



OLLI NEWS



Volume 5 Issue 2

Friday, March 27, 2009

ACTRESS MARY BETH PEIL COMES TO UCONN WATERBURY

UConn Waterbury and OLLI are joining forces for the second annual Creative Sustenance Program. The Program is intended to raise awareness of hunger and poverty in the area. Attendees are asked to bring canned and non-perishable food items, which will be donated to Interfaith Ministries of Waterbury. The lively program will consist of poetry and dramatic readings by writers from the UConn Waterbury community and will be headlined by Mary Beth Peil, Tony nominated Broadway actress (Sunday in the Park with George, Nine, and The King and I) and television star (Dawson's Creek).

Most of the readers are UConn faculty members, and one of the pieces being read is an excerpt from a play written by a current Waterbury student!

Please **SAVE THE DATE** and **MARK YOUR CALENDARS**
Tuesday, April 28, 2009. 7 - 8:30PM.
Location: UConn, Waterbury Campus, Multipurpose Room.

Price of admission: One canned good.

Sponsors: Freshman English Program and the Writing Center, the Osher Lifelong Learning Institute (OLLI), and the Creative Writing Program Please reserve your seat (invite friends to join you!) by calling 203-236-9924 by April 14, 2009

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

Volunteers are needed to serve on the Travel and Special Events Committee.

This committee's responsibilities include identifying and researching all aspects of potential travel activities and events which may be of interest and enjoyment for the OLLI membership. If you have any travel interests and would like to help us search out possible places to visit and tour, please contact Nancy at: nvia@sbcglobal.net.....or phone her at (203) 758-6359.

Lost & Found

Woman's olive green light quilted coat and owl pin left in multipurpose room after OLLI café.
Contact Rita.

ROOM Change

3:00 - 4:30 PM Memories, Memories...Let Your Life Speak! will be in #324

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!

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.

Memory Matters

By Robert Grady

On Wednesday, March 18, Dr. Patrick P. Coll, MD, a professor of Family Medicine and Medicine at the University of Connecticut Health Center gave an informative lecture on Dementia and why it should matter to seniors. Dementia takes many forms but must be evaluated and diagnosed as such. "Senior moments" are a natural part of the aging process and unless they are causing major problems in daily life should not be a cause of great concern. Dementia occurs more often in women rather than men (because the population of females at a later age is higher than males). It is less prevalent in younger people. However it happens to five percent of the population aged 65 to 70, but in 50% of those over ninety. Alzheimers is a form of dementia. There are, at this time, no tests for Alzheimers and it must be diagnosed by a focused interview, physical examination and neuropsychological assessment. Forgetting events of major significance, recent change in personal hygiene, drastic change in personality, frequent driving errors and frequent financial errors are reasons for concern and the patient may not be aware of them. According to Dr. Coll, there is no cure for Alzheimers but regular exercise (both physical and mental) may delay the onset. So, seniors, start walking – because memory matters. As the poet, Dylan Thomas says, "Do not go gentle into that dark night."

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

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



THE HISTORY OF FLOWER ARRANGING

The history of flower arranging can be traced back to China. The Buddhist Temples had huge massed, symmetrical designs in porcelain vases. Then Japan took up the baton - beginning with temples again, but then various schools of design developed that established design principles still extant today. In the 1300s, we find flowers arranged in containers in Renaissance Italy, and, by the 17th and 18th Century, royalty in all of Europe embraced the use of rather rigid, formal arrangements.

The history of arranging indicates increasing informality since then - as the practice filtered down to the "common folk." America picked up design from Europe, and the garden club movement of the mid-20th Century has continued it by mounting flower "shows" that incorporate both the display of horticulture straight from the garden and arranged displays of flowers.

FLOWER ARRANGING TODAY

People love flowers the world over, and the study of arranging and displaying prized flower examples is lots of fun.

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 know 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.

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 rita.quinn@uconn.edu

Tuesdays, June 23 and June 30 from 9:00 AM to 1:00 PM in #113

PEACH KUCHEN

1 3/4 c. flour	3/4 c. sugar
1/4 c. sugar	1 tsp. cinnamon
1/2 tsp. salt	2 egg yolks
1/2 c. butter	1 c. vanilla yogurt

8 sm. Ripe peaches or preferably 2 lg. cans of Elberta (or any other kind) of peaches, drained

Stir flour, sugar and salt together. Cut in butter until like cornmeal. Pack mixture into ungreased pie pan (glass). Arrange peaches over crust.

Stir together sugar and cinnamon. Sprinkle over fruit.

Bake in 400 degree oven for 15 minutes.

In another bowl beat egg yolks and blend in yogurt. Remove kuchen.

Pour cream mixture over fruit. Return to oven for 30 minutes more. (Can also use plums, pears and apples).

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.

The weekly event features a guest speaker followed by a short Q&A session.

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

Future Café Events

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

March 27 OLLI Café Today

The Role of Women in Ancient Maya Politics

Royal women appeared in Maya art only when they served a political function. Prior to the mid 6th century and after the 8th century, with a few exceptions, women were not portrayed in public art. Once a polity reached its goal, women were not important enough to polity building to be publicly portrayed. The royal women in this presentation are:

Piedras Negras (Guatemala),	Lady Katun
Ahau Naranjo (Guatemala),	Lady Wac Chanil
Yaxchilan (Mexico),	Lady Xoc & Lady Ik
Skull Palenque (Mexico)	Lady Zak Kuk.

OLLI member, **Nadzia Borowski**, has had a strong interest in the Ancient Maya since her first view of the Castillo at Chichen Itza. During her many years of travels, in the company of well-known and respected archeologists, she visited major archeological sites in Guatemala, Honduras, Belize, and Mexico. Nadzia, retired as an engineering designer, worked for over 35 years in the power plant, chemical, paper mills and food processing industry.

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 Reigner
 Assistant Secretary - Robert Grady



Smiles from Bob

From Robert Blake



My happy hour is an afternoon nap.

The future is nice 'cause it's always tomorrow, Annie was right to sing about it.

Old is when:
Your wife says "Let's go upstairs and make love."
And you say "Pick one. I can't do both"

Getting lucky means finding your car in the parking lot.

You don't care where your spouse is going as long as you don't have to go along.

Old age is mandatory. None of us gets out of life alive. What really matters is attitude and that always is up to YOU.

A Philosophy
Life is too short
Break the rules but
hurt no one
Forgive quickly
Kiss slowly and often
Love truly
Laugh without harm
or concern
Never regret anything
that made you smile
Life is too short

Money can't buy happiness but it can get you a great German car.

PARKING—Scovill Street Parking Garage

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!

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

***Singin' in the Rain* opens March 27, 1952**

Considered by many to be the greatest Hollywood musical ever made, *Singin' in the Rain* premieres at New York's Radio City Music Hall. The movie, about silent film actors at the dawn of the sound era, starred Gene Kelly, who also served as co-director and co-choreographer.

OSHER LIFELONG LEARNING INSTITUTE AT UCONN, WATERBURY

The Osher Lifelong Learning Institute
The University of Connecticut
99 East Main Street
Waterbury, CT 06702



Brian G. Chapman, Ed.D., Director
Tel: 203-236-9881
E-mail: brian.chapman@uconn.edu
Rita C. Quinn, Program Assistant
Tel: 203-236-9924
E-mail: rita.quinn@uconn.edu

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