



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.

**October 30**

**this day in history**

**Birthdays**

**1735** John Adams Braintree, Mass (F) 2nd pres (1797-1801)

**1893** Charles Atlas body builder

**1896** Ruth Gordon Mass, actress (Rosemary's Baby, Harold & Maude)

**1917** Ruth Hussey Providence RI, actress (Another Thin Man, Phila Story)

**1918** Ted Williams Red Sox hitter (AL MVP '46, '49; Trip Crown '42, '47)

**1945** Henry Winkler NYC, actor (Fonz-Happy Days, Night Shift)

**Events**

**1888** 1st ballpoint pen patented

**1938** Orson Welles panics a nation with broadcast of "War of the Worlds"

**1974** Muhammad Ali KOs George Foreman in 8th round in Kinshasa, Za

**1988** NY Jets finally beat Pittsburgh Steelers for 1st time

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**Travel with OLLI** from Ann Rompre

The Travel and Events Committee is working on new trips for the Spring and Summer semesters and also for December. Stay tuned for announcements in your Newsletter and at OLLI Cafe. We hope to bring you some enjoyable days to remember. If you are interested in serving on our committee, please contact either Joyce Conlan econlan@snet.net or annrompre@sbcglobal.net. Please put OLLI Travel in the subject line of your e-mail so that it will not be confused with spam mail. Details for the December 4 trip to the Governor's Mansion and Mark Twain House will be announced. Members should sign up ASAP.

Wadsworth pre-trip talk on Rembrandt will be presented by Virginia Bush on Friday, November 13, 11:00 – 12:00 noon in room #327 for all trip participants.

MUST have signed forms for Wadsworth trip TODAY (meaning Friday). If you have not returned your signed forms to Rita, blank forms will be available at the MPR Information Table!

**REMINDER TO SET THE CLOCKS BACK THIS WEEKEND!**

To keep to their published timetables, Amtrak trains cannot leave a station before the scheduled time. So, when the clocks fall back one hour in October, all Amtrak trains in the U.S. that are running on time stop at 2:00 a.m. and wait one hour before resuming. Overnight passengers are often surprised to find their train at a dead stop and their travel time an hour longer than expected. At the spring Daylight Saving Time change, trains instantaneously become an hour behind schedule at 2:00 a.m., but they just keep going and do their best to make up the time.

**THANK YOU – THANK YOU – THANK YOU!**

To Kathy Houlihan and Virginia Massucci of the Membership Committee, who manned the OLLI table during UConn's Open House on Saturday, Oct. 24! GREAT JOB!

To all the OLLI members and presenters who participated in "OLLI NEEDS YOU..." Laura Donorfio's Waterbury and Torrington students enjoyed interviewing everyone, gathering information about your experience with lifelong learning. A great time was had by all – thank you for your time

**Presenter Proposals**

If you or someone you know is qualified to present an OLLI Course, we'd love to have the contact information. Deadline for course proposals for Spring/Summer 2010 sessions is November 27th!

Let's make 2010 sessions the best ever!!!  
Contact Rita Quinn 203-236-9924

Education is what remains after one has forgotten everything he learned in school.

ALBERT EINSTEIN

**LOST & FOUND:**

A tan hooded woman's jacket left at the Palace (William Mann event)

## NVP's 25th Annual Convention

Saturday, November 7, 11:00 AM. at the Mattatuck Museum  
144 West Main St., Waterbury

The Naugatuck Valley Project was founded in 1983 by churches, unions and citizens' groups concerned about the rapid exodus of manufacturing jobs from the region during the early and mid 1980s.

11:00- Convention Program

12:30- Catered Buffet Lunch

1:30- Ribbon Cutting and Viewing of NVP History Project Exhibit

Cost: \$25 per person; \$15 children 9 to 13;

children 8 and under free

Naugatuck Valley Project call: 203-574-2410

or email: [nvp@conversent.net](mailto:nvp@conversent.net)

## OLLI AT UCONN OFFERS 2 sessions of THE AARP DRIVER SAFETY

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.

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**

**This event is open to the public—invite your friends!**

### Irish Blessings

Always remember to forget  
The things that made you sad.  
But never forget to remember  
The things that made you glad.

## WATERBURY CHORALE Christmas at the Palace 2009

The Waterbury Chorale and musical director Joseph Jacovino, Jr. are pleased to announce that this year's annual presentation of Christmas at the Palace will include the classical American artists: Daniel and Heather Narducci.

Mr. and Mrs. Narducci are multifaceted artists whose talents have been captured through live stage presentations, recordings, documentaries, and television.

The Waterbury Chorale's talented singers, combined with the power of the Waterbury Chorale Festival Orchestra the Narduccis' nationally recognized singing talent promises to be a winning combination this December.

Come join us here at the Palace on Saturday, December 5, 2009 at 8:00 PM, where you will hear the Waterbury Chorale present a performance spectacular you will never forget

**TICKETS: \$40 and \$25**

Phone the Palace Box Office:

**203 346-3000**

Or go online at:

**[www.palacetheaterct.org](http://www.palacetheaterct.org)**

## 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)

## HAPPY HALLOWEEN

In the second half of the nineteenth century, America was flooded with new immigrants. These new immigrants, especially the millions of Irish fleeing Ireland's potato famine of 1846, helped to popularize the celebration of Halloween nationally.

Taking from Irish and English traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. Young women believed that, on Halloween, they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings, or mirrors.

Bittersweet chocolate is what is usually called for in baking. It contains more chocolate liquor (at least 35%) and less sugar than sweet chocolate.

Semisweet chocolate contains 15% - 35% chocolate liquor.



## 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

October 30, 2009

## F. Luis Mora: America's First Hispanic Master

F. Luis Mora (1874-1940) was born in Uruguay, and became one of the leading American artists of his generation. Mora was a charismatic personality who built a country home and studio in the Gaylordsville section of New Milford. With a colorful slide show picturing his paintings, come hear how Mora assimilated into American culture and won many coveted awards, while keeping true to his Hispanic roots.

**Lynne Pauls Baron** is an independent art historian, lecturer, appraiser and the author of *F. Luis Mora: America's First Hispanic Master*, 341 pages, published by Falk Art Reference. She has lectured on Mora at the University of Miami and the National Arts Club in New York City, and is guest curator of the exhibition of Mora's works that opened September 25, 2009 at the Mattatuck Museum.

### Future Café Events

**November 6** OLLI Appreciation Event—come recognize the OLLI presenters who give so much of their time to our program!

## To Prevent the Swine Flu

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat or bathe.)
3. \*Gargle twice a day with warm salt water (use Listerine or Hydrogen Peroxide if you don't trust salt). \*H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method. (I had a school nurse tell me that if everyone knew how much good this does they would do it every day.)
4. Similar to 3 above, \*clean your nostrils at least once every day with warm salt water, or hydrogen peroxide. \*Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but \*blowing the nose softly once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.\*
5. \*Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits).  
\*If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. \*Drink as much of warm liquids (tea, coffee, etc) as you can.  
\*Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.

THOMAS JEFFERSON, *Declaration of Independence*

## The Society for Financial Awareness (SOFA) offer 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

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 Colman**. 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.

**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*.

Join us for the last session.  
Wednesday, November 4, 2009

**"Investing Concerns in a fragile market"**

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## 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".

## GLOBAL LENS FILM SCREENINGS



MATTATUCK  
MUSEUM  
ARTS & HISTORY  
CENTER

The Mattatuck Museum is offering OLLI members an invitation to the **Sunday Afternoons October 11 - December 13, 2009, 2:00 PM – OLLI Members pay \$5 per film!**

Convenient, free parking is located directly behind the museum on Park Place. For more information about this or other programs, and the museum's collections, please call 203-753-0381 ext 10

November 1, 2009, 2:00 pm  
**My Time Will Come** (Director Víctor Arregui, Ecuador, 2008)

November 8, 2009, 2:00 pm  
**The Photograph** (Director Nan Achnas, Indonesia, 2007)

November 15, 2009, 2:00 pm  
**Possible Lives** (Director Sandra Gugliotta, Argentina, 2006)

November 22, 2009, 2:00 pm -  
**Sleepwalking Land** (Director, Teresa Prata, Mozambique, 2007)

November 29, 2009, 2:00 pm  
**Song From the Southern Seas** (Director Marat Sarulu, Kazakhstan, 2008)

December 6, 2009, 2:00 pm  
**Those Three** (Director Naghi Nemati, Iran, 2007)

December 13, 2009, 2:00 pm -  
**What a Wonderful World** (Director Faouzi Bensaïdi, Morocco, 2006)

## REMOVING STAINS FROM OLD FABRICS

Trying to get stains out of old fabrics?

Mix color-safe bleaching powder (1/4 cup) with dishwasher powder (1/8 cup) and warm water (1/2 gallon).

Soak the fabric in the mixture overnight, then wash.

Dry in the air; do not use a dryer.

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## Called to Serve: A History of America's Military Women

Friday, November 13, 2009 1:30 PM – 3:00 PM in the Multipurpose Room  
Light refreshments will be served.

Brigadier General Vaught will address the more than 230 years of service to the nation of America's military women. Her remarks will chronicle the steadfast commitment of the nearly 2.5 million women who have served since the American Revolution and uncover and extraordinary story of patriotism that has been lost to history. Participants will learn about Civil War nurses and soldiers who disguised themselves as men just to serve; World War I women who promised to support and defend the Constitution of the United States yet could not vote; the some 400,000 women who answered the call during World War II; and the many thousands of women since who have donned the uniforms of America's military to protect our freedoms, yesterday and today. Guests will learn about this remarkable history and discover how women's military service was pivotal to women advancement across the United States.

Retired Air Force Brigadier General Wilma L. Vaught, served in the United States Air Force for over 28 years, retiring in 1985 as one of the most highly decorated women in U.S. history. Throughout her career, General Vaught forged new paths and pioneered opportunities for the servicewomen who would follow. A Vietnam veteran, she was one of the few military women in Vietnam who were not nurses. When promoted to brigadier general in 1980, she was one of a handful of women in the world who had ever achieved that distinction. While her military accomplishments are extraordinary, General Vaught's most lasting contribution will be her successful efforts related to the Women In Military Service For America Memorial where she was the driving force that built and now operates the \$22.5 million dollar memorial. Located at the gateway to Arlington National Cemetery, Women's Memorial is the nation's only major memorial to pay tribute to the more than 2.5 million women who have served in the nation's defense. Because of Wilma Vaught, American people and visitors from around the world can learn of the courage and bravery of tens of thousands of American women who, like her, have pioneered the future.

## Lunchtime Library Workshops

11:45 AM – 1:10 PM Room #224

This hands-on OLLI workshop is sponsored by UConn library personnel from the Waterbury, Torrington, Avery Point, Stamford and Storrs campuses. A basic knowledge of computers and familiarity with the internet is required. These are not individual workshops – registration covers the series which takes place during OLLI Café time. See registration form to sign up for the free workshop series.

### Session VI – October 30

Exploring Firefox: The Other Browser

Instructor: Sheila Lafferty, UConn Torrington

Do you know that there are many ways to browse the Internet?

Learn to use Firefox so that you can customize and make your searches reflect your search patterns.

You'll be introduced to: Smart keywords, Xmarks, and more.

## We Need You! Children's Community School is looking for volunteers.

CCS is an independent, non-profit, Pre-k through grade five school established in 1969 to offer hope and opportunity to Waterbury students.

**After School Tutor:** Volunteers work one on one with students participating in the program. You will provide valuable one-on-one assistance to strengthen the academic skills of our students. The tutoring program runs Monday through Friday from 3:00 to 4:30.

Please contact Kathie Collins at 575-0659 x 12  
31 Wolcott Street, Waterbury, CT 06721

## OLLI Friday Lunch Discounts Announced at Downtown Restaurants

The following restaurants have announced OLLI Friday ONLY Lunch Discounts from Friday, September 18 through Friday, November 6, 2009.

In order to receive your discount please show your "Ask me about OLLI" button (available in the OLLI Office or at the Information Table) or your OLLI Member ID Card.

As one OLLI Member said, "Sometimes I just want to get fresh air and have lunch with my friends!"

We encourage you to make reservations at full service restaurants that accept reservations, in advance, if you wish. Discounts are Currently As Follows:

Diorio's 231 Bank St. 754-5111	Zachary's Pizza House 187 East Main St.	Signatures Restaurant 29 Leavenworth Street 575-1190
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Please consider patronizing these restaurants and please thank them for reaching out to OLLI members. We hope and expect the list to grow over time!

**Let us know how it works out, too!**

### Other Lunchtime Options...

You can also bring your own lunch and participate in OLLI Cafe...

You can buy a sandwich, snack, and/or drink at the UConn Co-op Bookstore...

You can have your lunch on the Main Concourse (Main Entrance Hallway)....

There are many other lunch options in Downtown Waterbury: Louie's Pizza, Cafe Europa,

Dominic and Pia's, and John Bale Books Cafe (to name a few) are a short walk "around the corner" or "down the street"!

## Parking at OLLI at UConn

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

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. 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. !

**C.)** 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.



## Smiles from Bob From Robert Blake

PRORAMMED INTO AN ANSWERING MACHINE-  
I'm not home now, but thanks for calling.  
I'm making some changes in my life presently. Wait for  
the beep! If I don't return your call You are one of the  
changes!

My wife and I had words but I didn't get to use mine.

The irony of life is that by the time you're old enough to  
know your way around. YOU'RE NOT GOING ANY-  
WHERE

ASPIRE TO INSPIRE BEFORE YOU EXPIRE

God made man first so as to give Him time to think of an answer to  
Her first question

I was always taught to respect my elders But it keeps getting harder  
to find one.

Every morning is the dawn of a new error

Wife to her BFF What's the best form of birth control after 50?  
Nudity she said.

Vincent Van Gogh's family by first name: Can't, Tang, Gotta, U,  
Way-To,....

MERRY THANKSGIVOWEEN!!

Capitalism's answer to this season.

Research lecture series

## Why Does the Brain Prefer Cocaine to Broccoli, and Why Should We Care?

Tuesday, November 3 12:45 PM – 1:45 PM, Room #333

There is considerable discomfort among nonmedically - trained mental health professionals about recent advances in neuroscience that have radically changed our knowledge base about mental health and addictions challenges. How are psychological events and brain structures/functions connected? Dr. Johnson uses 3-D animations of elementary neuroscience basics she created to make this knowledge more accessible and less aversive to future social work and other practitioners.

Audience comments and suggestions are welcome to help Dr. Johnson enhance the material.

**Harriette C. Johnson, MSW, PhD**, Professor of Casework, UConn School of Social Work, is author of over forty publications, most recently *Psyche and Synapse: Expanding Worlds*, Deerfield Valley Publishing, Greenfield, MA.

## 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.

## 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)**