



OLLI *News*

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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.

WHY WRITING A JOURNAL MAY BE GOOD FOR YOUR MENTAL HEALTH*

Journal writing is one of the most popular classes offered at senior centers all over the country. What makes it so popular? Journals, or diaries, date from the first century in China, and therefore have a long history. E. Michael Brady, in an article entitled “In Awe Of The Ordinary – Older Learners And Their Journals” from the Southern Maine Review, tells about a research project he conducted among 15 members of an OLLI group at the home Institute in Southern Maine (since moved to Chicago). He was interested in the effectiveness of writing personal journals. Prof. Brady set out to find out why this type of writing was still so prevalent. He found four themes that seemed to derive from the practice of writing a personal journal – at least from this admittedly small group of subjects. These are: learning to cope with day-to-day issues, fostering curiosity and discovery, facilitating the process of learning and self-exploration.

Writing helps one to sort out everyday situations such as ordering priorities or making important decisions about life changes, moving for example. Sometimes seeing something in print allows one to get a different perspective. Journal writing also involves learning about new things and often sends you in new directions when questions arise. Most of us have these senior moments every now and then, and writing things down may help to keep things clearer. Perhaps you might even want to learn something more about an idea that came up in your OLLI class.

You may not be ready to write something for others to see, but that doesn't mean that you can't make use of writing as a form of personal therapy. Keeping a journal is a useful and well respected form of thinking therapy. You can use your journal as a way to share your life story or you can use it to delve into your own psyche. According to psychologists, writing can be as helpful for the mind as meditation.

Perhaps one of the most important themes, according to Prof. Brady, is the ability to find out more about yourself. Writing about your experiences or feelings or travels allows one to reflect on these happenings and perhaps see some thread weaving through your life. One thing writing does is make one think. As one of the subjects wrote, “I think journal writing gives meaning, a sequence somehow... when you write you see how events and conversations are related. I do believe we become what we think and what we write.” Another woman, commenting on journal writing, says that it “... helps people to be in awe of the ordinary.” And awe is quite an apt response, even if the ‘ordinary’ is nothing more-nor-less than the gritty and glorious details of ordinary life.

After all, isn't all of life a learning process?



RJG

**Revised from OLLI Newsletter 09/2011*



TRAVEL ARTICLE CORRECTION

Last week's article (What's Coming Up in Travel for Spring 2019) incorrectly said accommodations for the **Fingerlakes overnight trip** in June 2019 would be at the Canandaigua Inn on the Lake. This is incorrect. Accommodations for this trip will be at the **Ramada Plaza by Wyndham Geneva Lakefront.**



Upcoming OLLI Travel

Fall Trips – 2018

10/13-18/2018 – Biltmore, Asheville NC & Monticello VA – **SOLD OUT**

11/03/2018 – Carmen/Metropolitan NYC – **SOLD OUT**

11/28/2018 – Boar's Head Feast, Williamstown MA/ Bright Nights, Springfield, MA - **SOLD OUT**

Spring/Summer – 2019

4/06/2019 – Tosca/Metropolitan NYC – member cost \$152

6/04-06/2019 – Fingerlakes – member cost \$561 (dbl); \$691(single)

TBA (July) – Tanglewood/Naumkeag – member cost TBA

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.)

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.

Oct. 15 News of the World by Paulette Jiles

Nov. 19 The Last Painting of Sara deVos... by Dominic Smith



ANSWERS

#1 The next perfect number after six is 28. The factors of 28 are 1, 2, 4, 7, 14, 28.
28 = 1 + 2 + 4 + 7 + 14
#2 Jim – current events, Kathy – literature, Richard – music, Carol – art
#3 The next number is 1. 21 - 1 = 1, 4 - 2 = 2, 5 - 3 = 2, 9 - 4 = 5, 9 - 8 = 1.
#4 The numbers are 80 and 20. Their difference is 60.
Carol – art
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OLLI *artBeat*

by Mary Fitzpatrick Peitler

“Theater Crawl”

How does an autumnal “*theater crawl*” sound? (Yes, you guessed it. I made that term up!) There is so much live theater to be enjoyed in Connecticut. I hope during the next couple of months you will take advantage of local and Equity talent, and enjoy some wonderful plays. Combine a foliage ride, lunch or dinner at one of Connecticut’s terrific restaurants with a play and you have the makings of a fine day and wonderful memory. Take your spouse, best friend, significant other, family member, (especially grandchildren!) and I guarantee a special day for all!

This past weekend I had the good fortune to attend *Theatreworks, New Milford’s* production of *Arthur Miller’s “All My Sons.”* What a treat to be able to see a Miller play done well by local and incredibly talented actors. The play is set in the post-World War II years and was still so incredibly timely, as it tells the tale of a man who has lived a lie, and his past comes back to haunt him. I actually had goosebumps as the protagonist, Joe Keller, played beautifully by well-known actor Mark Fletch, struggles to come to terms with his guilt, his family relationships and his conscience. If you’ve never been to *Theatreworks*, I urge you to get tickets for this play. Straight drama isn’t as easy to come by as musical theater, which I also love, but this is something special. *Theatreworks*, founded in 1973, is an award-winning small theater that produces five plays a year. I have seen many plays there over the past couple of decades and have never been disappointed. *This weekend and next. www.theatreworks.us.*

Many OLLI members enjoy going to *The Warner in Torrington*, for plays, concerts and even live streaming of the Metropolitan Opera! This fall they will bring “*Newsies*” to the boards. I am looking forward to seeing this wonderful historical musical which is based on the “Newsboys Strike of 1899,” a two-week long action against Pulitzer, Hearst and other powerful publishers. *Saturday Nov. 3 – Sunday November 11. www.WarnerTheatre.org.*

Seven Angels Theater is another favorite of Connecticut residents. Running through October 21 is *AltarBOYZ*, a musical comedy about a fictitious Christian boy-band on the last night of their national “Raise the Praise” tour. Seven Angels promises “tight harmonies and spectacular choreography sure to delight and captivate.” *Until October 21. www.Sevenangelstheatre.org.*

A little further out in eastern Connecticut is Haddam’s *Goodspeed Opera House*. This fall’s offering is “*The Drowsy Chaperone*” the story of a forgotten Jazz Age musical that comes to life in the living room of a diehard theater fan. *Through November 25.* Goodspeed always has some special events like dinner packages at the Gelston House, cruises on the Lady Katharine cruise boat, and the Thanksgiving food drive 2 for 1 tickets. Last fall, fellow OLLI member Sue Linsley and I saw the wonderful play “Rags” there, and beforehand enjoyed lunch at a neat bistro called *Two Wrasslin’ Cats*. (See below.) We both highly recommend for a fun lunch before a Goodspeed Matinee! *www.goodspeed.org.*

What I’ve presented here is just a fraction of what is available to you in Connecticut this season. Look in your local paper for more local and regional offerings. When the curtain comes down on a play that I have attended, I always feel more human and elevated, whether the play was tragedy or comedy. There really isn’t an experience that can replace live theater. For those of us not fortunate (or rich) enough to snag tickets for *Hamilton at the Bushnell*, you can still have a memorable Connecticut theater experience. We’ll catch *Hamilton* next time around. Maybe we can make it an OLLI trip!

Sue and I pre-Goodspeed!



MEET YOUR PRESENTERS

F. David “Dave” Corbett faced a dilemma when graduating from the University of Connecticut College of Law: Should he continue teaching, a profession he loved, or begin practicing law?

He graduated cum laude from the UConn law school in January 1977 and had received the Constitutional Law Award for having the highest grade in his class in constitutional law.

On the other hand, Dave had taught U.S. History, Contemporary Issues and also Law and Society in Waterbury high schools since 1967 while attending law school. He delighted in provoking critical thought in students.

His solution to his problem: do both. Dave taught during the school day and worked on legal matters afterwards and, often, on Saturdays. His teaching career included service at Wilby High School and later at Kennedy.

Upon retiring from teaching in 1999, he continued to practice law, specializing in probate and real estate matters. He admits to being thrilled when former students approach him to say how he inspired a love of history in them.

Dave describes himself as being a “generalist” as a lawyer, but one who rarely took criminal cases. He also is an inveterate DIY (do it yourself) man, believing firmly you can learn much from books and, “You can learn anything from the Internet.”

Of being a DIYer, he says, “I love carpentry.” One of his early, major projects was turning an enclosed porch into a small room to use as a den. He has built cabinets and bookcases and is remodeling for rental a four-bedroom house that belonged to his in-laws.

Dave’s knowledge of trades came in handy when he represented a client suing a man who did a poor job of grouting when installing tile in her house. In court, Dave asked the man to demonstrate how to grout. Soon it became clear the defendant didn’t know the technique. But Dave did, resulting in his winning the case for his client.

As a young man, Dave had many part-time and summer jobs. He worked on eyelet machines, moved furniture and was a millwright. He also was a garbage man.

The idea of going to law school always appealed to Dave. As an undergraduate, he took courses at the University of Bridgeport that were recommended for students who were

considering pursuing a career in law. He majored in economics and minored in history, graduating in 1964.

In classes, Dave believes in having both sides of an issue presented. In contrast, he recalled when he was a student as the American involvement in Vietnam was growing. His professor, who had served in World War II, was very pro fighting a war in Vietnam.

One day in class when the professor was expressing his views on the Vietnam situation, “I exploded.” When grades for the term were posted, Dave’s had gone from an A in the first semester to a C in the second.

“I was always against the Vietnam War,” Dave said, citing the 1,000 year history of Vietnam itself resisting Chinese hegemony as well as the obstacles of fighting a ground war in Southeast Asia. Dave remembers reading and being influenced articles by Hans Morgenthau, a scholar then at the University of Chicago, who was an early opponent of the Vietnam War. He also recalled articles by Drew Pearson that “were common sense” about the war.

On occasion, Dave has written op-ed pieces for newspapers and has hosted a show on Waterbury’s local access TV station, Skye XIII. Guests included Gov. Dannel Malloy and “just about every mayor in the state” as well as people from Yale University.

He was encouraged to look into the OLLI program by friends. When, he checked it out, Dave decided to offer “Contemporary Issues in U.S. Constitutional Law.” He finds OLLI students have many interesting career backgrounds and are “so enthusiastic – coming down here is the highlight of my week.” **-Mary Ann Martin**

