



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.

“THE BATTLE FOR OUR BETTER ANGELS”

These are politically perilous times. The country seems to be widely divided into two camps, neither of which listens to the other. Social media exacerbates the situation. Blame flames out from each side. Despair permeates the population and fear becomes the dominating emotion. What is happening to the country? Have we been at a place like this before?

I have had the good fortune to have lived so far for 86 years. During that time, the depression, World War II, the atomic bomb, Korea, the Cold War, school integration, civil rights demonstrations, the Vietnam War, Afghanistan, Russia, China, the Internet and social media have happened. And I – and you – have survived. Jon Meacham, in his book, *The Soul of America, the Battle for our Better Angels*, writes, “every generation tends to think of itself as uniquely challenged and under siege. The questions of the present assume outsize urgent importance, for they are, after all, the questions that shape and suffuse the lives of those living in the moment.... Humankind is forever coping with crisis, or believes it is... We have managed, however, to survive the crises and vicissitudes of history. Our brightest hours are almost never as bright as we like to think; our glummost moments are rarely as irredeemable as they feel at the time.”

OLLI members can relate to this because they have lived through these times. Jon Meacham’s book allows us to “... understand the present moment in American politics and life by looking back at critical times in our history when hope overcame division and fear.” He takes us back to the Founding Fathers’ belief in the revolutionary idea that, “...all men are created equal under the law.” This ideal has been tested throughout our history and with small steps forward and backward – slavery, women’s right to vote, immigration – we have moved forward. Using many quotes from our leaders and those who opposed them, Mr. Meacham documents the toils and troubles that have faced Americans through the ages. He points out the wrongs of the Ku Klux Klan, Joe McCarthy and Father Coughlan who allowed us to stumble along the way. But as FDR stated, “All our great presidents were leaders of thought at times when certain historic ideas in the life of the nation had to be clarified.” Our greatest leaders have always pointed toward the future – not at this group or that sect.

Eleanor Roosevelt wrote, “Great leaders we have had, but we could not have had great leaders unless they had a great people to follow. You cannot be a great leader unless the people are great.”

Harry Truman remarked, “The people have often made mistakes, but given time and the facts, they will make the corrections.”

Meacham quotes Lincoln, returning from a Civil War battle late in that dark period in our history, “The nation is worth fighting for, to secure such an estimable jewel.”

Jon Meacham concludes, “For all of our darker impulses, for all of our shortcomings, and for all of the dreams denied and deferred, the experiment begun so long ago, carried out so imperfectly, is worth the fight.”

So, OLLI members, it is time to listen to the other side, to decide what are the facts, and to begin to come together to continue this magnificent experiment that is the United States of America! Do your civic duty and VOTE!

RJG

Another Travel Correction

Word has just been sent to us from Friendship Tours that the initial flyers for **Tosca** on **April 6, 2019**, had the wrong price. But this is good news for everyone. The OLLI **member price is \$142** and the **non-member price is \$152** (\$10 less each). Please disregard the price on any flyers that you may have gotten before this. If your flyer does not have the above prices, it is an old flyer.

Happy Traveling!

GREAT ONE LINERS

If we learn from our mistakes, why am I not a genius!

If a man washes a dish and no woman is around to see it, did it happen?

Why do people order a double cheeseburger, double fries, and a diet Coke?

Middle age is when the broadness of the mind and narrowness of the waist change places.



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:

<https://park.uconn.edu/olli-parking-information-2/>

**Payment can be made online or by check to:
Parking Services, 3 Discovery Drive, Storrs, CT
06269**

- OLLI Members are now permitted to park in the attached garage AFTER 5:00pm Monday - Thursday, too.

Questions? Call (860) 486-4930

The Newsletter is always looking for content from our readers. This may be in the form of original work or items you have found interesting and may wish to pass on to others. We always welcome any suggestions you may have to improve the newsletter or criticisms of it. The Newsletter exists to inform and entertain our readers.

Contact **Bob Grady** at yvoorg@aol.com or any OLLI staff member.

The road to success is dotted with too many tempting parking spaces!

We're on the web!

WWW.OLLI.UCONN.EDU

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**



Things to Remember on OLLI Trips

As far off as the date of your trip may seem, it is very important that our OLLI members remember to make your reservations early. Many establishments involved in a trip require a definite payment for a set amount of people by a certain date. That means that Friendship Tours needs to reach that number by that date, usually two months before the date of the trip. Friendship Tours has no choice but to cancel a trip that has so few going that it will lose money. So please register early.

For that reason, if you have registered for a trip and find out that you definitely cannot make it, please let Friendship Tours know as soon as you become aware even if you have not paid any deposit. This helps in 2 ways: 1) Friendship Tours can keep track and know how many tickets for the various aspects of the trip that they need to pay for, and 2) if there are people on a Waiting List for that trip, they can be called and take advantage of the trip when they know a seat becomes open. There have been many trips that have had Waiting Lists and people on that list were not called that could have been because someone cancelled at the last minute or just did not show up. Also remember, if you have paid for a trip and have to cancel, Friendship Tours will only give a refund for day trips if there is someone to take your place, so it behooves you to let them know so that you also may be able to take advantage of any Wait List to get that refund.

Please, when you register, tell Friendship Tours whether or not you are an OLLI member and the member status of any in your party. There is a price difference and the extra surcharge that non-members pay comes back to support OLLI.

This may seem foolish, but do not forget to mark your calendar – with the RIGHT date AND time. We have had people miss trips because of the wrong dates or forgotten dates! The right time is important because our bus drivers leave ON TIME. They will try to call you if you have not arrived within 5 or 10 minutes before leaving. Make sure you give your telephone number to

Friendship Tours when you register and possibly those of any in your party.

Dress appropriately for your trip. It is good to think of dressing in layers that you can shed or put on as the need arrives. Also, pay attention to the amount of walking that may be included in your trip. It is ALWAYS advisable to wear comfortable walking shoes - comfortable feet support your whole body. If you are not sure about the amount of walking in a trip, you can call and ask at Friendship Tours (1-800-243-1630) or ask anyone on the OLLI Travel Committee. The Co- Chairs are listed below.

While enjoying your trip try to stay with your group or keep the Tour Guide from Friendship Tours in view. Various aspects of the trip are timed and you may have a few times in the day that you may need to meet the bus on schedule. Bring a watch. Tour guides will let you know what time to meet up at different places. They should also let you know what your bus # and name is. (Peter Pan, our bus company, names its buses after characters and places in Peter Pan –and other important people.) Remember, you will probably see MANY Peter Pan buses that will not be yours, so the number and name are important.

Please remember, that if you pick a place to dine on your own, the gratuity included in the price of the trip does not cover these situations. In such instances, our travelers need to add their own gratuities for their meal.

Lastly, be considerate of your fellow travelers. It is a good idea not to wear fragrances since people will be sitting in close quarters on fairly long bus rides. Make sure at different venues that you make it easy for others around you to see or hear.

We on the OLLI Travel Committee always hope that all of you who take our trips come home as excited about them as we are when we plan them for you. We hope these tips will ensure that you do.

Ann Rompre (annrompre@sbcglobal.net)
Gen Delkescamp (gdelkescamp11@comcast.net)

REMINDER - Opera Talk by Nunzio DeFilippis CARMEN

Thursday, Oct. 18, 2018; Rm 113/116 @ 2:30pm – 4pm

Don't forget to join us for this free informative talk by Nunzio on Bizet's opera, **Carmen**. As usual Nunzio will have all the background and lends his expertise to help us

to appreciate some key aspects.

This talk is being given in conjunction with the OLLI trip to the Metropolitan on Saturday, Nov. 3, 2018 to see the Carmen in person. However, the talk is open to all interested, including members and non-members.

Call the OLLI Office at 203-236-9924/9925 or reply at osher@uconn.edu to reserve a seat for Nunzio's talk.

OLLI *artBeat*

Mattatuck Happenings

by Mary Fitzpatrick Peitler

I hadn't been to the *Mattatuck Museum* in over a year, but I did visit this past Sunday and was so impressed with what I saw. I was invited to the opening reception of the winning entries of the *Pomperaug Woods Senior Juried Art Show*. Connecticut Seniors age 70+ are invited to submit their painting, drawing, photography and sculpture to this juried show. This year over 250 seniors entered. One of the 17 winners is **OLLI member Betsy Nickerson** who submitted her painting of her nephew entitled "*Will*." It is a very captivating portrait of a young man. I first saw it when Betsy submitted it to "*Voices and Visions*." Will looks so much like my son that I couldn't help but seek her out and jokingly ask how she knew Jim. Betsy first started to paint in her fifties and she says that "thirty years later it is still the portrait that is most compelling for me." Another beautiful example of blossoming latent talent, and in my opinion epitomizes the goals of OLLI. ***Congratulations on your honor, Betsy!***

I decided to look at some of the other exhibitions, and what a delightful mix it is! "*Saved from Silence*," is an incredibly timely display of slate prints by **Durham Connecticut artist William Kent**. Kent had been a music student under the well-known Paul Hindemith at Yale, but realized his true calling was the making of art. He lived a solitary life, and became a pacifist and environmental activist through art. Most of the pieces in the exhibition are from the sixties, inspired by the events of the day – The Cold War was raging, Cuban Missile Crisis and the beginnings of our military presence in Vietnam, as well as the assassination of John Kennedy provided material for him. Among the works shown are "*Pest Control*" featuring a large insect, green and white slate on cotton, which may reference Rachel Carson's "Silent Spring." Especially poignant is a carving dated "*November 27, 1963*," which depicts Jackie Kennedy receiving the US flag from military members and little John-John saluting. "*Do Your Duty*" (1967) is a large print on patriotic patterned fabric which incorporates the phrases "Thinking of You" and "Deepest Sympathy" and is evocative of condolence cards sent to families of fallen soldiers. Most relevant to today may be "End Your Silence" done in 1965 during the Vietnam War. That year 579 painters, sculptors, writers, educators, and musicians ran an anti-war statement in the *New York Times* with this title. This exhibition is deeply thought-provoking, and all I could think was "The more things change....."

Another interesting exhibition is "*Body Parts*." It depicts, well, body parts! It is an attempt to explore the psychological and physical potential of bodies to communicate personal experiences and social issues. Some more provocative than others, but my favorite in this collection is "*The Invisible Man*," a photograph taken by the famous African American photographer **Gordon Parks**. It was inspired by Ralph Ellison's novel "Invisible Man." We see a man's head emerging from a manhole after being trapped underground by police. Again, "Plus ca change, plus c'est la meme chose."

On a lighter note, there are two very enjoyable collections loaned by **Fay Vincent**, former Commissioner of Major League Baseball. Like me, many OLLI members are history buffs, and will definitely enjoy "*Men of Letters, Presidential Signatures*," a complete collection of U.S. Presidents' signatures, on letters, photographs, even on an old Christmas card! The other is "*The Many Faces of Baseball*," his collection of baseball autographs, photos and baseballs. An interesting part of this is a group of photos and autographs from the Negro Leagues.

A very enjoyable afternoon, indeed. There are some other exhibitions there, but I was dashing off to an art gallery in Torrington for the *Waterbury Symphony's "Music in Great Spaces."* Great concert!



CORRECTION TO OPERA SCHEDULE

There is **one change** to the schedule of local live streaming Metropolitan Operas. The Regis will air **La Traviata** on Saturday, December 15 at 12:55 pm, whereas it won't be shown at the Warner until Saturday, December 29 at 12:55. Just a reminder, all Regis showings are encored (taped) the following Wednesdays at 6:30 pm. There are NO encore presentations at the Warner.

MEET YOUR PRESENTERS



Stacey Altomari is a creative woman who loves to laugh and likes sharing her ability to enjoy life fully with others of all ages.

She believes people have a lot of “chatter in their heads” that keeps them from moving forward. They need to release “baggage” in their lives that may include anger from past arguments or fear of coping with daily activities.

Her presentations as a certified EFT (Emotional Freedom Techniques) practitioner help people of all ages develop a “sense of inner peace,” she says.

Stacey grew up in Oakville, where she and friends rode bikes and played softball. After graduating from Watertown High School, she worked as a secretary for AETNA in Hartford and later Treadwell Corporation in Thomaston before settling into her career in network marketing for ASEA.

ASEA is a company that develops, manufactures and markets health products designed to heal at the molecular level, per Stacey’s description.

The company offered Stacey a self-development course. “I chose the EFT component and loved it.”

It is a “practical self-help method” that involves tapping on the body’s acupuncture points along the meridian lines of Chinese medicine, according to the website of the international Association for the Advancement of Meridian Energy Techniques (AAMET).

AAMET, a non-profit organization registered in the United Kingdom, came to Watertown, giving Stacey the opportunity to become a certified EFT practitioner that allows her to teach EFT to others.

EFT works, Stacey declares, for many people who have difficulty meditating. Tapping on the forehead, she says helps

them to open up energy fields, adding everyone has eight energy fields. “Tapping allows you to meditate.”

Stacey offered an EFT program at a local neighborhood meeting and was encouraged to take it to OLLI, where she teaches an eight-week course titled “EFT and Meditation: Connecting to Your Inner Self.”

She also teaches EFT at senior centers, businesses, schools and some adult education programs. Some of her programs are for fewer sessions, often one or two, at businesses.

Many of her students come to classes somewhat apprehensive but are curious enough to give EFT a try. At the conclusion of the program, participants are “surprised at how relaxed they are.”

Stacey would like to offer more high school programs because she believes teenagers need to learn to relax because many “kids get lost in the mix” of everything going on with them.

Travel is big in her life. Seeing the fjords of Norway made Stacey feel “the Vikings are still there.” She found much to enjoy and learn in trips to Russian, Sweden, Estonia, Italy and Greece.

But one of her favorite excursions was to Alaska. “I just felt a connection with Alaska. I think it is the most beautiful place.” Stacey was fascinated by native hunters, who find ways to “use every part of an animal.” The meat is eaten, bones become tools and skin becomes coats. She plans a return trip to Alaska in four years but, in the meantime, has a bucket list that includes visiting Switzerland, Germany, South America and the Galapagos Islands, home to giant turtles.

Stacey also describes herself as a “comfort person” who indulges herself in pastry of all kinds, loves pasta, chicken dumplings, and likes to play games, both board and those based on technology with friends and family.

Now a Waterbury resident, Stacey relishes when summer comes and she can “go barefoot and get my hands all dirty” in the garden. The garden offers up cucumbers, eggplant, zucchini and other products for her to cook. “I don’t think cooking is a chore.”

She delights in the moment when the first flowers of spring bloom, declaring when the bleeding hearts flower, they are always unique. “I love life.” **-Mary Ann Martin**