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.

PROCRASTINATION

Okay, I'm ready, I think. The deadline is approaching and I have finally sat down at the computer – although I've done this before – and I am ready to write this week's article for the front page. Of course, I should've done this three days ago but something always seemed to come up. Last night I had to watch the news, then I had to read a chapter from Munich by Robert Harris. Then my daughter came over and we watched a TV show and when she left, I found some interesting emails when I sat down at the computer before I started to write. Then the cat wanted some attention and I had to catch up on emails and all of a sudden it was time for bed. I'll get to this tomorrow.

Familiar, OLLI members? This is called procrastination and I have a Master's in it. Oxford Dictionary defines procrastination as: "the act of delaying or postponing something." Andrew Santella, the author of Soon: An Overdue History of Procrastination, from Leonardo and Darwin to You and Me", and, in an article from Time.com writes, "These sorts of self-serving excuses are so common that psychologists have coined the name for the practice. They call it self-handicapping. Think of self-handicapping as a strategy of intentionally sacrificing your own efforts. Why would anyone be so self-defeating? Because erecting your own barriers to success offer protection from the ego-crushing consequences of failure. When I postpone work on a project that I fear is beyond my capabilities, I am creating an obstacle that I can point to as a reason for flopping. It's not that I'm too incompetent to succeed. It's just that I waited until the last minute; I didn't give it my best shot. "The chronic procrastinator would rather have other people think he lacks effort than that he lacks ability," the procrastination researcher Joe Ferrari of DePaul University told me."

"Paradoxically, procrastinators may be more likely to handicap themselves when the stakes are highest. In another study Ferrari and Diane Tice found students were more likely to put off preparing for a test when they were told that it was a meaningful evaluation of their abilities than when they were told the same test was meaningless and being taken only for fun. When the test counted, procrastinators procrastinated; when it didn't, they diligently prepared. The more that was at stake, the more procrastinators needed to protect themselves by not trying too hard."

"Procrastination appeals to some of us as a way of controlling, in some small way, a life that can feel chaotic and unmanageable. Never mind that our procrastination may only add to the chaos -- any real procrastinator is well practiced in the art of self deception. In fact, the basic logic of procrastination and self-handicapping is so roundabout and serpentine, that it can be difficult to convey."

So, OLLI members, remember this old saying from my mother, "Never do today what you can put off 'till tomorrow." – Or something like that!

-RJG
From the Great Courses; The Philosopher’s Toolkit: How to be the Most Rational Person in the Room by Professor Patrick Grim

In this lecture, we’ll take a break from Aristotle—a break from visualizing argument structure—to talk about what may be the most important kind of thinking of all and, perhaps, the most fun: creative thinking… lateral thinking… thinking outside the box. Here, we’ll discuss a number of problems or puzzles and how they can be solved through creative thinking

A) 1985 pennies are worth almost $20.00. Why is that?
B) Is it legal for a man in Tennessee to marry his widow’s sister?
C) A clerk in the butcher shop is 5 feet, 10 inches tall. What does he weigh?
D) Can you rearrange these letters to make one word? new door
E) A woman has two sons, born at the same minute of the same hour of the same day of the same year. But they are not twins. How can that be?
F) The Phenomenon of “Mental Set” or “Expectancy” • A cowboy rides into town on Tuesday. He stays in town for exactly three days. On the first day, he works in the general store. On the second day, he works in the livery stable. On the third day, he hangs out in the sheriff’s office. He leaves promptly the next day and rides out of town on Tuesday. • How can that be?

ANSWERS BELOW

A) They are two of a set of triplets
B) One word
C) Meat
D) No, because he would be dead, and it’s not legal for a dead person
E) They are worth $19.85
F) They are worth $20.00

“Many of life's failures are people who did not realize how close they were to success when they gave up.” — Thomas A. Edison

Contributed by Delma Way

OLLI BOOK CLUB

2018 Book Selections

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<thead>
<tr>
<th>DATE</th>
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<th>AUTHOR</th>
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<tr>
<td>April 16</td>
<td>The Refugees</td>
<td>Viet Thanh Nguyen</td>
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<td>May 21</td>
<td>Rules of Civility..........</td>
<td>Amor Towles</td>
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<td>June 18</td>
<td>All the Light We Cannot See</td>
<td>Anthony Doerr</td>
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OLLI Book Club meetings are held on the third Monday of the month, 1:00 p.m. in room 102D, UConn/Waterbury
### Upcoming OLLI Travel

**Spring Trips - 2018**

- **5/15/2018** – South Central Park / Circle Line Cruise Tour Landmark & Brooklyn Tour  
  - member price - $98pp (Wait List only)
- **6/11-12/2018** – Lackawanna Coal Mine Tour  
  - member price - $297pp dbl & triple

**Fall Trips – 2018**

- **10/13-18/2018** – Biltmore, Ashville NC & Monticello VA – member price - $1179 pp/dbl & triple
- **11/28/2018** – Boar’s Head Feast, Williamstown MA/ Bright Nights, Springfield, MA – member price - $115

Flyers available at the OLLI Information Table. All prices are member prices. Non-members are charged a slight surcharge that is listed on all flyers. Call Friendship Tours for information and reservations. (1-800-243-1630). Mention OLLI Travel. (Please do not call the OLLI Office.)

### 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.

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**OLLI-Lackawanna Trip**  
**by Evelyn Marshak**

The OLLI Café presentation on life in a coal mining area was well attended and made many of the OLLI Travel Committee happy because they are offering a trip to the area on June 11-12, 2018.

The Friendship Tour begins at 8:30 when our motor coach leaves the Chase Parkway commuter lot, the traditional departure spot and heads for Scranton, PA. First stop on the tour is the Steamtown National Historic Site. This site is connected to the coal mining industry because it was coal that fueled the massive stream trains.

The Steamtown site is located on the former yards of the Delaware, Lackawanna and Western Railroad. You’ll have a chance to see the original circular round house of the DL and WR and what rail yards were like.

We’ll stay overnight at the Holiday Inn-Wilkes Barre-East Mountain. Dinner will be provided as part of the cost of the trip.

Breakfast is also included in the trip cost which is $297 per person for those sharing a double or triple room and $ 367 for a single room.

For those who attended Chuck Micelli’s OLLI Café presentation on March 16th, the Anthracite Heritage Museum’s story about hard coal mining and how it related to emerging industries will help put history together for you.

What happened in the coal industries around Scranton, PA also influenced life in many other industrial areas around the eastern part of our country including, to some extent, the brass and watch industries in Waterbury, the silver industry in Meriden, the thread industry in Willimantic and more.

Do bring a light jacket as we are joined by a mine guide and travel 300 feet below ground to view the cavernous system of twisting tunnels and paths that made up the six day work-week life of thousands of workers who started their lives underground as early as age 11.

Why do you need a jacket? Know that the mine temperature remains at 50-55 degrees throughout the year.

The $100 down payment must be made now. Final payment for the trip is due April 23, 2018. Checks should be made to Friendship Tours, and mailed to the company’s Overnight Dept., 705 Bloomfield Ave., Bloomfield, CT 06002, or can be made by credit card at the time of calling in your reservation.

To reserve or if you have questions or have special needs call Friendship Tours, Overnight Dept. at 1-800-243-1630.

Friendship Tours strongly recommends Trip Protection Coverage, For details about this coverage, call Friendship Tours at 1-800-243-1630.

Summer begins a few days after the tour ends and it is safe to say that you will have plenty to talk about after the trip at the beach or with your family and grandchildren.
March 23

Senior Safety Tips | Tiffany Healey
Waterbury police officer, Tiffany Healey, will give a presentation about useful senior safety tips. Healey is currently assigned to the Community Relations Division in Waterbury and has been a police officer for over 14 years. In the last three years, she has been a community officer and has presented senior safety, personal safety, building safety, and several other topics to the community.

April 6
Ancient Healing For Modern Times: An Introduction To Acupuncture And Traditional Chinese Medicine| Dr. Sarah Poulin

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: Ira Mickenberg M.D.
Vice President: Mila Limson
Secretary: Pat Fahey
Assistant Secretary: Joyce Conlan

Osher Lifelong Learning Institute at UConn Waterbury

The Osher Lifelong Learning Institute (OLLI) 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.

NEWSLETTER CONTACTS
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A rich millionaire throws a massive party for his 50th birthday. During this party, he grabs the microphone and announces to his guests that down in the garden of his mansion he has a swimming pool with two great white sharks swimming in it.

"I will give anything of mine to the man who swims across that pool."

So the party continues with no events in the pool until SUDDENLY there is a great splash and all the guests of the party run to the pool to see what has happened. In the pool a man is swimming as hard as he can and fins come out of the water and jaws are snapping and this guy just keeps on going. The sharks are gaining on him and this guy reaches the end and he gets out of the pool tired and soaked. The millionaire grabs the microphone and says, "I am a man of my word. Anything of mine I will give: my Ferraris, my house, absolutely anything, for you are the bravest man I have ever seen. So, sir, what will it be?"

The guy grabs the microphone and says, "Why don't we start with the name of the jerk who pushed me in!"

A passenger in a taxi leaned over to ask the driver a question and tapped him on the shoulder. The driver screamed, lost control of the cab, nearly hit a bus, drove over the curb, and stopped just inches from a large plate glass window. For a few moments everything was silent in the cab, and then still shaking, driver said, "I'm sorry but you scared the daylights out of me."

The frightened passenger apologized to the driver and said he didn't realize a mere tap on the shoulder could frighten him so much.

The driver replied, "No, no, I'm sorry, it's entirely my fault. Today is my first day driving a cab. I've been driving a hearse for 25 years."
The Irish stew and soda bread have been devoured, the St. Joseph’s zeppole enjoyed, and the last of the snow, hopefully, has been shoveled. (Don’t hold me to that.) Now, with Spring officially here and Passover and Easter arriving next week, let’s take a look at some day trips and museums that can be enjoyed as the weather improves and we are able to get out a bit more.

**Yale University Art Gallery** – for history and antiquity lovers, two very interesting exhibitions. “Pompeii: Photographs and Fragments” features photos of the ruins and artifacts from the ancient city which was destroyed in 70AD by the eruption of Mount Vesuvius and first excavated in 1748. The photos are from artist William Wyle’s collection taken in 2012 showing the ongoing cycles of deterioration and preservation that mark Pompeii as a living landscape. Fragments of ancient Roman wall paintings and many domestic objects from the period are also on view. **Until August 19.** “Japan’s Global Baroque 1550-1650” should be of interest to the many OLLI students who have sparked a wave of enthusiasm in the field of Asian studies at OLLI. Recent classes, including Dr. Roger Levy’s courses on Japanese and Chinese culture and current events, and Ted Welsh’s Chinese history class (two sections needed!) demonstrate how interested OLLI members are in this part of the world. The exhibit shows how trade came to Japan due to the fortuitous landing of Portuguese sailors there in 1543. Just as I learned in Professor Welsh’s OLLI class that opium didn’t originate in China, it was brought in by other people, Persian and Indian raw materials and commodities were brought to Japan during the sixteenth and seventeenth centuries, paving the way for future trade. **Until May 21. Free admission.**

**The Wadsworth Atheneum** - This venerable Hartford institution promises something kind of gory this Spring. Well, something Gorey, anyway, and it sounds like a lot of fun. “Gorey’s Worlds” is the first museum exhibition to explore the artistic inspiration of the famed American artist and author Edward Gorey by presenting his personal art collection alongside art of his own creation. Gorey bequeathed his personal art collection to the Wadsworth, which was quite a coup for the museum. The exhibition explores Gorey, his work, and the artists he admired and collected from 19th century prints and drawings to contemporary art from the 1970’s and 80’s. Viewers have the opportunity to step into his unique and very weird imagination by viewing the art he collected alongside his own sketches. At least 17 talks and events have been scheduled at the museum to accompany the exhibition. One that really piqued my interest will take place on the evening of Thursday, April 5 with the showing of the film “Dracula.” If you’re looking for something during the day and to which you can take the grandkids, on Saturday, April 7, the museum will screen “Lemony Snicket: A Series of Unfortunate Events,” which seems to me like a perfect accompaniment to Gorey’s singular take on the world! **Until May 6.**

If you are looking for something a little tamer, **The New Britain Museum of American Art**, one of my favorite museums, has a beautiful exhibition of “American Post-Impressionists: Maurice and Charles Prendergast.” In the early 20th century these brothers revolutionized American art, propelling the American Post-Impressionist movement and contributing to the evolution of American Modernism. This exhibition features over 100 works, including paintings, sculptures, sketchbooks, letters and tools. It showcases the unique artistic rapport shared by these brothers and traces their involvement in the major movements of 20th century art, including not only Post-Impressionism, but also the Arts and Crafts movement which was so influential and important to American art. **Until June 10.**

So, hit the road, OLLI art lovers! Combine a trip to one of these beautiful museums with lunch or dinner out at one of Connecticut’s many fine restaurants. Ah, Spring! Enjoy another one of New England’s beautiful seasons!
**MEET YOUR PRESENTERS**

**Joseph “Joe” Gambini** likes going to the movies and teaching adults. Presenting courses in film at OLLI seemed a natural evolution for the retired consultant for the Connecticut State Department of Education.

He also loves live theater and recalls having minor roles in two very different plays when a student at Assumption College. One written by Graham Greene was the little-known *The Potting Shed* and the other written by Leonard Wibberly and adapted by Christopher Sergel for the theater was the *The Mouse that Roared*.

*The Potting Shed* is a drama about a family keeping a dark secret that pits faith against rational thought. *The Mouse that Roared* is a satirical comedy about a tiny country in the Alps with a military force comprised of archers that decided to attack the United States. The movie version starred Peter Sellers.

Joe’s favorite play remains a production of *King Lear* with Morris Carnovsky at the American Shakespeare Theater in Stratford. “His performance was powerful and moving in a difficult role.” He gives high marks to the movie *Tom Jones* featuring Albert Finney.

He joined OLLI and took Paul Marino’s classes on film. “I could do this,” he thought and when the opportunity came, Joe submitted a proposal for teaching film classes with themes.

Currently, he is presenting “Spies in Film.” While his interests in film and reading go far beyond the world of spies, it is not surprising to learn this presenter really enjoys books by John le Carre, who wrote *The Spy Who Came In From the Cold* and Daniel Silva, author of *The Black Widow*.

Joe graduated from Waterbury’s Crosby High School. He joined a few clubs but had to work at an early age. For a time, he was a “soda jerk” working behind the fountain at a pharmacy on South Main Street that is long gone.

Joe matriculated at Assumption College, founded by the Augustinians of the Assumption, a French religious order. He attended two years and decided to enter a novitiate program to determine whether to pursue a life in religion. After seven months, Joe said, “This is not for me.”

Back in Waterbury, he became a commuter student at Fairfield University. He graduated with a major in English and a minor in French. He earned his master’s degree in education from Western Connecticut State University and a sixth year certificate in education from Southern Connecticut State University.

Joe’s first teaching job was at Immaculate High School in Danbury, where he taught English in what was then a “fairly new school.” Joe started a drama program with “very talented students” performing in such shows as the comedy/drama *Stalag 17*, *The Miracle Worker*, and *West Side Story*. Admitting to being tone deaf, Joe enlisted people to help him cast the musicals.

After nine years, Joe moved to the New Fairfield school system, where he continued to teach and direct plays, including *Fiddler on the Roof* and *Oklahoma*. He took workshops at Bard College and the Connecticut Writing Project out of the University of Connecticut. Over the years, his philosophy of teaching changed. He felt there was a need to develop ways to teach grammar and writing together.

Generations of students across the country had learned rules of grammar and composition and how to spot errors in writing with the *Warriner English Grammar and Composition Book*. Joe and others found the skills weren’t transferring when students wrote essays. “They made all of the same errors.” He worked with colleagues to develop a curriculum that “moved us away from Warriner” and improved the writing.

After 29 years at New Fairfield, Joe became the English and Language Arts Consultant for the Connecticut State Department of Education.

In that capacity, he did many workshops for teachers in various academic areas suggesting strategies for helping students, especially in non-English courses, to understand and relate content to material they were reading.

–Mary Ann Martin