


OLLI.UCONN.EDU
(203) 236-9924
OSHER@UCONN.EDU



OSHER
LIFELONG
LEARNING
INSTITUTE

UCONN
WATERBURY

**FEATURING
20 NEW
COURSES!**

**REGISTRATION OPENS
JAN. 15TH @ 9:00 AM**

SPRING 2018

COURSE CATALOG

**SESSION DATES:
FEB. 16 - APRIL 27**





WELCOME

UConn
WATERBURY

Dear OLLI Members and Friends,

It is our privilege to welcome you to a new year of learning, living, and growing at the University of Connecticut's Osher Lifelong Learning Institute (OLLI). We are proud to offer a community that invigorates the lives of lifelong learners from across Connecticut. Thank you for joining us for another (or your first) amazing semester!

Kind regards, The OLLI Team

YOU'RE INVITED! OPEN HOUSE

**THURSDAY, FEB. 1
9:30AM-12:30PM**

Join us for a FUN and FREE day of engaging presentations, refreshments, and sample course sessions. Keynote presenter, **Dr. Gina Barreca**, bestselling author and professor of English and Feminist Theory at UConn, will speak on *Why Words, Language, and Books Matter: One Teacher's Perspective*.

BRING YOUR FRIENDS!!

RSVP:

203-236-9924 or
osher@uconn.edu

Connecticut
Community
Foundation



**KEEP UP WITH OLLI @
UConn ON FACEBOOK**



FB.ME/OLLIATUCONNWATERBURY



UConn WATERBURY CAMPUS - MAIN ENTRANCE (E. MAIN ST.)

SPRING 2018

ART & ART HISTORY

AH-436 | The Art in Painting: Learning to See—A Workshop | Thelma Appel, Page 9

AH-440 | Needle Work and Textile Arts
Deirdre J. Wright, Page 8

***NEW* AH-442** | The Palace Theater—
History, Myth, and Lore!

Louis Belloisy, Page 5

***NEW* AH-443** | Fundamentals of Drawing
Thelma Appel, Page 3

COMPUTERS

CO-419 | Navigating Social Media
Alessia Palladino, Page 3

CO-424 | Modern Technology
Alessia Palladino, Page 3

CULTURE & LANGUAGE

CL-402 | Italian: Vita e Lingua Part II
Nunzio De Filippis, Page 4

CL-436 | Understanding Islam I
Raghdad Barmo, Page 5

CL-439 | Understanding Islam II
Raghdad Barmo, Page 5

***NEW* CL-445** | Unpacking the Middle
East: From Antiquity to the Arab Uprisings
Bryan Southworth, Page 8

CL-446 | Italian Culture II
Nunzio De Filippis, Page 6

CL-447 | Parliamo Italiano II
Nunzio De Filippis, Page 9

CURRENT EVENTS

***NEW* CE-012** | Sino-American Relations—
1945 to Today | Roger Levy, Page 3

HEALTH & WELLNESS

HW-422 | Kickstart Your Health Today!
Jane Sirignano, Page 8

HW-433 | Reiki Level II
Barbara Schafer, APRN, MSN, Page 3

HW-467 | Moving Forward with Life
Elizabeth Petruccione, Page 6

***NEW* HW-475** | Chinese Medicine: Spirit
and the Restoration of Health
William Courtland, Page 6

HW-476 | The Power of Food for Cancer
Prevention and Survival
Jane Sirignano, Page 8

TABLE OF CONTENTS

***NEW* HW-477** | Learning to Love YOU
Stacey Altomari, Page 9

HW-417 | The Alexander Technique: An
Introduction to Posture, Balance, Breathing,
and Movement

Peter Anderheggen, Page 3

HW-460 | The Alexander Technique:
Posture, Balance, Breathing, and
Movement

Peter Anderheggen, Page 3

HW-461 | Mental Health and Aging
Deirdre J. Wright, Page 8

HISTORY

***NEW* HS-508** | Unearth Your Roots—
Conversations in Genealogy
Diane Ciba, Page 3

***NEW* HS-509** | Narcissists in the White
House | Avi Isseroff, Page 5

HS-500 | Supreme Court's Greatest Hits
Volume II | Elizabeth Neuwirth, Page 5

***NEW* HS-510** | The Supremes and
Friends: Volume III | Elizabeth Neuwirth,
Page 5

HS-505 | European History for Travelers:
Five Fascinating Leaders and What They
Left Behind | Diane Stone, Page 4

***NEW* HS-511** | The Dragon Rises Again:
Part II: The Century of Humiliation
Ted Welsh, Page 4 & Page 5

HORTICULTURE

HC-404 | From Planting to Harvest to Table:
The Greening of Waterbury
Nunzio De Filippis, Page 10

LITERATURE & WRITING

LW-465 | T.S. Eliot—Father of Modern
Poetry | Douglas Welsh, Page 5

***NEW* LW-469** | The Real Frankenstein
Douglas Welsh, Page 5

***NEW* LW-470** | Getting to the Bones of
Writing | Nancy T. Whitney, Page 4

***NEW* LW-471** | Live the Life You've
Always Dreamed
Roberta M. Crispino, Page 3

MATH & SCIENCE

***NEW* MS-434** | Statistically Speaking
Rosalie Griffin & Taylor Wheeler, Page 6

OLLI.UCONN.EDU

MUSIC

MU-454 | The Ukulele Adventure
Nina Lesiga, Page 3

MU-455 | The Jazz Scenes
Fran E. McIntyre, Page 9

***NEW* MU-457** | Da-Da-Da-Dum: The
Symphony that Changed the World
Donna Obarowski, Page 8

PERFORMING ARTS

***NEW* PA-429** | Page to Stage: Telling Our
Stories | Linda Gordon, Page 3 & Page 4

PERSONAL DEVELOPMENT

PD-415 | Investment Portfolio Management
Jessica Kott, Page 6

PHILOSOPHY & RELIGION

PR-425 | The Problem of Old Testament
Authorship | Walter Brooks, Page 6

TRAVEL

TR-401 | Bucket List Travel: Is Exploring to
the Ends of the Earth For You?
Diane Stone, Page 3

VISUAL ARTS

VA-415 | An Enriching Experience with
Acrylic Painting
Judy Jaworski, Page 6

VA-432 | Mandalas as Art and Personal
Relaxation

Rose-Ann C. Chrzanowski, Page 6

VA-445 | Home-fired Ceramics
Steven Kobylenski, Page 3

***NEW* VA-449** | Creative Photography: Cell
Phones and Compact Cameras
Timothy Padgett, Page 6

***NEW* VA-450** | Creative Photography:
SLR and Mirror-less Cameras
Timothy Padgett, Page 6

***NEW* VA-452** | Spies in Film
Joseph Gambini, Page 3

***NEW* VA-453** | Creative Photography:
Lightroom and Photoshop
Timothy Padgett, Page 9

IMPORTANT

Please pay close attention to **the number of weeks, dates, and times** of the course(s) you are interested in taking. This session, many courses stray from OLLI's typical course structure schedule, with extra alterations due to campus events and holiday observations. Be sure you are aware of when and how often your course meets *before* you sign up for it.

AT-A-GLANCE: TUESDAY-THURSDAY COURSE OFFERINGS

TUESDAY	PA-429 Page to Stage: Telling Our Stories Linda Gordon 10 Weeks—Meets Tuesdays (3/6-4/24) AND Fridays (2/16-4/20; No class 4/27) Tues: 10:15AM-11:45AM; Fri: 8:30AM-10:00AM \$113 Waterbury's <i>Shakesperience Productions</i> company invites you to share personal/family stories of life in Greater Waterbury through the years. Create monologues and short plays that may be included in the theater's <i>Neighborhoods</i> program. Even if you're not from the area, you're still welcome to share your stories and create theater with us!	TR-401 Bucket List Travel: Is Exploring to the Ends of the Earth for You? Diane Stone 5 Weeks (2/20-3/20) 10:15AM-11:45AM \$28 Travel to the planet's remote destinations yields great rewards in terms of discovery and experience but the research, planning, and self awareness necessary to plan such trips can be very different than for a trip to the great capitals of Europe. Learn about the resources available and the questions that you need to answer to decide on who, what, where, when and the basic, whether, to go.
	LW-471 Live the Life You've Always Dreamed Roberta M. Crispino 5 Weeks (2/20-3/20) 10:15AM-11:45AM \$28 This course will offer a combination of discussion and writing activities that will inspire you to live fearlessly, enjoy your passions, and fulfill your aspirations in life. *Please Note: There is recommended reading for this course.	CE-012 Sino-American Relations—1945 to Today Dr. Roger Levy 5 Weeks (3/27-4/24) 10:15AM-11:45AM \$28 In 2009, President Obama asserted, "the relationship between the U.S. and China will shape the 21st century, which makes it as important as any bilateral relationship in the world." We will review the evolution of that relationship over the last 70 years, discuss current issues between two powers, and speculate on what the future will bring.
HW-433 Reiki Level II Barbara Schafer, APRN, MSN 8 Weeks (2/20-4/10) 1:15PM-2:45PM \$45 Having learned the fundamentals of Reiki in Level I that focus upon the physical realm, Level II focuses upon the emotional/mental realms of healing. We will briefly review Level I to assure past learning. At the successful completion of this level, the graduate becomes a Reiki Practioner.		
WEDNESDAY	VA-445 Home-fired Ceramics Steven Kobylenski 10 Weeks (2/21-4/25) 10:00AM-11:30AM \$56 Students will explore hand building techniques while creating permanent clay objects. *Please Note: There is an additional \$25 material fee to be presented to the instructor at the time of the first class meeting.	
	HS-508 Unearth Your Roots: Conversations in Genealogy Diane Ciba 10 Weeks (2/21-4/25) 12:15PM-1:45PM \$56 Discover several ways to research the past, document your family history, and share the stories of your ancestors with future generations. We'll work together to build your tree, explore your research problems, and tell stories to bring the past to life.	AH-443 Fundamentals of Drawing Thelma Appel 10 Weeks (2/21-4/25) 12:15PM-1:45PM \$56 In this course you will learn basic perspective, the relationship of objects to each other, how to energize your composition by the use of time only. You will learn to express volume with shading and explore the dramatic possibilities of contrasting light and dark dynamics.
THURSDAY	CO-419 Navigating Social Media Alessia Palladino 5 Weeks (2/22-3/22) 12:15PM-1:45PM \$28 This course centers on various types of social media and creating accounts, with an emphasis on getting/staying connected with others. This may include: Facebook, Twitter, Instagram, Snapchat, LinkedIn, and YouTube.	CO-424 Modern Technology Alessia Palladino 5 Weeks (3/29-4/26) 12:15PM-1:45PM \$28 In this course we will focus on using smart phones, tablets, and computers. We will learn how to use each device for social uses, business, and different apps to get the most out of your device.
	HW-417 The Alexander Technique: An Intro to Posture, Balance, Breathing, and Movement Peter Anderheggen 4 Weeks (2/22-3/15) 10:15AM-11:45AM \$23 You will learn improved balance, posture, and movement, methods of restorative rest, and dynamic ways to sit, stand, walk, and use tools. With readings, discussion, and brief lectures, participation is encouraged. You will have at least one individual lesson. *Please Note: This course requires a yoga mat.	HW-460 The Alexander Technique: Balance, Posture, Breathing, and Movement Peter Anderheggen 5 Weeks (3/29-4/26) 10:15AM-11:45AM \$28 A continuation of the intro course. Participants will further be shown how to learn improved balance, posture, and movement. This course is open to previous students and those who took the introductory course in the first five weeks. *Please Note: This course requires a yoga mat.
VA-452 Spies in Film Joseph Gambini 6 Weeks (2/22-3/29) 1:45PM-4:15PM \$56 We will view and discuss how film has presented the topic of espionage in the past and today. The films will include: <i>Bridge of Spies</i> , <i>The Constant Gardner</i> , <i>Debt</i> , and <i>The Third Man</i> .		

AT-A-GLANCE: FRIDAY COURSE OFFERINGS

8:30 - 10:00 AM	5 Weeks (February 16 – March 16)	5 Weeks (March 23 – April 27 *NO CLASSES 3/30)
	<p>HS-505 European History for Travelers: Five Fascinating Leaders and What They Left Behind Diane Stone \$28</p> <p>This course will focus on five of Europe's most famous and fascinating leaders whose personalities, accomplishments, legends, and legacies —whether positive or horrific— are at the core of many of the places travelers to Europe want most to visit. By examining the lives of Henry VII, Louis XVI, Marie Antoinette, Napoleon and Hitler, hearing their backstories and learning about what they created, destroyed or left behind, you will gain the context which will help you fully understand what you're seeing when you visit the places they inhabited.</p>	<p>HS-511 The Dragon Rises Again: Understanding China in the 21st Century, Part II: The Century of Humiliation (1839-1949) SECTION #1 Ted Welsh 5 Weeks *3/9-4/13 \$28</p> <p>The infamous "Opium Wars" of 1839-1841 opened a deeply disturbing period in Chinese history when the superior technology and weapons from the West overwhelmed the primitive defenses that had protected the Chinese state for thousands of years. This period was transformational for the Chinese because for the first time in two thousand years, the country was forced to confront the weaknesses of its past and adapt to new realities in the world. A grasp of this period is essential to understanding modern China.</p> <p>*Please Note: This course has required reading.</p>

8 - 10 Weeks (February 16– April 27 *NO CLASSES 3/30)

LW-470 Getting to the Bones of Writing | Nancy Whitney | 10 Weeks | \$56

We will explore Natalie Goldberg's book, *Writing Down The Bones*. Each week we will challenge ourselves with a different chapter and see how we can expand on our own writing. There will be "at home writing assignments" as well as classwork. It will be a fun and interesting way to explore your own writing style. *Please Note: This course has recommended reading.

CL-402 Italian: Vita e Lingua Part II | Nunzio De Filippis | 10 Weeks | *8:00AM-10:00AM | \$75

This course will be the continuation of Italian: Vita e Lingua Part I. It will consist of basic Italian grammar, vocabulary and elementary conversation. We will utilize the second half of the book from Part I. Students are strongly encouraged to register for CL-446 *Italian Culture II* (to be held right after this course, at 10:15AM). *Please Note: This course has a required reading.

PA-429 Page to Stage: Telling Our Stories | Linda Gordon | 10 Weeks | Meets Tuesdays (3/6-4/24) AND Fridays (2/16-4/20; No class 4/27) | Tues: 10:15AM-11:45AM; Fri: 8:30AM-10:00AM | \$113 | Waterbury's *Shakesperience Productions* company invites you to share personal/family stories of life in Greater Waterbury through the years. Create monologues and short plays that may be included in the theater's *Neighborhoods* program. Even if you're not from the area, you're still welcome to share stories with us!

AARP® SMART DRIVERS COURSE

OLLI at UConn hosts the AARP 4-hour Smart Drivers Course for older drivers to help refresh driving skills and learn a few new tips. The cost is **\$15 for AARP members** and **\$20 for non-members**. Payment may be made by check (to AARP) at the start of the course. State law mandates a minimum discount of **5%** on your liability insurance for 2 years for drivers 60 and over who take the course. *OLLI membership not required to register. Call 203-236-9924 to register.

CHOOSE ONE



SESSION 1: Tuesday,
March 27th
9 am - 1:30 pm

SESSION 2: Thursday,
May 10th
9 am - 1:30 pm



Students in Nina Lesiga's *Ukulele Adventure* pose with their instruments. Photo by: Sarah Wasilesky

AT-A-GLANCE: FRIDAY COURSE OFFERINGS

10:15 - 11:45 AM	5 Weeks (February 16 – March 16)	5 Weeks (March 23 – April 27 *NO CLASSES 3/30)
	<p>HS-500 Supreme Court's Greatest Hits Volume II Elizabeth Neuwirth \$28 This course continues to look at major cases of the U.S. Supreme Court as a way to understand its Constitutional role in our system. Each session focuses on a different legal area in which the Court's decisions have shaped our history and law. Topics include religious expression, presidential powers and their limits, antitrust, environmental law, challenges to the "administrative state", the New Deal, the rights of foreign detainees, and the death penalty. <i>Supreme Court's Volume I</i>, while helpful as background, is not a prerequisite for this course.</p>	<p>HS-510 Supremes and Friends Volume III Elizabeth Neuwirth \$28 Although Supreme Court cases make history, other courts and judges have helped develop legal doctrines that deeply impact society (for example, the New York Court of Appeals under Justice Cardozo, or the concept of the "Brandeis Brief"). First year law students learn the basics of torts, contracts, civil procedure and property by studying classic cases, and we'll sample some of these. If you did not go to law school, you were wise-- but don't worry, the class will be nothing like "the Paper Chase." This class is open to students who have taken <i>Supreme Court's Volume I</i>, <i>Volume II</i> or both.</p>
	<p>LW-469 The Real Frankenstein Douglas Welsh \$28 If you have only seen the movie, you don't know <i>Frankenstein</i>. In this, the bicentennial year of its publication, we will read the original 1818 version of Mary Shelley's classic. We will discuss its various themes and the relevance of this gothic novel to today's world. Be prepared to be surprised. *Please Note: This course has required reading.</p>	<p>LW-465 T.S. Eliot—Father of Modern Poetry Douglas Welsh \$28 T.S. Eliot is one of the founding members of modernism in poetry. We will read and study three of his greatest works: <i>The Love Song of J. Alfred Prufrock</i>, <i>The Waste Land</i>, and <i>Four Quartets</i>. We will discuss these great poems in relation to Eliot's life and the state of the world between the two great Wars. *Please Note: This course has required reading.</p>
	<p>AH-442 The Palace Theater—History, Myth, and Lore! *3/2-3/30* Louis Belloisy \$28 *Please Note: Course held at Palace Theater across the street at 100 East Main St., Waterbury. This is a fascinating five week class that delves into the storied history of this landmark theater. From the eclectic architectural styles presented in the magnificent 1922 building to the various entertainments genres and celebrities of by-gone eras that have performed on the stage, the class is a rich tapestry of information, anecdotes, and lore embellished by slides and handouts meticulously researched by Palace Historian Louis Belloisy. *Please Note: There WILL be class on Good Friday, 3/30.</p>	<p>HS-511 The Dragon Rises Again: Understanding China in the 21st Century, Part II: The Century of Humiliation (1839-1949) SECTION #2 Ted Welsh 5 Weeks *3/9-4/13 \$28 The infamous "Opium Wars" of 1839-1841 opened a deeply disturbing period in Chinese history when the superior technology and weapons from the West overwhelmed the primitive defenses that had protected the Chinese state for thousands of years. This period was transformational for the Chinese because for the first time in two thousand years, the country was forced to confront the weaknesses of its past and adapt to new realities in the world. A grasp of this period is essential to understanding modern China.</p>
	<p>CL-436 Understanding Islam I Raghdad Barmo *8:45AM-10:00AM \$28 This course serves as a brief survey of the origins of Islam and tracks the development of the religion into modern day. You will emerge with an understanding of the Abrahamic tradition as observed by Muslims, the roles and importance of the prophets in Islam, as well as the feminist qualities of the religion's early stages. This class is the first half of a two-part course. If you previously took this course, you may only register for the second half.</p>	<p>CL-439 Understanding Islam II Raghdad Barmo *8:45AM-10:00AM \$28 Second half of a two-part course. We will continue to track the development of Islam into modern day. You will learn about the structure and function of the Qur'an and be able to compare and contrast the tenets of Islam to the culture and traditions of Muslim-majority countries. We will thoroughly investigate serious topics like the concepts of sin and forgiveness, heaven and hell, etc. You will emerge with an understanding of day-to-day Muslim customs, rituals, and lifestyle habits.</p>
		<p>HS-509 Narcissists in the White House Avi Isseroff \$28 Who were the most narcissistic presidents? The least? A review of presidents from Washington through Obama.</p>

AT-A-GLANCE: FRIDAY COURSE OFFERINGS

10:15 - 11:45 AM

8 - 10 Weeks (February 16– April 27th *NO CLASSES 3/30) Continued

VA-415 An Enriching Experience with Acrylic Painting | Judy Jaworski | 10 Weeks (2/16-5/4*) | *Please Note: No class 4/6 | \$56
Students learn to develop expertise in the medium to create a personal finished painting. You will compose a color chart for your future reference as well. *Please Note: This course requires supplies.

VA-449 Creative Photography: Cell Phones and Compact Cameras | Timothy Padgett | 10 Weeks (2/16-5/4*) | *Please Note: No class 4/6 | \$56 | A photography course on how to create works of art with the camera you always have with you.

HW-475 Chinese Medicine: Spirit and the Restoration of Health | William Courtland | 8 Weeks (2/16-4/13) | \$45
Our society has eliminated Spirit from its medicine and confined it to our religions. However, Chinese medicine is rooted in Spirit. This course will examine Spirit's effect on our mental, emotional, and physical health.

MS-434 Statistically Speaking: Your Life in Numbers | Rosalie Griffin & Taylor Wheeler | 10 Weeks | \$56
This course will allow you to understand how statistics can be used to understand your life. For example, the media bombards us with statistics every day. What can we look for to determine what the data is really telling us? This course will be co-taught by an OLLI Member/Presenter and a UConn undergraduate.

CL-446 Italian Culture II | Nunzio De Filippis | 10 Weeks | 10:15AM-12:15PM | \$75
This course will be the continuation of *Italian Culture I*. This course, while part of the *Italian: Vita e Lingua* course, is open to all OLLI students. This cultural course will deal with Italian history, geography, food, cinema, opera, art, customs, and everyday life. It will include discussion, student participation, student presentations (only if they would like to), and the viewing of Italian American films.

PR-425 The Problem of Old Testament Authorship | Walter Brooks | 10 Weeks | \$56
Put on your Sherlock Holmes hats: work is to be done. We have been called upon to solve a most perplexing problem. Certain matters have arisen that have put into question the long-standing view that Moses played a significant role in the composition of the Hebrew bible. Our task is to evaluate these matters and to judge whether they indeed have an impact on the issue of Old Testament authorship. Join me in this fascinating adventure! *Please Note: This course has a required reading.

VA-432 Mandalas as Art and Personal Relaxation | Rose-Ann C. Chrzanowski | 8 Weeks (2/16-4/13) | \$45
Mandalas have a rich history and an artistic appeal, as well as relaxation and healing qualities. No specific artistic ability is required, as this art comes from your heart and soul and explores many different art materials. *Please Note: This course requires supplies.

12:15 - 1:30 PM

PD-415 Investment Portfolio Management | Jessica Kott | 5 Weeks (2/16-3/16) | \$23
Students will determine investment objectives and appropriate asset allocation, gain an understanding of various types of investments, construct and monitor investment portfolios, and have all your general investment-related questions answered.

VA-450 Creative Photography: SLR and Mirrorless Cameras | Timothy Padgett | 10 Weeks (2/16-5/4*) | *Please Note: No class 4/6 | *12:00PM-1:30PM | \$56 | A course on getting more out of your camera by taking control and stopping your use of automatic settings. Learn how to create great composition of any subject.

HW-467 Moving Forward with Life | Elizabeth Petruccione | 10 Weeks | \$47
This class is designed to help you identify and clarify your goals in life. Students will learn the tools to decrease stress and how to move forward with a clearer vision to achieve these goals. The experience is satisfying, self-motivating, and uplifting.

OC-101 OLLI Café Presentation Series | 10 Weeks | 12:15-1:30 PM | FREE - with OLLI Membership | Join OLLI friends for free weekly presentations on various topics of interest (see page 7).

Please Note: Given the tendency for room assignments to change throughout the registration period, we have not included them in this Spring catalog. Room assignments will be made available online as the Spring semester approaches. Up-to-date room charts will also be available for pick-up at the OLLI information table on the first day of classes.

AT-A-GLANCE: FRIDAY COURSE OFFERINGS (OLLI CAFÉ)

OLLI CAFÉ PRESENTATIONS (OC-101): Fridays, 12:15-1:30pm, MPR (Rooms 113-116)

February 16	February 23
German American Bund Movement and the Town of Southbury Ed Edelson Ed Edelson, the former First Selectman of Southbury, was instrumental in creating a documentary about how the town managed to ward off the German American Bund Movement that wanted to build a large paramilitary training camp in the Kettletown area. Using the documentary, Ed will talk about how the town responded to this movement and how and when a community should respond to groups that promote hate and fear.	Plum Island Overview Jason Golden, Public Affairs Officer Have you ever wondered about Plum Island—that island located a few miles off the coast of Connecticut? Jason Golden will provide an overview of the US Department of Homeland Security's Plum Island Animal Disease Center (PIADC). Learn about its history, its current mission, and its future. Jason has served as the Public Affairs Officer for the facility since 2014 and manages its community outreach, media relations and legislative affairs program. He speaks to over 1,000 visitors every year.
March 2	March 9
Connecticut Civilian Conservation Corps: History, Memories, and Legacy Martin Podskoch Martin Podskoch will discuss his book, <i>Connecticut Civilian Conservation Corps Camps: Their History, Memories and Legacy</i> . The CCC was a public works program that operated from 1933-1942 as part of FDR's New Deal. Podskoch's book describes the history and projects of the twenty-one CCC camps located in CT. Interviews and photos of camp life capture the vitality of the young men who worked to improve forests, which had been ravaged by fires, lumbering, and storms. Their labors created the woodlands and state parks that we continue to enjoy today.	300 Years of Connecticut's Remarkable Women Tina Carlson Join us for an interactive multi-media program about the Connecticut Women's Hall of Fame (CWHF) and learn about some of our state's most remarkable women! Be inspired as you learn about well-known figures like Ella Grasso, Katharine Hepburn, Marian Anderson and lesser known heroines like Maria Sanchez, Barbara McClintock and Hannah Watson. This presentation will introduce you to the Hall, its mission and programs, and give you a panoramic view of some of its 118 Inductees across all fields of endeavor, from politics and sports to the arts and sciences. The CWHF is the state's premier source for CT women's history.
March 16	March 23
Life and Death in Black Hell Chuck Miceli Chuck Miceli is the son of a coal miner. His father, Philip, like many young boys growing up in eastern Pennsylvania, was pulled out of school in the fourth grade to work up to fifteen hours a day in anthracite coal mines. Those mines fueled the Industrial Revolution and helped to provide Americans with the highest standard of living in the world. They made a select few wealthy beyond imagination while condemning others to poverty, sickness and often death. Mining created a surreal world of dampness, danger and absolute darkness hundreds of feet beneath the surface. In this presentation, Chuck Miceli will take you into that world and introduce you to the history, experiences and legacy of life and death deep in the earth.	Butterflies in My Backyard Victor DeMasi Victor DeMasi will explain life histories of local butterflies and discuss the changing environment with a focus on climate change and invasive species. DeMasi will share a display of butterfly specimens. A wetland conservation officer in his hometown of Redding and a research affiliate at the Yale Peabody Museum of Natural History, he busies himself with preserving open space in town and preserving butterflies in the museum. His work contributed to the Connecticut Butterfly Atlas. He has many scientific publications, and his study with Swallowtail butterflies was recently cited in the book <i>Swallowtails of the Americas</i> . He has been on multiple study trips to the Amazon, Guyana and Nicaragua with his wife, photographer Roanna. He has done yearly studies in California assessing the impact of climate change on fauna.
April 6	April 13
Ancient Healing for Modern Times: An Introduction to Acupuncture and Traditional Chinese Medicine Dr. Sarah Poulin This is an introduction to the foundations of Traditional Chinese Medicine (TCM). Enjoy a discussion of the long history and basic philosophies of TCM as well as its use in modern medicine. We will explore commonly used modalities of TCM, including acupuncture, Chinese herbology, cupping, and more. We will also discuss how TCM works, what conditions it can be used to treat and what typical treatment might look like. Dr. Poulin is a doctor of Acupuncture and Chinese medicine and a licensed acupuncturist in CT as well as a board-certified Diplomate of Oriental Medicine.	Breeding and Rearing of Seahorses Timothy Padgett Timothy Padgett will present, through the use of videos and other images, the science of raising and breeding dwarf seahorses. His presentation will also focus on the proper feeding and training of the seahorse as well as a discussion on what happens to seahorses in the wild and why they are endangered today.
April 20	April 27
Connecticut Schoolhouses Through Time Melinda Elliott Melinda Elliott, Resident Director and Docent of the Bullet Hill School in Southbury, will discuss her published book, <i>Connecticut Schoolhouses Through Time</i> . At one time, there were over 1,600 small schools, but now only a fraction still exist in their original form. CT is fortunate to have over 100 renovated and restored schoolhouses open to the public. Each building is a historical treasure that gives us insights into the people and communities of their time. Melinda will discuss CT's rich heritage of schoolhouses through the use of historic and contemporary photographs of schoolhouses built from 1740-1898. Melinda is also on the Board of Southbury Historical Society and the Southbury Historic Buildings Commission.	Page to Stage: Telling Our Stories Presentation Emily Mattina, Linda Gordon & Their Students By now, students enrolled in the OLLI Course, <i>Page to Stage: Telling Our Stories</i> , have used their personal and family stories to create monologues and short plays. Come and see the fantastic theatrical stories they've come up with!

AT-A-GLANCE: FRIDAY COURSE OFFERINGS

1:45 - 3:15 PM	5 Weeks (February 16 – March 16)	5 Weeks (March 23 – April 27 *NO CLASSES 3/30)
	<p>HW-461 Mental Health and Aging Deirdre J. Wright \$28 This course will introduce students to the most up-to-date research and treatment information in the area of aging. Topics to be discussed include depression, treatments, and the most recent DSMI, along with group discussion. Self-assessment is important to maintain a healthy state of mind. Come learn about the latest research and how it relates to aging.</p>	<p>AH-440 Needlework and Textiles Deirdre J. Wright 1:45PM-3:45PM* \$38 This course will take you on a journey through the world's museum collections to examine the history of textile and needle work arts. Samples of works from The Americas, Europe, Africa, and Asia will be viewed and discussed using videos, Internet, and interviews with artists. Works in progress may be brought to class.</p>
	<p>HW-422 Kickstart Your Health Today! Jane Sirignano 5 Weeks (*2/23-3/23) *1:30PM-3:30PM \$50 In most cases, it's not too late to age gracefully and improve your health, even if you are 60 years or older. Would you like to avoid being a statistic with heart disease, which is our #1 killer? Does it interest you to trim your waistline, prevent, and reverse Type 2 diabetes, and improve your digestion and blood pressure? Come and see evidence — based DVD presentations by Neal Barnard, MD. Included in the class are helpful handouts, fast and easy recipes (some will be new), food instruction and discussion in a fun atmosphere. Best of all, you will enjoy a light, mid-day, delicious meal.</p>	<p>HW-476 The Power of Food for Cancer Prevention & Survival Jane Sirignano 4 Weeks (*4/6-4/27) *1:30PM-3:30PM \$40 A diagnosis of cancer can be scary. Don't wait until it's too late. Learn today how to reduce the risk factors with a new curriculum of cancer-related nutrition topics, via DVD, with Neal Barnard, MD. See how to prepare delicious, easy, and quick recipes, and best of all, enjoy a light meal in a fun setting. Handouts, recipes, and lively discussion are included.</p>
		<p>CL-445 Unpacking the Middle East & Beyond: From Antiquity to the Arab Uprisings Bryan Southworth 1:45PM-2:45PM* \$38 This course seeks to ultimately further one's knowledge of the so-called greater Middle East. Consequently, students will come away with a greater understanding, and hopefully a greater appreciation, of the region's long historical, cultural, and religious significance. Furthermore, students will explore and dissect various realities that make a Christian-Arab-Palestinian possible.</p>
	<p>Students in Timothy Padgett's <i>Creative Photography</i> class practice their skills by taking pictures in UConn Waterbury's courtyard. Photo by: Sarah Wasilesky</p>	<p>MU-457 Da-Da-Da-Dum: The Symphony That Changed the World Donna Obarowski 1:45PM-3:15PM \$28 At its premiere, Beethoven's Fifth Symphony had a profound effect on its audience. It continued to influence music as well as the thinking of his generation (and generations to follow). What makes this symphony so remarkable? Let's do a "deep dive" into the musical decisions made by one of history's greatest composers. (Based loosely on Matthew Guerrieri's book, "The First Four Notes".)</p>
<p>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.</p>		<p>MU-454 Ukulele Adventure Nina Lesiga 6 Weeks (3/23-4/27) 12:15PM-1:45PM \$34 The ukulele is a simple instrument to learn and is great fun in a group setting. We'll cover chord basics and strumming techniques while playing in unison. Participants will learn 12 songs. *Please Note: This course requires supplies.</p>

AT-A-GLANCE: FRIDAY COURSE OFFERINGS

1:45-3:15

8 - 10 Weeks (February 16– April 27 *NO CLASSES 3/30)

VA-453 | Creative Photography: Lightroom and Photoshop | Timothy Padgett | 10 Weeks (2/16-5/4*) | *Please Note: No class 4/6 | \$56 | A photography course for beginners to intermediates. Learn how to import, edit, and save your photo files to several devices. Also learn how to create your own website using these tools.

HW-477 Learning to Love YOU | Stacey Altomari | 10 Weeks | \$56

This course will "tap" into your relationship with yourself and show you how to release old beliefs and create new more empowering ones. Learning to love YOU is a powerful awakening.

AH-436 The Art in Painting: Learning to See—A Workshop | Thelma Appel | 1:45PM-3:45PM* | 10 Weeks | \$75

In this workshop, you will learn to analyze the basic structure of all art forms and how they relate to each other. Additionally, you will learn to mix primary colors and their complementaries for contrasts in tone and values. We will use still-life, old Master paintings, and photographs as references. Learn how colors and forms activate pictorial space to create your own dynamic composition.

CL-447 Parliamo Italiano II | Nunzio DeFilippis | 10 Weeks | 1:45PM-3:45PM* | \$75

This is a continuation of *Parliamo Italiano I*. Conversational Italian for all—that is, for most people who have had a few or many courses of Italian, those who have spoken Italian in the house, or those who spoke Italian as children. All are welcome! We will learn from each other. We will try to speak Italian only in class. Solamente in Italiano!

MU-455 The Jazz Scenes | Fran McIntyre | 10 Weeks | 1:45PM-3:15PM | \$56 | This course will enhance the sounds, development, and enjoyment of different jazz performances and styles. Join us on a rhythmical, musical journey into the vast spectrum of instrumentation, performances, and jazz appreciation, answering the question: What is this thing called jazz?


CALENDAR OF EVENTS & IMPORTANT DATES

JANUARY	15: Spring Registration Opens @ 9:00 AM	APRIL	5: Colm Tóibín Event 27: Spring 2018 Session Ends
FEBRUARY	1: OLLI Open House 9:30 AM—12:30 PM 16: Spring 2018 Session Begins	MAY	28: Summer 2018 Session Begins
MARCH	30: Good Friday—No Classes	JUNE	29: Summer 2018 Session Ends

CLUBS & COMMITTEES

COMMITTEES	MEETING SCHEDULE	CONTACT(S)
Clubs & Activities	1st Tuesday of each month	Nancy Via: nvia@sbcglobal.net OR Delma Way: delvilway@aol.com
Editorial Review	Meetings as needed	Nancy Whitney: wrdsworth@att.net
Newsletter	2nd Tuesday of February & April	Bob Grady: yvoorg@aol.com OR Nancy Blomstrom: nblomstrom@aol.com
OLLI Café	2nd Thursday of each month	Mila Limson: joemila2000@yahoo.com OR Pat Diorio: pdiorio2@optonline.net
Travel	1st Wednesday of each month	Ann Rompre: annrompre@sbcglobal.net
CLUBS	MEETING SCHEDULE	CONTACT(S)
Book Club	3rd Monday of each month	Nancy Via: nvia@sbcglobal.net
Film Club	Once each month during Fall and Spring semesters	Joseph Gambini: j.gambini@att.net OR Ralph Famiglietti: ralphf52@aol.com OR Nunzio De Filippis: nonnonunzio@comcast.net

*For more information on clubs and committees, and all of the volunteer opportunities OLLI at UConn has to offer, please visit: www.oli.uconn.edu or call (203) 236-9924.



HC-404

FROM PLANTING TO HARVEST TO TABLE: THE GREENING OF WATERBURY

with Nunzio De Filippis

\$25

**BRASS CITY
HARVEST**

OUR FUTURE IS GROWING

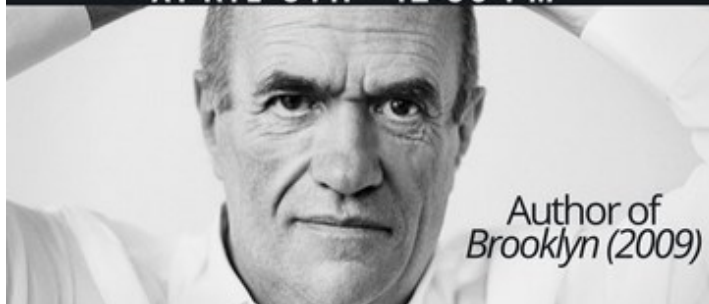
**Connecticut
Community
Foundation**

HC-404 From Planting to Harvest to Table: The Greening of Waterbury 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. By participating in this project, you can 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. 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, on Tuesdays, Thursdays, and/or Saturdays.** 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. **Questions? Contact Nunzio De Filippis at nonnonunzio@comcast.net or 347-743-7499.**

SPECIAL EVENT! SAVE THE DATE

An Afternoon with Colm Tóibín,
award-winning Irish novelist, short story writer,
essayist, playwright, journalist, critic and poet.

APRIL 5TH 12:30 PM



Author of
Brooklyn (2009)

OLLI AT UCONN SENDS A SPECIAL THANK YOU TO



**FOR GENEROUSLY FUNDING OUR
GREENING OF WATERBURY GARDENING
PROJECT & OPEN HOUSE EVENT**



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, call **203.236.9924**, email: **osher@uconn.edu**, or visit us online at **www.oli.uconn.edu**.

SAVE THE DATES

OLLI OPEN HOUSE:
THURS, FEB. 1ST (9:30 AM - 12:30 AM)

2018 SUMMER SESSION:
MAY 28, 2018 - JUNE 29, 2018

OLLI *Travel*  **FRIENDSHIP TOURS**
THE SHIP SHOP

Enjoy day or overnight trips with OLLI members and friends planned by the OLLI Travel Committee and Friendship Tours. All trips are open to OLLI members, and non-OLLI members on a first come, first served basis. Members pay the member price listed with the trip. Non-members pay the member price plus a \$10 surcharge for day trips or a \$20 surcharge for overnight excursions. More information can be found online at the OLLI Travel Page: oli.uconn.edu/oli-trips, or by calling Friendship Tours, (860) 243-1630, and inquiring about OLLI day trips or OLLI overnight excursions. (Please do not call the OLLI Office).



IMPORTANT: What to do if you would like to utilize OLLI at UConn's Parking Options:

- 1** Apply for a parking permit online at the following link:
<https://park.uconn.edu/oli-parking-permit-application/>
- 2** Pay online by credit card OR send in a check payment to Parking Services at: Parking Services - 3 Discovery Dr., Storrs, CT 06269
- 3** Receive your decal hang-tag by mail & display it on your vehicle in either parking location:
 - UConn's attached garage (North Elm St.) on Fridays ONLY.
 - Scovill St. Garage (33 Scovill St.) Monday-Friday.

DIRECTIONS & PERMIT PRICES: The UConn Waterbury campus is located at 99 East Main Street in Waterbury, across the street from the Palace Theater. For directions and permit prices visit our website: www.oli.uconn.edu/parking-and-directions. If you have any questions or issues, please contact Parking Services directly at (860) 486-4930—NOT THE OLLI OFFICE.