



OLLI

News

UConn
WATERBURY

Volume 20, Issue 1

September 7, 2018

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.

WELCOME !

This is the eleventh year of OLLI at UConn in Waterbury as a location for lifelong learning for adults over fifty. As we mature, our opinions may solidify; we become “opinionated.” Alternatively, we may become more aware of how little we know. Remember the saying “he who knows not and knows not he knows not is a fool. He who knows not and knows he knows not is a wise man.” We are living in the digital era where information is instantly accessible. The object of learning is not only to know things but to know how to assess information and arrive at conclusions which will allow you to make useful decisions that will help you and others. This presupposes that you believe what is good for society is good for you as opposed to the concept of what is good for you is good for society.

Prior to the Scientific Revolution people thought they knew everything that was important. One would ask his religious leader what to do, for instance, if a neighbor caused him harm by stealing his possessions. The religious leader would quote the Bible or Quran or similar book of knowledge. If the question was not addressed in the, “book of knowledge,” such as the shape of the world or the cause of a disease, it was not important and answers were not pursued.

The Scientific Revolution taught adherents that answers always stimulate more questions. As a pursuer of truth one becomes a healthy skeptic. Truth or facts don’t change but accepted conclusions do. In medicine, for instance, there was a time when menopausal women were encouraged to use female hormones until these supplemental hormones were found to be detrimental. Diabetic people were told to avoid oral medications and only take insulin injections until studies showed these conclusions to be false and oral medications were as effective in people with adult onset diabetes and as safe as insulin.

One tool that we use for decision making is intuition which we refine as we age. Knowledge, experience and intuition combine to give us wisdom. Wisdom must be amenable to

change to fit the times and circumstances and the needs and conditions of those around us. To be wise one needs to be aware and compassionate.

Learning at OLLI exposes students to information they can relate to their life experiences and the experiences of others in the classroom. OLLI students process information presented to them through their experiences and the experiences of their classmates since there is much participation in class. They must remain alert and open to the ideas of others.

Ideally your exposure at OLLI should be as diverse as possible. During your working career you may have been insulated to the thoughts and ideas of people in your specific career tract. At OLLI you will be exposed to men and women of different backgrounds, people who have traveled, and people from varied careers whom you have not encountered previously. Such lifelong learning promotes wisdom.

The staff and Curriculum Committee look for people willing to share their expertise and knowledge from as many modalities as possible. This has resulted in a wide range of subjects offered as courses. At OLLI you can learn history, talk politics, garden, make mandalas, draw, paint, and write poetry.

Participating in OLLI leads to a more well-rounded self. Each activity, whether a course, volunteering for a committee, or making a donation to sustain OLLI helps to smooth the edges of your psyche which may have been left undisturbed until now. I suggest that after this year of OLLI you reflect on how much you have changed and hopefully acquired more wisdom.

Ira Mickenberg M.D. President of OLLI Leadership Council

The Adventures of OLLI Travel

The OLLI Travel Committee made arrangements for a New York City day trip on May 15, 2018. We had a full bus and were excited to begin our journey. There were predictions of stormy weather for that afternoon but we felt that we would be safe until we were on the way home. Friendship Tours had assigned our usual team of Bob and Bob to guide us through the day.

We arrived at the Metropolitan Museum of Art promptly at 10:00 AM ready for our walk in Central Park. The sun had come out and it was shining brightly. Our Central Park guide, Gil, met us and led us on a really interesting tour of the park. We stopped at several of the many lakes in the park and stopped to see several statues including, "Alice in Wonderland," Hans Christian Andersen, Columbus and Shakespeare. As we walked along, our guide pointed out many areas that had been filmed in the movies. Central Park is the most filmed area in the United States. We proceeded past the Bethesda Fountain and up the stairs. The area was built in 1858 near the beginning of the construction of the park.

Our walk continued through many of the picturesque areas of the park. We passed vendors who were selling their artwork and a few street musicians. We proceeded to the Dairy which was a place where, in the past, families could purchase dairy products for their children. This is now a gift shop and provided us with a cool place to rest and a bit of shopping for souvenirs.

Next on our tour was lunch. We met Bob (with his red and white umbrella) at our bus which was parked in front of the Plaza Hotel and drove down to Rockefeller Center where there are many restaurants. We took Bob's recommendation and ate at Deli 48. They had great food and lots of it.

After lunch, we spent some time in the Magnolia Bakery which sells many kinds of cupcakes, cookies and other sweet treats.

We boarded our bus for our trip to the Circle Line Cruise docking area on the Hudson River. The sun was still shining and the day was still beautiful. Many of us opted to sit on the top deck of the boat so that we could get a great view and take pictures. The cruise was very interesting thanks to our narrator who was very knowledgeable and entertaining.

We passed Manhattan on the left and New Jersey on the right. We got good views of the Statue of Liberty, Ellis Island, and Governor's Island. Next, we passed under the Brooklyn Bridge and had views of Wall Street and the UN Building. On the way back, we noticed a few clouds and a few spritzes of rain. The boat was speeding up. We landed at the dock just as the clouds turned black over New Jersey and the water started to get really choppy. Bob led us back to the bus before we got soaked and we began our trip back to Connecticut.

The traffic was very slow and we finally got on RT.87. We rode slowly not knowing that there were tornadoes happening in Connecticut. When we reached Danbury, we found out that I84 was closed. This was not good news. Bob, our bus driver decided to get off of the highway and take back roads to get us to Waterbury. This took a lot of courage on his part because the bus was very large and the roads were narrow and curvy. He did a really good job driving in those conditions. It seemed that every time we got to a main highway, it was closed due to downed trees and wires.

We finally got stuck behind a downed wire that we couldn't get under because of the size of the bus. We did get the fire department to come out and inspect the scene, but they were not able to help us. We waited for about an hour and then a man drove up to the bus and offered to help the driver back down the road by following him. We got onto RT. 6 and eventually found our way to I84 which was open.

Even though we were in a difficult situation, everyone on the bus remained in good spirits. We finally arrived back at our meeting area and drove safely home. It was certainly an adventure to remember!

Alice Caro

*"When I can look life in the eyes,
grown calm and very coldly wise,
life will have given me the truth,
and taken in exchange – my youth."*

Sarah Teasdale

PARKING

Where to Park - with OLLI /UConn Parking Permit:

1. Friday: Level 2 & 3 of the UConn Parking Garage (entrance North Elm Street). Parking space is available on a first-come, first-served basis.
2. Monday - Friday: Level 5 & 6 of the Scovill Street Municipal Garage (entrance Scovill Street).

Where to Park - without OLLI /UConn Parking Permit:

3. Parking is 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.

Need to purchase an OLLI/UConn parking permit?

If you have not done so already, you must submit an application for a parking permit at: park.uconn.edu/olli-parking-permit-application/

Payment can be made online or by check to:

**Parking Services, 3 Discovery Drive, Storrs, CT
06269**

Questions? Call (860) 486-4930



GO OVERNIGHT WITH OLLI

The OLLI trip to **Asheville NC, Charlottesville VA, Monticello and the Natural Bridge** will leave the Chase Parkway Commuter Lot at 7:45 am on October 13, 2018 for a 6 day/5 night Overnight Trip. There are enough people signed up to insure the trip will head south. But there is still room on the bus for you if you want to enjoy several memorable sights in North Carolina and Virginia.

The first stop on the trip will be in **Winchester, Virginia** where we will spend the night at the Holiday Inn Express. That night will feature a welcome dinner.

After breakfast, our motor coach will continue south toward **Asheville, North Carolina** with a stop at the **Natural Bridge, VA**, a 215- foot high bridge carved out of limestone gorge over millions of years. The Natural Bridge is on the Natural Registry of Historic Places.

Our two-night stay will be at the Hampton Inn and Suites in the Biltmore Area. That night, our dinner will be at a local restaurant.

Likely you will take many pictures of the **Biltmore Estate**, in **NC**, which is the centerpiece of Day 3 of this trip. This estate created more than a century ago by George Vanderbilt, is located in the Blue Ridge Mountains. You will have an audio tour of this estate with a 250-room chateau.

The gardens, some formal and others informal, were de-

signed by Frederick Law Olmsted, America's first landscape architect and father of the man who designed Waterbury's Fulton Park.

Lunch is on your own at Stable Café. After that, our tour moves to the **Antler Hill Village** and the award-winning **Biltmore Winery**. Dinner that night will be at a local restaurant.

Day 4, the tour continues back north to **VA** on to the **Historic Smithfield Planation** built by Revolutionary War patriot, Col. Preston in 1774. It might be a good time to email friends that you are enjoying the trip and staying at the Holiday Inn for two nights where dinner will be served. Smithfield Planation is the source of the famous Smithfield hams which you can buy and have shipped to your home.

The centerpiece of this day's tour is **Monticello**, built by Thomas Jefferson who was the author of the Declaration of Independence, third President of the United States and founder of the University of Virginia. Monticello is the only house in the United States that is on the United Nations' World Heritage List.

On our last night, there will a farewell dinner and likely a lot of exchanging phone numbers or email addresses with newly-made friends.

Day 6, our bus, with a knowledgeable tour guide, heads back to Waterbury.

Upcoming OLLI Travel

Fall Trips – 2018

10/13-18/2018 – Biltmore, Asheville NC & Monticello VA
– member price - **\$1179 pp/dbl & triple**

11/03/2018 – Carmen/Metropolitan NYC –member price
\$167

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.

Registration for this trip will close soon, so do not miss out. Member cost is \$1179 per person, for either a double or triple room. Cost for a single room is \$1519. This includes a deluxe motor coach, 5 nights in hotels, 5 dinners and 1 box lunch. Non-members are also welcome on the trip for an additional \$20 surcharge.

Ready to sign up? Call Friendship Tours at :
1-800-243-1630.

Evelyn Marshak

OLLI BOOK CLUB

OLLI Book Club meetings are held on the third Monday of the month, 1:00 p.m. in room 102, UConn/Waterbury.

Sept. 17 Lilac Girls by Martha Hall Kelly

Oct. 15 News of the World by Paulette Jiles

*OLLI artBeat**by Mary Fitzpatrick Peitler***Looking Forward to an Enriching and “Healthy” New OLLI Year**

Wow, summer went by in a flash! Despite our many heatwaves, 30 days of 90+ weather, it did speed by, especially the more “senior” we get. Seems like all time literally is flying by, which is why I am here to say to **Seize the Day!**

I had some fun cultural experiences this summer. I saw the very funny “An Act of God” at **TheatreWorks** in New Milford. The lead, who played God, caught every nuance of the script. In this play, God endeavors to set mankind straight on his real relationship with us. One of the funniest bits was about weather. God implores us to stop praying for good weather for the game, the wedding, the Village Fair. He says, “I don’t do weather. Well, there was that Noah thing, but after that I said no more. So please stop asking. Same goes for your sports teams. I don’t care if the Red Sox win.” Another wonderful experience was a week-long retreat at **Mercy Center** in Madison. The theme was Meeting Our Feminine Biblical Ancestors, and it was a treat to do some theology and meet new people. I bonded with a group of four nuns, all older than I, but fellow New Yorkers. We had a great time talking and reminiscing about places and schools, but the best part for me was learning about their life adventures as nurses, teachers, and missionaries in Central and South America. I feel fortunate that I was able to get to know and appreciate these wonderful women, all of whom are today working with immigrants. They were a gift to me and helped me keep my resolve to nurture an open mind about all people.

So, what am I looking forward to this Fall? Well, of course, the new season for the **Waterbury Symphony Orchestra** which I will preview next week. Some Connecticut museums, and hopefully my semi-annual visit to the **Metropolitan** in New York. My tongue-in-cheek preview of operas streaming locally from **The Met**, and maybe a few surprises!

The other day I was watching the Dr. Oz show which focused on **Alzheimer’s Disease**. A new preventive technique is **SHIELD**, each letter standing for things we can do to help prevent this disease, which is the condition Americans fear most. So, I decided to take this acronym and apply it to some ways we can keep ourselves healthy through cultural events, the arts, and study.

S – stands for Sleep. Well, I can’t improve on that advice, and I love to sleep, but while you sleep dream of places you’d like to visit.

H – stands for Handle Stress. How better to handle stress than to find a new museum, gallery, theater, restaurant, or town to explore?

I – stands for Interact with Others. OLLI has you covered there, but if you are on the shy side, introduce yourself to your neighbor in class, and ask what drew them to that particular one. You’ll be surprised - you might just make a new friend.

E – stands for Exercise. If this hasn’t become part of your routine yet, it’s never too late. Walk around the OLLI courtyard a few times before and/or after your class. Pick up the pace and you’ll get a little workout!

L – stands for Learn New Things. You’ve got this one! You’re here!

D – stands for Diet. Most health authorities recommend the Mediterranean or DASH diet. You can turn that into learning about Mediterranean art at the beautiful and free Yale Art Museum, or “dashing off” to the Wadsworth!

Make this upcoming OLLI year a healthy one, mentally and physically. And as always, please let me know if you have any museums, shows, concerts, etc., that you would like me to preview or review in this column. You can contact me at berryfitzp@gmail.com. Your ideas are very welcome. Have a great new year at OLLI!



MEET YOUR PRESENTERS

Growing up in Waterbury in a black family, **Superior Court Judge Maurice B. Mosley**, now retired, says his mother gave him inspiration and his father imbued a strong work ethic.

He also has a strong religious faith that sustained him when growing up and during a long career as a lawyer and politician, capped by an appointment to the Superior Court.

Judge Mosley was honored in 2016 for his work on behalf of community with the Connecticut Bar Association's Citizen of the Law Award given for helping the needy and serving community with charitable works.

An upbeat personality, Judge Mosley recalls attending Bishop School in Waterbury to sixth grade and living in the Bishop Street neighborhood. He remembers Bishop Street of that time "being the most colorful street in Waterbury" with shops, grocery stores and a population comprised of black people and others of Irish and Italian heritage.

The Mosley family later moved to Dikeman Street. The future lawyer graduated from Crosby High School with a four-year basketball scholarship to South Carolina State University.

Not all of his memories of the Waterbury of his youth are happy. Judge Mosley recalled when his mother, a college graduate who had taught school in the South, applied for a teaching job in Waterbury.

She was curtly refused. He believes she was denied a teaching position because of her color. "(They) would not let blacks teach in Waterbury" at that time. At first, "I was five", he didn't understand the full implications of that refusal but later, "I was bitter."

His mother did factory and domestic work. His father worked at Chase Brass and Copper. But his mother made her son aware of the possibilities open to black people. She brought home newspapers that focused on African-Americans.

Those newspapers were the *Chicago Defender*, *Pittsburgh Courier* and *Baltimore Afro-American*. On their pages, the judge recalled, "you would see black lawyers" and other professionals working in an environment different from

what he knew.

In college he met, William "Bill" Heggins II, a professor in the School of Business. According to an article from *thetandd.com* news posted online, Judge Mosley established a scholarship in 2016 honoring the professor.

"I was a headstrong kid from Waterbury, Connecticut when I came to S.C. State. Professor Heggins took me under his wing . . . I am forever grateful for the guidance that he provided me." After earning his bachelor's degree, he obtained a deferment from military service and returned to Waterbury to teach. While teaching, he obtained his master's degree and teacher certification.

After four years, it was time to revive the dream of becoming a lawyer. He attended the University of Connecticut's School of Law with a scholarship named for Martin Luther King.

He practiced law in Waterbury with his law firm Mosley and Sinclair and was elected to the State House of Representatives for five terms and served as legal counsel to the Waterbury School Department.

Governor Dannel Malloy nominated Maurice for the Superior Court and the legislature confirmed the appointment in 2013. The judge was assigned to the Waterbury Juvenile Court until he retired. He now works part-time at that court as a State Referee, which judges who retire at the mandatory age of 70 may do. He loves working in Juvenile Court, which gives him the opportunity to encourage youths to take off their "tunnel vision," pursue education and lead positive lives. "It's not where you start but where you finish."

Judge Mosley, together with his brother Ernest, founded the Waterbury Granville Academy in 1992. The "Academy" is an after school program for urban students held on Tuesday evenings from October to April. It offers college prep assistance to those in upper grades and this year will expose pupils in lower grades to engineering concepts. This year the program is housed at Jonathan Reed Elementary School.

This term Judge Mosley is presenting an OLLI class/seminar titled "Race: What is it and Why Does it Matter?"

-Mary Ann Martin

