Mid-September
And fall is nigh.
Mother Nature’s gathered her paints
Testing treetops
With pastels that hint
Of the splendor that is to come.

Maples seem to change first
Followed by the yellow birches.
Lime-green bittersweet vines
Contrast with the evergreen pines
As they slither up the trees
Reaching for the sun.

According to the experts,
Fall foliage will come later
And be more brilliant this year.
More rain, they say.
Disease and drought
Muted the colors last year.

It is time for brightness and color.
October’s coming.
The world’s been dark too long.
As Camus said,
“In autumn,
every leaf’s a flower.”

RJG

Last Sunday, the muse must’ve been on my shoulders. Autumn arrived the next day. I love the fall and have noticed the changing of the leaves seems to be happening earlier this year. Going down Alan White Road in Litchfield, I came upon a dark green pine tree that had a lime green vine tangled in its branches. The sight impressed me. So I went home and penned this poem. It probably would not win a contest but it was something that I wanted to share with others. We all seem to have some creative spirit in our minds which sometime has to be let loose.

OLLI readers, you are lucky. We have the perfect platform to showcase your creation. Voices and Visions publishes original pieces of poetry, prose, photography and artwork from the talented members of OLLI, and has done so for the past eight years.

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 just a reminder for the fall semester because June seems so far away. Submission forms may be found in the administrative offices. This is your chance to become a published contributor.

WRITING:
"Forget all the rules. Forget about being published. Write for yourself and celebrate writing."
-Melinda Haynes
NEWS FROM THE WORLD OF MEDICINE

NIGHTMARES TRAIN YOUR BRAIN:
Into related studies, researchers at the University of Geneva in Switzerland used brain scans to show that the same brain regions are activated when we experience fear in dreams and in real life. What’s more, people who have scary dreams more often are less afraid of frightening images when they are awake. This suggests that nightmares help us rehearse dangerous scenarios in a safe environment, which helps us know how to handle threats better when they actually occur.

HEART HEALTHY DIET MAY PREVENT HEARING LOSS:
Over a 22 year period, women who mostly followed the Mediterranean diet or the DASH (Dietary Approaches to Stop Hypertension) diet were about 30% less likely to develop moderate or severe hearing loss and those who didn’t. Both diets reduce or eliminate red meat and processed foods, instead emphasizing fruits, vegetables, whole grains, and beans and other legumes, all of which help prevent oxidation and inflammation. This finding, based on a study of more than 81,000 women ages 27 to 44, confirms previous research that has found an association between a healthy diet and reduced risk of hearing loss.

Readers Digest – Nov. 19

JUST FOR LAUGHS

Young Grant was never the smartest boy on his block and the other kids would often make fun of him. One of their favorite jokes was to offer Grant a dime and a nickel and tell him to choose one.

Grant would always take the larger of the two: the nickel.

One day, after the neighborhood kids pulled their prank on Grant one of the nicer children pulled him aside and whispered, “Grant, you know a dime is worth more than a nickel, right? They are making fun of you.”

Grant nodded and said, ‘Of course I know that! But if I chose the dime they would’ve stopped doing it and I’ve almost made $20!’

---------------------------------

Here’s a poem for you:

I dig
you dig
he digs
she digs
we dig
they dig

It’s not a beautiful or well-written poem, but it is very deep.

NEWS FROM THE WORLD OF MEDICINE

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TECHNOLOGY CLINIC

with UNDERGRAD STUDENTS!
9/13, 9/27, 10/11, 10/25, & 11/8
1:30 pm - 2:30 pm, FREE!

Need some help figuring out your laptop, smartphone, or iPad/tablet? Would you like to make a PowerPoint presentation for your family photos? Do you want to understand the online games your grandchildren play? Do you want to play games on your computer or phone? We can show you how!

UConn Adulthood & Aging students are here to help! Just stop by and receive free, individualized technology training in an intergenerational setting. Have your questions answered and gain some clarity over sometimes-frustrating modern technology.

The clinic will be held on five Friday afternoons over the course of the fall semester (9/13, 9/27, 10/11, 10/25, and 11/8) from 1:30 - 2:30 pm in Room 317 (computer lab).

OLLI Café

Today: September 27th, 2019
12:15 - 1:30pm, Room 113

JANET BARRETT: A WAR HORSE... THE U.S. MARINES... AND THE KOREAN WAR

Come hear this inspiring story of a small Korean company and her fellow Marines, which speaks to an incredible human/horse connection and the power it unleashed. Q and A after the presentation.

Coming Up Next: October 4th, 2019

DR. CHARLES MCNAIR: SOLDIERS OF A FOREIGN WAR
### Spring Trips Are Coming Soon!

Our Spring 2020 Semester will be here more quickly than we think and with that a whole new group of trips for our members to enjoy.

Starting on Wednesday, April 22, 2020, you are invited on a trip to Harlem in New York City. We start our day with a tour of the famous Apollo Theater. You can go up on stage where the greats such as Billie Holiday, Ella Fitzgerald, James Brown, the Supremes, Stevie Wonder and so many more have performed. You’ll learn many inside stories and have a new appreciation for this unique theater in American history. We’ll have lunch at the Dinosaur Barbecue for a family style luncheon. We then will finish our day in Harlem with a visit to the Schomburg Center, one of the world’s leading cultural institutions devoted to the research, preservation, and exhibition of materials focused on African American people worldwide. Price of this trip for members will be $109pp.

Next, our overnight for the semester will be from May 5 – 7, Tuesday through Thursday, to Atlantic City and Cape May, both in New Jersey. Our first day will take in Atlantic City staying at the Resorts Casino, located on the famous Boardwalk. You will receive $25 SLOT, $10 Food Credit, a Show and two $20 Meal Credits (The $20 food credits are worth $25 if used at Breadsticks, Capriccio’s, and East Wind). Enjoy your evening at your leisure. On the second day we visit the 1879 Emlen Physick Estate, Cape May’s Victorian showplace with 15 rooms authentically restored to the original grandeur of the daily life of a Victorian household. Board a trolley for a narrated tour of the Historic District and its charming architecture. That afternoon enjoy lunch at Aleathea’s Restaurant. We will visit Cape May Point to view the Cape May Point Lighthouse and also to Sunset Beach to hunt for the famous Cape May “diamonds” before we return to Atlantic City for an evening at leisure. Member Price for this adventure is $359pp for double or triple room.

For our last trip, on Friday, June 5, 2020, we’ll take in the New York City Philharmonic at Geffin Hall at Lincoln Center, which will be our very first of many visits, we hope. We will have time to have lunch beforehand at one of the many restaurants nearby, before we enter the Geffin Hall for our concert. Jaap Van Sweden will be conducting Copland’s Symphony #3 and Nico Muhly’s Concerto for 2 Pianos featuring Katia and Marielle Labeque. The Member Price for this fun day is $122pp.

DON’T FORGET! - We still have one more trip available, but are reaching a deadline for reservations. This is our Rhode Island Train Ride, “Murder on the Bellevue Express,” coming up on Tuesday, October 22nd. This will be an exciting, interactive murder mystery put on by the Marley Bridges Theatre Company, in which you may become one of the characters or, indeed, solve the case! All this happens while you enjoy beautiful views of the Narragansett Bay and have a luxurious luncheon that you have chosen served to you. Unlike most trains, all seating and tables on this car will face the “stage” area. After our great theater experience, we will have time to take in Newport’s scenic wharves or do a bit of shopping before we board our bus home. The Member Cost of this trip is $116pp.

We hope you take advantage of many (or ALL) of these trips. To reserve any, please call FRIENDSHIP TOURS at 1-800-243-1630 and mention OLLI trips.

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**Upcoming OLLI Travel**

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
<th>Member Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/1-4/2019</td>
<td>Ocean City, MD</td>
<td>$585pp (dbl/triple); $731 (single)</td>
</tr>
<tr>
<td>10/22/2019</td>
<td>Murder on the Bellevue Express, Newport/RI</td>
<td>$116pp</td>
</tr>
</tbody>
</table>

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.
OLLI Book Club
The Book Club meets the third Monday of every month in Room 102 @ 1:00pm. Come by!

Oct. 21: Georgia by Dawn Tripp  
Nov. 18: Bel Canto by Ann Patchett 

Contact: nvia@sbcglobal.net

OLLI Film Club
The Film Club meets on three Wednesdays in the Fall and Spring semesters.

The showing of Antonia’s Line will be held on Wednesday, October 16th, 2019 in the Rectory building (across the street from the main building), Room 402 (fourth floor) from 12:00 - 3:00pm. Free popcorn! Just show up!

OLLI Genealogy Club
The Genealogy Club meets the third Thursday of the month. This semester: October 17th, and November 21st. 10:00 am - 11:30 am in Room 317 (computer lab on third floor of main building)

Contact: dianeciba@gmail.com

OLLI Photography Club
The Photography Club meets the last Friday of each month at 3:30pm in Room 102.

Contact: (t.padgett@hotmail.com).

OLLI Reiki Club
Meetings are the first Monday of each month at 1:00pm in Room 102.

Contact: barbara.schafer@comcast.net

Find a full list of OLLI Clubs and Committees and their descriptions on Page 4 of the course catalog!

OLLI LEADERSHIP COUNCIL
Council Members
OLLI officers are part of the Leadership Council, which is the principal representative body of the OLLI membership.

President  
Ira Mickenberg

Vice President  
Mila Limson

Secretary  
Mary Peitler

Asst. Secretary  
Joyce Conlan

PARKING INFORMATION
OLLI members with University-issued parking decals may park in the following locations on the following days:

Fridays, any time: UConn’s attached ramp garage (entrance on North Elm St.) or Scovill Street Garage (33 Scovill Street)

Monday - Thursday, morning - 5:00pm: Scovill Street Garage
Monday - Thursday, 5:00pm or later: UConn’s attached ramp garage or Scovill Street Garage

If you would like to utilize OLLI at UConn’s parking options, you must submit an application for a parking permit at: park.uconn.edu/olli-parking-permit-application/

If you do not want to purchase a permit, find other local parking areas here: http://www.waterburyparking.com/pricing/

Missed a newsletter? Find past issues online @ https://olli.uconn.edu/weekly-newsletters/
I am a Vermontophile. As much as I truly love Connecticut, I think I may have lived another life in Vermont. When my oldest child was attending St. Michael’s College in Winooski, sometimes it did feel like a lifetime driving up and down Route 7! I have to admit, however, that I didn’t pay too much attention to Bennington, regarding it as the place you go through to get to the rest of Vermont. But, enticed by a Facebook ad, I decided to take a three day mini-vacation there, and I was pleasantly surprised at how much there was to do and see in this pre-Revolutionary War city. So, I’ll tell you about it, in case you are thinking of taking an autumn foliage trip not too far from home.

We stayed at the Hampton Inn, a chain hotel, which was clean and fine. Staff was accommodating, but of course, chains are impersonal. There are so many B&Bs in Vermont that are really charming and you can relax, put your feet up and commune with the owners. Many offer breakfast and/or dinner and are a charming way to spend a few days. We dined at the Mount Anthony Country Club where the food was delicious - we sat out on the patio and enjoyed watching the sun set with the Bennington Monument as a backdrop.

Next morning we made the Chamber of Commerce our first stop to see if anything exciting was happening. It turned out there was - the opening night of an Equity Production of Neil Simon’s “Brighton Beach Memoirs”, but alas, it was the night after we were leaving! I lamented this poor timing with the incredibly helpful and charming director of the Chamber. She went to her desk, made a phone call, and came back and said, “Well, tonight there is a preview and it is by invitation only. But guess what? You are invited!” I couldn’t believe it! So, we happily and gratefully added this to our itinerary!

Off we went to the Bennington Monument, certainly a must-do when there. Did you know that the Battle of Bennington was not fought in Bennington but in Walloomsac, New York, where the British Burgoyne’s soldiers, who were trying to get to the stores of goods and arms at Bennington, were beaten by the colonial army led by Gen. John Stark and Col. Seth Warner. The monument, dedicated in 1891, offers spectacular four-way views of the New York and Vermont countrysides and is particularly beautiful during autumn.

Next we visited the historic Old First Church, built in 1762, its cemetery the resting place of the beloved American poet Robert Frost. It is a humble gravesite, fitting Frost’s personality. I can remember as a little girl seeing him read his poem at President John Kennedy’s inauguration and thinking to myself that he was very old and probably wouldn’t live much longer. He died two years later in 1963 at age 88. Funny, 88 doesn’t seem that old to me anymore!

Our last “touristy” stop was the Bennington Museum. I was surprised to learn that it holds the world’s largest Grandma Moses collection. She was a western Vermont native and portrayed life as it was there during her lifetime (1860 to 1961). There is a video introduction which provides some insights into her life and inspiration. She actually talks of remembering Lincoln’s assassination! Truly a gentle soul.

After an incredibly delicious dinner at The Publyk House (highly recommend!) we drove to the Oldcastle Theater. There were only 20 people in the preview audience. I recognized a couple of the actors from Connecticut Equity productions, and was so grateful to be there. I said a thank you to Neil Simon for preserving memories of my childhood stomping grounds, the boroughs of New York City!

So, don’t count out Bennington if you are still looking for a foliage experience this year. The city is investing a lot of money on renovation and renewal. It was enjoyable on so many levels!
The following list is of NINE things a woman couldn’t do in 1971... Yes, the date is correct: 1971.

In 1971, a woman could not:

1. Get a Credit Card in her own name – it wasn’t until 1974 that a law forced credit card companies to issue cards to women without their husband’s signature.

2. Be guaranteed that they wouldn’t be unceremoniously fired for the offense of getting pregnant – that changed with the Pregnancy Discrimination Act of *1978*!

3. Serve on a jury - It varied by state (Utah deemed women fit for jury duty way back in 1879), but the main reason women were kept out of jury pools was that they were considered the center of the home, which was their primary responsibility as caregivers. They were also thought to be too fragile to hear the grisly details of crimes and too sympathetic by nature to be able to remain objective about those accused of offenses. In 1961, the Supreme Court unanimously upheld a Florida law that exempted women from serving on juries. It wasn’t until 1973 that women could serve on juries in all 50 states.

4. Fight on the front lines – admitted into military academies in 1976 it wasn’t until 2013 that the military ban on women in combat was lifted. Prior to 1973 women were only allowed in the military as nurses or support staff.

5. Get an Ivy League education - Yale and Princeton didn’t accept female students until 1969. Harvard didn’t admit women until 1977 (when it merged with the all-female Radcliffe College). Brown (which merged with women’s college Pembroke), Dartmouth and Columbia did not offer admission to women until 1971, 1972 and 1981, respectively. Other case-specific instances allowed some women to take certain classes at Ivy League institutions (such as Barnard women taking classes at Columbia), but, by and large, women in the ’60s who harbored Ivy League dreams had to put them on hold.

6. Take legal action against workplace sexual harassment. Indeed the first time a court recognized office sexual harassment as grounds for any legal action was in 1977!

7. Decide not to have sex if their husband wanted to – spousal rape wasn’t criminalized in all 50 states until 1993. Read that again...1993.

8. Obtain health insurance at the same monetary rate as a man. Sex discrimination wasn’t outlawed in health insurance until 2010 and today many, including sitting elected officials at the Federal level, feel women don’t mind paying a little more. Again, that date was 2010.

9. The birth control pill: Issues like reproductive freedom and a woman’s right to decide when and whether to have children were only just beginning to be openly discussed in the 1960s. In 1957, the FDA approved of the birth control pill but only for “severe menstrual distress.” In 1960, the pill was approved for use as a contraceptive. Even so, the pill was illegal in some states and could be prescribed only to married women for purposes of family planning, and not all pharmacies stocked it. Some of those opposed said oral contraceptives were “immoral, promoted prostitution and were tantamount to abortion.” It wasn’t until several years later that birth control was approved for use by all women, regardless of marital status. In short, birth control meant a woman could complete her education, enter the work force and plan her own life.

Oh, and one more thing, prior to 1880 the age of consent for sex was set at 10 or 12 in more states, with the exception of our neighbor Delaware – where it was 7 YEARS OLD!

Feminism is NOT just for other women.  
KNOW your HERstory.