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

VOICES and VISIONS

The Editorial Committee – which produces the OLLI literary magazine, *Voices and Visions*, is looking for ‘creative submissions’ for the next issue which will be printed sometime late summer. Any OLLI members or presenters interested in submitting creative works for Volume #5 can send their pieces electronically to: UConnOlliReview@gmail.com OR drop off or send to the OLLI office – and it will be forwarded to the committee.

We are bringing this to your attention now because the second half of the spring semester is starting and if you have a piece of poetry or prose, or any form of artwork that you have created and think it might be a worthy addition to the next *Voices and Visions* but are still unsure, the committee is prepared to help you polish your pride and joy, if revision might be needed. The committee’s expertise comes from being students, teachers, writers and presenters.

FINAL deadline for submissions is June 15, 2015 – although the committee would welcome submissions any time sooner!

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

THE EDITORIAL COMMITTEE

Cindy Eastman, Chuck Miceli, Bob Grady, Elizabeth Hanahan, Peter Freeman,
Peter Mulholland and Evelyn Marshak

PARKING

UConn Police Officers conduct routine parking enforcement in the attached campus parking garage and all cars will be ticketed for parking violations. These violations include, but are not limited to:

- Failure to display a UConn parking decal, parking in an unauthorized area –**
- NO PARKING ON LEVEL ONE, fire lanes, handicap and reserved spaces.**

Parking fines can be as high as \$250 for parking in handicap spaces or misuse of a handicap permit. The fine for not displaying a University decal is \$30.

Reminder of the importance of parking your vehicles correctly while in the UCONN parking garage. As everyone knows, parking is limited and every parking space is needed. So please, once you park your vehicle in a space, make sure it's within the space provided

ALL REPLACEMENT PARKING STICKERS – including newly purchased vehicle stickers: \$10

The Newsletter is always looking for content from our readers. This may be in the form of original work or items you have found interesting and may wish to pass on to others. We always welcome any suggestions you may have to improve the newsletter or criticisms of it. The Newsletter exists to inform and entertain our readers.

Contact **Bob Grady** at yvoorg@aol.com or any presenter or staff member

OLLI Newsletters Go Internet

OLLI newsletters are available on our web page at <http://olli.uconn.edu/weekly-newsletters/>

Then click on the left-hand index that says "Newsletters". They are available in PDF format. If you don't have the free reader, you can get it at www.adobe.com and click on the box that says "READER".

Save the Date!

If it's potato pancakes, stuffed cabbage, pierogi, kielbasa and other Polish culinary delights that whet your appetite, then set aside Tuesday, April 28, from 12 noon to 2:00 to join the OLLI Clubs and Activities Committee folks as they bring you the second annual ethnic food venture to the Belvedere Café and Restaurant, 82 Broad Street, New Britain, CT.

Cost of the dining experience is \$20 per person and includes the Polish buffet, a visit to a Polish bakery and a short walking tour of the Broad Street Polish area. OLLI presenter, Lisa Wisniewski, will be our guide along with members of the Clubs and Activities Committee.

Reservations can be made to Nancy Via, nvia@sbcglobal.net, telephone (203) 758-6359 or to Delma Way, delvilway@aol.com, telephone (860) 274-8621 by April 22 at the latest.

OLLI POETRY COFFEE HOUSE

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

Contact Denise Whelan (denisewhelan@yahoo.com)

For more information

OLLI BOOK CLUB

Contact: **Nancy Via** at nvia@sbcglobal.net

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

April 20	Being Mortal	Atul Gawande
May 18	Underground Girls of Kabul	Jenny Nordberg
June 15	Tomlinson Hill	Chris Tomlinson



OLLI CAFE

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 Other Thoughts On Aging I Remember 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".

April 10 THE POWER WITHIN WITH CINDY MAZZAFERRO

"Niagara on the Lake"

September 27-30, 2015 (Sun-Wed).

Millions of honeymooners and sightseers have seen the Niagara Falls on the American side. Here is your opportunity to enjoy them from the Canadian side-much less 'touristy' and even more beautiful. This trip goes into Canada to this charming town of Niagara-on-the-Lake, our long days for three nights is right in the center of town.

There will be a guided tour of the highlights of the falls. Then, possibly you can recoup your trip expenses (or more) by visiting a casino, on the second evening! Plenty of time to visit the British style duty-free shops, an estate wine tasting and dinner at fabulous Skylon Tower, which revolves slowly, as you have your dinner, showing the most magnificent view of the entire area. Before we leave, we will visit the butterfly conservatory, which has 2000 colorful, tropical butterflies in natural settings. So, pack your clothes, grab your passport and come to this delightful spot, north of the border.

Specifics can be found in the flier at the OLLI table

FRIDA KAHLO

People who sign up for an OLLI trip have a variety of reasons. One person might say I'm going on the September 12, 2015 trip because at an earlier OLLI sponsored trip to gardens, we saw an amazing display of what was in bloom in late spring. This time there will be different kinds of flowers.

Or another person might say that my friend asked me to go and it sounds like an enjoyable day.

Still a third person might think, I love all the flowers and a chance to shop at the museum shop but simply cannot face driving to the Bronx.

One reason I reserved a seat on the bus trip is I often hear Frida Kahlo's name as an answer to a Jeopardy question. Now I'll have a chance to learn more about one of the most significant artists of the 20th century.

There will be more than a dozen original Kahlo's paintings and drawings and the exhibition will be the first Kahlo presentation to focus exclusively on her special interest in the botanical world. The path to the display will have lava paths and Mexican flora.

You can walk through through the Haupt Conservatory to view a re-imagining of the original Kahlo gardens at Casa Azul in Mexico City.

The cost of this trip is \$75 for OLLI members and \$85 for non-OLLI members. Your trip includes the transportation, entrance to the Gardens, admission to the Kahlo exhibit and over 50 gardens and plant collections plus the tram tour.

For information or reservations call Friendship Tours, 860-243-1630.

The bus leaves the St. Anthony/DOT lot in Prospect at 7:30 am. Return time is approximately 6 pm.

Lunch on your own at the Garden Café or the new Pine Tree Café.

Upcoming OLLI Travel

5/13/15-Culinary Arts Museum/RISD Art Museum-\$79pp

6/3/2015- Best of Boston (JFK Library & Cruise) - \$86pp

6/7 - 6/9/2015 - Ogunquit/Strawbery Banke (overnight)- \$397pp dbl (sold out)

9/16/2015 - NY Botanical Gardens (Frida Kahlo's Garden) - \$75pp

9/27 - 30/2015 - Niagara Falls (overnight) - \$510pp dbl

All prices are member prices. Non-members are charged a slight surcharge. Call Friendship Tours for information and reservations. (1-800-243-1630). Mention OLLI Travel



Most of our generation 50+ was HOME SCHOOLED in many ways

1. My mother taught me TO APPRECIATE A JOB WELL DONE

"If you're going to kill each other, do it outside.
I just finished cleaning."

2. My mother taught me RELIGION.

"You better pray that will come out of the carpet."

3. My father taught me about TIME TRAVEL.

"If you don't straighten up, I'm going to knock
You into the middle of next week!"

4. My father taught me LOGIC.

"Because I said so, that's why."

5. My mother taught me MORE LOGIC .

"If you fall out of that swing and break your neck,
You're not going to the store with me."

6. My mother taught me FORESIGHT.

"Make sure you wear clean underwear, in case
You're in an accident."

7. My father taught me IRONY.

"Keep crying,

And I'll give you something to cry about."

8. My mother taught me about the science of OSMOSIS .

"Shut your mouth and eat your supper."

9. My mother taught me about CONTORTIONISM.

"Just you look at that dirt on the back of your neck?"

10. My mother taught me about STAMINA.

"You'll sit there until all that spinach is gone."

11. My mother taught me about WEATHER.

"This room of yours looks as if a tornado went through it."

12. My mother taught me about HYPOCRISY.

"If I told you once, I've told you a million times.
Don't exaggerate!"

13. My father taught me the CIRCLE OF LIFE.

"I brought you into this world, and I can take you out..."

15. My mother taught me about ENVY.

"There are millions of less fortunate children in
This world who don't have wonderful parents like you do."

16. My mother taught me about ANTICIPATION.

"Just wait until we get home."

Bob Blake

Osher Lifelong Learning Institute at UCONN, Waterbury

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The University of Connecticut
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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.oli.uconn.edu

MEET YOUR PRESENTERS



Peace activist and teacher of the Alexander Method, **Peter Anderheggen** is a “counter recruiter” who encourages young people to find positive ways to serve the country without joining the military.

Peter taught writing and public speaking, primarily at community colleges in Connecticut. He also served as director of programs as diverse as one for students with disabilities at Housatonic Community College, Bridgeport, and another for people interested in boatbuilding at WoodenBoat School, Brooklyn, Maine.

At one point, he took a break from teaching and went to Arizona to help build houses. “I was a fetch and carry worker.”

Peter has been a member of the War Resisters League for 40 years. A resident of New Hartford, Peter also is involved with activities of the Winsted Area Peace Action. He is “what some people call a counter recruiter” who goes to high schools in the Litchfield County area to encourage students to consider ways to serve their country other than joining the military.

He explains that military recruiters have long visited campuses to present students with reasons to join their branches of service but little has been heard from peace activists.

Many high school and college students look on the military as an employer, he says, where they will achieve objectives of finding a job, serving country and experiencing excitement. Peter rarely encounters military recruiters during his visits to Litchfield County schools. The military people are found more often in Waterbury schools, he says

Alternatives to military services might include joining: the Peace Corps where volunteers serve abroad; AmeriCorps, a domestic program that gives students job skills as they meet community needs in areas such as education, public safety, health and environment; the National Trust for Preservation that trains students in preservation crafts as those recruited help preserve historic sites.

Peter acknowledges being less opposed to the military as some in the peace movement are, but he believes in the value of finding solutions to conflict without resorting to violence when possible. In too many instances, he feels, having an Army results in leaders tending to use it rather than finding peaceful solutions.

He himself did serve two years in the U.S. Army and was stationed in Hawaii. “It was a very happy time” and was before he became involved in the Peace Movement.

How conflict can be peacefully achieved has long interested Peter. He studied mediation used by the Amish community in Pennsylvania to resolve conflict. “The Amish recognize that conflict is an inherent thing. So they’ve taught people how to handle it.”

An omnivorous reader, Peter found the history of lynching “horrifying; that changed me.” His peace group now is studying *We Who Dared to Say No to War*, edited by Murray Polner and Thomas E. Woods. The book is a collection of articles, speeches and other materials expressing antiwar sentiments of prominent figures, beginning with the 1812 war and continuing through 2008. Among authors represented are Robert Taft, Patrick Buchanan and Daniel Webster.

At OLLI, Peter teaches the Alexander Technique with people who can benefit from learning how their bodies work and how simple techniques, such as improved posture, can improve function. The technique was developed by an actor, Frederic Alexander, who lost his voice when performing. When he understood the relationship of his head and neck to his spine and stopped throwing his head back when speaking, he was again able to project his voice.

Classes in the Alexander Technique make people aware of bad habits like slouching when walking and sitting incorrectly in chairs that have developed over the years. Recognizing the need to correct those habits and doing so can help the practitioner improve breathing and reduce tension, which results in improved physical well-being.

Peter completed his teacher training at the Alexander Technique School New England and is certified by the American Society for the Alexander Technique. He earned his master’s and bachelor’s degrees from the University of Rhode Island. —**Mary Ann Martin**