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

**VOICES and VISIONS**

*Voices and Visions* has been published the last seven of the 10 years of OLLI at UConn Waterbury. Volume 7 of this publication consisted of 101 original pieces of poetry, prose, photography and artwork from the talented members of OLLI.

OLLI is a nationwide program, and not every OLLI community publishes its own journal. We are proud that students at UConn Waterbury are able to share their passions, stories, humorous events, creative pursuits and talents with you. Some are first-time contributors and others are members who have been with OLLI since its inception 10 years ago.

The Editorial Committee works very hard each year to bring you the best student work in many different creative genres. The call for submissions goes out at the start of classes in September and ends in June. This is a reminder for those who may want to submit their creations that the Spring Semester is coming to an end in a few weeks. Submission forms may be found in the administrative offices. This is your chance to become a published contributor.
OLLI at UConn is participating in our third year of Give Local, an online giving event which benefits the vital work of nonprofit organizations in our region. If you'd like to contribute, don't forget to visit https://givelocalccf.org on April 24th-25th, 2018!

Why give to OLLI? OLLI is funded in several ways: by the endowment provided by the Osher Foundation, by the significant in-kind gifts from the University of Connecticut, and by registration fees. However, it is your gifts that offer the potential for development of courses and special events.

Where does a donation go? Donations to OLLI directly support programming costs. You have provided support to special projects such as an annual literary and art publication called Voices and Visions, our garden project that produces over 15,000 pounds of food for those in need in Greater Waterbury, and special lectures and events. A gift of any size is a gift of knowledge and makes a big difference in the lives of the program and our members. Your gifts to OLLI demonstrate a commitment to a lifelong learning experience that improves the quality of life for us all!

Thank you for your generosity!

OLLI BOOK CLUB
2018 Book Selections

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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>
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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.

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Madame Butterfly Trip with OLLI by Mary Fitzpatrick Peitler

On a cool clear Saturday in March, the intrepid opera lovers and day trippers from OLLI set forth to the Metropolitan Opera to enjoy a presentation of Puccini’s Madame Butterfly. We were fortunate to once again have the directing and driving duo of Bob and Bob on our Friendship Tour bus and knew we could just sit back and relax. A bus full of happy OLLI members spent the day enjoying the ride, the opera, the exciting ambience of Lincoln Center, and dinner out with friends.

The opera itself, of course, was a delight and I even surprised myself at how much I enjoyed it. The lead Ermolina Jaho as the tragic Butterfly was not only an incredibly gifted singer, but she possessed great physical beauty and acting skills. She was literally on stage for the entire two and one half hours of the production! Roberto Aronica, as Pinkerton, on the other hand, missed the mark in my opinion. He was too stiff, and not really believable as the object of her affections. But that didn’t diminish my enjoyment of being there and soaking in the entire experience. The story is, of course, mired in its historical time, telling a tale of male chauvinism from an era hopefully gone now. But the eternal story of a mother’s love for her child and willingness to sacrifice herself is one, I think, that will never get old. At least, I hope not.

My friends and I ate at Shun Lin, a Chinese place we discovered last year when we went to the Aida performance. Only a block or two away from the hustle and bustle of the Met, we didn’t need reservations and enjoyed some delicious Chinese cuisine at a reasonable price. I read a week later in the New York Times that it is quite the celebrity haunt. Well, we didn’t see any celebrities there, but we enjoyed it just the same!

Back on the bus for good conversation and rest from our long day out. Looking forward to my next foray with OLLI. I highly recommend taking a trip with this group - no worries, no driving, no stress, just an enriching experience with good companions. Thank you to the OLLI Travel Committee for organizing another fun day!
Looking at the flyer for OLLI’s six day trip to AshEville, Charlottesville, the Biltmore Estate, the Natural Bridge, Monticello and more, I found it extremely difficult to choose which of these attractions should I start to write about first.

My final decision was Monticello because this architectural masterpiece is the only house in the United States that is on the World Heritage List of International Treasures. Monticello is the 5,000 acre home of the third president of our country, Thomas Jefferson. The versatile Jefferson is also known as the author of the Declaration of Independence and founder of the University of Virginia.

This incredible trip leaves from our traditional meeting place, the Chase Parkway commuter lot, on October 13th at 7:45 am. There will be a welcoming dinner that night at the Holiday Inn Express in Winchester, Virginia.

Day two starts with a breakfast which is included with the price of the trip. Our first stop today is the Natural Bridge in VA. This 215 foot natural bridge was once owned by Thomas Jefferson and was carved out by the flowing water of Cedar Creek. The Natural Bridge is listed on the registry of National Registry of Historic Places.

Later we will move on to the Hampton Inn for a two nights stay. Dinner will be at local restaurants both night.

Day 3 – following breakfast, our group heads to the magnificent Biltmore Estate created more than a century ago by George Vanderbilt as his country retreat in the Blue Ridge Mountains. The Biltmore chateau has 250 rooms.

You can explore this incredible home using an audio-tour device. You can stroll around both the formal and informal gardens designed by Frederick Law Olmstead, the first American landscape architect. You might have read about Olmstead previously because he designed New York City’s Central Park and his son designed Waterbury’s Fulton Park.

Lunch is on your own at the Stable Café and then we will move to the Antler Hill Village and the award-winning Biltmore Winery. Dinner that night will be at a local restaurant.

Day 4 - after breakfast, we will head toward historic Charlottesville, VA. First stop will be at the Historic Smithfield Planation which was built in 1774. Smithfield is the home of the famous Smithfield ham which might be a great edible souvenir for you to buy. There will time to shop in the area.

Tonight we will dine at the Holiday Inn at Charlottesville University and spend two nights here.

Day 5 - after breakfast we head to Monticello. This magnificent home was designed and redesigned, built and rebuilt by Jefferson for over 40 years. Temperatures in the area around mid-October are in the 40 to 60 range which made Monticello a source of food and an experimental lab for plants from around the world.

I suspect there will be a lot of sharing of pictures from the trip and maybe some of the items purchased during the tour. Tonight’s farewell dinner could be a great sharing time.

COST OF TRIP-$1179 per person sharing a room with one or two others. A single room is $1519. These costs are based on 40 to 50 travelers and include bus, hotel for 5 nights, 5 dinners and 5 breakfasts, admissions and gratuities for the tour guide and bus driver.

Questions-call Friendship Tours at 1-800-243-1630. Deposit of $500 due June 15th and final payment due August 31st. Friendship Tours is recommending protection coverage-trip insurance.
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 biology, 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 Dr. of acupuncture and Chinese medicine and a licensed acupuncturist in Connecticut as well as board-certified Diplomate in Oriental Medicine.

Breeding And Rearing Of Seahorses| Timothy Padgett

A sailor meets a pirate in a bar, and they take turns to tell their adventures on the seas. The sailor notes that the pirate has a peg leg, hook, and an eyepatch. Curious, the sailor asks, "So, how did you end up with the peg leg?"
The pirate replies, "I was swept overboard into a school of sharks. Just as my men were pulling me out, a shark bit my leg off."
"Wow!" Said the sailor. "What about the hook?"
"Well...," replied the pirate. "We were boarding an enemy ship and were battling the other sailors with swords when one of the enemy cut my hand clean off."
"Incredible!" remarked the sailor. "How did you get the eyepatch?"
"A seagull dropping fell into my eye," replied the pirate.
"You lost your eye to a seagull dropping?" The sailor asked.
"Well...," said the pirate. "That was my first day with the hook."
When I was working, raising kids, paying tuitions, worrying about teens, bills, etc., there never seemed to be enough time to do the interesting and fun things I would read about. Now I am retired, and there still doesn’t seem to be enough time to do and see everything, but I am happily giving it a go! I decided to break from my concert and art museum previews and indulge my inner history nerd, so a friend and I went to Hartford last week to the Harriet Beecher Stowe Historic Site.

Stowe was, of course, the author of Uncle Tom’s Cabin, whom Lincoln called “the woman who wrote the book that started this great war.” The exhibits are curated in such a way to create a story that includes events and details leading to a much bigger picture of this incredible woman’s life. Amazingly, we were the only people there on a rather gloomy looking day, and what a treat it was to have a “private” tour. Our guide Sheldon was a lovely young woman who is not only extremely knowledgeable about Stowe, or “Harriet” as she called her, but a myriad of other subjects, which led us to good discussion about social, literary and historical topics. I have to say that in many years of attending museum tours, she was the most outstanding docent I have encountered. I think it was not only because she was conversant on the topic at hand, she was personable, well-rounded and interested in engaging in conversation.

Stowe’s house is not nearly as grand as that of Mark Twain, who lived right next door. She moved into it when she was in her 60’s wishing to “downsize.” It recently underwent a two-year renovation and installation of new exhibitions that tell not only her story, but that of a wider stage of social changes prompted by literature. The first room we entered displays a collection of books, including Life of Frederick Douglass (1845), Upton Sinclair’s The Jungle (1906), Anne Frank’s The Diary of a Young Girl (1952), Rachel Carson’s Silent Spring (1962), Dr. Seuss’ The Lorax (1971), Tony Kushner’s Angels in America (1991), and Malala Yousafzai’s I Am Malala (2013). The topics are wide-ranging and meant to start visitors thinking about how literature can change the world.

Most of the house’s furnishings belonged to either Stowe or her family. We saw the table on which she wrote Uncle Tom’s Cabin while she was nursing her seventh child. Born in Connecticut, daughter of a Calvinist preacher, though raised in genteel poverty, she was able to obtain a classical education at her sister’s school. A wall of photos of famous people explains how Stowe’s work influenced them, including Eleanor Roosevelt, Elizabeth Barrett Browning, Alex Haley, Laura Bush and Barack Obama. James Baldwin, by the way, was not a fan, dismissing her with the criticism that her work employed “sentimentality.” Well, of course it did – it was a work of its time, and its effect was enormous. As we went through the home we learned that not only was she an accomplished writer, but also an artist, and an active member of the community. One of the seminal experiences of her life occurred when she had moved to Ohio and witnessed a slave auction in nearby Kentucky. The passage of the Fugitive Slave Act made such an impression that it fueled her activism to use her talents for good.

I could go on and on about what an enjoyable and educational experience this was, but I’ve run out of room! Senior admission is only $14 and worth every penny, but we obtained public library passes and thus free admission. What a great afternoon! HarrietBeecherStower.org or info@StoweCenter.org
MEET YOUR PRESENTERS

Dr. Douglas Welsh remembers well the event that led to his career at Princeton University where he did research in molecular biology and taught students at the undergraduate and graduate levels.

It was mid-summer in Baltimore following his sophomore year at Loyola Blakefield, a Jesuit college preparatory school, when one of the Jesuits who taught at his school, “a wonderful biology teacher,” called. The teacher said he was pulling together a small class of students to study genetics in the remaining weeks of summer. Would Douglas join the group?

Douglas accepted and “fell in love with biology” studying fruit flies, worms and other creatures while using reference books “I didn’t see again until graduate school.” Thus began his path to a career that included participating in some extraordinary discoveries that have application in the field of cancer research.

His junior year at Loyola, he had a “great teacher” in his English course. While the course wasn’t an AP one, the teacher suggested when the AP exams came that “you might do well” in the exam. He did and was able to skip the first year of English at Boston College, where he earned his bachelor’s degree in Biology with a minor in English.

He also met his wife Barbara at BC. Now married, the young graduate returned to his native Baltimore and began working as a research assistant at Johns Hopkins Medical School with the Nobel Prize winner Daniel Nathans. After a time, Douglas decided to go to graduate school and pursue molecular biology because “I liked working with chemicals and biochemistry.”

To accomplish his objectives, Douglas entered Rutgers University in New Brunswick, New Jersey, where he earned a Master’s and also a Doctoral degree in Molecular Biology.

Seen as a promising researcher in the field of cancer, Douglas received a prestigious Damon Runyon Cancer Research fellowship and began working at Stony Brook University.

Douglas became known as a researcher interested in the application of computing technology to bio-medical research. “Two professors I was working with were invited to set-up a Molecular Biology Department” at Princeton University. They recruited Douglas to join them, which he did in 1984. Like all Princeton researchers, he also taught classes in his field until his retirement in 2010.

Douglas remembers “4 or 5” exhilarating “Eureka moments” when he was part of major discoveries. He said one project was a research problem seeking to learn how proteins in a cell “are transported into the nucleus of the cell.” He was able to visualize the problem and then with a high-powered microscope saw how proteins in a normal cell “jumped to the nucleus” by traveling on microfilaments. This knowledge allowed Douglas to modify cells, which made it possible to block transport of proteins to the nucleus. This discovery had implications for finding ways to treat cancer.

Douglas “loved teaching as a way to pass on knowledge to students and to get them to think about problems. Students need to be knowledgeable so they will be able to decide how the country should solve problems. . . If we spend so much on cancer research, people need to know what that means.”

Douglas is an avid reader who remembers fondly studying the Classics in prep school. Among his favorite authors are Hemingway, Faulkner and Mark Twain. In college he wrote a paper on T. S. Eliot, whom he liked very much. He is teaching an OLLI course on Eliot’s poetry. He also has taught several other literature courses, in the last five years, as well as some dealing with cancer, genetics, and microbiology, including Cancer: the Inside Story” in the Fall 2017 term.

Douglas and his wife, Barbara, retired to Connecticut upon his retirement from Princeton to be closer to her elderly mother. Barbara has worked many years as a nurse practitioner and headed a pediatric clinic in Trenton, NJ. The couple has three sons. –Mary Ann Martin