



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.

Thanks to our Presenters

OLLI would like to thank the following presenters for giving of their time and effort this past semester. They have helped make this an enjoyable way for our members to acquire the knowledge that they have requested

- Chris Baliko**----- Don't Treat Your Soil Like Dirt :an Introduction to Organic Lawn Care
- Phillip Benevento**----- America Finds it's Literary Voice
- Bill Blair**----- 1)Shakespeare, 2) Orwell Matters & 3)The Berlin Wall- Twenty Years Already!
- Donna Bonasera**----- Dance For The Love of It
- Dr. Virginia Bush**----- Mona Lisa Isn't Smiling: Feminine Portraiture from Leonardo to Laura Bush
- Maryellen Considine**----- 1)Learn How To Draw Your Favorite People, Places and Things & 2)Visual ---
Memoirs: Painting From Memory and/or Imagination
- William Courtland**----- The Physical and Psychological Effects of the Body's Internal Organs: Health and
Disease in Chinese Medicine
- Dr. Laura Donorfio**----- Adulthood and Aging: An Intergenerational Class Approach
- Cindy Eastman**----- 1)Not Your Father's Internet & 2)In So Many Words
- Dr. Ruth Glasser**----- History of Latinos in the United States - OLLI Intergenerational Learning
- Polly Gunther**----- What Branch Are You From? Researching Your Family Tree
- Dr. Arnold Heiser**----- Life Cycles of Stars and the Sun
- Judy Jaworski**----- Drawing on the Right Side of the Brain
- Jeremy Joyell**----- A Lifetime Ago: Before the Death of Childhood
- Anthony Ludovico**----- Planning to Leave Us? Are Your Papers and Arrangements in Order?
- Frank Lussier**----- Chemistry Concepts in Everyday Living
- Steve McGrath**----- Reconstruction: America's Failed Revolution
- Joyce McMillan**----- Bridge for Beginners - Challenging and Fun!
- Sandra Noel**----- Memories, Memories ... Let Your Life Speak
- Penny O'Connell**----- 1)American History: 1781 to 1841 & 2)More Queens and Then Some: Women of
Power in History
- Sonja Osborn**----- A Feminine Point of View: Women in the Visual Arts
- Sandra Rampertab**----- Computer Basics for Beginners
- Dr. David Reed**----- The Rise and Fall of the Soviet Empire
- Carol Rizzolo**----- 1)Mythological Studies: An Exploration of Greco-Roman Mythologies as Expressed
in Visual Arts & 2)Fairy Tales: A Depth Psychological Perspective
- Barbara Schafer**----- Reiki - Level 1 assisted by Rosemary Toletti
- Dr. Sharon Shoblom**----- Musica Scolara Director
- Patricia Richards**----- Musica Scolara (accompanist)
- Jane Sirignano**----- Food For Life, Nutrition, and Cooking Classes
- Aleta Staton**----- Joy of Acting! assisted by Damon McCollum
- Dr. Raymond Sullivan**----- New England Puritanism - From Theocracy to Democracy
- Connie Tripodi**----- 1)An 8 Week Virtual Tour of Italy- Andiamo! & 2)Elementary Italian - Ciao!

- Karen Chekas & Remi Kyek**----- Stop, Look and Breathe: Living Life to the Fullest
- Dorothy Sterpka & Julie Cook**----- Writing and Music as Transformative Art

We would also like to thank Librarians **Shelley Roseman, Janet Swift, Phara Bayonne, Kathy Labadorf, Beth Rumery,** and **Sheila Lafferty** for their Connect to the World - Library at Your Fingertips Workshops.
ALL HAVE MADE THIS A WONDERFUL SEMESTER !

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 and 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

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

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!

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 47 years.

fuel for this car was sold in drug stores only.

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 iced tea Hadn't been invented yet.

Continued on page 4

The word "tip" dates back to the old London coffeehouses. Conspicuously placed brass boxes etched with the inscription, "To Insure Promptness," encouraged customers to pay for efficient service. The resulting acronym, TIP, has become a byword.



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

November 6

OLLI Appreciation Event—

Come recognize the OLLI presenters who give so much of their time to our program!

11:50 - Opening Remarks

12:00 - Musica Scolara - sing 3 songs

12:10 - Acknowledge Presenters

Special announcements will close the program!

Don't Forget OLLI Make-Up CLASSES!!

Friday, November 13, 2009

Memories, Memories – Sandy Noel
#217, 11:30 AM – 1:00 PM

Acting – Aleta Staton
#102, 11:30 AM – 1:00 PM

Drawing / Painting – Mary Ellen Considine
#318 – 8:15 AM and 10:00 AM

Beginning Computers – Sandra Rampertab
#224 – 3:00 PM – 4:30 PM

OLLI Newsletters Go Internet

OLLI 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”.

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

Travel with OLLI from Ann Rompre

OLLI has it's trip to the Wadsworth Atheneum coming up on Nov. 18, 2009 for all who have signed up. While receiving an overall tour of the museum, OLLI participants will also receive a short tour of the current exhibit, 'Rembrandt's People' with time after lunch to enjoy any part of the museum at your own leisure. The bus leaves the Hamilton Ave. Commuter Parking Lot promptly at 9:00am.

Coordinated with this trip is a special talk given by Virginia Bush on the Art and Style of Rembrandt on Nov. 13, 2009 from 11:00am to 12:00pm in Rm. #327. Although intended for people going on the trip to the Wadsworth, it is also open to all members. Come enjoy the art.

OLLI IS “ON THE ROAD AGAIN”

Connecticut Governors Mansion & Mark Twain House December 4th

Bus will leave Waterbury at 9:00 AM and return at about 4:00 PM. Sign up now – deadline is November 11!

Registrations for this trip must be received by Nov. 11, 2009 along with payment.

Please also consider starting your Holiday Season by enjoying a trip with us to the CT Governor's Mansion, decorated for Christmas, and the Mark Twain House, decorated for a Victorian Christmas. The total cost of the trip is \$42 which includes price of admission to the Mark Twain House and also a box lunch at that location. It is asked that you bring a small new unwrapped toy on that day as a donation to the Governor's Mansion.

HAPPY HOLIDAYS and HAPPY TRAVELING !



from Nancy Via OLLI President

As we are ending our Fall 2009 OLLI semester of classes I would like to thank the presenters, both classroom and OLLI Café, who have helped to make this another successful learning experience for our OLLI members. To Brian and Rita, many, many thanks and sincere appreciation to you for all the directing and planning that you do to make our OLLI Fridays and other happenings seem so effortless. And a very special thank you to our fantastic committee chairs, members and Leadership Council folks who do such marvelous behind the scenes work to make our times at UConn/Waterbury so delightful. Thank you, one and all. I look forward to seeing everyone back here for OLLI special events and for an exciting spring semester. Happy Holidays from Nancy Via, President of OLLI at UConn/Waterbury

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 an 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.

We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up ... discovering we have the strength to stare it down.

ELEANOR ROOSEVELT, You Learn by Living

THE YEAR 1909 continued from Page 2

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

Two out of every 10 adults couldn't read or write and 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.!

Plus one more sad thought; 95 percent of the taxes we have now did not exist in 1909

Try to imagine what it may be like in another 100 years.

IT STAGGERS THE MIND

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.

Seize the moments of happiness, love and be loved! That is the only reality in the world, all else is folly.

LEO TOLSTOY, War and Peace

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

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"!

Chicken Pot Pie

1. Preheat oven to 425 degrees F (220 degrees C.)
2. In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.
3. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
4. Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving. Serves 8

Calories: 416 | Total Fat: 24g | Cholesterol: 56mg

Ingredients

- 1 pound skinless, boneless chicken breast halves - cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- 1/2 cup sliced celery
- 1/3 cup butter
- 1/3 cup chopped onion
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon celery seed
- 1 3/4 cups chicken broth
- 2/3 cup milk
- 2 (9 inch) unbaked pie crusts

Smiles from Bob From Robert Blake

LAST COLUMN FOR THE SEMESTER.

Even if your Depends are wet, remember

Life is short. Break the rules.

Forgive quickly. Kiss slowly.

Laugh often. and never regret anything
that made you SMILE.

Have fun. Be happy. Relax.

Don't take life so seriously

Remember the song...DANCE

If you're not Buddhist you're not coming
back a second time.

See you in the Spring!

**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

**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 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)

A person always doing his or her best becomes a natural leader,
just by example.

JOE DIMAGGIO

Osher Lifelong Learning Institute at UCONN, Waterbury

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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 Reigner
Assistant Secretary - Robert Grady



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