



# OLLI NEWS



**Volume 5 Issue 6**

**Friday, May 01, 2009**

## GETTING TO KNOW YOU

On Friday, May 8<sup>th</sup> OLLI Café will have a FUN event which will take the place of an OLLI Café speaker. REMEMBER to wear your name tags! See you then!

- Make new friends—Keep the old
- Join the OLLI family and have fun
- Door Prizes from Palace Theater, Seven Angels Theater, Mattatuck Museum, John Bale Bookstore and others.

## OLLI ROUNDTABLE

### Reflecting on the First 100 Days of the Obama Presidency and the 111th Congress

Monday, May 11

Bill Curry, who served as Counselor to President Clinton and domestic strategist, will be joining the OLLI Roundtable. He was the Comptroller for the State of CT and Democratic nominee for Governor of CT twice. Curry left the Clinton administration after the 1996 election and served as Visiting Fellow at Yale School of Management.

See Page 2 for details

## OLLI Appreciation Event - May 15, 2009

OLLI Café May 15, 2009 is the OLLI Appreciation Event to honor OLLI presenters. Please come and support the dedication and volunteerism of our presenters!



### 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 Newsletters go internet

Thanks to the UCONN webmaster, Yi Zhang, this session's newsletters are available on our web page at

**[www.waterbury.uconn.edu/osher](http://www.waterbury.uconn.edu/osher)**

Then click on the left-hand index that says "Newsletters". they are available in PDF format, if you don't have the free reader, you can get it at **[www.adobe.com](http://www.adobe.com)** and click on the box that says "READER".

## OLLI at UCONN receives Grant

The Bernard Osher Foundation has announced that OLLI at UConn continues to meet its goals and will continue to be funded through June 30, 2010. Many thanks to the OLLI Leadership Council, OLLI Presenters, UConn Staff, and all Volunteers for their hard work and dedication to this organization.

From: David Blazeovich, Senior Program Officer  
The Bernard Osher Foundation

Once again, we applaud your many accomplishments over the past year and the remarkable work that you and your colleagues are doing to deliver interesting, engaging, and enriching educational experiences to older adults in Connecticut.

## From Nancy Via

### President of OLLI Leadership Council

Voting on the revised Guidelines of our OLLI organization will take place on Friday, May 8th during the OLLI Cafe time. Voting to accept the revisions will be by a voice vote of aye/nay. The Guidelines serve as the written bylaws of our membership and are available for you to read prior to voting. Please stop by Rita's office to read the Guidelines.

The Travel and Events Committee is looking for more members. If you want to volunteer please contact Ann Rompre, [annrompre@sbcglobal.net](mailto:annrompre@sbcglobal.net) or Joyce Conlan, [econlan@snet.net](mailto:econlan@snet.net). The committee members are looking into one day excursions, theater offerings and other partnering opportunities. The more committee members we have, the sooner we can offer some travel ventures.

## Lost & Found WE STILL HAVE A

Woman's olive green light quilted coat AND a red lunch bag left in multipurpose room after OLLI Café.  
Contact Rita.



## BOOK TALKS

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

## 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](mailto:rita.quinn@uconn.edu)

## OLLI ROUNDTABLE

### Reflecting on the First 100 Days of the Obama Presidency and the 111th Congress

Monday, May 11 - Doors open at 6:30 PM  
for the 7:00 PM Event

The Osher Lifelong Learning Institute at the University of Connecticut's Waterbury Campus has announced a program, featuring a high profile panel, which will discuss and debate the first 100 days of the Obama Presidency. Announced Panelists Include Yvonne R. Davis, MS, MA, President & CEO of DAVIS Communications; Dan Haar, Hartford Courant Business Editor and Columnist; Former Congresswoman Nancy Johnson, and Jonathan Kellogg, Executive Editor of the Republican-American Newspaper; and former Clinton Administration appointee, Bill Curry. A reception will follow this event. "OLLI has never had to have a ticketed event before, but we knew the response to the first OLLI Roundtable would be strong and we would need a ticket system. Over half the tickets to the event are gone," said OLLI Director, Brian Chapman. OLLI members and their families receive priority seating (special colored ticket) to the event. Tickets are being released to the general public next week, so please call 203-236-9924 or email [Osher@uconn.edu](mailto:Osher@uconn.edu) <<mailto:Osher@uconn.edu>> right away if you want tickets to this special event.

UConn Waterbury, Multipurpose Room  
Monday, May 11, 7:00 - 9:00 PM  
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](mailto:rita.quinn@uconn.edu)

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

### OLLI Doesn't Take the Summer Off

Summer Events at OLLI Announced

#### June 1, 2009 1:30 PM--Author Talk

Don't Bite Your Tongue: How to Foster Rewarding Relationships With Your Adult Children by Author Ruth Nemzoff  
Monday, June 1, 2009

Multipurpose Room, UConn Waterbury  
Light refreshments will be served.

**June 2, 2009—OLLI Summer Classes Begin**-Registration still being accepted Please call 203-236-9924

#### June 23 and June 30, 2009—AARP Driver Safety Program Comes to OLLI!

Check with your insurance company about discounts for attending this course. Please call 203-236-9924

#### July 14, 2009--2:00 PM

Thomas Hollowell -- **Allah's Garden**

Multipurpose Room, UConn Waterbury  
A cataclysmic plight and true account of a life torn by a forgotten war deep in the Sahara Desert of Morocco. The tale focuses on one of the longest-held POWs in world history, taking readers deep into the Sahara sands-a land venerated by Muslims as Allah's Garden-to unveil its most shrouded secrets.

#### August

Second Annual OLLI Open House, Date to be announced

### Strawberry Pie

- (9 inch) pie crust, baked
- 1 quart fresh strawberries
- 1 cup white sugar
- 3 tablespoons cornstarch
- 3/4 cup water
- 1/2 cup heavy whipping cream

Arrange half of strawberries in baked pastry shell. Mash remaining berries and combine with sugar in a medium saucepan. Place saucepan over medium heat and bring to a boil, stirring frequently.

In a small bowl, whisk together cornstarch and water. Gradually stir cornstarch mixture into boiling strawberry mixture. Reduce heat and simmer mixture until thickened, about 10 minutes, stirring constantly. Pour mixture over berries in pastry shell. Chill for several hours before serving. In a small bowl, whip cream until soft peaks form. Serve each slice of pie with a dollop of whipped cream.  
Servings: 8

### ICE— 'In Case of Emergency'

Apparently this is a standard procedure all paramedics follow at the scene of an accident when they come across your cell phone. We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence the 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As cell (mobile) phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' ( In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call.. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE.' For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference! Let's spread the concept of ICE by storing an ICE number in our Mobile phones today! ICE will speak for you when you are not able to .

### National Dance Week

April 24 - May 3 09 is National Dance Week. OLLI presenter Donna Bonasera is the state Director serving the national committee for National Dance Week.

National Dance week mission is held to promote dance and its many health benefits, social values and great entertainment

**For OLLI members-** During the Week of April 24 - May 3 members can come to Connecticut Dance Theatre to take a free dance class. On Saturday April 25 from 1:00-4 is a spring fling craft vendor fair featuring vendors from Lia Sophia jewelry, Tastefully Simple, Pampered Chef, handmade purses, sterling jewelry and more.

Saturday evening is a social dance free to OLLI members, Titled "Blue Jean Ball"

For more information call CDT studio 860-274-0004



### 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. Registration is not required.** The weekly event features a guest speaker followed by a short Q&A session.

### Future Café Events

May 8: "Getting to Know You"

May 15: OLLI Appreciation Event

### Wine and food Pairings –

#### What food to Serve With the Wine You Like

For many people wine is a subject of angst, especially in pairing it with food. Highly subjective and not always exact, wine pairing should be about the type of wine you enjoy! The old rule of thumb –red wine with red meat and white wine with fish and poultry – has been demystified and transformed into more experimentation of different tastes and expression of your own personality. The talk will debunk myths and rules of thumb and offer suggestions of expressing your own personality in wine and food pairings.

**Chef Bill Okesson** created John's Café of Woodbury in 1995. He graduated from the Culinary Institute of America and became the executive Chef for The Boulders Inn in New Preston prior to opening John's Café. Chef Okesson has received the Wine Spectator Awards every year since 1998 for his unique presentation and collection of wine offerings, and continues to be at the top of Connecticut's Zagat rated restaurants. Chef Okesson's cooking classes at the Silo are consistently sold out. He is a regularly featured guest chef at the CT Farmland Trust fundraisers.

## 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



When I got this in my mail I knew I had to use it here. It may not be laughter but it is so true in so many ways.

A WONDERFUL MESSAGE by George Carlin

The paradox of our time in history is that we have taller buildings but shorter tempers; Wider freeways but narrower viewpoints. We spend more but have less; we buy more, but enjoy less. We have bigger houses and smaller families; more conveniences but less time. We have more degrees but less sense; more knowledge but less judgment; more experts but more problems; more medicines but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living but not a life. We've added years to life but not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things but not better things. We've cleaned up the air but polluted the soul. We've conquered the atom but not our prejudice. We write more but learn less. We plan more but accomplish less. We've learned to rush but not to wait.

We build more computers to hold more information, to produce more copies, but we communicate less and less. These are the times of fast foods and slow digestion.

Big men and small character; steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses but broken homes.

PART TWO NEXT WEEK George goes on...

## WE WANT YOUR FEEDBACK!

Please provide us with your suggestions, submissions 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  
99 East Main Street  
Waterbury, CT 06702



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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](http://www.waterbury.uconn.edu/osher)**