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.

D AY L I G H T  S A V I N G  T I M E

It’s that time of year again. No, not political primary time. It’s time to change your clocks and spring forward after falling back last November. 48 states in the United States will have to set their clocks (at least the ones that don’t it automatically) forward one hour at 2a.m. this Sunday, March 13th. But since most of our computers, phones and DVRs do it automatically, it’s not as much of a chore as it used to be.

Daylight Saving Time (DST) was first implemented in Thunder bay, Ontario, in Canada in 1908 and by other Canadian cities in 1914. By 1916, it proved to be so popular that bylaw now brings it in effect automatically. Germany was the first country to introduce DST when clocks were pushed ahead on April 30, 1916, as a way of minimizing the use of artificial lighting in order to save fuel for the war effort in WWI.

The idea was quickly followed by the United Kingdom and many other countries, including France. Many countries reverted back to Standard time after WWI and it was not until WWII that DST made its return to most of Europe.

Although DST has only been used for about 100 years, the idea was conceived many years before. Ancient civilizations are known to have engaged in a practice similar to modern DST where they would adjust their daily schedules to the sun’s schedule.

In the US, “Fast Time” as it was called then, was first introduced in 1918 when President Woodrow Wilson signed it into law to support the war effort during WWI. The initiative was sparked by Robert Garland, a Pittsburgh industrialist who had encountered the idea in the UK. Today he is often called the “Father of Daylight Saving”. Only seven months later, the seasonal time change was repealed. However, some cities, including Pittsburgh, Boston, and New York, continued to use it until President Franklin D. Roosevelt instituted year-round DST in the US in 1942.

Year-round DST, also called ‘War Time’, was in force during WWII from February 9, 1942, to September 30, 1945, in the US and Canada. After the surrender of Japan in mid-August 1945, the time zones were relabeled ‘Peace Time’.

From 1945 to 1966 there were no uniform rules for DST and it caused widespread confusion especially for trains, buses, and the broadcasting industry. As a result, the Uniform Time Act was established by congress. It has gone through many changes until the Energy Policy Act of 2005 which in 2007 extended the period by about one month. Today, DST starts on the second Sunday in March and ends on the first Sunday in November.*

So, OLLI members, remember turn your clocks ahead when you go to bed on Saturday.

*From Timedate.com
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”.

Defend Your Smartphone From Scammers

“Spam: nearly 70 percent of smartphone texters say they receive unwanted spam messages and people are three times more likely to respond to spam received by cellphone than when using a desktop or laptop computer. These texts often lead you to shady websites that install malware on your phone.

Don’t click on links or follow instructions to text “stop” or “no” to prevent future texts. This only confirms to scammers that yours is a live, active number for future spam.

In a long-time calling scam, crooks leave messages asking you to call back a certain number because you have won a sweepstakes or have an undeliverable package. Your curiosity may cost you a great deal of money to call back. The reason; despite a seemingly American area code, the call is to an international phone number which charges enormous fees when you connect. Beware of any unfamiliar call with area codes 268, 284, 473, 649, 664, 767, 809, 829, 849, or 876

Finally. Keep in mind that smartphones are prime targets for old-fashioned theft. Don’t let yours reveal your secrets if it winds up in the wrong hands.”


Defend Your Smartphone From Scammers

UPCOMING FALL DAY TRIP TO
MOHONK MOUNTAIN HOUSE
Wednesday, Sept 7, 2016

Mohawk Mt. House is an elegant Victorian castle in New Paltz, New York. Situated on its own lake and surrounded by carefully landscaped gardens, this unique resort offers a peaceful retreat to enjoy the beauty of nature, whether you are walking on the pristine nature trails or enjoying the view through the expansive windows near a crackling fireplace.

Because our trip takes place during one of Mohonk Mountain’s 2 “Music Weeks”

OUR VISIT INCLUDES SO MANY WONDERFUL EXPERIENCES:
TWO Concerts
Extensive Hot & Cold Buffet Luncheon
Free time to visit the Barn Museum, Greenhouse, nature trails & beautiful show gardens
Special discount coupon for all gift shops
Tea or lemonade and freshly baked cookies before departure

Mohonk Mountain Resort Souvenir

COST: $114 (members); $124 (non-members) all inclusive

DEPART: 7am WATERBURY CHASE PARKWAY COMMUTER PARKING LOT;
RETURN: 7pm

Call Friendship Tours: 860-243-1630

** SIGN UP EARLY – GOING FAST ***

In order to maintain a well-balanced perspective, the person who has a dog to worship him should also have a cat to ignore him.

Peterborough Examiner

OLLI BOOK CLUB

Contact: Nancy Via at nvia@sbcglobal.net

March 21 book discussion is: "Brooklyn" by Colm Toibin

All meetings of the book club will be held in room 102D, UConn, Waterbury at 1:00 PM 3rd Monday
March 11
Uncovering Venture Smith
Luciana Lavin is the Director of Research and Collections at the Institute of American Indian Studies with a wealth of experience in Anthropology and archeology. In this presentation, she will discuss the inspiring story of Broter Furro AKA Venture Smith and the archeological project which began in 2001 to uncover the remains his historic property, located in Haddam, CT.

March 19
Body Language
Carolyn Finch

Upcoming OLLI Travel

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

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9/07/2016 - Music on the Mountain (Mohonk Mountain) NY - $114pp
11/4-11/2016 – America’s Music Cities-Nashville, Memphis, New Orleans - $2899pp twin

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

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

SAVE THE DATE - MARCH 17TH

The OLLI Clubs & Activities Committee members have been busily planning events for the coming months. Please set aside Thursday, March 17th, from 1:00 to 4:00 p.m., in room 102, to enjoy the second annual GAMES DAY!

Games, including chess, checkers, monopoly, cards, and American History board game fun, will be offered for your playing enjoyment. You are also encouraged to bring your bridge team members, or mah jong group or card playing friends.

Green bagels, with cream cheese, plus other goodies, in addition to soft drinks, coffee and tea will be provided courtesy of the Clubs & Activities committee.

Please feel free to call the OLLI office at 203-236-9924, to let us save a place for you and your friends.
Two buddies were out for a Saturday stroll. One had a Doberman and the other had a Chihuahua. As they sauntered down the street, the guy with the Doberman said to his friend, "Let's go over to that restaurant and get something to drink."

The guy with the Chihuahua said, "We can't go in there. We've got dogs with us."

The one with the Doberman said, "Just follow my lead." They walked over to the restaurant and the guy with the Doberman put on a pair of dark glasses and started to walk into the restaurant.

The waiter at the door said, "Sorry, Mac, no pets allowed."

The man with the Doberman said, "You don't understand. This is my Seeing-Eye dog."

The waiter said, "A Doberman pinscher?"

The man said, "Yes, they're using them now. They're very good."

The waiter said, "OK then, come on in."

The buddy with the Chihuahua figured he'd try it too so he put on a pair of dark glasses and started to walk into the restaurant. He knew his story would be a bit more unbelievable. Once again the waiter said, "Sorry, pal, no pets allowed."

The man with the Chihuahua said, "You don't understand. This is my Seeing-Eye dog."

The waiter said, "A Chihuahua?"

The man with the Chihuahua said, "A Chihuahua?! A Chihuahua?! They gave me a Chihuahua?!"

Whenever my mother went to the doctor, she would complain to me about the long delay she always endured. One day, when my mother's name was finally called, she was asked to step on the scale. "I need to get your weight today," said the nurse.

Without a moment's hesitation, my mother replied, "One hour and 45 minutes!"
Bangor Maine Police Department

about a month ago

Dear Mid-Atlantic of these United States of America.

I think we all knew it could happen. Every year when you pack up your well tanned family and head back home from our tiny piece of paradise, you look back and see us raking up our leaves and putting our snow shovels by the door. You always sigh, knowing that we will be dealing with winter in a far different way than you will.

With lobster traps on your roof and pine cones in your carry ons, you think of us with with warm memories of fantastic sunsets, thick accents and great clam chowder. You talk to the family about coming back next year and enjoying all that Maine has to offer.

Down deep, you feel sorry for us. You know that we will be moving snowbanks, raking our roof, smashing ice dams off the shingles and stoking the wood stove with the dollar bills that you left behind.

Listen, this storm is going to miss us. This is not typical and we want to share a little advice of how to make it through an epic "snow event" unscathed. We want you to come back next year. Here are a few tips.

1. Don't panic. It's just frozen rain. It does go away so don't try to move too much at one time.
2. Don't shovel too early and don't wait too long. Pace yourself. Go out every few hours and move a little at a time. It can hurt your back, arms and legs. You always wonder why we all walk funny. It is not because of the clam chowder.
3. Heart attacks in big snow storms are rather common. Help out your neighbor who is older, out of shape or that has known health problems. Helping them move some snow (better yet, let your offspring do it) is better than calling EMS while you are doing CPR. Seriously.
4. DO NOT, I repeat, DO NOT buy all the bread on the shelves. As a lifelong Mainer, I recommend cereal. No better reason has ever been invented to eat Golden Crisp, Honeycomb or Captain Crunch (don't get the peanut butter flavored. That stuff sucks). You will need milk and of course a bowl and spoon. You probably already have that in the house. I have lived for several weeks on only Rice Crispies and Snickers.
5. Get some batteries and flashlights that work. Nothing is worse than going through the junk drawer and finding only 1 D battery when you need two. LED flashlights are awesome, cheap and last and last. You might need one to find the cereal.
6. Charge your Cellphone. If you have a generator, you need gas. You look stupid trying to start a generator with no gas in it. Don't ask me how I know. Do not run the generator inside a basement or garage. Yes, people do that. Usually only one time.
7. Toilets flush without electricity. If you fill your tub with water, you can use it for all kinds of things, including flushing the toilet. Also, to wash cereal bowls.
8. Fill your car up with gas. If you get stuck somewhere and have to run the car, make sure you clean out around the tail pipe and do not fall asleep with the car running. We need you to come back next summer to buy more lobster and lobster traps. Pine cones are free.

Most of all, take care of each other. Be nice and invite neighbors to hole up at one location. Hide expensive things, but help them. (that's the cop talking).

You will be fine. We drink lots of coffee and complain when we get hit like this storm. It works ok. It makes us grouchy but that's why you come here in the summer. To hear stories from grumpy Mainers who sell lobster traps. Now, you will have some of your own to share with us when you get back.

Be safe and well and if you have any Cap'n Crunch left after the storm. It keeps very well. Bring it up this summer.

The men and women of the Bangor Police Department are rooting for you. You got this.

We will be here!

Contributed by Shieia Morrissette
“Musick has charms to soothe a savage breast,” proclaims Almeria in Act I, Scene I of Congreve’s 1697 play “The Mourning Bride.” Whether you are a purist and quote the original text, or you lean toward the misquotation “savage beast,” I’m sure you can agree that music does indeed have the power to relax, soothe and quiet even our 21st century souls. Connecticut residents are so fortunate to have a great deal of musical talent in our midst and many venues for live entertainment. No matter where your interests lie you can be sure to find an individual or group to suit your taste and maybe even introduce you to something different!

One of my favorite types of music is community choral singing, and I am looking forward to attending The Kent Singers concert of Music for Holy Week at Saint John’s Episcopal Church in New Milford on Sunday, March 20th at 5 pm. Kent Singers, founded in 1973, may be classified as an “amateur” group, but their sound is anything but amateur. Over the past four decades they have developed and maintained a high standard of excellence in the performance of the classical choral repertoire. Their upcoming concert will feature works by Mozart, Beethoven, Liszt and Byrd for chorus, string quintet and organ. Significant past performances have included Bach’s St. Matthew Passion, Vivaldi’s Gloria, and Handel’s Messiah. This past spring audiences were treated to a performance of the Brahms Deutsches Requiem. They continue to expand their programs exploring the traditions of early, Baroque, Classical and modern music. Their sound is rich and mature, and their repertoire far-ranging, challenging and eclectic. I have attended their concerts for the past few years and have never been disappointed by the vocal quality and dedication to the art of singing.

Make it a special Sunday in the Litchfield Hills with lunch beforehand at one of New Milford’s many excellent restaurants or dinner out after the concert in any of the beautiful surrounding towns. A nice way to welcome Spring, the solemnity of Holy Week and the joy of Easter, into your life!

Tickets are available via paypal, or by mailing a check to Kent Singers, PO Box 774, Kent, Ct 06757. (Tickets will be held at the door.) $12 in advance, $15 at the door. Concerts are usually very well attended, so a caveat – get there a little early if purchasing on the day of the event. For more information, go to kentsingers.com.