul Marino Room #TBA, Page 18
	VA-428 BASIC PATCHWORK AND STRIP QUILTING *5 CLASSES *2 HOUR SESSIONS *TUESDAYS (10 A.M.-12 P.M.) Nancy Wallace Room #TBA, Page 18
	HW-444 TENNIS UNDER A MICROSCOPE *8 CLASSES *TUESDAYS AND THURSDAYS (10:00-11:30 A.M.) Frank H. Adams Room #TBA, Page 18
	LW-447 STUDY IN THE CRAFT AND DEVELOPMENT OF INDIAN ENGLISH POETRY *5 CLASSES *TUESDAY (1:15-2:45 P.M.) Peter Mulholland Room #TBA, Page 17
12:00 PM – 3:00 PM	HW-442 FOOD FIGHT *5 CLASSES *TUESDAY (1:15-2:45 P.M.) Jane Sirignano Room #TBA, Page 17
	PD-433 DUST OFF YOUR DULCIMER! *5 CLASSES *TUESDAY (1:15-2:45 P.M.) Elizabeth Hanahan Room #TBA, Page 17

SUMMER 2015 SESSION CLASSES

PD-432

**PERSONAL TRANSFORMATION
 AND SELF-DISCOVERY**

Presenter: Jean Hosier

5 Classes: Tuesdays from 10:00 AM to 11:30 AM

June 2, 9, 16, 23, 30

Room #TBA

This class is an exploration of personal transformation and spiritual growth that is suitable for any level of development. You'll learn how to tap into your natural guidance system by nurturing your mind-body connection. Our body gives us signs and symptoms to tell us when we have moved away from our center. By witnessing how we feel physically and emotionally, we discover what is healthy or unhealthy for us physically and in our relationships.

Our emotions run the gamut from Joy and Empowerment to Despair and Powerlessness. You'll learn to name your more subtle feelings and locate their effect in your body. This is the first step in transformation. It is your awareness of your thoughts and feelings that begins to dissolve the power they have over you. It is not about doing: it is about allowing transformation to occur.

PD-433

DUST OFF YOUR DULCIMER!

Presenter: Elizabeth Hanahan

5 Classes: Tuesdays from 1:15 PM to 2:45 PM

June 2, 9, 16, 23, 30

Room #TBA

Dust off your dulcimer (or borrow one from the presenter) and come prepared to have fun. We will review all the bump diddy basics, then learn as many more turns and techniques as we can fit in. Even if you have not played in a few years, you will be playing again in no time.

*Everything was PERFECT.
 I Learned more
 than I had expected.*



PD-434

**THE POWER WITHIN –
 MANIFESTING ALL THAT YOU
 DESIRE – PART TWO**

Presenter: Cynthia Mazzaferro

**4 Classes – double session – Tuesdays from
 9:00 AM to 10:30 AM & break**

& 10:30 AM to 12:00 PM

June 2, 9

Room #TBA

This advanced interactive course allows you to personally journey along, improving your Body and Mind by expanding your knowledge. Participants must have attended any 10 week class, The Power Within. Your Power Family will continue learning, growing and sharing their progress and additional areas that you may want to explore. Additional teachings of continued work on self esteem; synchronicity; intentional living; affirmation statements, energy, intervention, and pendulum dousing.

HW-442

FOOD FIGHT

Presenter: Jane Sirignano

5 Classes: Tuesdays from 1:15 PM to 2:45 PM

June 2, 9, 16, 23, 30

Room #TBA

Fight disease with food you'll love to eat. Learn how food choices can play a role in cancer prevention and survival. Includes educational material, literature, recipes, and delicious food samples and a food shopping tour at LaBonne's, Watertown, CT.

LW-446

WRITING AS TRANSFORMATIVE ART

Presenter: Dorothy Stempka

**5 Classes – Tuesdays from 10:00 AM
 to 11:30 AM**

June 2, 9, 16, 23, 30

Room #TBA

In this course participants will discover how writing can help us discover, heal, and transform ourselves. We will use free writing, meditation, and creative writing techniques to help us express our creativity in memoirs, stories, and poems. Through this important activity and expression we will find self knowledge that can transform us.

LW-447

**STUDY IN THE CRAFT AND
 DEVELOPMENT OF INDIAN
 ENGLISH POETRY**

Presenters: Peter Mulholland

**5 Classes – Tuesdays from 1:15 PM to 2:45 PM
 June 2, 9, 16, 23, 30**

Room #TBA

A lecture/discussion focusing on the emergence and development of Indian English poetry. We will study the history of this poetic tradition and its impact on the literary world and also spend time studying the work of prominent Indian English poets.

COURSE DESCRIPTIONS

18



CL-426

LOOKING BACK AT THE MUSICALS PART 1: TODAY TO THE 70'S

Presenter: Paul Marino

**9 Classes – Tuesdays from 10:00 AM to 11:30 AM & Thursdays from 9:30 AM to 11:30 AM
June 2, 9, 16, 23, 30**

Room #TBA

An analytical review of the presenters' favorite films of last five decades of movie musicals, beginning with the 2010's and continuing back to the 1970's. The course will be held over nine sessions in June, five ninety-minute Tuesday classes and four two-hour Thursday classes. Featured musicals: Tom Hooper's *Les Miserables* (2012); Baz Luhrmann's *Moulin Rouge!* (2001); Jerry Trousdale & Kirk Wise's *Beauty and the Beast* (1991); Richard Attenborough's *A Chorus Line* (1985); and Milos Forman's *Hair* (1979). The facilitator will introduce each film & facilitate an in-depth student discussion following each (cultural significance, major songs, major themes, character interactions, crucial scenes, etc.).

VA-428

BASIC PATCHWORK AND STRIP QUILTING

Presenter: Nancy Wallace

**6 Classes – (day to be determined) from 10:00 AM to 11:30 AM
June 2, 9, 16, 23, and 30**

Room #TBA

Learn basic techniques for assembling and quilting a small quilt. You will have a new creative hobby for life! There is no limit to the variety of items you can make. This class is for beginning quilters with sewing machine experience. You will need to bring your own sewing machine to class. Basic supplies cost about \$60.

*The instructor went out
of her way to make every
one welcome
and comfortable
with the projects.*

HW-444

TENNIS UNDER A MICROSCOPE

Presenter: Frank H. Adams

**8 Classes – Tuesdays and Thursdays from 10:00 AM to 11:30 AM
June 2, 4, 9, 11, 16, 18, 23, and 25**

Room #TBA

You can do it, even if you never thought of yourself as an athlete! This course will teach you how everyday life and natural movement relates to sports at any age. This straightforward approach capitalizes on everyone's inherent strengths rather than focusing on weaknesses. Utilizing chairs, ropes, and balls to demonstrate, you'll find this FUN way to exercise easy to carry on to the court. If you can walk, you can play.

INTRODUCING THE SPRING AND SUMMER 2015 PRESENTERS

Frank Adams was the Tennis Director and Head Professional at the New Haven, Milford, and Old Saybrook Racquet Clubs. He has served as Chair of the Department of Community Affairs for the Connecticut Pilot Tennis program. Frank is also the author of *Teach to Teach*, a guide for physical education instructors.

Peter Anderheggen taught writing and Public Speaking at the university and college levels. He also taught Hatha Yoga. He has been studying and teaching the Alexander Technique since 2000.

Alan Bisbort is the author of several books about postwar American history and culture, including *Rhino's Psychedelic Trip* and *Beatniks: A Guide to An American Subculture*. He has written for the *Advocate* Newspapers, the *New York Times*, *Washington Post*, and *Connecticut Magazine*.

Virginia L. Bush earned a PhD from Columbia University and has decades of experience teaching and writing about art, while amassing a large collection of art images to share with OLLI students.

Catherine Capuano received a B.A. in English and went on to earn degrees in Law, Library Science, and Liberal Studies. She was an employee of the Connecticut Judicial Branch and more recently served as a book discussion facilitator for Connecticut Humanities.

Vincent Casanova graduated from Yale Divinity School in 1971 with a Master of Arts in Religion. He earned a B.A., Teaching Certificate, and M.S. Counseling at Southern Connecticut State University. He also earned 15 doctoral credits in Education from Columbia Teachers College. Vincent was a full time teacher for 9 years, a guidance counselor, and the guidance department head for 23 years. Vincent Casanova is married, has four adult children, and three grandchildren.

Rose-Ann C. Chrzanowski's life experience has led her to a metaphysical, spiritual path which she enjoys sharing with people of like interests. She was born and raised in Brooklyn, NY and relocated to Connecticut in 1978 where she met her husband.

Julie Cook studied at Hartt School of Music and has taught piano for over 30 years at her studios in Newtown and Woodbury. She facilitates music workshops for health and self-expression and is a member of Music for People.

James W Coleman, Sr. is an independent financial advisor and author, and has hosted numerous radio talk shows (All about Money, on WATR).

William Courtland is a teacher and lecturer who researched the principles of Chinese Medicine and its mind-body relationship. He is a faculty member of the CT Center for Massage Therapy where he teaches Acupressure and the Principles of Chinese Medicine. He is author of the book "A Medicine from Spirit."

Mary Conseur holds a Master's degree in French from Purdue University and completed advanced studies in French at the University of Fribourg, Switzerland. She has taught French for about 20 years.

Deneen Datcher has been teaching her very own technique for 20 years, across Connecticut, Vermont, and upstate New York. She works with adults and children, including handicap and special need students.

Clementine Delaney took her first yoga class at 63 years old, even though she had asthma at the time. At age 70 she became a certified yoga instructor with Yoga Spirit Studio. She is now 77 years old and going strong, no longer suffering from asthma!

Cindy Eastman is a writer and a teacher. She holds a Master's degree in Education and has taught English as an adjunct professor at Naugatuck Valley Community College. She has been an OLLI presenter for five years teaching internet skills and journaling. She recently published her first book in April 2014, *Flip-Flops after 50: And Other Thoughts I Remembered to Write Down about Aging*, a collection of essays.

Nunzio De Filippis has a B.A., with honors, in Political Science from Queens College, CUNY and 43 doctoral credits in Political Science from CUNY's Graduate Center. He was a businessman for 35 years who then began teaching at the age of 51.

Chris Gibbs earned a B.A. in History from UConn where he studied history and politics with a specific focus on the impact of media, mainly television, on those subjects. Currently he is applying to graduate programs in order to further his knowledge in media studies and culture.

Rosalie Griffin, a Waterbury native, received a B.A. in Mathematics from Albertus Magnus College and an M.A.L.S. from Wesleyan

University. She taught mathematics for 35 years at Crosby High School in Waterbury.

Christine Guiditta holds a Master's degree in Remedial Reading and Language Arts. She taught for 35 years at Regional School District 15 at Gainfield School in Southbury, Connecticut where she utilized children's literature across the curriculum. She has been an adjunct professor in the Graduate Teacher Preparation Program at the University of Bridgeport, Waterbury campus.

Elizabeth Hanahan is a retired public school teacher who has been teaching dulcimer at OLLI for the past three years. She has also taught dulcimer to adults at Folkcraft Music in Winsted, CT.

Jean Hosier holds a Bachelor of Science degree in both Accounting and Brennan Healing Science. She studied Health and Healing, a Master degree program, at The Graduate Institute. Ms. Hosier is a fine artist who has exhibited her paintings at Waterbury Hospital and The Artist's Path. Several of her works have been featured in the 2013 issue of *Voices and Visions*, an OLLI publication.

During her role as a controller in a manufacturing company, she felt a pull to explore her soul's deepest longing. This led her to a six year course of study at the Miami-based Barbara Brennan School of Healing. For the past four years Jean has practiced energy medicine and personal transformation at her Naugatuck office, Clear Reflections Healing Center.

Dr. Avi Isseroff is a Psychiatrist and creator of the presidential board game "Who Said What in the White House." He was Chief Resident in Psychiatry at UMDA and Director of Psychiatric Inpatient and Outpatient programs in New York and New Jersey.

Judy Jaworski has taught drawing and painting for more than 40 years in adult education settings. A student of Rhode Island School of Design, her paintings are in numerous public and private collections.

Sheila Lafferty has a MS in Library Science and is the director of the Julia Brooker Thompson Library, University of Connecticut, Torrington campus. She has worked for UConn libraries in both Waterbury and Torrington since 1989 and often teaches a one credit class on genealogy for UConn students. She is a self-taught Genealogist and has been researching ancestry for many years.

COURSE PRESENTERS

Dr. Roger Levy retired in 2013 from St. Thomas Aquinas College in Sparkill, NY, where, for 25 years, he taught International Business and Economic Geography. Dr. Levy's area of interest is East Asia. He has visited the region many times and has presented papers on issues affecting Japan and China, at various academic conferences.

Frank Lussier earned his BS and MS in Chemistry from Providence and Holy Cross Colleges respectively. Immediately following graduation, Frank served two years as a Chemical Officer in the U.S. Army Chemical Corps. Following military discharge he worked 44 years as an analytical chemist at the Uniroyal Chemical Company in Naugatuck and Middlebury, managing a large Analytical Instrumentation Laboratory. After retiring from Uniroyal Chemical in 2001, Mr. Lussier taught Introductory Chemistry at Naugatuck Valley Community College. He is presently an Adjunct Professor in Chemistry at Quinnipiac University since January, 2003.

Paul Marino retired in November, 2011 after 28 years at The Hartford and now has the time to pursue one of his great passions, the study of film. Since December 2011, he has introduced, helped facilitate, and/or presented/taught over 200 movies.

Cynthia Mazzaferro is a retired Physical Therapist with over 30 years of clinical practice and is the owner of Industrial Ergonomics and Educational Services where she performs worksite analysis and injury prevention education. She continues to educate in various venues with self-help presentations, Mile and OLLI programming; coaching and treating clients as a Master Reiki practitioner.

Peter Mulholland graduated from UConn in 2014 with a degree in English, concentrated in Creative Writing. His overall focus is in reading and writing poetry. He has participated in four poetry workshops, two with Ira Joe Fisher and two with Penelope Pelizzon.

Bryan Murphy has a degree in English & Literature with a minor in Film Studies from Tulane University and certification in filmmaking from NYU. Years of working in theater, writing, and owning a multimedia production company has immersed him in the things he loves most – stories and their telling, in any form. Bryan is currently working on his newest media endeavor, "Liquid Apples: A Hard Cider Documentary." He is very pleased to have been embraced by the amazing members of OLLI and looks forward to being

able to share his passions with our warm and wonderful community.

Donna Obarowski is a UConn graduate and has served as Minister of Music at several greater Waterbury area churches. A returning presenter, she continues to teach for Foothills Adult Education and serves at Woodbury United Methodist Church.

Penny O'Connell holds a B.A. in Political Science from Skidmore College. A retired high school history teacher, she taught ancient, European and American History. She is passionate about the mysteries of our historical past and is delighted to share her discoveries with those who have inquiring minds.

Cynthia Paolino owns her own yoga studio and is a Yoga Alliances Certified registered teacher for adults and children. Her approach to practicing and teaching, which she has done for over 30 years, draws on several styles and traditions. She is known throughout the state for her unique ability to bring balance of mind, body, and spirit.

Dr. David Reed retired after 45 years of practicing medicine. With a passion for Russian and Eastern European History, he has visited Russia on several occasions and recently completed a book, *The Czechoslovak Legion and the Russian Civil War* (unpublished).

Barbara Schafer, RN, APRN, MSN, LUT, Reiki Master Teacher. Barbara holds a B.S. and a Master's degree in Nursing and is a Licensed Unity teacher. She is retired from a 50-year career as a clinician, educator, and administrator in the field of Psychiatric Mental Health Nursing. She has been a Reiki Master Teacher since 1996. Barbara volunteers at Griffin Hospital in Derby, CT doing Reiki and Therapeutic Touch. She teaches Reiki Levels I, II, III, and Mastership classes. Her private practice, Holistic Health Unlimited, is located in Naugatuck, CT.

Ronni-Jo Selko holds a Master's of Public Health. She is a Registered Music Therapist, and a Certified Health Educator, as well as a trainer for CT Domestic Violence Training Project at Silver Hill Hospital.

Jane Sirignano has been a nutrition and food educator for seventeen years. She has a diploma in nutrition, managed a natural foods store, and has 39 years of experience with whole foods. Her knowledge and enthusiasm will inspire and motivate you!

Dorothy Stempka is a teacher, writer, and volunteer Social Worker. She is especially interested in poetry (and all writing) as therapy.

Diane Stone majored in History at Queens College and after gaining a Masters degree, as well as part of a Doctorate in European History, she embarked on a 30-year business career that included a lot of international travel for work and pleasure. Realizing that her historical background made her travel experiences that much richer, she designed her courses to give context to anyone interested in traveling.

Bilal Tajildeen graduated from UConn in 2014 with a B.A. in English and a minor in Women's Gender and Sexuality studies. He currently works full-time as an apprentice bookman at the John Bale Book Company in Waterbury, CT.

Nancy Wallace worked for 40 years in the computer field on Wall Street. Since retiring, she has taught in her computer club in FL, on cruise ships, and at the Education Connection. She has also taught at the Waterbury Literacy Council.

Douglas Welsh has a degree in Biology from Boston College and a Masters and Doctorate from Rutgers University. He was a Damon Runyon Cancer Foundation Fellow at SUNY Stony Brook and taught Molecular Biology for 26 years at Princeton University.

Ted Welsh taught History and International Politics at Norwalk High School in Norwalk, CT for 32 years. Among other activities, he also instituted and directed the school's International Student Exchange Program with ZiBo #4 High School, Shandong Province, China, and the school's Model United Nations program for 25 years.

Nancy T Whitney has been an OLLI presenter for four semesters. Nancy has a passion for writing, reading, poetry, and teaching for the fun of it! She loves to be able to draw people out on the page and watch them shine. She got her start at NCC & UConn and she is grateful to be able to give back and share her gifts.

Lisa Wisniewski is a Doctoral student in Educational Leadership at the University of Hartford. In August 2013 she chaired the Quo Vadis Connecticut 2013 Conference and has been actively involved in Polish Diaspora initiatives, including visiting the White House to discuss visa waivers for Poland.

Do you want to be an OLLI Course Presenter?

How about someone you know?



OLLI Courses are led by passionate educators and professionals. Some are retired or semi-retired teaching faculty, artists, writers, or other field experts. As an OLLI Presenter, you will:

- Share your passion on a topic
- Join the national movement of lifelong learning
- Inspire others to learn and explore
- Focus on enjoyment – without grading or extensive homework
- Develop innovative and creative learning
- Teach at a State-of-the-Art Campus

Some of the perks . . .

- **Free Basic OLLI membership**
- **One free OLLI course each semester in which you teach**
- UConn parking decal
- Presenter honoraria and recognition

IMPORTANT STEPS

- 1 CALL** the OLLI Coordinator at 203-236-9808 or email aleta.staton@uconn.edu with questions, course ideas, or referrals.
- 2 REGISTER** for a Course Proposal Workshop for New Presenters. Wednesday, April 8, at 1:30 PM. Location to be announced.
- 3 SUBMIT** your Fall/Winter proposals by Friday, May 1, 2015 – FINAL DEADLINE.

TIME TO THINK ABOUT FALL 2015 AND WINTER 2016!

FALL 2015

10 WEEKS

SEPTEMBER 11, 2015 –
NOVEMBER 13, 2015

WINTER 2016

4 WEEKS

TUES/WED/THURS,
JANUARY 22 & 29 –
FEBRUARY 5 & 12

DEADLINE FOR COURSE PROPOSALS

FRIDAY, MAY 1, 2015

PARKING – PLEASE READ!

PARKING POLICY ENFORCEMENT

UConn Police Officers conduct routine parking enforcement in the attached campus parking garage. All cars will be ticketed for violations which include (But are not limited to):

- Failure to display a UConn parking decal (\$30 fine and/or tow)
- Parking in an unauthorized area
 - Level one (Reserved for UConn faculty and staff only)
 - Fire lane (Risk of tow)
 - Handicap spaces (Minimum fine is \$250 for related violations)
 - Reserved spaces (Risk of tow)

Please note that all replacement and/or second car parking decals – including those for newly-purchased vehicles are \$10. License number must be recorded in online member profile, or no parking decal will be issued. Your parking decal can be used at UConn Garage, levels 2&3 only (Fridays), or at Scovill Street Garage, levels 5&6 only (any day of the week). If you come to UConn for meetings on non-Fridays, please park at Scovill Street Garage.

OLLI CONFLICT OF INTEREST POLICY:

The Osher Lifelong Learning Institute at the University of Connecticut Waterbury campus does not endorse any products, services, or outside organizations. OLLI presenters and speakers are prohibited from promoting products, services, or organizations while in service to OLLI (during teaching or presenting for scheduled OLLI classes or events). OLLI presenters and speakers cannot require the purchase of specific books, educational materials, or supplies from which they will benefit. OLLI does maintain partnerships with other organizations for the purpose of furthering its educational mission for members. OLLI members and presenters are encouraged to share information about educational and cultural activities outside the classroom in order to promote intellectual stimulation and expansion of the OLLI learning community beyond the University and the campus.

OLLI LUNCHTIME HAPPENINGS

OLLI CAFÉ • OLLI CLASSES • OLLI CLUBS AND ACTIVITIES

OLLI Cafe is a venue for the exchange of ideas and experiences focusing on improving the quality of life. The goal of OLLI Cafe is to present a potpourri of presentations and activities that provide information and new knowledge to OLLI members.

Bring your lunch and we will provide the coffee and tea! OLLI Café presentations are open to all OLLI members. The weekly event features a guest speaker followed by a short Q&A session. **Please note you must now register for OLLI Café! (OC-101)**

Fridays—Room #119 • 11:30 – 12:00 Lunch • 12:00 – 1:00 Speaker Presentation
If you have a recommendation for a speaker or topic, call 203-236-9924.



OLLI CAFÉ LECTURE SERIES

FEBRUARY 20

HISTORY OF THE MATTATUCK DRUM BAND WITH BILL PIERPONT

The Mattatuck Drum Band is the oldest fife and drum band in the United States with continuous membership since it was organized in 1767. It is a senior ancient band whose members seek to perpetuate the music, traditions, and heritage of the founders of the State and Country.

FEBRUARY 27

MILLIONS OF PENGUINS: ANTARCTICA, SOUTH GEORGIA, AND THE FALKLAND ISLANDS WITH BETSY AND PAUL MCELVANE.

Antarctica, the coldest, driest, and windiest continent of the world has the highest average elevation of all continents. Even though 98% is covered by 2-kilometer thick ice, Antarctica is considered a desert due to its annual precipitation of only 200 millimeters. With temperatures reaching -129 degrees Fahrenheit, there are certainly no permanent residents, but an abundance of people who reside at research stations throughout the year. Penguins, a unique animal of the South Pole, are one of few creatures able to survive the harsh climate. The presentation will include the Route of the Shackleton Expedition, the first mission to reach latitude of 88 degrees South, just 97 miles from the South Pole.

MARCH 6

MUSIC & STORYTELLING WITH JEREMY DRISCOLL AND ISABEL CARRINGTON

A unique pairing of storytelling and music, Isabel and Jeremy create a captivating experience for audiences by weaving together ancient folktales and mesmerizing music that transports listeners to a distant place and time. Unlocking the door to creativity and imagination, these enlightening performances create a natural bridge between language for children and adults of all ages. Isabel is an actress and performer on community, regional, and professional stages for over a quarter of a century. Jeremy has spent the last four decades as a licensed clinical social worker where music making is one part of the story in his work to increase harmony in people's lives.

MARCH 13

THE GULF OF TONKIN EVENT-FIFTY YEARS LATER WITH JOHN WHITE

The Vietnam War essentially began in August 1964, when President Johnson told congress that two of our ships were attacked by North Vietnam while they were steaming peacefully on the high seas. That was a lie, but it got congress to pass the Gulf of Tonkin Resolution, which became the legal basis for waging war in Southeast Asia. "I knew it was false information because, as a naval officer, I read the secret messages from the ships, which said there was no attack. In 1967 I went public with that knowledge. It set off a worldwide uproar." John will describe the situation and its aftermath, including his personal situation.

MARCH 20

WATR RADIO WITH TOM CHUTE

WATR Radio's morning host and general manager is celebrating his 30th year at the station! Here is your chance to learn a bit about WATR Radio in Waterbury and take part in a great OLLI audience Q&A!

MARCH 27

FLIP-FLOPS AFTER 50: AND OTHER THOUGHTS ON AGING WITH AUTHOR CINDY EASTMAN

Getting a first book published after the age of 50 is no small feat, particularly for this author. This presentation will share her steps along the self-publication path and introduce members to the so-called third way: partnership publishing. This first-time author will also describe the philosophy and attitude, which informs her work. There will be readings from the book, *Flip-Flops after 50: And Others Thoughts on Aging I Remembered to Write Down* and an opportunity to ask questions about the writing and publishing process. Eastman is a presenter here at OLLI currently teaching her class "In So Many Words 2.0".

This class was everything I would expect from an OLLI class – knowledgeable and well presented

APRIL 10

THE POWER WITHIN WITH CINDY MAZZAFERRO

This interactive session is about improving your body and mind through exploring the effects of positivity vs. negativity, self-esteem, synchronicity, intentional living, and affirmation statements to create the life one wants to live. Participants will learn about their own energy levels, how to impact and improve it and communicate with the higher self while contemplating spiritual gifts and soul lessons. Learning to release and use the power within will help to change the mindset to relinquish fears and negative thoughts.

APRIL 17

ANITA SIARKOWSKI – ACCORDION MUSIC

Longtime OLLI member **Anita Siarkowski** and her husband Bob will delight OLLI Café with their accordion music. Learn about the accordion, an air-powered instrument complete with bellows, metal reeds and piano keys. Anita and Bob often play at area events as well as convalescent homes and wedding receptions.



APRIL 24

HISTORY OF WATERBURY WITH PHIL BENEVENTO

Enjoy a history of the city of Waterbury presented by OLLI member **Phil Benevento**. Waterbury, aka “The Brass City,” is located on the Naugatuck River. Noted for the manufacture of watches and clocks, the industrial history of the city is well-documented and is even mentioned in the 1907 play *Major Barbara* written by George Bernard Shaw. As the 5th largest city in Connecticut, Waterbury certainly has an economical, political, and social influence on the state.

MAY 1

INTRODUCING THE MOUNTAIN DULCIMER

The mountain, or Appalachian, dulcimer is one of the truly American instruments. While based on similarly stringed instruments from Europe, immigrants to the hidden hills of Appalachia created an instrument which had characteristics all its own. This presentation will describe a little about its background and the ways in which it is still evolving today.

OLLI members who have taken the mountain dulcimer class will demonstrate traditional tunes to accompany the presentation. Audience members will be invited to sing along or even give playing a dulcimer a try.

SPRING OLLI LUNCHTIME CLASSES

11:40 AM TO 1:00 PM	HS-466 MR. AND MRS. LINCOLN: A MARRIAGE BLESSED OR CURSED Dr. Avi Isseroff Room #204, Page 12	PR-414 THE CONTEMPORARY CULTURAL WARS AND AMERICAN RELIGIOUS TRADITION *9 CLASSES Vincent M. Casanova Room #203, Page 13	CL-423 ITALIAN: VITA E LINGUA, PART IV *10 CLASSES THIS COURSE IS A DOUBLE SESSION, ENDING AT 2:45. Nunzio De Filippis Room #201, Page 11
	HW-412 YOGA STRETCH, STRENGTHEN, AND BREATHE Cynthia Paolino Room #102, Page 12	VA-424 MEL BROOKS: 5 GREAT TRIBUTE FILMS *9 CLASSES Paul Marino Room #323, Page 13	CL-424 THE POLISH EXPERIENCE IN AMERICA Lisa Wisniewski Room #210, Page 12
	PD-426 THE POWER WITHIN- Manifesting All that you Desire (Part Two) *10 CLASSES Cynthia Mazzaferro Room #326, Page 12	MU-436 DUST OFF YOUR DULCIMER! *6 CLASSES Elizabeth Hanahan Room #318, Page 12	HS-473 ECONOMIC DEVELOPMENT OF EAST ASIA Dr. Roger Levy Room #217, Page 12
	PD-429 PASSPORT TO RETIREMENT – THE NEW RETIREMENT. IS YOUR MONEY READY? *6 CLASSES James Coleman Room #213, Page 12	HS-470 HISTORICAL THEMES AND TELEVISION IN THE 20TH CENTURY *10 CLASSES Chris Gibbs Room #218, Page 12	MU-434 SINGING IN THE SHOWER – TOGETHER! Julie Cook Room #324, Page 12

Enjoy day and overnight excursions with OLLI members planned by the OLLI Travel Committee and Friendship Tours. Learn about new and old places waiting to be explored with your OLLI friends. For registration instructions and other information, see: "Registration for OLLI Travelers" at the bottom of this Travel Page.



THE JOHNSON & WALES CULINARY ARTS MUSEUM AND THE RISD ART MUSEUM, PROVIDENCE, RI

Wednesday, May 13, 2015

Member Cost: \$79pp

(\$89pp non-OLLI members)

Price includes. Deluxe motor coach, all admissions, Tour Director, and all gratuities.

Lunch on your own at Federal Hill

Bus leaves St. Anthony/DOT Lot at 7:30 AM;

Return ETA – 7:30 PM

This fascinating trip starts with a guided tour of the Johnson & Wales Culinary Archives Museum displaying dinner settings from the White House, full size diners from all over the country, kitchen utensils from another era, chef outfits, cooking gadgets and more. Enjoy lunch at any one of many establishments on Federal Hill. The afternoon brings a guided tour of the Rhode Island School of Design Art Museum. See Roman Sculpture to French Impressionism to Contemporary Art in all mediums.

BEST OF BOSTON, MA – JFK LIBRARY AND BOSTON HARBOR CRUISE

Wednesday, June 3, 2015

Member Cost: \$86pp

(\$96pp - non-OLLI member)

Price includes: Deluxe motor coach transportation, all admissions, Tour Director, and all gratuities. Lunch on your own.

Bus leaves St. Anthony/DOT Lot at 7:00 AM;

Return ETA – 7:30 PM

The John F. Kennedy Library and Museum stands on a ten-acre park overlooking the sea. After an orientation and a brief history, we will be free to take in the museum on our own with its many exhibits that cover JFK's life and an informative film. From there we enjoy lunch and browsing at downtown Quincy Market. To end our day, relax on a 90 minute fully narrated cruise of the Boston Harbor. Hear stories, see the nation's oldest continually manned lighthouse, the Harbor Islands, and waterfront living.

OGUNQUIT MAINE & STRAWBERRY BANKE, NH

Sunday through Tuesday, June 7-9, 2015

Cost: \$397 (member price)

Price includes deluxe motor coach, baggage handling, two nights in resort hotel, two breakfasts, two dinners, all admissions and gratuities, including tour director and bus driver.

Bus leaves St. Anthony/DOT Parking Lot at 8:30 AM; Return ETA 6:30 PM

Experience the rocky coast of Maine, with lodging at the Meadowmere Resort, with indoor pool. Welcome dinner is a short walk to Jonathan's. Monday: enjoy the views from a cruise in the area of Perkin's Cove and Nubble Lighthouse, with time for a leisurely stroll of Perkin's Cove to view artisans in a fishing village and many fine eateries. Clambake dinner at Foster's Downeast with lobsters, mussels, chowder and more. The next day after breakfast, we explore four centuries

of American History in Strawberry Banke. An overnight trip enhanced by an experienced tour director, and diligent bus driver.

NIAGARA FALLS, CANADA

September 27-30, 2015 Sun-Wed

Cost: \$510 (member price)

Price includes deluxe motorcoach, baggage handling, 3 nights at Country Inn & Suites with indoor pool and hot tub. 3 breakfasts, 2 dinners and all admissions and gratuities. Bus leaves parking lot at 7:00 am, and returns at approximately 9:30 pm.

The trip, on day two, includes a guided tour of Niagara Falls, the Floral Clock, the Whirlpool and Queenstown Heights. Optional afternoon of leisure and evening at Fallsview Casino. In addition there is a tour of Niagara-On-The-Lake and a winery tour, then a farewell dinner at Skylon Towers on day three. A visit to the Butterfly Conservatory featuring 2,000 tropical butterflies and lush exotic blossoms and greenery completes this 4 day, 3 night evenly paced trip to enjoy part of Canada and the Falls. Valid Passports are required for this trip.



**FRIENDSHIP TOURS
THE SHIP SHOP**

Trips are open to OLLI members on a first come, first serve basis. Non-members may also register and be accepted for any trips (with an added surcharge) as soon as trips are made public to members. Non-member surcharges are \$10pp for Day Trips and \$20pp for Overnight Trips. For reservations or questions, call **Friendship Tours, 860-243-1630 or 1-800-243-1630 (do not call the OLLI Office)**. After registering, mail your check, made out to **Friendship Tours, 705 Bloomfield Ave., Bloomfield, CT 06002**. You will receive confirmation in the mail with all pertinent information. Please make sure you reserve your trips early. If most people reserve late, it can cause cancellation of a trip. If you have any special needs or handicaps, please advise Friendship Tours when you register.

Please note – Trip fees are non-refundable unless a substitute is available on the waiting list.

Events Open to the Public include celebrations, film premiers, author talks, special lectures, and other programs. If you are not an OLLI member, you cannot park in the UConn garage without a parking decal. PLEASE sign up for these events on the member registration form!

RESEARCH LECTURES AND SPECIAL EVENTS

TUESDAY, FEB. 3, 2015

**"VOICES FROM THE PAST.
A TALE OF TWO FRENCH
COMMUNITIES"**

12:30 – 1:45, Room #333



The Protestant Reformation of the 16th and 17th centuries was a genuinely revolutionary movement. It finally ended the spiritual unity of Western Christianity, but equally important, it touched

the lives of countless millions across Europe, as some of them embraced the new faith in the heady early years of the Reformation.

This presentation will take a close look at how and why the French city of La Rochelle became a bastion of French Protestantism in the 16th century, in order to shed light on the extraordinary appeal of the Reformation. Then a close look at the small town of Courthézon in the south of France in the early 17th century will offer insights into how the Protestant minority in the town managed to coexist with the majority Catholic populace and still uphold the integrity of their own faith.

Judith Meyer is an Associate Professor of History at the University of Connecticut at Waterbury. She is the author of a book, *Reformation in La Rochelle. Tradition and Change in Early Modern Europe, 1500-1568*, published in 1996, and several articles on La Rochelle. Her current research deals with the 17th-century consistory records in Courthézon in southern France (the consistory was the governing body of the local Calvinist church). Her article, "On the Front Lines of Co-existence: Courthézon's Consistory in the Early 17th Century," was published in early 2013. She is also interested in how women fared during the Reformation, and that is the subject of her most recent conference presentation, "Women and the Limits of Consistorial Discipline. The Case of Courthézon in the Early 17th Century." She received her B.A. in history from Lawrence University and her Ph.D. in history from the University of Iowa.

TUESDAY, MARCH 3

**LEARNING SELF-CONTROL:
POWERFUL PARENTING PRACTICES
IN EARLY CHILDHOOD**

12:30 – 1:45, Room #333



Dr. Beth Russell will present her research on how parenting shapes children's self-regulation – from patience to impulse control. Vast changes in children's self-control occur during the preschool years that support children

in meeting a range of socially desirable goals, from waiting one's turn to play with a desirable toy, to making schedule-related choices between socializing and studying. According to Fitzsimmons and Finkel (2010), self-regulation is best understood when interpersonal influences – like the power of parenting practices or friends' influence – are accurately placed as the context for development.

Dr. Russell will present evidence that suggests parenting may be the key to differences in outcomes. Results from three samples will be presented: the first on parents' coherence concerning their own emotion regulation strategies and their child's self-control; and the second and third samples were drawn from two urban populations and included observed behavior in a free play session, and reports of children's emotion regulation.

Beth holds a BA in Comparative Literature and the Medical Sciences from Hampshire College (Amherst, MA) and a PhD in Human Development & Family Studies (HDFS) from UConn. She joined UConn Waterbury HDFS faculty in 2011 and, in 2012, was awarded a UConn Service Learning Faculty Fellowship. To learn more about Dr. Russell or her research, visit: www.familystudies.uconn.edu/contact/faculty/Russell.html

TUESDAY, MARCH 24, 2015

**SOMEONE MUST WASH
THE DISHES: AN ANTI-
SUFFRAGE SATIRE**

12:45-2 PM, Room #MPR 113-116



Sponsored by UConn History Department (Judy Meyer), UConn Waterbury Associated Student Government, UConn Libraries, Osher Lifelong Learning Institute Photos by Arthur and Ken Smith

(Excerpted from website: www.michelelarue.com/someone-must-wash-the-dishes) Many women fought against getting the vote, but none with more charm, prettier clothes—and less logic—than the fictional speaker in *Someone Must Wash the Dishes: An Anti-Suffrage Satire*. "Woman suffrage is the reform against nature," proclaims our unlikely, but irresistibly likeable, heroine. "Ladies, get what you want. Make a scene. Make home a hell on earth—but do it in a womanly way! That is so much more dignified and refined than walking up to a ballot box and dropping in a piece of paper!"

Cheerfully single-minded, our guest speaker contradicts every point she makes as she crusades to preserve the Home and save the Nation from anarchy.

Marie Jenney Howe's satiric "*An Anti-Suffrage Monologue*" was published in 1913, by the National American Woman Suffrage Association (precursor of the League of Women Voters). Directed by Warren Kliever, this production premiered in March 1994, at New York City's Womenkind Festival IV. More than 200 past sponsors include the Missouri Historical Society in Saint Louis, the Newberry Library in Chicago, and Mohonk Mountain House resort in New York State.



Michèle LaRue. Photo Credit: Ken Smith of Quiet Heart Images

UConn Reads

“The University of Connecticut’s UConn Reads program has been created to bring together the University community – from students, faculty, and staff to alumni and friends of UConn, as well as citizens of Connecticut – for a far-reaching and engaging dialogue centered on a book suggested by the community.” — www.uconnreads.uconn.edu

This event is open to OLLI Members, Faculty, Staff, Students, and Friends. This program is co-sponsored by the UConn Reads Steering Committee, Storrs, CT. This program is planned by the Waterbury Campus, UConn Reads Planning Committee.



TUESDAY, MARCH 31, 2015

OMNIVORE’S DILEMMA: LOCAVORE’S DELIGHT— A UCONN READS EVENT

12:30-2:00 PM, Multipurpose Room
Refreshments will be served.

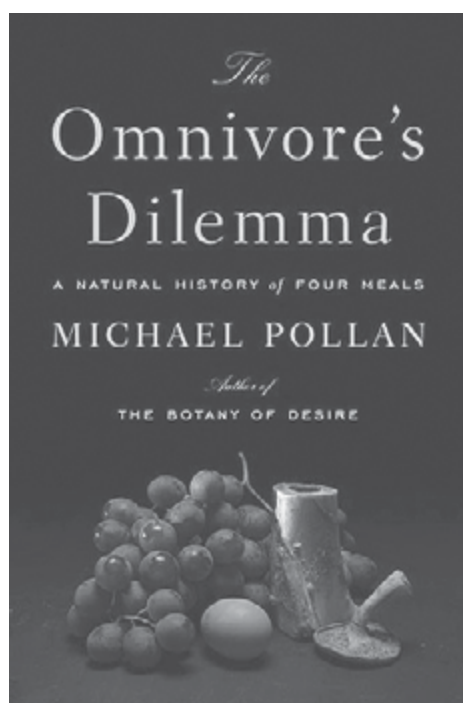
OUR BOOK, THE OMNIVORE’S DILEMMA

Since its publication, Michael Pollan’s *The Omnivore’s Dilemma: A Natural History of Four Meals* (2006) has sparked a national conversation about American ways of eating and the impact on our health and environment. With our passion for the environment, health, and human rights, the UConn community is ready for a wide-ranging debate about the culture, politics, and science of eating. Read more about our book selection on UConn Today.

This event will connect *Omnivore’s Dilemma* to Connecticut’s Agricultural History, Waterbury History, and the locavore movement. An exhibit related to the History of Farming in Waterbury will be on display (Curator, Dr. Ruth Glasser, UConn History Department/Urban and Community Studies). The invited guest speaker is **Irina Stoenescu**.




Irina studied international relations and history, and, having an endless curiosity in world cultures, she realized that food is the ultimate unifier of humanity. She has traveled the globe studying first hand food policies, food culture and food traditions. Irina contends that food traditions allow us to reconnect with our own identities as individuals in society. She also feels that it opens new opportunities for the future. Irina is presently the Manager of Comstock Ferre & Co. (one of the oldest seed companies in America) and a coordinator of the National Heirloom Expo.

Community members and friends should refer to alternative parking options at:
olli.uconn.edu OR waterburyparking.com



OLLI CLUBS / ACTIVITIES / COMMUNITY PARTNERS

MEETING TIMES		
BOOK CLUB	Meets on the 3rd Monday of the month First book club: Monday, March 16th, 1:00 PM, #102D	Nancy Via: nvia@sbcglobal.net
OLLI VOLUNTEERS	Join a committee and be a VIP "Very Involved People"	Call the OLLI office: 203-236-9924
CLUBS & ACTIVITIES	Meets 1st Tuesday of the month. First meeting: Tuesday March 3	Nancy Via: nvia@sbcglobal.net or Delma Way: delvilway@aol.com
POETRY COFFEE HOUSE	Meets 2nd Thursday of the month at John Bale Bookstore & Café. First Coffee House: Thursday, March 12, 10AM – 11:30 AM	Denise Whelan: deniseawhelan@yahoo.com

ORGANIZATION	OLLI DISCOUNT	CONTACT
WATERBURY SYMPHONY ORCHESTRA	20% off any subscription series concerts	203-574-4283 or enter code OLLI at www.waterburysymphony.org
		203-753-0381
	Special discounts as announced	203-346-2000
	10% off any regularly priced main stage production ticket	203-757-4676 or online at www.sevenangels theatre.org

AARP SMART DRIVER COURSE

Thursday, April 16, 2015
9:00 AM to 1:30 PM OR

Tuesday, May 14, 2015
9:00 AM to 1:30 PM

Room #119 – first floor. Light refreshments will be served.
Sign up for one of the sessions on the member
registration form – check date of choice



OLLI at UConn hosts the AARP 4-hour Smart Drivers Course – the oldest and most successful program for older drivers to help refresh driving skills and learn a few new tips. The **new** Smart Drivers Course is revised, modernized and updated with new participant guidebooks and accompanying videos.

Registration and Cost

Please call 203-236-9924 or check your choice on yellow form!
Seating is limited.

COST: \$15 for AARP members and \$20 for non-members.
Payment by check (to AARP) at the start of the course is necessary. State law mandates a minimum discount of 5% on your liability insurance for 2 years for drivers 60 and over who take the AARP-sponsored course.

OLLI Membership is not required to register



UConn

WATERBURY

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



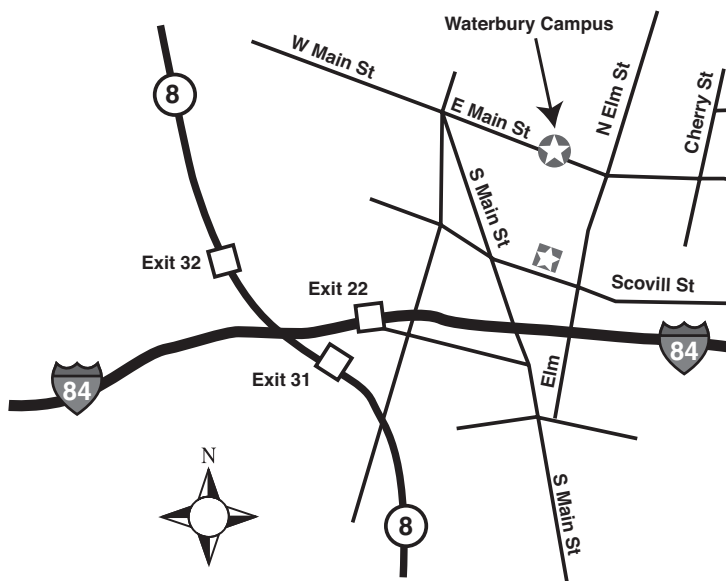
*OLLI Photos Courtesy of Tom Kmetzo and UConn, Waterbury I.T. Department
Brochure Design: Aleta Staton (OLLI) and Michele Hyjek Design*



The University of Connecticut's Waterbury campus serves more than 1,100 students annually. In more than sixty years of operation, UConn Waterbury has opened the doors to educational access and excellence to thousands of Connecticut residents, many of whom have distinguished themselves in the fields of community service, business, education, law and politics.

CONTACT US



For more information on OLLI call 203-236-9924 or 203-236-9925. Email: osher@uconn.edu or visit our website at www.lli.uconn.edu



DIRECTIONS

The UConn campus is located at 99 East Main Street in Waterbury, across the street from the Palace Theater. Parking and directions to campus can be obtained from our website, www.lli.uconn.edu/parking-and-directions or by calling 203.236.9924.

PARKING

By special arrangement with the UConn Waterbury campus, OLLI membership includes University parking privileges in downtown Waterbury. Parking decals are issued to paid members and presenters. OLLI members can use their parking decal in the UConn garage located on North Elm Street  on a space available basis on Fridays only. Parking is allowed ONLY on levels 2 and 3. Parking on level 1 is reserved for UConn faculty and staff ONLY and is not accessible to OLLI members or presenters.* ALL replacement parking decal: \$10. OLLI members can also use the Scovill Street Garage  on levels 5 and 6 by displaying their UConn parking decal on any day of the week. The Scovill Street Garage is located opposite the campus and directly behind the Palace Theater—it is a short walk through a paved courtyard to the UConn campus.

***Violators will be ticketed!**