



OLLI NEWS



Volume 5 Issue 3

Friday, April 3, 2009

REMEMBER - NO OLLI Classes on Friday, April 10.
See you on April 17th!

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

Second National Academic Journal Article Accepted

We have just been notified that the article "Engaging the Older Learner on Growing Old - Positively," co-authored by Laura Donorfio and Brian Chapman has been accepted for publication in The LLI Review. The journal is published by the Osher Lifelong Learning Institute at the University of Southern Maine (OLLI National Resource Center) and will be published in the fall of this year.

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

Lost & Found

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



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.

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

AARP Driver Safety Program Comes to OLLI!

Ralph Muschett, AARP Instructor

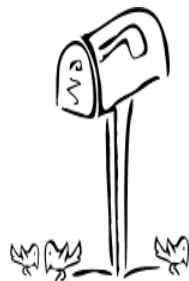
OLLI at UConn is pleased to announce a new partnership with the AARP which begins in June 2009! Depending on your age, you may be eligible for an auto insurance discount-please call your insurance agent or insurance company for details. This eight-hour classroom refresher course was developed by the 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
The classes are on Tuesdays, June 23 and June 30 from 9:00 AM to 1:00 PM in #113

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



Fertilizing Your Organic Garden

Organic fertilizers generally come from plants, animals, or minerals. Soil organisms break down the material into nutrients that plants can use. Some organic fertilizers contain significant amounts of only one of the major nutrients, such as phosphorus in bone meal, but they often have trace amounts of many other beneficial nutrients. In addition, some gardeners add organic material that improves soil structure and supports soil microorganisms, which helps make nutrients available more quickly, especially in warm weather when they are more active. As a general rule, organic fertilizers release about half their nutrients in the first season and continue to feed soil over subsequent years.

Plant-based fertilizers

Fertilizers made from plants generally have low to moderate N-P-K (nitrogen, phosphorus, potassium) values, but their nutrients quickly become available in the soil for your plants to use. Some of them even provide an extra dose of trace minerals and micronutrients. If you don't find all of these at the garden center, check out your local feed store.

RESEARCH LECTURE & BOOK TALKS

The Interaction of Ritalin and Alcohol (Research Lecture)
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

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.

MUSICA SCOLARA
Rehearsal on Tuesday,
April 14th will be in
UConn campus Room #102



Eggs Benedict

4 egg yolks
1/2 pound lightly salted butter
(at room temperature)
1 tablespoon lemon juice
1 tablespoon water
Dash of Tabasco sauce
3 tablespoon white vinegar
Dash of salt
4 eggs
4 English muffins
4 slices ham or Canadian bacon
Dash of paprika

Prepare sauce first by beating egg yolks with a wire whisk in a double boiler. Over low heat add pieces of butter a little at a time, beating until dissolved. After all butter has been combined, add lemon juice and water. Raise heat to almost boiling, stirring constantly with a wooden spoon until thickened. Add a dash of Tabasco sauce.

Next, prepare eggs. Experiment with egg first. Into a large boiler put 6 inches of water, vinegar and salt. Heat water until just boiling. Stir water and ease egg into water. Cook for 1 3/4 to 2 1/2 minutes. Keep water swirling. Remove eggs with a slotted spoon. Toast muffins; top with ham or Canadian bacon; toast again. Add egg, sauce and paprika to toasted muffin.



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 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

April 3

Intimacy in the Elderly – What to Look Forward To

Hear the definitions of intimacy and review how intimacy is manifested through various stages of our development. Although the presenter's major interest is intimacy in the elderly, he will also discuss intimacy in childhood, adolescence, adulthood, and finally intimacy in the elderly. Depending on our stage of development in life, manifestations of intimacy reflect our abilities, needs and physical, emotional or spiritual constraints at the time. Anonymous examples of intimate moments and concerns revealed by patients and impediments of attaining intimacy and how they can be overcome will be discussed.

Dr. Ira Mickenberg is currently an Associate Clinical Professor of Medicine at Southbury Medical Associates. He received a BA from Cornell University and MD from SUNY at Brooklyn. He has practiced medicine at Yale New Haven Hospital and Waterbury Hospital and was on the Board of Directors of Primary Care Physicians Corporation. He is boardcertified in Internal Medicine, Infectious Diseases and Geriatrics and has authored various medical reference papers.

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



Brings back smiles:

Like my Mom listening to the kitchen radio
to "Stella Dallas" and "Our Gal Sunday"
Or the "feud" between Jack Benny and Fred Allen
Or Bill Bendix in "The Life of Rielly"

Or theaters in Downtown Waterbury
Jacques Burlesque, Loews Poli, The State,
The Strand, The Plaza

Or 5 & 10 Cent Stores
Grants, Woolworth, Kresge

I saw a soldier and recollected jump training
Drill Sgt to exhausted recruit
"I bet you wish I was dead so you could pee
on my grave"
"No, Sgt! When I get out of the Army I'm never
going to wait in a long line again"

A bit of basic knowledge
Give a man a fish and he eats for a day.
Teach a man to fish
and he will sit in a boat
and drink beer all day.

As George Carlin once said
"There is no present.
There's only the immediate future
and the recent past."

But I would add to George's comment
that the present is indeed a PRESENT
and should be treated that way.

Enjoy your PRESENT today!

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

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!

OSHER LIFELONG LEARNING INSTITUTE AT UCONN, WATERBURY

The Osher Lifelong Learning Institute
The University of Connecticut
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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