



OLLI NEWS



Volume 5 Issue 1

Friday, March 20, 2009

Welcome from Nancy Via

Welcome to our Spring semester of OLLI classes and activities. We have a wonderful selection of courses, top-notch presenters, interesting OLLI Café speakers, and a host of other programs that will be sure to please one and all.

Your Leadership Council, the representative body of the OLLI membership, has been meeting over the past few months and we have revised the OLLI Guidelines. Please stop by Brian's and Rita's offices to read a copy of the changes.

Our OLLI committees are always looking for volunteers. Please contact the committee chairpersons if you have some free time and would like to get involved. The committee chairpersons are:

Communication - Bob Grady email: yvoorg@aol.com

Curriculum - Judy Kollias telephone: (203) 272-6481

Hospitality - Claudia DePalma email: claudia.depalma@uconn.edu

Membership - Kathy Houlihan email: kathhouli@yahoo.com

OLLI Café - Connie Tripodi email: trip3271@yahoo.com and

Sarah Belinky email: sarabelinky@sbcglobal.net

Our Travel and Special Events Committee needs members and co-chairpersons. Please contact Nancy Via : nvia@sbcglobal.net if you would like to join this committee. Enjoy the semester! Nancy Via, President, OLLI, UConn

PARKING—PARKING—PARKING!!

Remember - the UConn parking garage is sometimes full on Friday, depending on other UConn classes/programs held that day. Please be prepared to use alternative parking on OLLI Fridays!

OLLI members are offered free parking in the Scovill Street Parking Garage in the event the UConn garage is full. PLEASE remember this is for OLLI classes and events during the week ONLY. This privilege is NOT for any other times of the week or for community events held on the weekend!

During OLLI weekday events, show your UConn/OLLI parking pass as you exit the garage!

Co-op Welcomes OLLI!



The UConn Co-op will be open at 8:00 AM on OLLI Fridays. Get your cup of coffee for \$1.00!

Serving UConn Waterbury classes with textbooks, course materials, supplies, UConn clothing and gifts, reference materials and convenience store items including fresh coffee, cold drinks, hot dogs, brats, Italian sausage and fresh sandwiches, salads and soup from Waterbury's own Aventura's Deli!

SUMMER SESSION

If you have not signed up for a class during the June OLLI summer session - or are still considering it - you can register for summer courses by calling Rita Quinn or via email rita.quinn@uconn.edu

PLEASE NOTE: OLLI Room Changes

"In Search of Herman Melville", Jim Farnham will now be in room 201

"Chinese Medicine", William Courtland will now be in room 327

"Islam: Friend or Foe?", Tom Grimshaw, is in room 204

OLLI BOOKS!!!

OLLI presenters provide suggested books for their classes. These books are made available for purchase through our University Co-op Bookstore.

The Co-op provides many perks to OLLI Members and we are pleased to have this partnership. Please patronize the Co-op Bookstore whenever you can do so! Books, as you know can often be obtained through public libraries and the interlibrary loan system at those libraries.

Making Vegetable Stock

By: *Allrecipes Staff* www.allrecipes.com

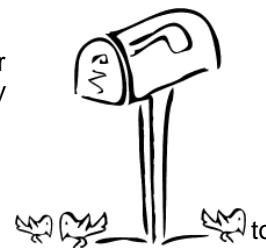
A good vegetable stock is useful in a huge variety of dishes. Vegetable stock is not only an excellent substitute for chicken stock, but is ideal used in all vegetarian fare. To make 4 cups of vegetable stock we used 2 large onions, 2 medium carrots, 3 stalks of celery, 1 whole bulb of garlic, 10 peppercorns, and a bay leaf.

1. In order for the stock to take on all of the flavors of the vegetables in it, it will need to simmer for a full hour. Because of the long simmering time, it is in the stock's best interest the vegetables be chopped into large chunks rather than small dice. Cut a peeled and halved onion into large chunks.
2. Celery leaves, especially those on the outside of the bunch, are extremely bitter and should not be added to the stock. Remove and discard these leaves from the celery stalks.
3. Slice the celery into large pieces.
4. Peel and chop the carrots into large pieces. If you would like to preserve more of the carrot's natural nutrients, do not peel it as the nutrients are in the carrot's skin. Instead, scrub the carrot under cold running water, then chop the carrot into large pieces.
5. Break up the whole bulb of garlic into individual cloves. Peel the garlic. There is no need to chop the garlic. A full bulb of garlic is used because garlic is the base flavor in vegetable stock.
6. Once all of your ingredients have been prepared, combine them in a stockpot large enough to contain all of the ingredients (including enough water to cover all of the vegetables).
7. Add aromatics to the vegetable medley. We used peppercorns and a bay leaf. Often people also add herbs or scraps leftover from other dishes. Potato scraps can be added as the starch will help thicken the stock a little. Other common additions are stems from herbs like parsley, thyme, or rosemary. If you are planning on using this stock in an Asian recipe, adding fresh, peeled ginger would be appropriate.
8. Pour water into the stockpot. The vegetables should be immersed in water.
9. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water has begun to boil, turn the stove down to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrance, lending a wilted taste to the stock.
10. Strain your stock while the stock is at its peak (about an hour after it was placed on the stove). Strain your stock through a fine mesh straining device. Cheesecloth placed in a colander would also work well.
11. The stock should be light in color, sweet, and translucent. If you want a darker colored stock, caramelize the onions and carrots before placing them in the stockpot. Alternately, roast the vegetables until caramelized, then add them to the stockpot. Another interesting trick to making a delicious and thick vegetable stock is to use potato water that was strained from mashed potatoes in addition to (or instead of) water.

Constant Contact

We now have a system to let our members know what is going on by e-mail

The OLLI newsletter will be moving to the 'electronic' version through "Constant Contact". If you would like to receive your OLLI newsletter and other OLLI messages via email, and have not provided your email address, please send it to rita.quinn@uconn.edu



Friday March 20th .. First day of Spring

Spring is seen as a time of growth, renewal, of new life (both plant and animal) being born. The term is also used more generally as a metaphor for the start of better times.

Spring is the end of winter, and the culmination of lengthening days. The Christian season of birth and renewal has Easter at this time.

WATERBURY'S COMMUNITY GARDENS SEEKING A MASTER GARDENER

Brass City Harvest needs help from Master Gardeners or graduates from a Landscaping or Horticulture program. Brass City Harvest is a Waterbury organization committed to a sustainable food system in Waterbury through the development of community gardens. As many of you know, there are too many benefits to gardens to list. That said, community gardens have been known to serve as a catalyst for neighborhood and community development; provide opportunities for intergenerational and cross-cultural connections; and even reduce city heat from streets and parking lots! Qualified volunteers should contact Sue Pronovost at Brass City Harvest by email at Susan.pronovost@snet.net.

OLLI Roundtable: Reflecting on the First 100 Days of the Obama Presidency and the 111th Congress

The OLLI Roundtable is a periodic forum for the discussion of current domestic and global events and topics impacting our world, our nation, our state, and our local communities. Usually presented in moderated panel format, guest speakers will debate issues in a way that is expected to be interesting and thought provoking. Attendees will often be provided with an opportunity to submit questions prior to the event.

UConn Waterbury, Multipurpose Room
Monday, Monday, May 11, 7:00 - 9:00 PM
with reception following the event

Research Lecture Series -

The Interaction of Ritalin and Alcohol
Wednesday, April 8, 12:45 - 2:00 PM, Room #333.

Author Talk: David Leeming: Remembering James Baldwin
Thursday, April 16, 4:00 - 5:30PM, Multipurpose Room

Author Talk: Don't Bite Your Tongue, with Dr. Ruth Nemzoff
Monday, June 1, 1:30 - 3:00 PM, Multipurpose Room

AARP Driver Safety Program Comes to OLLI!

Ralph Muschett, AARP Instructor

OLLI at UConn is pleased to announce a new partnership with the AARP which begins in June 2009!

Depending on your age, you may be eligible for an auto insurance discount-please call your insurance agent or insurance company for details. This eight-hour classroom refresher course was developed by the American Association of Retired Persons to help drivers 50 years of age and older improve their skills, prevent traffic accidents, and potentially receive insurance discounts. Registration is required. The cost is \$12 for AARP members and \$14 for non-AARP Members. Checks should be made payable to AARP (not OLLI) and will be collected by the instructor. Please bring Connecticut Driver's License, AARP membership number (if you are a member), and a pen. Please encourage a friend to register. You do not need to be an OLLI or AARP member to register.

Registration is required by calling 203-236-9924 or email rta.quinn@uconn.edu
Tuesdays, June 23 and June 30 from 9:00 AM to 1:00 PM in #113

5 MINUTE CHOCOLATE MUG CAKE

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
a small splash of vanilla extract
1 large coffee mug

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts (high). The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired.

EAT! (this can serve 2 if you want to feel slightly more virtuous). You can let a kid make this.

March 20 Program: The Benefits of Reiki

Reiki is a safe, non-invasive, caring way of energizing, restoring and balancing the energy centers in our bodies. The Reiki practitioner uses a variety of hand positions on and off the body, while the individual is fully clothed. The proven benefits include, stress reduction, relaxation, physical healing of disease, surgical wounds, improved mental clarity, increased creativity, and a sense of peace and well-being.

Barbara Schafer, RN, APRN, MSN, CHTP/I, RMT, has been a Reiki Master Practitioner and teacher since 1995. She has a private practice doing Reiki, healing touch. She volunteers in the new Cancer Center at Griffin Hospital offering therapeutic touch and Reiki. Her expertise is in energy healing.

OLLI Café Events

A venue for the exchange of ideas and experiences focusing on improving the quality of life. The goal of OLLI Café is to have presentations and activities with themes such as Health and Wellness, Arts and Culture, and Current Events.



Bring your lunch and we will provide the coffee and fruit. OLLI Café presentations are open to all OLLI members. **These are not courses. Pre-registration is not required.**

Message from Hospitality Committee: "Thanks for disposing your trash after OLLI Café"

Future Café Events

March 27: The Role of Women in Ancient Maya Politics
April 3: Intimacy in the Elderly – What to Look forward to
April 17: Supporting Connecticut Songbirds Through Rehabilitation

April 24: The World of Rare Books
May 1: Wine and Food Pairings– What food to Serve With the Wine You Like
May 8: "Getting to Know You"
May 15: OLLI Appreciation Event

OLLI Leadership Council

Council Members

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

Council Officers

President - Nancy Via
1st Vice President - Richard Kupstis
2nd Vice President - Connie Tripodi
Secretary - Mary Lou Reignier
Assistant Secretary - Robert Grady



Smiles from Bob

From Robert Blake



The CEO is standing near the shredder as one of the secretaries was leaving. Listen, he says, to her. This is an important document. Can you make this thing work? She turns on the machine, inserts the paper and presses start. Great says the CEO. I just need one copy.

Cop chases older woman in car driving erratically
He sees she's knitting while driving.
He pulls alongside and shouts, "Pull over!"
No, she shouts back. It's a scarf!

Remember these??
MILK MEN, ICE MEN, SHOE SHINERS,
PINBOYS IN BOWLING ALLEYS
MONDAY WASH DAYS
SATURDAY NIGHT BATHS
CORNER DRUGSTORES WITH SODA FOUNTAINS

We all know that smiles and laughter are good for us physically and mentally. Endorphins make us feel good and attitude does make a difference. Have you ever had every clerk in your day say to you "Have a good day!"

Now I sometimes reply "I will if I want to!" the unusual reply, If I add a big smile, usually brings on a big smile in return and some pleasant conversation. Continue with "Yes I really want to. And I will." Notice George Carlin who once said, "If lawyers are disbarred and clergymen defrocked. doesn't it follow that electricians can be delighted and musicians denoted."

Blessed are they who can laugh at themselves for they shall never cease to be amused, as the Irish say. And since St Paddy's Day has just passed let me add "Gallagher opened to the Obituary page as usual and saw that he had died. He called his best friend Seamus and said "Did you see today's paper? I'm dead I'm dead!"

Seamus replied. "Sure I did. But just where are you calling from?"

I hope that I would know where I'd be calling from and it would be from my kitchen table."

If this becomes a regular column I promise not to analyze humor, Just to produce some. Take care. Bob Blake

Your Palace, Your Place...

for the Best in Entertainment Show your OLLI membership card at the box office or call 203-755-8484. May not be combined with other discounts or promotional offers.

The Pajama Game

Friday, March 20 – 8:00 PM

Saturday, March 21 – 2:00PM & 8:00PM



WE WANT YOUR FEEDBACK!

Please provide us with your suggestions and comments Praises and/or critique

What do you want to read in the Newsletter ?
Contact or send your ideas to:

Bob Grady: 860-274-9389 Email: yvoorg@aol.com
Connie Tripodi: 203-756-3271 Email: trip3271@yahoo.com
Tony Loechner: 203-596-1664 Email: tonyl@loechner.com
Trish Plasky: 203-759-1502

OSHER LIFELONG LEARNING INSTITUTE AT UCONN, WATERBURY

The Osher Lifelong Learning Institute
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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. Our programs are centered around classes developed and taught by members who volunteer their time and talents to share their knowledge, life passions, and interest with other members. The OLLI program also sponsors special events featuring noted authors, scholars, and experts in respected professional fields.

We're on the web! www.waterbury.uconn.edu/osher