



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

## From Nancy Via President of OLLI Leadership Council

Welcome to another semester of OLLI at UConn/Waterbury. Our class offerings have increased, our membership is well over 500 interested learners and our new travel adventures are starting this month. Please take a moment to learn about our OLLI family.

We have volunteers serving on our committees but always need more hands to lighten the work load.

Please join us for all of our OLLI Café programs and special programs offered over the next few months. Happy learning and I hope you enjoy another wonderful OLLI semester.

## The Society for Financial Awareness (SOFA) to offer FREE financial seminars at UCONN Waterbury

The Society for Financial Awareness is a not-for-profit organization that offers financial education to corporations, employers, families, and organizations through seminars and interactive workshops. SOFA will be offering **3 seminars at the Uconn Waterbury campus led by James Coleman**. These seminars are FREE and co-sponsored by the Osher Lifelong Learning Institute; these are among the first SOFA Seminars offered in the region. Light refreshments will be served. Seminar dates and corresponding topics are listed below.

We are excited to offer another program related to financial awareness that is not connected in any way to financial products or services. We encourage you to register to attend and invite a friend. **OLLI members will receive priority registration through September 25, 2009.** Non-OLLI members can request to register at any time, but will only be confirmed after September 25, 2009. The RSVP deadline for everyone is October 7, 2009.

Continued on Page 4

## How To Be A Movie Star – Elizabeth Taylor in Hollywood

Wednesday, October 7, 2009      CALL to sign up NOW, 203-236-9924  
6:30 PM, at the Palace Theater  
Light refreshments will be served.

Elizabeth Taylor is our greatest screen star. As she enters the last phase of a brilliant career and life, author William J. Mann offers a completely new look at this icon using previously untapped sources and offers an unprecedented look at stardom itself – through the life of perhaps the world’s first superstar.

Here is Elizabeth Taylor as she was meant to be, leading her epic life on her own terms, playing the game of supreme stardom at which she remains, to this day, unmatched.

William J. Mann is the author of *Kate: The Woman Who Was Hepburn*, which was named a New York Times Notable Book. Mann has worked as a freelance journalist and editor, and has written several other works of fiction and nonfiction. He divides his time between Provincetown, Massachusetts and Palm Springs, California. He was a guest speaker for OLLI in spring 2007.

**On Thursday, September 3, 2009 USA Today’s Front Page featured William Mann’s new book How to be a Movie Star: Elizabeth Taylor in Hollywood “one of the books our critics can’t wait to read” OLLI at UConn is the second stop on the author tour of this new book!**

## AND THE WINNER IS...

Irene Fishman is the winner of a FREE annual OLLI Membership. Irene’s name was drawn from the box of post cards after the Open House event!

**ROOM CHANGE!**    Food for Life & Nutrition –Room#119  
Joy of Acting – Room 102

## Parking at OLLI at UConn

There are many options, but it is very important to plan ahead for Fridays at OLLI

We wish to extend a warm welcome to all continuing, renewing, and new OLLI Members. This semester OLLI promises to be more exciting than ever with over 39 courses and numerous special events and "extras". PLEASE DO NOT ASSUME you will find parking in the UConn Garage. Here are some important facts that each of you should know about parking for OLLI classes and activities at the University of Connecticut in downtown Waterbury:

**A.)** There is limited, first-come first-served free parking available in the UConn Garage (entrance located on North Elm Street) on Levels 2 & 3 ONLY. This garage cannot accommodate all OLLI Members and was never intended to do so. This parking option has been made available by the campus; we are fortunate that this option is currently still provided free of charge. Never park on level #1--ticketing is now enforced on this level. Your parking pass can also be used at the Scovill Municipal Garage.

**B.)** There is free "UConn Parking" available less than a block away on the 5th and 6th floors of the Municipal Scovill Street Parking Garage. This lot is located at 33 Scovill Street You must show your OLLI Parking Pass upon departure. Please be prepared to show garage attendant your parking pass (it is also good to have OLLI ID Card). This parking option has been made available by the UConn Campus; we are fortunate that this option is currently still provided free of charge. After parking on level 5 or 6, make sure to do the following:

Proceed to Stairwell No. 3 (take stairs OR elevator) Exit on Level 2 (pink) -- Signs direct you to "School and Theater"  
Go through door to Outside -- Waterbury Arts Magnet School Courtyard Take a left and follow the walkway/stairs or wheelchair ramp down to East Main Street. Look across the street and to the left--you will see the entrance to UConn Waterbury!

### C.) Convenient Street-Level Parking Lot

An outdoor street-level parking lot is located between the campus building and the Moriarty Building on 141 East Main Street (across from the Palace Theater). The rate is usually \$3 per day and subject to change; this lot is not owned or operated by UConn.

Please help your fellow OLLI members! If you are physically able, please consider the many parking convenient alternatives to the UConn Parking Garage. Leaving more spaces in the UConn Garage for those who truly need to be a few steps closer to the building will be greatly appreciated!

## 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<mailto:Osher@uconn.edu>

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



### 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

### 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.

### Future Café Events

**September 25** The Freedom of Information Commission Works For You

**October 2** Renaissance Women Artists

**October 9** Bacteria and Other Microbes –

**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

## Save the Date - Community Organization Fair

The University of Connecticut, Waterbury Campus

**Tuesday, October 27<sup>th</sup>**

12:30 to 2:30 PM

Networking and Refreshments

12:00 to 12:30 PM

To help facilitate and strengthen our University/community partnership, UConn's Waterbury campus will be hosting a Community Organization Fair. We are inviting a wide variety of community agencies to speak with students, OLLI members, faculty, and staff about the kind of help their agency needs and the opportunities for partnership and volunteerism.

In the end, a strong partnership can benefit all of our lives—your agencies, our students, and our community. If you would like more information now, please contact: Brian Chapman, Director of Outreach, [brian.chapman@uconn.edu](mailto:brian.chapman@uconn.edu) or 236-9881

### 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](mailto:yvoorg@aol.com)  
 Connie Tripodi: 203-756-3271 Email: [trip3271@yahoo.com](mailto:trip3271@yahoo.com)  
 Tony Loechner: 203-596-1664 Email: [tonyl@loechner.com](mailto:tonyl@loechner.com)

### All About Antiques - Antiques Brunch and Lecture Series

#### Wayne Mattox Talks Antiques

Wayne Mattox of Mattox Antiques Sunday,  
 September 20, 2009 • Noon-2:00 pm

Learn the secrets to successful antique treasure hunting in this blend of humor, history, and how-to facts.

#### Persian Rugs and the Stories They Tell

Karen Reddington-Hughes of Abrash Galleries Sunday, September 27, 2009 • Noon-2:00 pm

These works of art contain traditional folklore motifs, passing stories from generation to generation. Learn how each Persian rug has its own story, and how to judge quality and value



**MATTATUCK  
MUSEUM  
ARTS & HISTORY  
CENTER**

144 W Main Street  
 Waterbury  
 (203) 753-0381

In partnership with the  
 Woodbury Antiques  
 Dealers Association •  
 \$10 museum members,  
 \$15 non-members

Continued from Page 1

## FREE financial seminars at UCONN Waterbury

All Seminars: **Multipurpose Room (Rooms 113-116) 5:30 - 6:30 PM**  
University of Connecticut, Waterbury campus  
99 East Main Street Waterbury, CT

**Wednesday, Oct. 14, 2009**

### "Getting Fiscally Fit"

- Basic principles of cash management
- Accumulating Wealth
- Locating & maximizing discretionary income
- The importance of having a financial blueprint
- Roadblocks to financial success

**Wednesday, Oct. 21, 2009**

### "Financial Blunders...Financial Resolutions"

- When and how to deal with stock and stock options
- How to "preserve" and "protect" our assets against a plunging market
- The bank: is it really the place to "save" money
- How truly naïve we are in understanding the market... great opportunities and risks.
- How to avoid losing up to 40% of your retirement plan on the day you walk away
- How to avoid strangers becoming guardians of your children in the event of an untimely death

**Wednesday, November 4, 2009**

### "Investing Concerns in a fragile market"

- The U.S. economy is heating up; learn how to grow your money wisely.
- Why "down" markets create investment "opportunities" for the wise Investor.
- Do you know what you're doing when you invest?
- The "cash flow" eliminator, debt. Admit, spending before planning is "terminal" to investment.

**James W. Coleman, Sr.** is an independent financial advisor with two decades of experience in the financial services industry. He hosts a radio talk show, *All About Money*, on WATR. He has authored *Educated Investing: Your Guide to Surviving, and Thriving in, the Fast-Paced Global Markets of the 21st Century*

## Load Lighteners

Working as a pediatric nurse, I had the difficult assignment of giving immunization shots to children. One day I entered the examining room to give four-year-old Lizzie her needle. 'No, no, no!' she screamed. 'Lizzie,' scolded her mother, 'that's not polite behavior.' With that, the girl yelled even louder, 'No, thank you! No, thank you!'

On the way back from a Cub Scout meeting, my grandson asked my son the question. 'Dad, I know that babies come from mommies' tummies, but how do they get there in the first place?' he asked innocently. After my son hemmed and hawed awhile, my grandson finally spoke up in disgust. 'You don't have to make something up, Dad. It's OK if you don't know the answer.'

His wife's grave side service was just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance. The little old man looked at the pastor and calmly said, 'Well, she's there'

## Boxty Pancakes ("Irish Potato Cake")

Boxty was traditionally eaten with freshly churned butter on St. Brigid's Day - February 1st. The word is from the Irish "Bacstai" and refers to the traditional method of grilling over an open fire.

There's also a popular old rhyme associated with the term: "Boxty on the griddle, Boxty in the pan, if you can't make a Boxty, you'll never get your man."

The following recipes serve four to six.

Boxty Ingredients:

8 oz potatoes freshly cooked in their jackets  
8 oz peeled raw potatoes

2 cups white flour  
1/4 teaspoon baking soda  
1 to 1 1/2 cups buttermilk  
Salt (optional)  
Butter for frying.

Peel the cooked potatoes while still hot and mash.

Grate the raw potatoes and add to the mashed potatoes.

Add flour and soda. Add salt if desired.

Mix well and add enough buttermilk to make a stiff batter.

Heat a heavy frying pan and grease with butter.

Drop batter by spoonfuls onto heated pan and cook until crispy and golden brown on both sides.

## OLLI AT UCONN OFFERS THE AARP DRIVER SAFETY COURSE

OLLI Membership is not required to register

November 10 & 17, 2009, 4:00 PM – 8:00 PM, Room #113  
January 6 & 13, 2010, 9:00 AM – 1:00 PM, Room #113

On today's challenging roadways, we need to be able to adapt quickly to the demands imposed by changing traffic patterns, trucks, and the changes in our bodies as we age. The AARP Driver Safety Program is the nation's first and largest classroom driver safety course designed especially for drivers age 50 and older.

Participants learn how to operate their vehicles more safely in today's challenging driving environment and also receive the "rules of the road," with an emphasis on safety strategies. There are no on-the-road or written tests.

The 8-hour course offers drivers:

- Insight into how age-related changes in vision, hearing and reaction time affect driving
- Information about the most dangerous situations for older drivers
- Tips for driving with trucks, buses and other large vehicles
- Strategies for handling aggressive and impaired drivers
- Recommendations for scanning habits, mirror adjustments and following distances
- Ways to evaluate unsafe driving habits.

Upon completion, participants will receive a Certificate which they can submit to their insurance companies for an insurance discount. State law mandates that all insurance companies must provide a discount of at least 5% off liability insurance for at least two years for those 60 and older. Check with your insurance company to verify the discount.

Registration and Cost \$12 AARP Member (you must bring your membership number to the first class) \$14 Non-AARP-member.

Please call 203-236-9924 to register today!

Fees are payable on the first day of class in the classroom  
UConn Waterbury campus, Room 113)

## The Big E Sept. 18-Oct. 4

There's no better place to enjoy the sights, sounds and taste tempting aromas of the fall season than at The Big E, New England's Autumn Tradition and the largest fair in the northeast. It's a New England extravaganza with top name entertainment, major exhibits, The Big E Super Circus, the Avenue of States, New England history and agriculture, animals, rides, shopping, crafts, a daily parade and a Mardi Gras parade and foods from around the world for 17 glorious days during New England's most colorful season

Gates open at 8 a.m.

Most exhibits and buildings are open

10 a.m. to 10 p.m.

Avenue of States: 10 a.m. to 9 p.m.

Midway: Weekdays & Sundays, 11 a.m. to 10 p.m.,

Saturdays., 10 a.m. to 11 p.m.

Storowton Village: 10 a.m. to 9 p.m.

Craft Common: 10 a.m. - 10 p.m.

Avoid the wait at the gate and save by purchasing tickets in advance.

Buy your Big E tickets online and print them out at home! [www.thebige.com/fair/fair\\_admission.html](http://www.thebige.com/fair/fair_admission.html)

### Adults

Mon. - Thurs., \$12

Fri. - Sun., \$15

### Children (6-12)

Mon. - Thurs., \$8

Fri. - Sun., \$10

## OLLI Newsletters Go Internet

OLLI 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".

## When Should I Plant My Spring Blooming Bulbs?

The perfect time to plant spring blooming bulbs depends on where you live and what the weather is like that season. Bulbs need several weeks in the ground to get their root systems growing before the ground freezes. However you don't want to plant them so early in the season that they have time to sprout. Sending up leaves will deplete some of the energy stored in the bulb, which it needs to get it through the winter. So if you're having a long Indian Summer, hold off planting.

\* Gardeners in the coldest Zones (1 - 4) should plant their bulbs in late August and September.

\* Gardeners in Zones 4 - 7 should wait until the temperatures start to dip in September and can continue planting into November or December.

\* Bulbs planted in the warmest climates obviously aren't going to get a chilling period, so these rules don't apply.

### What Should I Do If I Forget to Plant My Spring Blooming Bulbs in the Fall?

The guidelines mentioned above are ideal planting times, but sooner or later every gardener buys bulbs and then doesn't get around to planting. Take heart, all is not lost.

Most bulbs on the shelves were dug early in the summer and then stored for shipping. As long as they are plump and firm, they're good to go. The important thing is to get your bulbs into soil as soon as possible. Storing them out of soil all winter will cause them to wither and die. Plus, to break dormancy and bloom, most spring blooming bulbs need a good 12 -14 weeks of chilling temperatures below 45 degrees F.

\* Before the Ground Freezes

The old adage says that "As long as you can get your shovel in the ground, you can plant your bulbs." It's hard to believe, but they are better off in frosty soil than they'd be sitting in your garage or basement. Spring bulbs have been known to send out roots in soil that's just above freezing. So if you're planting late in the season, try and plant as deeply as possible, even a few inches deeper than recommended, just for the added insulation. Once the ground freezes hard, mulch the bulbs with a few inches of leaves, straw or some evergreen boughs. It might take longer for the shoots to surface from the extra depth, but they will.

Excerpted from <http://gardening.about.com>

## UConn Waterbury Research Lecture Series

A Brief Introduction to

Copyright Law

Wednesday, September 30

12:45 PM - 1:30 PM, Room #333

This lecture will define the principle of copyright and what it does and does not protect. Discussion will include the history and philosophy of copyright protection, including relevant court cases and explain how you can use somebody else's copyrighted material. Finally, we will analyze how copyright protection has changed in the digital age. This lecture is designed specifically for people with no legal or computer background.

Edward H. Freeman, JD, MCP, MCT is an attorney and educational consultant in West Hartford, Connecticut. He has written over 70 articles on computer technology, privacy, security and legal issues. He is also an adjunct faculty member at Central Connecticut State University, St. Joseph College in West Hartford, Connecticut and the University of Connecticut, teaching math and computer science courses.



## Smiles from Bob

From Robert Blake

### REMEMBER WITH A SMILE;

- Milk bottles glass with cream popping the tops in winter
- Ice boxes and ice deliveries and drip pans
- Hot and sweaty summers with no AC just fans
- Oil cloth, linoleum. Coffee percolators
- BB guns and no one saying you'll put your eye out
- Cap pistols, firecrackers
- Everyone had a pocket knife
- Girls jumped rope and bounced balls to rhymes
- Radio shows that entertained us
- Stella Dallas, Our Gal Sunday
- Lone Ranger, Sky King, Let's Pretend, The Shadow knows
- The FBI in Peace and War,
- Bing Crosby, Fred Allen, Jack Benny, Eddie Cantor, Fanny Brice
- Fiorello LaGuardia reading the comics on radio during a strike.
- Lil Abner, Gasoline Alley, Orphan Annie
- The Katzenjammer Kids, Mary Worth, Steve Canyon
- How about every kid getting smallpox shot, or when the polio vaccine came out or before it when parents kept kids out of swimming in late summer because of polio
- Or remember when everyone smoked Luckies or
- Chesterfields or Camels or Kools
- Now in Waterbury there was a saloon on every corner
- A Drug Store in every neighborhood with soda fountains
- A Theater like The Capitol, The Carroll, Alhambra, The Hamilton downtown, The State, The Palace, The Strand and way back there was Jacques
- The Brass City's big three Scovill, Chase and Amer. Brass
- And with Teddy's death who recalls JFK coming to this town

#### Thought for the day :

*" Many a family tree needs trimming. "*

## Understanding Aging Together !



### Sigma Phi Omega (SPO) BETA UPSILON Chapter

National academic honor and professional society  
in gerontology

Saint Joseph College, Institute of Gerontology  
1678 Asylum Avenue, West Hartford, CT 06117



**Invites you to our October 2009 meeting for  
a special presentation by  
"The Backpackin' Granny", Marla Ludwig**

**Thursday, October 15<sup>th</sup> 5:30-7:30pm  
St. Joseph College,  
Bruyette Bldg, Room 224  
Refreshments**

Parking available near Chapel  
Suggested donation \$5 RSVP by 10/12/2009 to  
sigmaphiomegarsvp@gmail.com

## 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).

## 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.