

The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction

## HALLOWEEN

Boo! Trick or Treat! Pumpkins, Goblins and Ghouls are coming tonight! Why?- Halloween has become a great modern commercial event in Western countries but can trace its roots back to ancient times. Celtic-speaking people celebrated the feast of Samhain (pronounced sah-van) which came at the end of the harvest season and the beginning of the 'dark season', according to *Wikipedia*. Today's Halloween customs are thought to have been influenced by folk customs and beliefs from Irish, Welsh and Scot people, some of which had pagan roots and others which may be rooted in Celtic Christianity. The word 'Halloween' dates to about 1745 and is of Christian origin and means "hallowed evening" or "holy evening" and comes just before the Christian holiday celebrating All Saints Day which commemorates the saints and the next day, All Souls' Day, which recognizes all who are dead. The belief that the souls of the dead return home on one night or day of the year seems to have ancient origins and is found in many cultures throughout of the world.

Many conservative religions denounce Halloween as celebrating the devil because of a mistaken belief that Samhain is the God of the Dead. However, *religioustolerance.org* points out, "Many conservative Christian and secular sources are definitely wrong; there is/was no *Celtic god of the dead*. The Great God Samhain appears to have been invented in the eighteenth century, *as god of the dead* before the ancient Celtic people and their religion were studied by historians and archeologists... Almost all stories about the origin of Halloween correctly state that Halloween had its origins among the ancient Celts "and is based on their "Feast of Samhain." However, that writer in the 18th century incorrectly stated that Samhain was named after the famous Celtic god of the dead. Many religious conservatives who are opposed to Halloween, Druidism, and/ or Wiccan, picked up this belief without checking its accuracy, and accepted it as a valid. No such god ever existed. By the late 1990s many secular sources such as newspapers and television programs had picked up the error and propagated it widely. It is now a nearly universal belief, particularly among conservative Protestants."

Carving pumpkins into jack-o'-lanterns is a popular Halloween tradition that originated hundreds of years ago in Ireland. Back then, however, jack-o'-lanterns were made out of turnips or potatoes; it wasn't until Irish immigrants arrived in America and discovered the pumpkin that a new Halloween ritual was born.

Going from door to door wearing masks or costumes imitating 'malignant spirits' led to playing pranks or getting food in the Scottish and Irish highlands as early as the 18th century. This tradition carried on to the modern age when retailers realized how profitable the holiday could become. Thus, the candy-makers and dentists thrived!

RJG



## Young Connecticut Baritone Meets Historic Church

The first Congregational Church of Watertown is celebrating its 275 years of service to the community this year. Various events have been organized to celebrate the church anniversary. One of these is the Sunday Concert Series.

In November we are pleased to be hosting Christopher Grundy, a young, upcoming Connecticut baritone. He has performed in operatic roles and concerts across the country. Christopher holds an M.M from Indiana University, where he studied with Wolfgang Brendel, and a BA from Yale University, where he was the assistant conductor of the Yale Russian Chorus and the Yale Glee Club. Before attending graduate school, Christopher was a professional helicopter pilot and flight instructor.

Mr. Grundy's program will include an hour of songs by Johannes Brahms, Benjamin Britten and Charles Ives. Please join us in this historic meeting house on Sunday, November 16 at 2 PM for this special event. Suggested donation \$10 adults, \$5 children.

Christopher will be accompanied by Eric Trudell, pianist, a prize winning graduate of the Québec Conservatory of Music who is also Dir. of Music Ministries at First Church, Watertown.

**Diane Albro**

We are made wise not by the recollection of our past, but by the responsibility for our future.

**George Bernard Shaw**

### OLLI POETRY COFFEE HOUSE

2nd Thurs at John Bale Bookshop –10:00am

Contact Denise Whelan (denisewhelan@yahoo.com)

For more information

## OLLI Food Drive Makes Thanksgiving Better

Every grocery store in the area will soon have large attractive ads designed to attract you to do your Thanksgiving shopping, in their store. The OLLI Clubs and Activities committee is asking you to buy a few of their bargains and contribute them to their 2<sup>nd</sup> Annual Food Drive.

The committee will be collecting cans of food such as soups, vegetables and tuna as well as peanut butter and jelly. Also needed are boxes of pasta and bags of rice and flour.

Please bring your donations to the OLLI Information table across from the UConn bookstore. The committee will collect food items on both November 7 and November 14.

All items will be donated to the Greater Waterbury Interfaith Ministries.

**Evelyn Marshak**

### PUMPKIN FACTS

Pumpkins are a member of the gourd family, which includes cucumbers, honeydew melons, watermelons and zucchini. These plants are native to Central America and Mexico, but now grow on six continents.

The largest pumpkin pie ever baked was in 2005 and weighed 2020 pounds.

Pumpkins have been grown in North America for five thousand years. They are indigenous to the western hemisphere.

In 1584, after French explorer, Jacques Cartier explored the St. Lawrence region of North America, he reported finding “gros melons.” The name was translated into English as “pompions” which has since evolved into the modern “pumpkin.”

The heaviest pumpkin weighed 1,810 lb 8oz and was presented by Chris Stevens at the Stillwater Harvest Festival in Stillwater, Minnesota, in October 2010.

*history.com*

### OLLI BOOK CLUB

Contact: Nancy Via at nvia@sbcglobal.net

Monday, Nov. 17.....Unbroken Laurel Hillenbrand

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



Oct 31

**GOING GREEN KEEPS WATER CLEAN** Make your home a RIVER SMART home, as you are introduced to the tools to help conserve water, reduce chemical use and ultimately create ways to naturally absorb and filter water runoff. By making positive differences in your home, you can help reduce polluted runoff — rain water that picks up nutrients, salts, sediments and bacteria that are carried to nearby waterways. Learn simple steps to keep our vital water resources clean.

**Carol Haskins**, Outreach Director of the Pomperaug River Watershed Coalition, earned a MS in Environmental Studies from Antioch University New England. Carol has been splashing around rivers, ponds and lakes since early childhood in Vermont, and now gets to share her passion for aquatic environments by teaching people about the watershed.

Nov 7

**THE FARM IN THE CITY Ruth Glasser** is a Lecturer in History and Urban and Community Studies at the University of Connecticut. She received her Ph.D. from Yale University in 1991. She is the author of a variety of books, chapters and articles and exhibit scripts on Connecticut's immigrant populations

### Warm Quilts, Beautiful Quilts

As we get closer to winter, temperatures will plummet. What will surely help keep away the chill, is a warm quilt. The stunning display of quilts at the New Britain Museum of Modern Art are not available to keep you warm personally but they are on display at the museum through January 4, 2015.

The 41 quilts, some 250 years old, some made by men, make up the Let Me Quilt one More Day exhibit. If you haven't been to the NBMAA, let me convince you that this is the season to go. There are the quilts and some black and white photos by noted photographer, Ansel Adams. Parking is free and the food in the café is excellent.

If you stop at the museum gift shop, you could whittle down your holiday shopping list. From December 2 to January 4th, decorated Christmas trees will be on display in many of the museum rooms. Some of the trees will be decorated with hand-made quilt bulbs.

Entrance to the museum could be free if you check with your local library and see if it has passes available. Call 860-229-0257 for the various times that the museum is open each day.

The last OLLI classes for this year end on November 14th, but places like NBMAA will provide many ways to keep your mind active.

**Evelyn Marshak**

### A Suggestion to our OLLI Travelers ~

When reserving a seat for one of our day trips, it is very important for you to get your reservations in as early as possible. If they have not received an adequate number of people (usually 35 or 40) for a day trip, Friendship Tours is required to start a cancellation process about 2 weeks ahead of the date of that trip. That means that, although we know many of our trips are popular and were planned because many members suggested them, if many people wait until the last two weeks, the trip you are calling for may already be cancelled. So please make sure to reserve trips early to make sure you get the trips you want. (Just a note – Of course, overnight trips need to be reserved much earlier.)

**Ann Rompre, Co-Chairperson of Travel**



Jennifer's wedding day was fast approaching. Nothing could dampen her excitement - not even her parent's nasty divorce.

Her mother had found the PERFECT dress to wear, and would be the best-dressed mother-of-the-brid e ever!

A week later, Jennifer was horrified to learn that her father's new, young wife had bought the exact same dress as her mother! Jennifer asked her father's new young wife to exchange it, but she refused.

Absolutely not! I look like a million bucks in this dress, And I'm wearing it, she replied.

Jennifer told her mother who graciously said, "Never mind sweetheart. I'll get another dress. After all, it's your special day."

A few days later, they went shopping and did find another gorgeous dress for her mother.

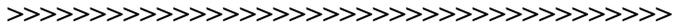
When they stopped for lunch, Jennifer asked her mother, "Aren't you going to return the other dress? You really don't have another occasion where you could wear it."

Her mother just smiled and replied, "Of course I do,

dear... I'm wearing it to the rehearsal dinner the night BEFORE the wedding."

(NOW I ASK YOU - IS THERE A WOMAN OUT THERE, ANYWHERE, WHO WOULDN'T ENJOY THIS STORY?)

**Bob Blake**



The best illustration of the value of brief speech reckoned in dollars was given by Mark Twain. His story was that when he had listened for five minutes to the preacher telling of the heathen, he wept, and was going to contribute \$50, after 10 more minutes of the sermon, he reduced the amount of his prospective contribution to \$25, after half an hour more of eloquence, he cut the sum to five dollars. At the end of an hour of oratory when the plate was passed, he stole two dollars!

*Jokes For All Occasions*

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## Osher Lifelong Learning Institute at UCONN, Waterbury

The Osher Lifelong Learning Institute  
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The Osher Lifelong Learning Institute (OLLI) at the University of Connecticut is an academic cooperative that provides older adults with opportunities for intellectual development, cultural stimulation, and social interaction. Our programs are centered around classes developed and taught by members who volunteer their time and talents to share their knowledge, life passions, and interest with other members. The OLLI program also sponsors special events featuring noted authors, scholars, and experts in respected professional fields.

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### OLLI Leadership Council

#### Council Members

OLLI officers are part of the Leadership Council, which is the principal representative body of the OLLI membership.

#### Council Officers

President - Richard Fogg  
1st Vice President - Mary Lou Reignier  
2nd Vice President - Delma Way  
Secretary - Toni Escott  
Assistant Secretary - Joyce Conlan



**We're on the web! [www.waterbury.uconn.edu/osher](http://www.waterbury.uconn.edu/osher)**

## MEET YOUR PRESENTERS



**Dr. Raymond E. Sullivan** always knew he wanted to be a surgeon. As early as he could remember that was his goal: to become a surgeon although there had never been a doctor in his family.

Not only did he become a surgeon, Dr. Sullivan became a notable and courageous member of the Greater Waterbury medical community. He introduced to the area the concept of a partial mastectomy for breast cancer patients. While controversial at the time, around 1970, this became an accepted practice that allows a woman to keep her self-image of her body.

Dr. Sullivan retired in 1998 but found that a life away from medicine was not for him. He became certified in the many aspects of public health (*I'm certified in everything.*) and became a director of public health. He also is a published author of books with historical themes.

When discussing his career as a surgeon that spanned 30 years, Dr. Sullivan said not all women with breast cancer are suited for the partial mastectomy procedure but many meet the criteria for it. He first offered this surgery to appropriate patients when the more extensive radical mastectomy that requires removal of the entire breast plus underlying muscles and underarm lymph nodes had been the standard treatment for 85 years.

Dr. Sullivan became interested in partial mastectomy through the work of an Italian physician and researcher, Dr. Umberto Veronesi, based in Milan. Dr. Sullivan stresses the choice of treatment is an individual one with many factors being evaluated.

Recovery is easier for patients who have a partial mastectomy that involves removing the tumor and some normal tissue around it. (Many now choose a third approach called a complete mastectomy that also is less extensive than the radical version but more complex than the partial one.)

The sentinel lymph nodes of breast cancer patients, those nodes where cancer is most likely to spread, are biopsied using a radioactive trace substance to guide decisions on appropriate treatment. Women with partial mastectomies usually have follow-up radiation; some may also be treated with chemotherapy.

Dr. Sullivan says those who first agreed to partial mastectomies were "very brave women. We and they were taking a big chance." The first patient on whom he performed this surgery lived for another 34 years before succumbing to heart disease.

Growing up in Waterbury, Dr. Sullivan was active in Boy Scouts. He rose to the rank of Eagle Scout. "I learned more in Boy Scouts than I did the rest of my life." He liked learning to identify trees in winter and birds by their call as well as how to do first aid. Enjoying the beauty and serenity of nature has stayed with him all of his life. In scouting, he says, "you learn there is so much more to life than your own little world."

Dr. Sullivan attended Brown University and earned his medical degree from Georgetown University. He did his residency at Waterbury Hospital before spending two years as chief of surgery at USAF Regional Hospital, Shaw Air Force Base, S.C. The young doctor returned to Waterbury and entered private practice. He was on the attending staffs of both Waterbury and St. Mary's hospitals and served as Chief of Surgery, Chief of Staff and a trustee at Waterbury Hospital.

As the public health director in Brookfield, Dr. Sullivan oversees environmental issues and many other topics pertinent to public safety. Preparedness for potential epidemics is among his responsibilities. "You have to use a rational approach to temper concerns people might have," Dr. Sullivan says. He is attending countless meetings on Ebola.

Books by Dr. Sullivan include a history of the town where he now lives, *Breakneck: The Early Settlement of Middlebury Connecticut: From 1657 to its Incorporation as a Town*, that tells of early settlers in what now is known as Middlebury. Another is *Contentment: A Novel of New England's Birth*. At OLLI, he is presenting "Rough Medicine: The Medicine and Surgery of the American Revolution." -**Mary Ann Martin**