



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

BEING RETIRED, I CAN RELAX ON THE WEEKEND

Beware of Home Depot- The Do It Yourself Store. A perfect retreat for the handyman. The sales assistants, previously known as salespeople, are very helpful. My wife and I wanted a new bathroom window blind. After filling our cart with the hundreds of dollars of incidentals always acquired on any trip to Home Depot and armed with our window measurements, we went to the “window blinds” section. Did you ever walk out of Home Depot with just a light bulb? Our window measurements were a little too narrow and too short for the stock blinds. The sales associate assured us that this was “no problem.” She cut the blinds to the necessary width and advised us that we could untie the base once the blinds were hanging and remove the extra slats. Installing the brackets would be no problem. “Measure, drill holes in the ceiling, screw the brackets in and snap the blinds in place.”

Once home, I opened the box and laid the parts out carefully on the floor. Looking forward to hearing the “snapping sound” once the blinds fitted into the bracket, I could not figure out how this would work. The blinds were made in Cambodia and the pictorial instructions were from another planet. I decided to proceed and figure things out later. Placing the brackets was not so easy since I couldn’t remove the window curtain, and was working blindly with my face in the curtain, standing on a ladder, trying not to perspire and stain the curtain. My bifocals are fine for reading the newspaper but not for directing the Phillips screwdriver into the head of the screw over my head while developing a fine tremor from muscle strain.

As my efforts increased the room seemed hotter, my bifocals sagged, my biceps fatigued and my facial perspiration dripped onto the curtain. With much cardiac effort the screws for the bracket were finally in place. Unable to “snap” the curtain in, I called my wife. She appraised the situation and advised me that the brackets had been placed backwards and were facing the room. An advanced academic degree doesn’t help with the small stuff.

After unscrewing the screws, the second rendition of drilling and screwing was a lot easier. The brackets looked in position. The blinds did eventually snap into place. Almost done we needed to shorten the blinds. I untied one of the three snaps at the base and discovered that an essential string unraveled so that the blinds could not be drawn up. At least the brackets were in place. Another trip to the store and before you knew it the blinds just snapped into place. It is no problem now that they are just a little too long.

When I was younger I didn’t have time for “Do It Yourself”. Now that I am older I’d prefer having someone else do it. No wonder sitting in a classroom at OLLI is so much less stressful than sitting at home.

Ira Mickenberg M.D.



PARKING

Please note the following parking updates for OLLI members:

1. Parking services has mailed OLLI parking permits to all members who have submitted their electronic or paper application and payment.
2. If you have completed your parking permit application, and submitted to parking services, along with payment, you may park:

A) On levels 2 or 3 of the attached UConn ramp garage (entrance on North Elm Street) on **Fridays** (even if you have not received your physical decal yet). As always, parking space is available on a first-come, first-served basis.

B) On levels 5&6 of the Scovill Street Municipal Garage **any day of the week**.

3. Parking is often available at the private, street level parking lot between 141 East Main Street and the UConn campus (on the east side of the campus near the bookstore). The lot has reasonable daily rates.

Please note: if you plan to utilize the attached UConn ramp garage, or the Scovill Street municipal garage this semester, you must purchase a Parking Services-issued OLLI parking permit. Applications can be submitted online at: park.uconn.edu/olli-parking-permit-application/

You may also pick up a paper application form at the OLLI membership table or in the OLLI office, room 103.

OLLI Newsletters Go Internet

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

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

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

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

OLLI POETRY COFFEE HOUSE

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

Contact Denise Whelan (denisewhelan@yahoo.com)

for more information

Openings for OLLI Leadership Council

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

These positions are:

President

Vice President

2 Members-at-Large (Members-at-Large are liaisons between the OLLI general membership and the Leadership Council.)

The Nominating Committee is accepting the names of all OLLI members interested in any of these positions. (Self-nominations are also encouraged.)

This is your chance to see how decisions are made in OLLI and to have more input in those decisions.

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

Nominating Committee Members

Ann Rompre (Chairperson) – annrompre@sbcglobal.net

Merle Arcovio – merleka@optonline.net

Gen Delkescamp – gdelkescamp11@comcast.net

Toni Escott – toniescott1@cox.net

The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to a child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.

Benjamin Franklin

OLLI BOOK CLUB

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

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

October 17th...The Family by David Laskin

November 21st...The Warmth of Other Suns by Isabel Wilkerson



OLLI CAFE



Upcoming OLLI Travel

Friday, October 7
Social Security Explained
Tyler Westcott

Whether you are already retired, are approaching retirement or just want to get ready for the future, this presentation will help you prepare to make the best decision on how you want to use your Social Security benefits. Come learn about the benefits you are eligible to receive and retirement planning strategies.

Friday, October 14
Finding Brass Valley: A Place And Time That Has Almost Vanished
Emery Roth II

(All Fall 2016 trips are now sold out)

6/08/2017 – Whitney Museum of American Art/High Line Walking Tour/Chelsea Market, NYC – member price - \$78pp

7/10-16/2017 – Bay of Fundy/New Brunswick -Canada/ Campobello, ME (overnight) – member price - \$1487 pp dbl and triple

Flyers available at the OLLI Information Table. 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.

Please Note – All OLLI Trips will depart from and return to the Chase Parkway DOT Commuter Lot, Waterbury. Maps of this Departure Area are available on the OLLI Information Table in the main hall.

Heaven and Hell

While walking down the street one day a Corrupt Senator (that may be redundant) was tragically hit by a car and died.

His soul arrives in heaven and is met by St. Peter at the entrance.

“Welcome to heaven, “says St.. Peter.. “Before you settle in, it seems there is a problem. We seldom see a high official around these parts, you see, so we're not sure what to do with you.”

“No problem, just let me in,” says the Senator.

“Well, I'd like to, but I have orders from the higher ups. What we'll do is have you spend one day in hell and one in heaven. Then you can choose where to spend eternity.”

“Really? I've made up my mind. I want to be in heaven,” says the Senator.

“I'm sorry, but we have our rules.”

And with that, St. Peter escorts him to the elevator and he goes down, down, down to hell.

The doors open and he finds himself in the middle of a green golf course.

In the distance is a clubhouse and standing in front of it are all his friends and other politicians who had worked with him.

Everyone is very happy and in evening dress. They run to greet him, shake his hand, and reminisce about the good times they had while getting rich at the expense of the people.

They played a friendly game of golf and then dine on lobster, caviar and the finest wines and champagne.

Also present is the devil, who really is a very friendly guy who is having a good time dancing and telling jokes.

They are all having such a good time that before the Senator realizes it, it is time to go. Everyone gives him a hearty farewell and waves while the elevator rises.

The elevator goes up, up, up and the door reopens in heaven where St. Peter is waiting for him, "Now it's time to visit heaven.”

So, 24 hours passed with the Senator joining a group of contented souls moving from cloud to cloud, playing the harp and singing. They have a good time and, before he realizes it, the 24 hours have gone by and St. Peter returns.

“Well, then, you've spent a day in hell and another in heaven. Now choose your eternity.”

The Senator reflects for a minute, then he answers: "Well, I would never have said it before, I mean heaven has been delightful, but I think I would be better off in hell."

So St. Peter escorts him to the elevator and he goes down, down, down to hell..

Now the doors of the elevator open and he's in the middle of a barren land covered with waste and garbage.

He sees all his friends, dressed in rags, picking up the trash and putting it in black bags as more trash falls to the ground.

The devil comes over to him and puts his arm around his shoulders.

“I don't understand," stammers the Senator. “Yesterday I was here and there was a golf course and clubhouse, and we ate lobster and caviar, drank champagne, and danced and had a great time. Now there's just a wasteland full of garbage and my friends look miserable. What happened?"

The devil smiles at him and says, "Yesterday we were campaigning.

Today, you voted!"

Vote wisely in November.

From the internet

Ready, Set.....RETREAT!!!

By Mary Fitzpatrick Peitler

Do you remember that old television commercial in which the frazzled housewife implores her bath salts, “Calgon, take me away!” If you, too, are wondering how you’re going to survive the next thirty-two days of election hype and hysteria, a weekend retreat may be just the thing! Besides getting away from the news for a few days, a retreat can help you reconnect to your inner nature, practice self-inquiry, relax on a deep level and experience tranquility, quietude and calm. You can take time for reflection or gain clarity on a life issue. Or you can explore and study a particular field or subject, practice your art and express your creativity. Modern retreat houses offer excellent food, many have private baths, and if you can’t bear the thought of being “unplugged” for a couple of days, some have WiFi.

Southern New England offers many retreat houses and many different kinds of experiences. For Yoga enthusiasts, probably the best known is ***Kripalu*** in Stockbridge, Massachusetts. Founded in 1983 as a religious retreat, it has since become a non-sectarian, non-profit house specializing in yoga, meditation, and ayurvedic health. Whether you are a beginner or looking to deepen your practice, Kripalu might be just the place. Upcoming offerings include “How the Body Releases Trauma and Restores Goodness” and “Yoga and Body Confidence.” ***Guesthouse*** in Chester is a retreat and conference center in the Connecticut River Valley. Its goal is to offer an atmosphere where you can focus on your work or yourself without distractions, while enjoying a nurturing and comfortable environment. Individuals and groups are welcome on their 17 acres. ***Copper Beech*** in West Hartford is a fairly new non-sectarian organization devoted to the teaching of mindfulness and contemplative practice working in conjunction with the UMASS Medical Center. Weekend retreats are usually led by a well-known writer, inspirational speaker or teacher. October 19 - 21 New York Times Best Selling author ***Mark Nepo*** will conduct a retreat on the theme of “Finding Inner Courage.”

For those of you looking for a more religious atmosphere for your renewal, there are many such places offered by mainstream sects. ***Camp Washington*** in Lakeside is administered by the Episcopal Church and is a favorite for parish and groups retreats, as is ***Incarnation Center*** in Ivoryton. ***Silver Lake Conference Center*** in Sharon is run by the United Church of Christ.

Holy Family Retreat Center in West Hartford is a Roman Catholic retreat house with a decidedly post-Vatican II flavor. It employs many lay people on its retreat team. They welcome individuals to weekend Men’s and Women’s retreats, centered on a specific theme. This year’s theme is “The Light of Simplicity.” Holy Family is a large facility, and I can attest from attending many retreats there that the staff is exceptional, the accommodations clean and comfortable, and the food excellent. During your time there you can also partake of massage, yoga and reflexology. Other very popular Catholic retreat centers are ***Mercy Center at Madison*** (right on Long Island Sound) and ***Wisdom House*** in Litchfield.

The Isabella Freedman Jewish Retreat Center is located in Falls Village. On its webpage it describes its purpose: “For over fifty years it has been a place of rest, regeneration and renewal where breathtaking natural scenery and a loving communal spirit create the perfect backdrop for individuals and institutions of all backgrounds to congregate, celebrate, and draw upon the Jewish tradition together.” It takes pride in its culinary offerings and its large gift and book shop with an unusual collection of Judaica.

These are just a few of the many quiet centers Connecticut has to offer. To find a place that might be right for your weekend away, check out www.findthedivine.com. A word of advice from an experienced retreat-goer: make the most of your experience by leaving your computer and other devices at home. Bring a notebook and a pen and listen to yourself!



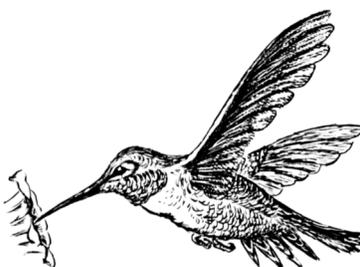
MIGRATION

October returns and fall harvests fill our larders. Soon the colors of the leaves will burst forth in all their glory. Pumpkins will turn into jack-o-lanterns. In the blue sky the vees of Canadian geese will honk on their way south. The snowbirds (including some OLLI members) will soon follow to savor the Florida winter. Many of the migratory birds have started, or will very shortly, to make the journey to their winter feeding grounds. In a recent conversation, the topic of hummingbirds arose and the question was posed, "Do hummingbirds migrate?" And the answer is-they do.

This smallest of birds usually spend its winters in Mexico or Central America- a distance of approximately 2700 miles from Connecticut to Mexico City, Mexico. Unlike the raucous geese, it flies alone, usually on the same path it flew earlier in its life. Young hummingbirds make this journey without parental guidance. How they do this is still unknown, but there probably is something instinctual that makes this possible. The birds make this trip by day when flowers are more plentiful because flying low allows the birds to stop and seek out food sources on their way. They need it because during migration the hummingbird's heart beats up to 1260 times a minute. Their wings flap 15 to 80 times a second. In order to achieve this high energy level, a hummingbird will typically gain 25 to 40% of its body weight before embarking on that long trip southwest.

Charles Forrest in a *Mother Earth News* (July/August '88) article on hummingbirds tells us about the eating habits of these creatures. "Given their astonishing metabolism, it's easy to understand why food is such a powerful lure to hummingbirds. Although they're the smallest of birds, their energy output-by weight- is greater than any other warm-blooded creature. To fuel their high-rev power plants, hummingbirds eat almost continuously. A single hummer consumes more than half its weight in insect protein and sugar, and up to eight times its weight in liquid, every day. One researcher calculated that if a 170 pound man burned energy at the same rate that a hummingbird does, he would need to expend about 155,000 calories a day, meaning that he'd need to eat something like 285 pounds of hamburger daily to sustain himself... And then, of course, there's the little bird's obvious aerial agility. Hummers are among the fastest of all small birds (average speed is 30 mph, with top speeds reaching 50 mph). They can hover, fly backward or vertically or upside-down, and can almost instantaneously change speed from 0 to full-out (or any speed between)..."

As you can see, these amazing little creatures travel long distances. Researchers have found that a hummingbird can travel about 23 miles a day which makes a long journey, which may be extended looking for food to sustain them on the way. Then, when they reach their destination, they have to bulk up to make the same trek back to Connecticut, arriving sometime in late April or early May. No wonder hummingbirds visit your feeder so often.



RJG

**2016 October Food Drive
Sponsored By
OLLI Clubs and Activities Committee
To Benefit
Greater Waterbury Interfaith Ministries**

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