



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.

OLLI membership

Annual OLLI membership is \$60

This is also called
BASIC MEMBERSHIP.

When a member pays the annual \$60

- Participation in OLLI Café Activities - "A place to lunch and learn.
- Members are encouraged to bring a brown bag lunch – coffee and fruit will be provided
- Opportunity to register for OLLI courses – \$25 each course
- UConn Waterbury parking pass for your annual membership cycle
- Discounts for OLLI partnership events
- Entrance to Special OLLI Events
- Year-round notices about additional OLLI programs
- OLLI membership card

library workshop series

OLLI has expanded the "Connect to Your World" library workshop series during the lunch time slot. This six-part series provides an option during the OLLI Café time slot. Seating is limited so advance registration is required.

If you like what we are doing please tell friends, relatives, and acquaintances. . Our goal is to reach 500 members in the coming months and we are very close!

Please help us by spreading the word!

I think I've discovered the secret of life - you just hang around until you get used to it. *Charles M. Schulz*

Welcome from the Director

I extend a warm welcome to current and prospective OLLI members for our Second Annual OLLI Open House here at UConn Waterbury! I also congratulate all of you on your decision to step out and engage in a learning venture that is brand new in some ways and a seasoned idea in other ways. The Lifelong Learning Movement began in the 1960s at the New School for Social Research in New York City; it was at the New School where older adults came together and decided formally to share the richness of their lives, their knowledge, and their human experience.

Over three hundred lifelong learning institutes emerged and flourished across the country over the next four decades—in retirement communities, community centers, and colleges and universities. In 2001, a humble New England Philanthropist, Mr. Bernard Osher became a stalwart benefactor of lifelong learning by enhancing or creating Institutes across the country now numbering 122.

The Osher Lifelong Learning Institute at the University of Connecticut was established in 2006 and delivered its first course offerings in spring 2007; we remain the first and only Osher-funded lifelong learning institute in the state of Connecticut. We have served over 1,000 individuals from over 63 cities and towns in our short period of existence. This initiative was made possible because of grassroots support and initial funding through the Leever Foundation and the Connecticut Community Foundation.

The Bernard Osher Foundation continues to fund our work while measuring our success through a variety of means including membership growth, program quality, and community support. Our programs could not be possible without the support of the Bernard Osher Foundation and the OLLI volunteers who truly make things happen. Volunteerism is at the heart of most lifelong learning programs as a way to keep fees manageable and as a way to ensure the programs are community-responsive and member-driven.

Whether you are here for the first time or returning for more lifelong learning (warning: it's addictive!) please enjoy your time at UConn Waterbury-we enjoy having you here! Please feel free to contact me or OLLI President Nancy Via directly if you have any questions or are willing to help spearhead a new idea!

Brian G. Chapman, Ed.D.
Director of The Osher Lifelong Learning Institute at the University of Connecticut
Brian.Chapman@uconn.edu 203-236-9881

From Nancy Via President of OLLI Leadership Council

Hello! Welcome to our annual OLLI Open House day.

We have set aside this day for you to learn about our OLLI programs, classes, events, committees and all the ins and outs of this learning institute. We number over 500 members and hope you will be among the many to join us. There are classes on all subjects, lunchtime talks (we call it OLLI Café), and we are offering adventures in travel starting in September.

Our affiliation with the Palace Theater finds us with a new program, "Mat and Chat"...which means you will now have the opportunity to attend a matinee production at the Palace and chat with theater cast members and personnel. Please take a moment to visit our booths, talk with our OLLI members and directors and join our program. I look forward to meeting you and hope you have a wonderful and educational Open House day today.

Smiles from Bob

From Robert Blake



Laughter is good exercise. Belly laughs are great,

But smiles are great, too!

Younger I wanted a BMW
Now I don't care about the W.

Do old men wear briefs or boxers?
She said, "Depends"

Cremation--Think outside the box!



OLLI Café Events

OLLI Café is a venue for the exchange of ideas and experiences focusing on improving the quality of life. The goal of OLLI Café is to present a potpourri of presentations and

activities that provide information and new knowledge to OLLI members.

Bring your lunch and we will provide the coffee and fruit! OLLI Café presentations are open to all OLLI members. These are not courses—OLLI Café is one of the Benefits of your annual OLLI membership. Pre-registration is not required.

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

Fridays—Room #113 • 11:30 – 12:00 Lunch
• 12:00 – 1:00 speaker Presentation

Future Café Events

September 18 Forensic Science
Forensic science is the application of a broad spectrum of scientific practices to answer questions of interest to the legal system. While popular crime shows and the media have heightened public interest in forensics in the 21st century, the discipline has a long and unique history. This history, as well as the techniques currently utilized by forensic scientists, crime scene investigators, and other law enforcement agencies in conducting criminal investigations will be discussed as some current issues in forensic science are explored.

September 25 The Freedom of Information Commission Works For You

October 2 Renaissance Women Artists
October 9 Bacteria and Other Microbes – Friends or Foe?

October 16 The View From Cracker Hill
October 23 Climate Change and Connecticut

October 30 F. Luis Mora: America's First Hispanic Master

November 6 OLLI Appreciation Event

No Yeast Cinnamon Bun Recipe

This cinnamon bun recipe is just as good as any yeast recipe you can find, and a whole lot easier.

Because some mornings, you just don't have time to wait for dough to double in size.

INGREDIENTS

- 1 cup warm milk
- 2 eggs
- 1/3 cup butter, softened
- 4 1/2 cups bread flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1 cup brown sugar

- 1 tbsp water (eliminate if you're opening a new package of brown sugar)
- 2 tablespoons ground cinnamon
- 1/4 cup butter, softened
- 4 ounces cream cheese, at room temperature
- 1/4 cup butter, softened
- 1 1/2 cups confectioners' sugar

DIRECTIONS

Preheat your oven to 400 degrees. Mix the first six ingredients together in a large mixing bowl, mixing thoroughly until the dough forms a large ball. Meanwhile, in a small bowl, combine brown sugar, butter, water and cinnamon.

Divide the dough into ten pieces, and roll each one into a 2 by 10 rectangle. Spread the dough with the cinnamon mixture. Roll each strip into a tightly formed roll. Place rolls in a 9x13 inch baking pan, allowing some room for the rolls to expand. Bake the rolls until just starting to turn golden, about 15 minutes.

While rolls are baking, beat together cream cheese, 1/4 cup butter, and confectioners sugar. Spread frosting on the rolls before serving.

Makes 10 cinnamon rolls

Be who you are and say what you feel...
Because those that matter... don't mind...
And those that mind... don't matter."
-Theodor Seuss Geisel (Dr. Seuss)

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



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

OLLI OPEN HOUSE - AT A GLANCE!

Tuesday, August 18, 2009 9:00 AM – 3:00 PM

Please take a complimentary UConn/OLLI bag!

A place to store information and goodies

The UConn Co-op is selling OLLI course books throughout the day today.

8:45 – 9:45 AM

- Morning Refreshments in the Multipurpose Room
- Enter a chance to win a free OLLI Membership (drop your post card in the silver box)
- Committee Tables Open for Information
- Drop off OLLI Fall 2009 Registration! Classes are filling up fast!
- Restaurant maps and discount information for lunch – today only

10:00 AM – Welcome to the Waterbury Campus

- Dr. William Pizzuto, Director, University of Connecticut
- Brian Chapman, Director of OLLI at UConn
- Nancy Via, President of OLLI at UConn
- Sharon Shoblom, OLLI Chorus Director
- Carl Rosa, Director, Main Street Waterbury

10:15 AM – What I Have Learned At OLLI!

OLLI presenter, **Penny O'Connell** shares her lifelong learning experience at OLLI.

She will present the fall courses American History – from 1789 to 1841, covering the presidencies of George Washington through William Henry Harrison and More Queens and Then Some – Women of Power in History. A retired history teacher, Penny has a BA in Political Science from Skidmore College.

10:30 AM

It's NOT That I'm Bitter... Dr. Regina Barreca will share her views on laughter, humor and jokes. We can enrich our lives when we're able to create and deal with humor, helping us to cope with stress and deal effectively with change in our everyday life. Dr. Barreca, Professor of English at the University of Connecticut, has been called "smart and funny" by *People* magazine and deemed a "feminist humor maven" by *Ms. Magazine*

11:15 AM – Noon

- Regina Barreca book signing (outside MPR)
- Registration and OLLI Committee tables open

11:15 AM – 1:30 PM

- Bring your own lunch or enjoy a special OLLI discount lunch at participating downtown restaurants
- Vocal placement appointments with Dr. Sharon Shoblom and Patty Richards, Room #102. A five-minute information session is your chance to sing with the OLLI / UConn Musica Scolara!

1:30 PM – 3:00 PM – Afternoon Activities

A Walk Around Waterbury at the Turn of the Twentieth Century – Through Slides Room #333

This program will be presented through slides (mostly based on early postcards and photos) showing views of Waterbury at the turn of the twentieth century (1880 – 1920). The presentation will be divided into three parts. Part one will provide a thumbnail sketch of Waterbury's early history from its founding in 1674 up to 1910. Part two will take viewers on a visual walk around the Green at the turn of the century providing the audience with colorful stories from that time period. Part three will be shown if time permits. It continues our turn-of-the-century downtown sojourn with views of Bank Street, Grand Street and other locales with more glimpses into our colorful past.

Philip Benevento is Waterbury's city historian, an OLLI Leadership Council member and will be presenting *America Finds its Literary Voice* in the fall OLLI session.

New Asian Emperors: The Origins and Strategies of the Overseas Chinese Room #327

Southeast Asia has a population of more than a half a billion, yet its economy is dominated by about 40 families, most of Overseas Chinese descent. *New Asian Emperors* shows how and why Overseas Chinese companies continue to dominate the region and how they have extended their reach in East Asia, along with the role and management practices of the Overseas Chinese as they continue to create some of Asia's wealthiest and most successful companies.

Dr. George T. Haley is Professor of Marketing at the University of New Haven and Founding Director of the Center for International Industry Competitiveness. He has taught at the ITESM-Monterrey (Mexico), National University of Singapore, Queensland University of Technology (Australia), DePaul, Fordham, and Baruch College. He has published over 100 articles, presentations and books.

The Road Taken – The Merritt Parkway Room #113

The Queen of Parkways, the Merritt Parkway is the focus of this delightful documentary – with historical information, lively personal anecdotes and lots of rarely seen archival material. The film was designed to remind us of the history and beauty of a heavily traveled road many people in Fairfield County never slow down long enough to think about.

A Westport, Connecticut resident, filmmaker **Lisa Seidenberg** worked in network TV in NYC as a Director of Photography and was a Video Journalist for ABC, WTN, BBC and many PBS programs as well as Corporate Media. Her work includes a feature film, *Pledge of Allegiance Blues*.

Simple Recipes That Could Save Your Life! Room # 119

Heart disease, cancer, stroke, and diabetes are the top killers of men and *women*. Learn what you can do to prevent and reduce the risk factors and avoid being a statistic on this list! Maybe you had looked forward to retirement but find yourself limited by conditions that keep you from living life as you had hoped. Learn how to improve the quality of your life now! Watch fun demonstrations of simple and great tasting dishes that are also gluten-free or adaptable. Anyone can make these easy dishes in their own kitchen. Take this opportunity to taste and see for yourself! In the fall OLLI session, **Jane Sirignano** will be presenting the Food for Life Nutrition & Cooking Classes which are sponsored by the Cancer Project. These classes welcome cancer survivors, friends, family and anyone interested in cancer prevention and healthy eating.

OLLI TRAVEL

A new dimension has been added to the learning experiences for OLLI at UConn Waterbury ~ TRAVEL

The fall trips will start with day tours but will be evolving with time. Watch for more details in upcoming OLLI newsletters. Also, leave any suggestions or questions in the OLLI Suggestion Boxes at either OLLI information tables – addressed to the Travel Committee.

Join us at OLLI Travel and learn about new – and old – places waiting to be explored!

SEE Registration form to sign up for these events.

A Firsthand Glimpse of Connecticut Maritime Studies at Avery Point, Groton

Price \$25.00
Tuesday, September 22, 2009

Bus leaves Waterbury at 8:30 AM – Arrives back at 4:00 PM
(from Hamilton Avenue Commuter Parking Lot)

UConn Avery Point in Groton, Connecticut, is a lovely setting on the Thames River surrounded on three sides by water. The tour begins in the morning with the history of Maritime Studies in the historic Branford House, originally a 30-room mansion, turned over to the University of Connecticut about thirty years ago. Learn about Ocean Observing Systems, Invasive Species, Mercury Contamination, and Marine Meteorological Studies. Then visit the Lab Facilities to see how these research studies are conducted. An optional boat ride provided by Project Oceanology is also available (included in price of the trip) to view the lighthouses and trawl the ocean's floor. Other optional activities include a visit to Avery Point's Alexey von Schlippe Art Gallery or a stroll through the Sculpture Garden. Bring your own lunch or buy lunch at the campus Cafeteria.

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

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!

Walk the Wadsworth

Price \$28.00

(includes admission to Museum)

Wednesday, November 18, 2009

Bus leaves Waterbury at 9:00 AM – Arrives back at 3:00 PM
(from Hamilton Avenue Commuter Parking Lot)

Hartford's Wadsworth Atheneum is the oldest public art museum in the country. Founded in 1842, it houses 45,000 permanent works of art. The hour-long guided tour will feature some of the most important works in that collection. A special exhibit entitled, "Rembrandt's People" will also be available to view on our own while we are there. Lunch is not included in the price of the trip but may be purchased at the Russell Café at the Museum. To enhance our understanding and appreciation of Rembrandt's work and style, OLLI will be presenting a free pre-seminar on Friday, November 13, 2009 at UConn Waterbury (details to follow).

Some Facts for OLLI Travelers

Trips are open to current OLLI members. All travel fees must be paid when submitting annual membership and course fees with fall registration form. Availability will be on a first come – first serve basis. Minimum of 40 people is required or trip will be cancelled. **If space allows, non-OLLI members will be allowed to register at an additional fee of \$7.00.** All pre-travel forms, parking/directions, and trip information will be sent in the mail with verification of your trip. Pre-travel forms are due back at least one week before the date of the trip. Please make separate checks for each trip, **writing the name of your trip on the memo line in the bottom left hand corner of your check.** Include check with your registration form payable to OLLI at UConn.

Come and explore. See a different side of UConn!

THE YEAR 1909

This will boggle your mind, I know it did mine!

The year is 1909.

One hundred years ago.

What a difference a century makes!

Here are some statistics for the Year 1909 :

The average life expectancy was 47years.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

There were only 8,000 cars and only 144 miles Of paved roads.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower!

The average wage in 1909 was 22 cents per hour.

The average worker made between \$200 and \$400 per year .

A competent accountant could expect to earn \$2000 per year, A dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at HOME.

Ninety percent of all doctors had NO COLLEGE EDUCATION!

Instead, they attended so-called medical schools, many of which Were condemned in the press AND the government as 'substandard. '

Sugar cost four cents a pound.

Eggs were fourteen cents a dozen.

Coffee was fifteen cents a pound.

Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from Entering into their country for any reason.

Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars.

The population of Las Vegas, Nevada, was only 30!!!!

Crossword puzzles, canned beer, and ice tea Hadn't been invented yet.

There was no Mother's Day or Father's Day.

Two out of every 10 adults couldn't read or write. Only 6 percent of all Americans had graduated from high school...

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores. Back then pharmacists said, 'Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health'

(Shocking? DUH!)

Eighteen percent of households had at least One full-time servant or domestic help.

There were about 230 reported murders in the ENTIRE !U.S.A. !

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

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 and click on the box that says "READER".

Community Service Corner

From Peg Ragaini

Community Organization Fair

I would like to invite any interested OLLI members to a Community Organization Fair that will be held in the campus concourse on Tuesday, October 27th from 12:30 to 2:30 PM. This will be our 2nd annual community fair on campus. The purpose of the fair is to provide an opportunity for faculty, staff, students, and, hopefully, OLLI to connect and better understand how we can work together in our community.

Waterbury Project Homeless Connect

Homeless Connect is a one-day event providing services for persons who are homeless or are at risk for homelessness. The event is scheduled for October 23rd, 8 AM to 4 PM, at the Armory on Field Street

United Way of Greater Danbury

PO Box 2688

Waterbury, CT 06723

For questions, contact: Leah Lentocho 203.575.4324 or

lentacha@newopportunitiesinc.org

or leahlentocho@aol.com.

To volunteer: submit Volunteer Registration form to Joann Reynolds-Balanda by email or fax. Email joann.rbalanda@ctunitedway.org or fax 203.757.9855

Woodstock: 40 years later

It's been 40 years since the legendary music festival Woodstock was held in Bethel, New York, from August 15 through August 17, 1969.

Billed as three days of peace and music, Woodstock is regarded by many as one of the greatest moments in music history.

During this event, Woodstock was the 3rd biggest "city" in New York State

There is only one difference between a long life and a good dinner: that, in the dinner, the sweets come last.

Robert Louis Stevenson



Cadillac was formed from the remnants of the Henry Ford Company when Henry Ford departed along with several of his key partners and the company was dissolved. With the intent of liquidating the firm's assets, Ford's financial backers, William Murphy and Lemuel Bowen called in engineer Henry M. Leland to appraise the plant and equipment prior to selling them. Instead, Leland persuaded them to continue the automobile business using Leland's proven 1-cylinder engine. Henry Ford's departure required a new name, and on August 22, 1902, the company reformed as the Cadillac Automobile Company. On August 18, 1905 a trademark was filed for Cadillac crest. The insignia has adorned Cadillac's

luxury car since.

Cadillac helped to define advanced engineering, luxury and style early in Automotive History and would come to be known as one of the world's finest made vehicles. Precision manufacturing of truly interchangeable parts was an award-winning industry first in 1908. Cadillac was the first manufacturer to release cars with a fully enclosed cab as factory equipment in 1910. Cadillac was purchased by the General Motors conglomerate in 1909.

The Cadillac automobile was named after the 17th century French explorer Antoine Laumet de La Mothe, sieur de Cadillac, founder of Detroit, Michigan, in 1701.

OLLI NEEDS YOU- HELP US DOCUMENT LIFELONG LEARNING HISTORY!

If you are an OLLI member at the University of Connecticut you are part of the first and only OLLI in Connecticut (there are 122 Institutes around the USA). UConn OLLI is beginning to compile a first ever database on its members to chronicle our history and we need you! Dr. Laura Donorfio is requiring each of the degree-seeking students in her Adulthood and Aging class to interview at least one OLLI member.

We want to create a database for historical and marketing purposes highlighting our members: Why you joined OLLI, What you hoped to get out of it, What you are getting out of it, What you love about Lifelong Learning, Where your educational and professional career has taken you.

This is an opportunity for you to "tell your story" as it relates to lifelong learning and have it documented. The interview will take no longer than 30 minutes and is scheduled for Tuesday, October 27th between 4:00 - 6:00 PM in the Multipurpose Room at the UConn Waterbury Campus.

Light refreshments will be served. We need at least 50 OLLI members to start to create this wonderful piece of UConn and OLLI history! Please sign up directly or obtain more information by contacting Dr. Brian Chapman at 203-236-9881 or by emailing Osher@uconn.edu

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.