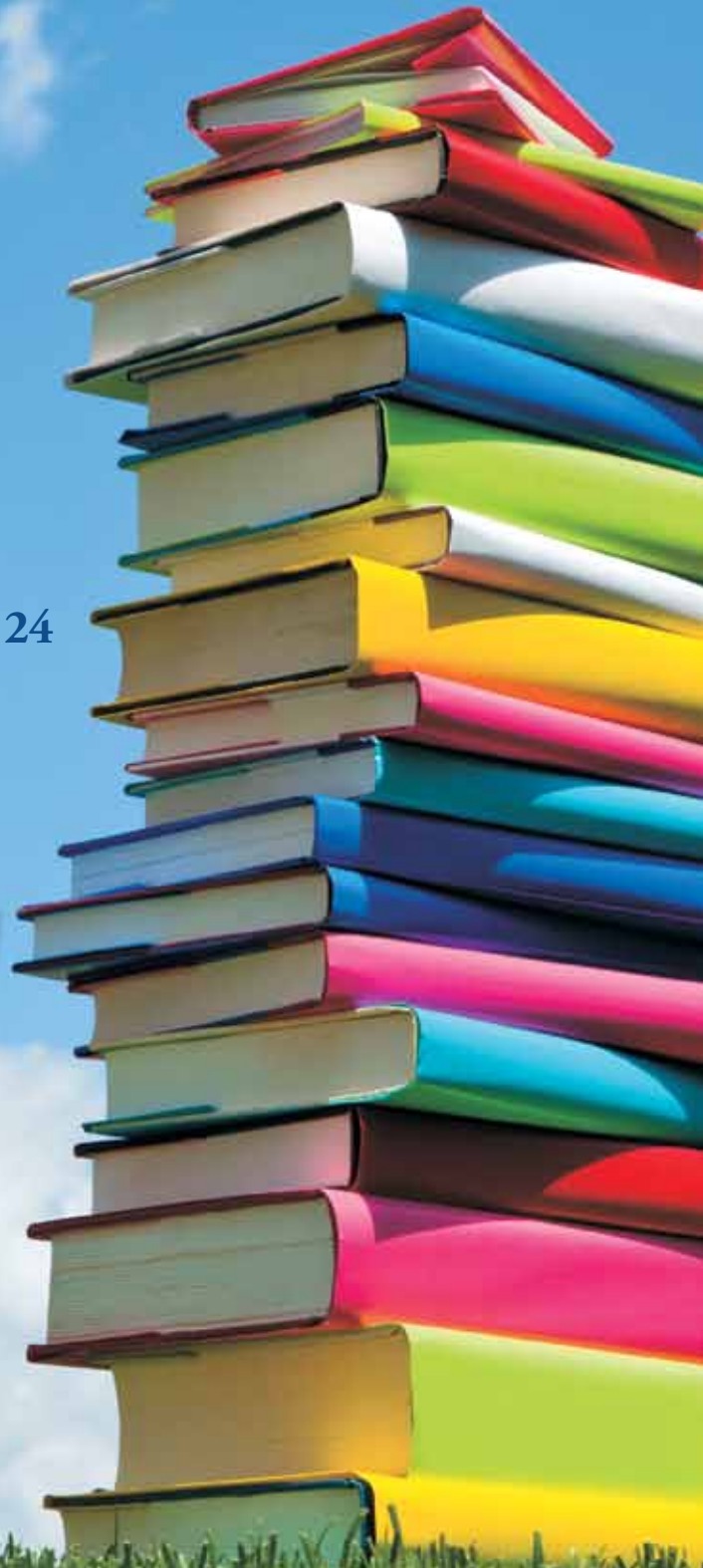


SPRING 2010

Fridays, March 19 - May 14
(No Class on April 2)

SUMMER 2010

Tuesdays, Wednesdays, Thursdays, June 1 - 24



(OLLI) at the University of Connecticut, Waterbury, CT

Lifelong Learning | Providing adults 50 and over with opportunities to engage in intellectual development, cultural stimulation, and social interaction.



WELCOME

to the University of Connecticut's Waterbury Campus!

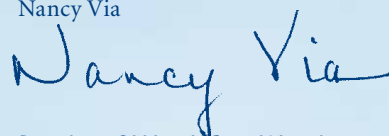
Welcome to the University of Connecticut, Waterbury campus! Our campus proudly serves Waterbury and the region by delivering educational programs for undergraduate, graduate, and lifelong learning students in a dynamic, accessible, state-of-the-art environment. We are equally proud to be associated with the Bernard Osher Foundation and the network of one hundred twenty two (122) Osher Lifelong Learning Institutes across the United States. We express deep thanks to Bernard and Barbro Osher for their generosity and vision with regard to the lifelong learning movement. Whether you will be connecting with college for the first time, reconnecting with higher education, or coming back to UConn, we want this to be a positive and enriching experience. OLLI members bring a unique and positive energy to our campus through their enthusiasm and their depth of life experience in various careers, family life, and civic engagement. I extend a warm welcome to each and every one of you. Please enjoy your time here and savor the fun of learning.

William J. Pizzuto, Ph. D.


Director, UConn Waterbury Campus

Welcome to OLLI's spring and summer 2010 sessions. It is our time to enjoy new classes, attend informative OLLI Cafe presentations, go on exciting trips and meet and mingle with OLLI members, old and new. Your Leadership Council has been busy over the past few months and we look forward to having you join our committees and help keep our growing community of lifelong learners connected to our OLLI mission and goals. Let's work together to make spring and summer sessions a happy and educational experience for all.

Nancy Via



President, OLLI at UConn Waterbury



University of Connecticut

The Osher Lifelong Learning Institute at the University of Connecticut is pleased to present the spring/summer 2010 course catalog. As we enter a new decade, it is exciting to know that each of us is involved in a cutting-edge program that is responding to the intellectual needs and desires of individuals in our city, our region, and our state. As we reflect on 2009 there is, once again, good news to share with our past, current, and prospective members.

- OLLI at UConn Waterbury was recognized by the University Provost for the third year in row for Excellence in Outreach and Public Engagement. This year I was honored to accept a first place award in the staff category. I credit our UConn faculty and staff, OLLI employee Rita Quinn, and OLLI volunteers with helping us achieve this award. The \$500 will be used to support first-ever OLLI scholarships.
- A front-page Republican-American article about OLLI at UConn was distributed by Associated Press and published in newspapers in other major cities in Connecticut and in other States.
- OLLI was featured in a "good news story" on Crossroads Magazine, a magazine format local television show. Our Veterans Day Celebration was carried on local cable television.
- OLLI is offering 50 courses in spring and summer 2010, among them are 28 NEW course titles.
- OLLI at UConn reached its goal of over 500 members in Fall 2009; total OLLI membership climbed to 612! Congratulations to everyone!

We are enormously grateful to the OLLI at UConn Leadership Council for collectively raising enough funds to establish the OLLI Sustainability Fund. The establishment of this fund lays the ground work for fundraising and creates a way for OLLI members and friends of OLLI to contribute to our ongoing lifelong learning work.

Please note our new course numbering system, developed as a way to help with registration.

If you like what we are doing, please tell your friends, relatives, and acquaintances. Finally, I express deep thanks to our staff and members who volunteer their time to make this organization operate so smoothly—without them OLLI wouldn't exist!

Sincerely,



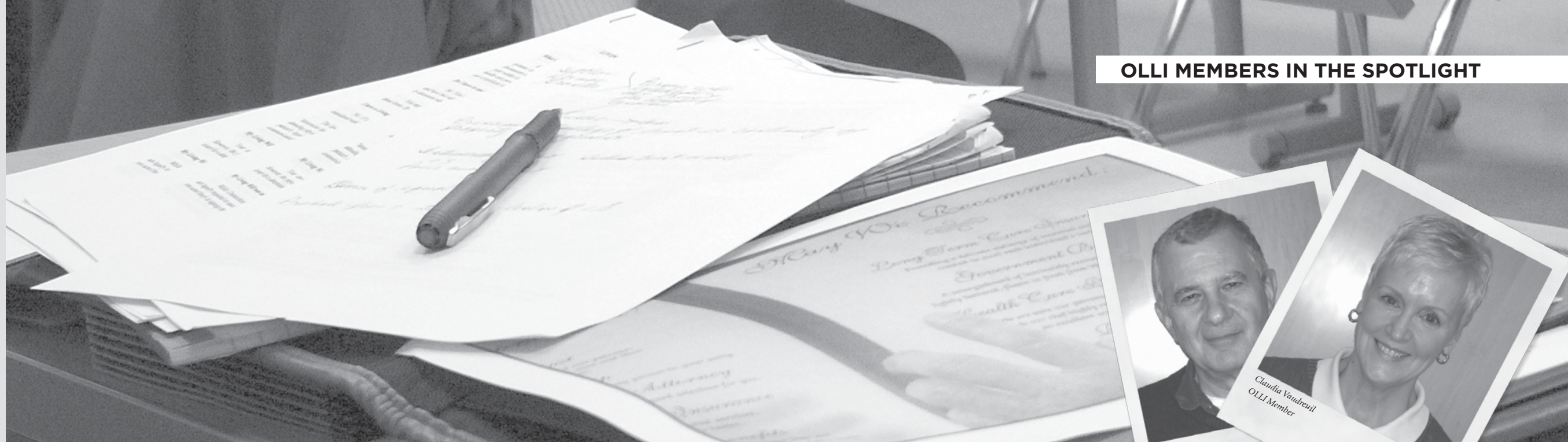
Brian G. Chapman, Ed.D.
Director of OLLI at UCONN





Mission

OLLI at UConn is a member-driven, community-responsive program offering non-credit learning experiences (courses, lectures, and special events) for mature adults who want to engage socially and intellectually with their peers as teachers and learners. Situated on an intimate, state-of-the-art university campus with traditional-age students and research faculty, OLLI also provides fertile ground for an intergenerational interaction and exchange of ideas. The urban campus reaches out to a diverse region which provides opportunities for partnership with other cultural, educational, and arts organizations.



OLLI MEMBERS IN THE SPOTLIGHT



Annual Membership Benefits

OLLI operates on twelve-month membership cycles extending from March to February of the following year OR September to August of the following year, depending on when you joined. Members are entitled to register for courses for all sessions that occur within their membership cycle.

Membership Cycle Examples

Members who joined OLLI in spring/summer 2009 had a membership cycle from March 2009 through February 2010. These members will need to renew their membership now and pay the annual membership fee (new membership will extend from March 2010 to February 2011).

A member who joined OLLI in fall 2009 has a membership cycle from September 2009 through August 2010. This member remains a member until August 2010 and does not pay the membership fee at this time (they will renew their membership in fall 2010).

A member joining OLLI for the first time in spring/summer 2010 will have a membership cycle from February 2010 to March 2011.

Annual OLLI Membership is \$60 – this is also called Basic Membership. When a member pays the annual \$60 membership, benefits include:

- 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 – \$50 Food for Life and Nutrition Course (spring session) and \$40 (summer session)
- UConn Waterbury parking pass allows free parking spring / summer 2010 (see directions/parking on last page for restrictions)
- Discounts for OLLI partnership events
- Entrance to Special OLLI Events
- Year-round notices about additional OLLI programs
- OLLI membership card
- Participate in OLLI Trips
- Priority Registration

Learning Activities

The OLLI Program currently includes short-term, non-credit courses, OLLI Café (lunch and learn) activities, and special events. Most programs and classes are scheduled during daytime hours. See course descriptions for specific times.

Brown Bag OLLI Café presentations are held from 11:30 AM – 1:00 PM in the multipurpose room.

FEES ARE NON-REFUNDABLE!

Why Lifelong Learning?

Enjoyment, fulfillment, intellectual stimulation, shared enthusiasm, challenging discussions, enriching existing friendships and forging new ones – these benefits merely begin to answer the question, “Why Lifelong Learning?”

Lifelong learning is an educational philosophy that embraces a comprehensive definition of human inquiry; educational activities can and should be available through all stages of life. We are endowed at birth with insatiable curiosity and an incredible capacity to learn. Spend a few moments watching a group of children who encounter something completely new that captures their attention and challenges their intellect. There is pure delight in the adventure of experimentation and the thrill of discovery.

The magnificent news is that there is no expiration date on inquisitiveness and imagination. Lifelong learning is a gift we give ourselves that allows us to once again experience that sense of awe and wonder, coupled with the satisfaction of mastering a new skill or adding to our store of knowledge. For adult learners, lifelong learning offers the added practical benefit of maintaining brain health.

Cognitive stimulation, otherwise known as “exercise for your brain,” is essential to maintaining high cognitive functioning in later life. “Cognition is dependent upon brain function and brain function can be improved through physical exercise and cognitive stimulation. Lifelong learning institutes offer older adults a myriad of opportunities to enhance their cognitive function.” (Simone & Scullin, 2006)

To join and register for Spring/Summer classes, please fill out the enclosed membership form and return by Thursday, March 11, 2010. Please use the designated course number to indicate your choice on the membership registration form.

Harkening back to the days when we were encouraged to seek a well-rounded education, we now have the opportunity to engage fully and ask the deeper questions using our own life histories and those around us. Lifelong learning allows us to relish – either again or for the first time – the big ideas of art, history, music, health, philosophy, politics, religion, science and more. And not just with our contemporaries, but with people ten, twenty, or thirty years older or younger. Some OLLI courses and programs are designed to be intergenerational, with college undergraduates working alongside OLLI members. The mix of young and old in a university setting opens up new worlds of interest, re-examination, excitement, varying points of view, and sometimes a healthy level of controversy. It enlivens our mind, helps focus our life, and gives us new insights to the world around us. And there are no exams! So come and revel in the experience of learning for the joy of it!

Claudia Vaudreuil says she’s always loved to learn, and the diverse computer courses helped her learn how to use the Internet and Google. “My favorite course was Chinese Medicine and I enjoy the OLLI Café lunchtime lectures.” If she had another life, however, she would love to explore the forensics field and learn to draw.

Chuck Miceli found he has gained specific skills from his OLLI courses that have helped him accomplish what he’s doing at this point in his life. “Exposure to poetry was a wonderful experience. I never really explored poetry the way we did in class – I gained personal enrichment from the experience, in addition to keeping my mind alert and challenged.”

SPRING COURSE TITLES / COURSE NUMBERS / CATEGORY / PAGE NUMBERS

Please use designated course number as your choice on membership registration form!

ART		LITERATURE AND WRITING	
SP10-125 Hurry the Slurry – Make Paper! Anita Liebeskind.....	10	SP10-117 America Finds its Literary Voice Philip Benevento.....	12
COMPUTERS		SP10-118 In So Many Words Cindy Eastman.....	14
SP10-100 Not Your Father's Internet Cindy Eastman.....	15	SP10-119 Sculpting the Poem: The Craft & Technique of Poem Writing Sandra Ebner.....	18
SP10-101 Introduction to the Internet Sandra Rampertab.....	17	SP10-120 The Search for Meaning in Children's Literature James Farnham.....	14
SP10-102 Using Google Sketchup to Design Your Favorite Project George Sirois.....	15	SP10-121 Elder Tales: Stories of the Second Half of Life Carol Rizzolo.....	18
CULTURE AND LANGUAGE		MATH AND SCIENCE	
SP10-103 Conversational German: Auf Deutsch, Bitte! Irene Zemaitaitis.....	14	SP10-122 A Magical Mystery Tour of the Mathematics in Our Midst Rosalie Griffin.....	17
SP10-104 Open Your Mouth and Close Your Eyes: 100 Tips for Learning a Foreign Language Gabriella Brand.....	11	SP10-123 Making Peace With Bees Kathy Olson.....	12
HEALTH AND WELLNESS		MUSIC	
SP10-105 Food for Life! Nutrition and Cooking Jane Sirignano.....	17	SP10-124 Music for Fun and Well-Being Julie Cook.....	14
SP10-106 Reiki, Level I Barbara Schafer / Rosemary Toletti.....	11	PERFORMING ARTS	
SP10-107 Spirit, Religion and Health in Traditional Chinese Medicine William Courtland.....	17	SP10-126 Dance for the Love of It...With a Latin Flair! Donna Bonasera.....	13
HISTORY		SP10-127 Rhythm – Music's Motor Steve Collins.....	12
SP10-108 American History continued: 1841 to 1865 Penny O'Connell.....	14	SP10-128 Richard Rodgers: Before, During and After Hammerstein Stuart Brown.....	10
SP10-109 More Queens and Then Some: Women of Power in History Penny O'Connell.....	17	SP10-129 The Joy of Acting! Part II Aleta Staton / DaMone McCollum.....	16
SP10-110 John Adams – Up Close and Personal Dr. Raymond Sullivan.....	13	PERSONAL DEVELOPMENT	
SP10-111 20th Century Espionage – The Golden Years of Mayhem Dr. David Reed.....	16	SP10-130 Memories, Memories... Let Your Life Speak! Sandra Noel.....	13
SP10-112 Radical Islam and EU Leslie Lebl.....	13	SP10-131 Bridge, Part II Joyce McMillan.....	18
SP10-113 The U.S. Supreme Court on Race & Educational Opportunity, from Brown vs. Board of Education to Today John Endicott.....	11	SP10-132 Feng Shui: Sifting Fortune, Shifting Fate JoAnn DeNardis.....	18
SP10-114 A Lifetime Ago: Before the Death of Childhood Jeremy Joyell.....	11	SP10-133 Dressing for a Lifestyle: Oh By the Way, What is That? Ann Maily-Long.....	15
SP10-115 The Arab-Israeli Conflict: Cutting Through the Myths & Misinformation Alan Stein.....	10	SP10-134 American Comedy Bob Blake.....	15
HORTICULTURE		SOCIAL SCIENCES	
SP10-116 Don't Treat Your Soil Like Dirt: An Introduction to Organic Land Care Chris Baliko.....	12	SP10-135 The Brain and Your Learning Styles Barry Whelan.....	16
		SP10-136 Journey Through the Lifespan Cynthia Van Fleet.....	18
		SP10-137 What Me, Aging? Passions & Transitions Sandra Noel.....	16
		VISUAL ARTS	
		SP10-138 Drawing on the Right Side of the Brain Judy Jaworski.....	16

SPRING COURSE TIME SLOTS / PAGES / ROOM NUMBERS

CLASS TIMES	FIRST 4 WEEKS MARCH 19, 26, APRIL 9,16	FULL 8 WEEKS MARCH 19 – MAY 14	LAST 4 WEEKS APRIL 23, 30, MAY 7, 14
8:15 – 9:45 AM	RICHARD RODGERS: BEFORE, DURING AND AFTER HAMMERSTEIN Stuart Brown, Page 10 Room #204	REIKI, LEVEL 1 Barbara Schafer / Rosemary Toletti, Page 11 Room #102	ARAB-ISRAELI CONFLICT - MYTHS AND MISINFORMATION Alan Stein, Page 10 Room #203 A LIFETIME AGO: BEFORE THE DEATH OF CHILDHOOD Jeremy Joyell, Page 11 Room #218
	U.S. SUPREME COURT ON RACE & EDUCATIONAL OPPORTUNITY... John Endicott, Page 11 Room #217	DANCE FOR THE LOVE OF IT! Donna Bonasera, Page 13 Room #102 (7 wks) MEMORIES, MEMORIES, LET YOUR LIFE SPEAK Sandra Noel, Page 13 Room #207	AMERICA FINDS ITS LITERARY VOICE Philip Benevento, Page 12 Room #203
10:00 – 11:30 AM	100 TIPS FOR LEARNING A FOREIGN LANGUAGE Gabriella Brand, Page 11 Room #203	AMERICAN HISTORY CONTINUED: 1841-1865 Penny O'Connell, Page 14 Room #333	JOHN ADAMS – UP CLOSE & PERSONAL Dr. Raymond Sullivan, Page 13 Room #204
	DON'T TREAT YOUR SOIL LIKE DIRT: AN INTRODUCTION TO ORGANIC LAND CARE Chris Baliko, Page 12 Room #213	IN SO MANY WORDS Cindy Eastman, Page 14 Room #218 MUSIC FOR FUN AND WELL BEING Julie Cook, Page 14 Room 227G 2 ND Floor Library	RHYTHM – MUSIC'S MOTOR Steve Collins, Page 12 Room #217
	MAKING PEACE WITH BEES Kathy Olson, Page 12 Room #204	SEARCH FOR MEANING IN CHILDREN'S LITERATURE James Farnham, Page 14 Room #327 CONVERSATIONAL GERMAN... Irene Zemaitaitis, Page 14 Room #318	RADICAL ISLAM IN EU Leslie Lebl, Page 13 Room #201 (5/14 #210)
	11:40 AM – 1:00 PM		NOT YOUR FATHER'S INTERNET Cindy Eastman, Page 15 Room #224
1:15 – 2:45 PM	USING GOOGLE SKETCHUP TO DESIGN... George Sirois, Page 15 Room #224	DRAWING ON THE RIGHT SIDE OF THE BRAIN Judy Jaworski, Page 16 Room #318	DRESSING FOR A LIFESTYLE... Ann Maily-Long, Page 15 Room #204
		FOOD FOR LIFE NUTRITION AND COOKING Jane Sirignano, Page 17 Room #119	
		20TH CENTURY ESPIONAGE... Dr. David Reed, Page 16 Room #203	
		THE JOY OF ACTING! PART II Aleta Staton / DaMone McCollum, Page 16 Room #102	
AMERICAN COMEDY Robert Blake, Page 15 Room #217	MORE QUEENS AND THEN SOME.... Penny O'Connell, Page 17 Room #333	THE BRAIN & YOUR LEARNING STYLES Barry Whalen, Page 16 Room #207	
	WHAT ME AGING? Sandra Noel, Page 16 Room #326		
	MAGICAL MYSTERY TOUR OF MATHEMATICS Rosalie Griffin, Page 17 Room #324		
	SPIRIT, RELIGION & HEALTH IN CHINESE MEDICINE William Courtland, Page 17 Room #327		
3:00 – 4:30 PM	INTRODUCTION TO THE INTERNET Sandra Rampertab, Page 11 Room #224	BRIDGE, PART II Joyce McMillan (6 weeks), Page 18 Room #102 JOURNEY THROUGH THE LIFESPAN Cynthia VanFleet, Page 18 Room #203	FENG SHUI – SIFTING FORTUNE, SHIFTING WEIGHT JoAnn DeNardis, Page 18 Room #204
	ELDER TALES... Carol Rizzolo, Page 18 Room #204	SCULPTING THE POEM.. Sandra Ebner, Page 18 Room #217	
OLLI AT THE MATTATUCK MUSEUM			
WEDNESDAYS 1:00 PM – 3:00 PM	HURRY THE SLURRY – MAKE PAPER! Anita Liebeskind 4 Sessions – Wednesdays from 1:00 PM – 3:00 PM April 21, 28, May 5, 12 Note: This course is held on Wednesdays Page 10 Mattatuck Museum		

OLLI-At-A-Glance

SUMMER COURSE TITLES / COURSE NUMBERS / CATEGORY / PAGE NUMBERS

Please use designated course number as your choice on membership registration form!

HEALTH AND WELLNESS

SUI0-201 Food to Live For! Nutrition and Cooking
Jane Sirignano..... 20

HISTORY

SUI0-202 Raising the Roof: The Styles of Western Architecture
Virginia Bush..... 21

SUI0-203 Pathway to American Empire
Leon Bock..... 19

SUI0-200 Oh What a State We're In
Richard Kupstis..... 19

LANGUAGE

SUI0-209 ¿Habla Español? Conversational Spanish for Beginners
Shelley Roseman..... 21

LITERATURE AND WRITING

SUI0-204 Writing as Transformative Art
Dorothy Sterpka..... 19

MUSIC

SUI0-205 The Tone Deaf Fallacy
Julie Cook..... 20

PERSONAL DEVELOPMENT

SUI0-206 Bridge, Part III
Joyce McMillan..... 21

SUI0-210 Are You Fiscally Fit?
James Coleman..... 20

SCIENCE

SUI0-207 Making Peace With Bees
Kathy Olson..... 19

VISUAL ARTS

SUI0-208 Masterpieces of 20th Century Art: A Sampling
Sonja Osborn..... 20

SUMMER COURSE TIME SLOTS / PAGES / ROOM NUMBERS

10:15 AM – 11:45 AM	TUESDAYS, JUNE 1, 29, WEDNESDAYS, JUNE 2, 9, 16, 23 – 6 SESSIONS, ROOM #203 Oh What a State We're In Richard Kupstis, Page 19
	TUESDAYS, JUNE 1, 8, 15, 22 – 4 SESSIONS, ROOM # 210 Writing as Transformative Art Dorothy Sterpka, Page 19
	WEDNESDAYS, JUNE 2, 9, 16, 23 – 4 SESSIONS, ROOM # 204 Making Peace With Bees Kathy Olson, Page 19
	THURSDAYS, JUNE 3, 10, 17, 24 – 4 SESSIONS, ROOM # 210 Pathway to American Empire Leon Bock, Page 19
12:00 PM – 1:30 PM	TUESDAYS, JUNE 1, 8, 15, 22 – 4 SESSIONS, ROOM # 217 The Tone Deaf Fallacy Julie Cook, Page 20
	TUESDAY, JUNE 8, WEDNESDAYS, JUNE 2, 16, 23, THURSDAY, JUNE 10 – 6 SESSIONS, ROOM #119 Food to Live For! Nutrition and Cooking (5 classes, 1 shopping tour) Jane Sirignano, Page 20
	THURSDAYS, JUNE 3, 10, 17, 24 – 4 SESSIONS, ROOM # 217 Masterpieces of 20th Century Art – A Sampling Sonja Osborn, Page 20
	THURSDAYS, JUNE 3, 10, 17, 24 – 4 SESSIONS, ROOM # 218 Are You Fiscally Fit? James Coleman, Page 20
1:45 PM – 3:15 PM	TUESDAYS, JUNE 1, 8, 15, 22 – 4 SESSIONS, ROOM #102 Bridge, Part III Joyce McMillan, Page 21
	WEDNESDAYS, JUNE 2, 9, 16, THURSDAYS, JUNE 3, 10, 17 – 6 SESSIONS, ROOM # 210 Raising the Roof: The Styles of Western Architecture Virginia Bush, Page 21
	THURSDAYS, JUNE 3, 10, 17, 24 – 4 SESSIONS, ROOM # 217 ¿Habla Español? Conversational Spanish for Beginners Shelley Roseman, Page 21

“Excellent experience.
Intellectually stimulating!”





OLLI AT THE
MATTATUCK MUSEUM

8:15 AM – 9:45 AM

SP10-125
Hurry the Slurry – Make Paper!
4 Sessions from 1:00 PM – 3:00 PM
Wednesdays, April 21, 28, May 5 and 12
Mattatuck Museum Art Room – Basement Level

PLEASE NOTE: This course meets on Wednesdays at the Mattatuck Museum

Learn the art of papermaking – by hand! Join this hands-on adventure and learn the art of Colonial papermaking with a contemporary twist by recycling natural fibers. The course will cover demonstrations on pulp preparation, sheet forming, embedding, pressing and drying. All materials will be provided and no experience is necessary.

Anita Liebeskind taught papermaking throughout the state to fifth graders and adults and exhibits her work throughout the state. She was a docent for the Mattatuck Museum for 18 years, which became the catalyst for her interest in crafts and subjects relating to the Colonial era. Papermaking and its potential for creativity confirms her love and dedication to this art form while helping to save our environment.

SP10-128
Richard Rodgers: Before, During, and After Hammerstein
4 Sessions from 8:15 AM – 9:45 AM
March 19, 26, April 9, 16
Room #204

Composer Richard Rodgers had three distinct careers on the musical stage. Teaming with lyricist Lorenz Hart in the 1930's-1940's, they produced such shows as "Babes in Arms," "The Boys From Syracuse," and "A Connecticut Yankee." After Hart's death Rodgers became associated with Oscar Hammerstein to compose such Broadway classics as "Oklahoma," "South Pacific," and "The Sound of Music." When Hammerstein passed away, Rodgers began the final phase of his Broadway legacy collaborating with a number of lyricists as well as composing the entire score for "No Strings." The course will review Richard Rodgers's careers, looking

"Professor's presentation was always interesting, organized, good use of humor, and great visual aids."

into his various collaborations, and how he created his music and became one of the giants in musical theater history.

Stuart Brown is the Director of Student Services at UConn Waterbury. He has been the host for "On Broadway," a music radio program, broadcast every Sunday night on WRTC-FM, 89.3, at Trinity College in Hartford, for the past 15 years. His website, www.broadwayradioprograms.com, catalogs Broadway music radio programs around the world. His blog, "Stu on Broadway," (stumonbroadway.blogspot.com) offers his critique on musical theater including reviews of Connecticut and New York theater productions.

SP10-115
The Arab-Israeli Conflict: Cutting Through the Myths and Misinformation

4 Sessions – Fridays from 8:15 AM – 9:45 AM
April 23, 30, May 7, 14
Room #203

The Arab-Israeli conflict has for more than six decades been given an enormous amount of attention by the world and attracts a disproportionate amount of coverage in the media. Much of the dialog is driven by a lack of understanding of basic issues and misleading terminology. The course will review the history, missed opportunities and commonly held myths, including false information propagated by figures as prominent as a former president of the United States. We will examine the current situation and discuss remedies which might eventually lead to a resolution of the conflict.

Alan H. Stein, Ph.D is the president of PRIMER (Promoting Responsibility in Middle East Reporting) and recently retired after thirty-seven years of teaching mathematics at UConn. His travels have brought him to Israel, Jordan, Egypt and Turkey, and he has been active with many organizations promoting peace in the Middle East. He is the primary contributor to the PRIMER blog. His letters and commentaries have appeared in newspapers around Connecticut.

SP10-114
A Lifetime Ago: Before the Death of Childhood
4 Sessions – Fridays from 8:15 AM – 9:45 AM
April 23, 30, May 7, 14 (recommended book)
Room # 218

This course will deal with the profound and somewhat disturbing changes that we have seen in American childhood over the last two or three decades. The presenter's Waterbury childhood as portrayed in his memoir, *A Lifetime Ago: Before the Death of Childhood*, notes the contrasts in growing up then and now. Commentary and observations are tempered with generous helpings of nostalgia, innocence, and laughter, all of which should give rise to lively and informative class discussion, as well as personal memories. There will also be opportunities to discuss memoir writing.

Jeremy Joyell is a Waterbury native and has spent most of his professional life teaching English at both the high school and college level and was an adjunct instructor for UConn and Albertus Magnus College. He received a BA in English from UConn and an MS from the University of Hartford. Now retired, he has used his teaching experiences and Waterbury childhood to write his first book. He is a returning OLLI presenter.

SP10-106
Reiki, Level I
8 Sessions – Fridays from 8:15 AM – 9:45 AM
March 19, 26, April 9, 16, 23, 30, May 7, 14 (recommended book)
Room #102

Reiki is a safe, non-invasive caring way of energizing, restoring and balancing the energy centers in our bodies. Learn to heal yourself and others in body, mind and spirit, reduce stress and promote profound relaxation, enhance health and prevent illness, feel more energized, improve mental clarity, increase creativity, and promote a sense of deep peace and well being. The course will cover definition, history, basic principles, how it works, the chakras and energy field. Participants will practice doing Reiki and will receive a Reiki attunement. Anyone can learn it!

Barbara Schafer graduated from St. Joseph's Hospital, Reading, PA, received a BS in Nursing from Wilkes University in Wilkes-Barre, PA and a Masters in Nursing from the University of Pittsburgh. She is retired from a 50-year career as a clinician, educator and administrator in the field of psychiatric nursing. She is an Advanced Practice Registered Nurse (APRN), a Reiki Master Teacher, a certified Healing Touch Practitioner, Instructor and Therapeutic Touch Practitioner and volunteers at Griffin Hospital and Cancer Center. She teaches Reiki Levels I, II, III and Mastership classes and has a private practice in Naugatuck. **Rosemary Toletti** is co-presenter. A retired teacher, she has a BA and MA and is a Reiki Master teacher.

10:00 AM – 11:30 AM

SP10-113
The U.S. Supreme Court on Race and Educational Opportunity, from Brown vs. Board of Education to Today
4 Sessions – Fridays from 10:00 AM to 11:30 AM
March 19, 26, April 9, 16 (recommended book)
Room #217

This course will examine the 1954 landmark decision in *Brown vs. Board of Education*, as well as the Court's affirmative action decisions in *Regents vs. Bakke* (1978) and *Grutter vs. Bollinger* (2003), and the Court's very recent decision concerning racial balancing in the Seattle and Louisville school districts. Topics for discussion will include the role of Constitutional law in remedying the effects of past discrimination, and the range of views on this issue expressed in the majority and dissenting opinions of the current members of the Court. Participants will be encouraged to read portions of the relevant opinions online prior to class discussion.

John Endicott is a Harvard College graduate, with a law degree from the University of Pennsylvania Law School. He taught in the Peace Corps in Tunisia after college, worked as a law clerk for the US District Court in New York City after law school, and practiced law in New York, Connecticut and Texas, specializing in securities and product liability litigation.

SP10-104
Open Your Mouth and Close Your Eyes: 100 Tips for Learning a Foreign Language
4 Sessions – Fridays from 10:00 AM to 11:30 AM
March 19, 26, April 9, 16
Room #203

This course does not teach a specific foreign language. Participants will acquire efficient and effective techniques to learn any foreign language. Using current brain theory and 30+ years of experience in an active foreign language classroom, Gabriella Brand will help members take the rust off their foreign language skills and tackle a new language challenge. Working examples will come from both European and Asian languages. Even if you think you can't learn a foreign language...you can!

Gabriella Brand is an educator, writer, inspirational speaker, and foreign language enthusiast. A former Middle School Head at various independent schools in Connecticut, Gabriella has also taught French, Spanish, Latin, and English to thousands of students of all ages and abilities. She holds an MA from Middlebury College, a BA from Antioch College, and a diploma from the University of Neuchâtel, Switzerland.



Some courses have required and/or recommended reading. The UConn Co-op bookstore welcomes OLLI members and carries a supply of most required or recommended books. OLLI members are also entitled to join the Co-op OLLI Book Club to save money on their book purchases. A Co-op book card will be issued to new members only. Please see Co-op when card is full. Please keep your Co-op book card from session to session.

SP10-116

Don't Treat Your Soil Like Dirt: An Introduction to Organic Land Care

4 Sessions from 10:00 AM – 11:30 AM
March 19, 26, April 9, 16
Room #213

This class is an introduction to organic land care and will cover ways to create a healthier and safer environment. Focus will be on creating a healthy soil and transitioning gardens and turf from a synthetic to an organic program. We will discuss how and where to get organic products and what cultural practices can be done to keep soils healthy.

Chris Baliko is an Accredited Organic Land Care Professional and a member of the Northeast Organic Farming Association. Chris is a returning OLLI presenter, he has a BS from the University of Connecticut and is co-founder of Growing Solutions, LLC, an organic land care company in Ridgefield, CT.

SP10-123

Making Peace With Bees

4 Sessions from 10:00 AM – 11:30 AM
March 19, 26, April 9, 16
Room #204

Learn about the industrious little honeybees (and other bees) so you can avoid getting stung. Learn about the anatomy of the honeybees, the biography of the honeybee and the workings in the beehive. Dead bees will be viewed, along with charts and other visual materials to help understand and respect bees. CCD (colony collapse disorder) and other diseases in bee colonies will be discussed and different honeys made from the nectar of various flowers will be tasted.

Kathy Olson is a retired elementary school teacher. With no AC or screens in her classroom she had to deal with bees in the room and outside at recess. Consequently, she developed a special bee course for students of all grade levels. Kathy does not keep bees, but is a member of the Connecticut Beekeepers Association, enabling her to keep up with the latest developments in the scientific world of honeybees. Her teachings have dubbed her The Bee Lady.

SP10-127

Rhythm – Music's Motor

4 Sessions – Fridays from 10:00 AM – 11:30 AM
April 23, 30, May 7, 14
Room #217

Just what is rhythm? And how does it function in music? This engaging course will explore this fundamental but little understood component of music and how various cultures from around the world use rhythm differently. It will involve listening examples, hands-on performance using percussion instruments and the human body, and unique applications of class lessons to the everyday world around us. Members will have the opportunity to attend open rehearsals with the Waterbury Symphony Orchestra, meet with Music Director Leif Bjaland, and attend a WSO concert with a "new set of ears". No musical experience or knowledge is required.

Steve Collins is the Executive Director of the Waterbury Symphony Orchestra and was previously its Principal Timpanist. He was also the Director of Education for the New Haven Symphony Orchestra where he produced concerts and education events ranging from solo performances to full orchestra engagements for over 30,000 children and families throughout Connecticut. He performs with the New Haven, Hartford, and Greater Bridgeport Symphony Orchestras, Goodspeed Musicals, and chamber ensembles across the tri-state area. He holds a Bachelor's Degree in Music from the Hartt School of Music, University of Hartford.



SP10-117

America Finds its Literary Voice

4 Sessions – Fridays from 10:00 AM – 11:30 AM
April 23, 30, May 7, 14
Room #203

In 1820, English philosopher and critic, Sydney Smith, wrote in the Edinburgh Review, "In the four Quarters of the globe, who reads an American novel? or goes to an American play?" Smith, like most of the European intelligentsia of the time, looked upon America as a cultural and literary wasteland. But Smith and others spoke too soon. In the nineteenth century, America would develop an impressive body of literary works written with a uniquely American voice. Participants will discover how this voice emerged by examining the structure and style of poems written by Bryant, Poe, Longfellow, Whitman, Dickinson, Frost and others.

Philip Benevento was English Department Chairperson at Crosby High School in Waterbury where he taught English for 34 years. He was an adjunct member of the UConn faculty and taught courses at Mattatuck Community College, NVCTE, the Taft Summer School for Teachers and St. Margaret's-McTernan's. He is presently President of the Silas Bronson Board of Library Agents, a member of the OLLI Leadership Council, and serves as historian for the City of Waterbury. He has a BA and MA in English from the UConn School of Education, a Certificate of Advanced Studies in literature from Wesleyan and a Certificate in Administration and Supervision from Southern Connecticut State University and is a returning OLLI presenter.



SP10-110

John Adams – Up Close and Personal

4 Sessions – Fridays from 10:00 AM – 11:30 AM
April 23, 30, May 7, 14 (recommended books)
Room #204

An intimate look into the life of one of the most chronicled yet misunderstood heroes in America, this course will take participants through four distinct phases in the life of our former President – childhood and early years, Congress and the years spent in Europe, the rise to the Presidency and the years of decline.

Raymond Sullivan, M.D., is a retired surgeon, with an intense interest in New England History. A returning OLLI presenter (New England Puritanism and the Origins of Democracy in Connecticut), he is a published author. His newest book to be released next year, chronicles the life of Nabby Adams Smith, daughter of John and Abigail Adams, who underwent a radical mastectomy in her father's home in Quincy, Massachusetts in 1811, without the benefit of as yet undiscovered anesthesia.

SP10-112

Radical Islam and the EU

4 Sessions – Fridays from 10:00 AM – 11:30 AM
April 23, 30, May 7, 14 (recommended book)
Room #201 (5/14, Room #210)

This course will look at the emergence of radical Islam in Europe and explore connections between that development and the policies and actions of the European Union. It will cover the Euro-Arab Dialogue in 1973; EU human rights, immigration and Mideast policies; the conflict between Western law and values and sharia law; and the question of national identity.

Leslie Lebl is a Fellow of the American Center for Democracy and Principal of Lebl Associates. A writer, lecturer and consultant on political and security matters, she also maintains a foreign policy blog. A former Foreign Service Officer, she served as Minister-Counselor for Political Affairs at the U.S. Mission to the European Union in Brussels. She was also the Political Advisor to the Commander of Stabilization Forces (SFOR) in Bosnia-Herzegovina. She holds a BA in history from Swarthmore College and an MA in foreign affairs from the Johns Hopkins School of Advanced International Studies. Leslie is a returning OLLI presenter.

SP10-126

Dance for the Love of It! ... With a Latin Flair!

7 Sessions – Fridays from 10:00 AM to 11:30 AM
March 19, 26, April 9, 16, 23, 30, May 7
Room #102

This movement course will take a look at the positive effects dance has on our well-being, mind, body and soul, and the health benefits derived from dance. It will cover the Latin influence of dance in our society, on stage and film, along with the artists and choreographers who brought it to the forefront.

Donna Bonasera is the founder and Artistic Director of CT Dance Theatre, Inc. She is one of the few Americans to receive a diploma in the Vaganova Method of Classical ballet while studying in Russia. She was awarded a scholarship to study at the American Dance Machine which preserves the original choreography of Broadway musicals and film. She is the state director for National Dance Week and is recognized nationally and internationally for training high caliber dancers and for her choreography for both musical theatre and ballet. Many of her students have gone on to dance professionally in ballet companies throughout the world and are featured performers on Broadway and in films. Donna is a returning OLLI presenter.

SP10-130

Memories, Memories... Let Your Life Speak!

8 Sessions – Fridays from 10:00 AM – 11:30 AM
March 19, 26, April 9, 16, 23, 30, May 7, 14
Room #207

Every life is a story, every legacy an album of story types, every person an unfinished story. Genealogies give us heritage; but it is in the stories that life and connection happen. The art of life story applies active listening to engage in the conversational process of sharing our stories, sharing who we are, recognizing and integrating our various story types and reviewing how our story is influenced and shaped by others, history, culture, traditions, family and spirituality. Members will learn to develop a story framework with timelines and key elements.

Sandra Noel is currently Director of Congregational Care and Senior Ministry at Bethany Covenant Church, Berlin, CT. She earned an MA in Gerontology from St. Joseph

College and is currently a member of the executive board of the Connecticut Interfaith Network on Aging, member of American Society on Aging, Forum on Religion, Spirituality & Aging, the Connecticut Gerontology Consortium and has published reviews in Educational Gerontology Journal. Outcomes of this course create a basis for legacy through memoir writing, oral tradition, or other media. Sandra is a returning OLLI presenter.

SP10-124
Music for Fun and Well-Being
 8 Sessions – Fridays from 10:00 AM – 11:30 AM
 March 19, 26, April 9, 16, 23, 30, May 7, 14
 Room # 227G 2nd Floor Library

In this course members will learn how various aspects of music affect our physical and emotional well-being—and experience them firsthand. Topics include how the vibrations of music are used by many cultures for wellness, why drumming feels so good, the magic of entrainment and resonance and how to access them, how listening choices can enhance our days, and pairing words and music creatively, to name a few. Members will engage in group music-making using easy-to-play instruments, in a supportive atmosphere. No previous music experience is necessary.

Julie Cook's music journey has included studying and playing the piano for most of her life. She studied piano at the Hartt School of Music and has taught for twenty-six years at her studios in Newtown and Woodbury. A returning OLLI presenter, she also facilitates workshops for musicians and non-musicians for the purpose of health and self-expression, and is a certified facilitator of *Music for People*, an organization that promotes an improvisational approach to music.

SP10-118
In So Many Words
 8 Sessions – Fridays from 10:00 AM – 11:30 AM
 March 19, 26, April 9, 16, 23, 30, May 7, 14
 (blank journal)
 Room #218

Everyone can write – it's a birth "write." Writing isn't just the domain of the Dan Browns or Jane Austens of the world – it is a phenomenological process by which we humans make sense of our experience. Unfortunately, some English teachers have gotten hold of our early writing and deemed us "fair" – or worse – "bad writers." It's time to take back what is "write-fully" ours.



Participants will open their journals to a blank page and not have an anxiety attack – following several strategies and models to guide them in learning to hear their own writing voice. Then it's just a matter of becoming comfortable with individual and personal styles to become a strong and confident writer.

A returning OLLI presenter, **Cindy Eastman** also teaches **Not Your Father's Internet**.

SP10-120
The Search for Meaning in Children's Literature
 8 Sessions – Fridays from 10:00 AM – 11:30 AM
 March 19, 26, April 9, 16, 23, 30, May 7, 14 (books)
 Room #327

There is a large body of children's literature to be read by an audience of various ages. In this course we will consider such classics as *The Wind in the Willows*, *Charlotte's Web*, and *Where the Wild Things Are*, as well as some traditional fairy tales. We will also consider theoretical views of Children's Literature by Sendak, Bettelheim, Jung, C. S. Lewis, Tolkein, and others. Our overview will be of the young person's search for existential meaning.

James F. Farnham is Professor Emeritus of Literature at Fairfield University. He holds a PhD from Case-Western Reserve University and held post-doctoral fellowships at Yale in Cognitive Anthropology and Judaic Studies. He was a member of a national symposium on Children's Literature funded by the National

Endowment for the Humanities. He has taught American Romanticism and Existential Literature and has published studies of Hawthorne, Melville, Faulkner, and Flannery O'Connor, and is a returning OLLI presenter.

SP10-103
Conversational German: Auf Deutsch bitte!

8 Sessions – Fridays from 10:00 AM – 11:30 AM
 March 19, 26, April 9, 16, 23, 30, May 7, 14
 Room #318 (recommended book)

This conversational German course will be an introduction to everyday expressions and phrases that will prove useful in travel and meeting people. Some grammar will be presented. Class participation and practice will be encouraged.

Irene Zemaitaitis was born in Lithuania, lived and attended school in Germany. She immigrated with her parents in 1950 and settled in CT. She earned a BA in English and German from UConn Storrs and a Masters in Education from Southern Connecticut State University. She taught English and German at Vytautas Magnus University in Kaunas, Lithuania (during the time she and her husband lived there from 1995-2008) and taught English at the Third Age University for Senior Citizens.

SP10-108
American History continued: from 1841 – 1865

8 Sessions – Fridays from 10:00 AM to 11:30 AM
 March 19, 26, April 9, 16, 23, 30, May 7, 14
 Room # 333

This course will cover the period leading up to the Civil War. It will examine the role of slavery, and sectionalism in this period. Members will get to know all those single-term Presidents we never can remember. The course will end with the presidency of Abraham Lincoln and a brief overview of the Civil War.

"We constantly had opportunities to participate and express ourselves."

"I enjoyed the presenter's enthusiasm in teaching. It is unusual to find a teacher that makes one think – I would take any class he teaches."

Penny O'Connell has a BA in Political Science from Skidmore College. She is a retired high school history teacher with a broad view of world history, having taught courses on the Ancient World, European and American history. She has spent years trying to unravel the mysteries of our historical past and is delighted to share her discoveries with those who have inquiring minds. Penny is a returning OLLI presenter who also teaches **More Queens and Then Some: Women of Power in History**.

11:40 AM – 1:00 PM

SP10-100
Not Your Father's Internet

8 Sessions – Fridays from 11:40 AM to 1:00 PM
 March 19, 26, April 9, 16, 23, 30, May 7, 14
 Room #224

Welcome to the world of new verbs: "Facebook me", "She texted that she's running late", "I'll just Google it". The Internet has created a whole new way of communicating and with it, a new language. Learning the verbs is just a start. In this course, we will email, blog, post and attach. If you have a computer at home, put it to work for you and communicate with family and friends, start an online diary or reconnect with old classmates. If you can turn on a computer and hold a mouse at your fingertips, you're ready to start. This self-paced course is designed to ease the casual user into downright proficiency. You'll be blogging in no time!

Cindy Eastman is a writer and educator. She holds a Master's degree in Education from Cambridge College. Cindy has written a column for the *Waterbury Observer*, and has published essays on her web site, *Writing Out Loud*. She has taught computer skills to elementary schoolchildren, facilitated professional learning communities, and has promoted cultural awareness by completing the rigorous Anti-Defamation League's A World of Difference diversity training. She currently teaches English at Naugatuck Valley Community College, delivers training for the ADL and is working on her first book, *Flip-flops After Fifty*, a collection of essays.

1:15 PM – 2:45 PM

SP10-102
Using Google Sketchup to Design Your Favorite Project

4 Sessions – Fridays from 1:15 PM – 2:45 PM
 March 19, 26, April 9, 16
 Room #224

Google Sketchup is an easy-to-use, free, powerful, 3-dimensional design tool which allows even a computer design novice to quickly master Computer Aided Design for the design of complex projects from furniture to houses, to pottery, to any place your imagination can take you. This course will teach the basics of the tool and allow members at course completion to be able to design fairly complex projects, with the help of tutorials. First time users will be excited to see their projects visible from every angle after only a few minutes of instruction.

George Sirois is a retired Information Technology executive from Otis Elevator, where he developed computer based manufacturing systems for use throughout North America. He introduced the PC to Otis and oversaw the proliferation of over 2000 PCs to their North American locations. With a BS in Marketing from UConn, he is now an avid amateur woodworker who enjoys designing and building wood projects using Google Sketchup.

SP10-134
American Comedy

4 Sessions – Fridays from 1:15 PM – 2:45 PM
 March 19, 26, April 9, 16
 Room #217

From silent films through films in the 20's, 30's, 40's, then on to television in the 50's through film and television today! Come smile and laugh – no demands!

Robert Blake has a BA from the University of Connecticut, an MS from Southern Connecticut State University and is a survivor of 34 years of teaching in the Waterbury school system, 28 years of them at Kennedy High School, and is still smiling and laughing all the way!

SP10-133
Dressing for a Lifestyle: Oh By the Way, What is That?

4 Sessions – Fridays from 1:15 PM – 2:45 PM
 April 23, 30, May 7, 14 (recommended book)
 Room #204

This course is geared for women and will focus on a positive way to know your body shape and the How, When, and Where to dress for your age, occasion, place, time of day, or time of year.

Ann C. Maily-Long has an A.A.S. degree in Fashion Buying and Merchandising from the Fashion Institute of Technology (SUNY) and has been a retail store manager and designer at stores such as Nordstrom, Chico's, Casual Corner, Bodytalk and Hayseed.





SP10-135 The Brain and Your Learning Styles

4 Sessions – Fridays from 1:15 PM – 2:45 PM
April 23, 30, May 7, 14
Room #207

Participants in this course will have the opportunity to discover their own preferred learning styles and intellectual strengths through a series of brief activities. Additional topics will include how the brain learns and strategies that can be employed to facilitate the learning process. The class will also explore what happens to learning and behavior when the brain malfunctions. Research relating to brain functioning and mental health issues will be discussed.

Barry Whalen is a retired school administrator and teacher with thirty six years of experience. He continues to work as a consultant with school systems. On the college level, he is an adjunct professor at Mercy College and a guest lecturer at New York Medical College. He has a BA in Philosophy; MA in the Social Sciences; CAS in School Administration; CAS in Special Education.

SP10-138 Drawing on the Right Side of the Brain

8 Sessions – Fridays from 10:00 AM to 11:30 AM
March 19, 26, April 9, 16, 23, 30, May 7, 14 (book)
Room #318

This course is designed to expand your powers of perception through drawing and the creative force of the imaginative side of your brain, to increase your visual awareness and develop a new mode of thinking.

Judy Jaworski has been teaching drawing and painting for over 40 years – at the YWCA, Naugatuck Adult Education, at Heritage Village, and the Naugatuck and Prospect Senior Centers. She studied at the Rhode Island School of Design. Judy has been listed in the Artists' Bank at the Connecticut Commission on the Arts and is a member of the Watertown Art League. Her paintings have been exhibited throughout Connecticut and are in numerous private and public collections. She is a returning OLLI presenter.

SP10-129 The Joy of Acting! Part II

8 Sessions – Fridays from 1:15 PM – 2:45 PM
March 19, 26, April 9, 16, 23, 30, May 7, 14
Room #102

This course is a natural progression from The Joy of Acting!, which was taught in fall, 2009. The improvisatory explorations that were enjoyed in the introductory class will be applied to scene study, directed readings, monologues, poems and stories. In this class, the focus will be the actor's relationship to the audience. Find your inner character and expand upon it through acting exercises, improvisation and scene study. Whether you are a bashful beginner or a thespian looking for a class, you can celebrate who you are through this fun, hands-on active exploration of the craft of acting!

Award winning actress **Aleta Staton** has many years of regional theater experience, acting and directing throughout the United States. She has taught theater to students of all ages. She recently toured in *Another Side of the Island*, an adaptation of Shakespeare's *Tempest*, developed by and featuring Oscar award winning actress Olympia Dukakis

in the title role. Aleta attended Wesleyan University where she earned a BA with high honors in Theater. She also earned a MA in Arts Administration from Goucher College in Baltimore, MD. **DaMone McCollum** is co-presenter.

SP10-111 20th Century Espionage – The Golden Age of Mayhem

8 Sessions – Fridays from 1:15 PM – 2:45 PM
March 19, 26, April 9, 16, 23, 30, May 7, 14
Room #203

The course sessions will follow chronological order from the escapades of the Ace of spies on to the Trust, an espionage scam. It passes to the kidnapping of White Russian émigrés abroad by the NKVD (Soviet Union's public and secret police during Stalinist era). During WW 2 the super coder Enigma is described followed by the Bodyguard of Lies which masked Overlord, code name of the D-Day landings. Red and Black orchestras give the exploits of two radically different spy rings. Finally the Cambridge 5 who played such a large role in the Cold War are introduced followed by descriptions of the rival security services: KGB and CIA.

After 45 years, **Dr. David Reed** retired from the practice of medicine. His interest since student days has been Russian and Eastern European History. He has visited Russia on several occasions and has recently completed a book, *The Czechoslovak Legion and the Russian Civil War* (unpublished). He is a returning OLLI presenter.

SP10-137 What, Me Aging? Passions and Transitions

8 Sessions – Fridays from 1:15 PM – 2:45 PM
March 19, 26, April 9, 16, 23, 30, May 7, 14
Room #326

Have you asked, "Who am I now? Who am I becoming?" Aging is a time to reawaken and redevelop the whole person. Moving from mid-life to beyond is a paradox of transition that awakens dormant passions. Living life fully as we age calls us to conscious involvement in integrating our inner and outer life, with all its joys and sorrows, into our own unique mind/body/spirit wholeness. Through discussions of our own life stories, readings and contemplative listening, participants will learn ways to reframe and rediscover ourselves to ultimately live more fully.

A returning OLLI presenter, **Sandra Noel** also teaches **Memories, Memories..Let Your Life Speak!**

SP10-122 A Magical Mystery Tour of the Mathematics in Our Midst

8 Sessions – Fridays from 1:15 PM – 2:45 PM
March 19, 26, April 9, 16, 23, 30, May 7, 14
Room #324

No math skills required! Let's take a tour through nature, architecture, finance and more to examine the beauty and wonder of mathematics. Sit back and explore the "sacred geometry" of Washington, D.C., the symmetry of nature and exponential growth/decay, and other interesting ways that math works its way into our daily lives. Students from Waterbury Arts Magnet School will assist OLLI members.

A Waterbury native, **Rosalie Griffin** received a BA in Mathematics from Albertus Magnus College and an MALS from Wesleyan University. She taught mathematics for 35 years at Crosby High School in Waterbury and presently serves as an adjunct instructor at Naugatuck Valley Community College. A returning OLLI presenter, Rosalie has provided professional development for teachers as a consultant for the Connecticut Academy of Education in Math and Science.

SP10-105 Food for Life! Nutrition and Cooking

8 Sessions – Fridays from 1:15 PM – 3:00 PM
March 19, 26, April 9, 16, 23, 30, May 7, 14 (recommended book)
Room #119 * Please note: the fee for this 8-week course is \$50

The classes introduce cancer-related nutrition topics via video, with Neal Barnard, MD. See live recipe demonstrations that are high in fiber, low-fat, and loaded with nutrients, antioxidants and phytochemicals. Enjoy naturally delicious food samples that are gluten-free (or easily adaptable) and heart healthy. Topics also help promote a healthy weight and may help in the prevention and survival of Type 2 diabetes and heart disease. Many food items are donated by *New Morning Natural and Organic*, Woodbury, and a food shopping tour of a store is included. Classes are sponsored by The Cancer Project, www.cancerproject.org.

Jane Sirignano has been a Cancer Project cooking instructor for four years, and has taught OLLI classes since the inaugural session. She has a diploma in nutrition and has managed a natural foods store. Her knowledge, passion and enthusiasm from 35 years of experience with natural foods will inspire and motivate you!

SP10-109 More Queens and Then Some: Women of Power in History

March 19, 26, April 9, 16, 23, 30, May 7, 14
8 Sessions – Fridays from 1:15 PM – 2:45 PM
Room #333

This course will focus on the lives of Athena, Cleopatra, Boudicca, Guinevere, Queen Elizabeth II, Indira Gandhi, Golda Meir, and Madame Chiang Kai-Shek. Discussion will center on the source of their power, their successes or failures, their legacies and history (and men's opinions of them.)

Penny O'Connell is also the presenter for **American History Continued: 1841 to 1865**.



SP10-107 Spirit, Religion and Health in Traditional Chinese Medicine

8 Sessions – Fridays from 1:15 PM – 2:45 PM
March 19, 26, April 9, 16, 23, 30, May 7, 14
Room #327

Our scientific technological form of medicine does not give much emphasis to Spirit as being a factor in the maintenance or recovery of the individual's health, even though many of us have been or are associated with a religion that speaks of Spirit. Is there a relationship between Spirit, religion and health? What is Spirit? Is it a factor in recovering from an illness? This course will explore those questions while discussing the principles of traditional Chinese Medicine, whose foundation is based on Spirit.

William Courtland is a teacher, lecturer and workshop facilitator who researches Chinese Medical theory and its mind-body relationship. He is currently a faculty member at the Connecticut Center for Massage Therapy in Westport and Newington, where he teaches Acupressure and the theory of Traditional Chinese Medicine. William is a returning OLLI presenter.

3:00 PM – 4:30 PM

SP10-101 Introduction to the Internet

4 Sessions – Fridays from 3:00 – 4:30 PM
March 19, 26, April 9, 16
Room #224

Learn to navigate and explore the world-wide web. Members will gain an understanding of how the Internet works by perusing several websites to learn how "hits" are organized and how to refine searches using a search engine. Security issues of online banking and paying by credit card along with malicious viruses will be explained with illustrations. Buying airline tickets online and the best sites to check, along with finding great rates for a hotel will also be covered. Basic computer skills are required.

Sandra Rampertab is a Reference Librarian at the Silas Bronson Library in Waterbury, where she manages the website, teaches computer classes and purchases books for the library. She also teaches computer classes for the towns of Farmington, West Hartford and Plainville. She has a Masters in Library and Information Science (MLS) and has taken a number of courses in web design and other current software applications. She is a returning OLLI presenter.

SP10-121

Elder Tales: Stories of the Second Half of Life

4 Sessions – Fridays from 3:00 PM – 4:30 PM
March 19, 26, April 9, 16
Room #204

Fairy tales as we know them tend to have child protagonists; to wit Hansel and Gretel, Cinderella, Rapunzel – all stories of young people at the beginnings of their life journeys. Not surprisingly, our culture does not have a wealth of tales which highlight the role of elders in community. This course will explore fairy tales and folklore from around the globe and will focus on the beautiful wisdom and teachings gleaned from the second half of life. Informed by the deep psychological teachings of C.G. Jung, this course will explore elder tales from cultures around the world.

After a 25-year career as a Physician Assistant, **Carol Rizzolo** is now pursuing her doctorate in Mythological Studies with an emphasis in Depth Psychology. She is a returning OLLI presenter.

SP10-132

Feng Shui: Sifting Fortune, Shifting Fate...It's in Your Hands!

4 Sessions – Fridays from 3:00 PM – 4:30 PM
April 23, 30, May 7, 14
Room #204

Feng Shui is an ancient 5,000 year old Chinese discipline which teaches awareness of powerful currents of invisible energy or life force (Chi) flowing all around us and through us, giving form to all that exists in the universe. This energy can be destructive or nurturing, depending on how one is accessing it and aligning oneself to it through environmental cues. Feng Shui teaches us how to do this. Learn the fundamentals of Feng Shui, including Chinese teachings and constructively use that information to transform the environment around us and quality of life.

JoAnn DeNardis received a BA from the University of Connecticut and went on to pursue studies in metaphysics which contributed to developing a successful private practice utilizing a unique, synergistic integration of principles, disciplines, and experience. She conducts personal consultations, individual and group workshops and seminars, and has a certification in Feng Shui from Lillian Too.

SP10-131

Bridge, Part II

6 Sessions – Fridays from 3:00 PM – 4:30 PM
April 9, 16, 23, 30, May 7, 14
Room #102

This course is geared for those who have some familiarity with the game. It will be a review of the basics, moving forward to include bidding, slam, asking for Aces, pre-emptive hands, defense strategy. Members must be fully committed and attend all classes.

Joyce McMillan is a bridge aficionado who is personally dedicated to the survival of the game of bridge! She earned a BA in English Literature from the College of St. Elizabeth in Convent Station, NJ where she edited the college newspaper. She has a background in teaching, journalism, retail sales and business ownership. She is very active in charity work with the Calvanese Foundation and Southington Community Services, and previously with the Waterbury Symphony Orchestra Women's Group. A returning OLLI presenter, she will also teach Bridge during the summer session.

SP10-136

Journey Through the Lifespan: a unique, personalized, psychosocial study of the stages of life from infancy to old age.

8 Sessions – Fridays from 3:00 PM – 4:30 PM
March 19, 26, April 9, 16, 23, 30, May 7, 14
Room #203

This course is based upon a popular Human Development and Family Studies (HDFS) undergraduate course. Class discussions will cover stages of human development, infancy and toddlerhood to old age. The framework of the course will be based primarily on the theories of Erik Erikson and Jean Piaget, and others. Through class discussions students will incorporate personal experiences, relevant news and current events, and selected media clips in order to examine their own "psycho-historical perspective" on lifespan development.

Cynthia Van Fleet received both her BA and Master's from UConn. She is currently in her 31st year as a Family & Consumer Science Teacher at Platt High School in Meriden. For the past six years, Cindy has also been an Early College Experience (ECE) instructor through UConn and teaches two courses to high school juniors and seniors. She has been an Adjunct Instructor at the Waterbury campus the past two summers.

SP10-119

Sculpting the Poem: The Craft and Technique of Poem Writing

8 Sessions – Fridays from 3:00 PM – 4:30 PM
March 19, 26, April 9, 16, 23, 30, May 7, 14
Room #217

One can think of a poem as a block of clay. What do I need to keep? What can be chipped away? A good writing exercise can facilitate the breaking of new ground for the beginning writer, who may be intimidated by that blank piece of paper, and for the more advanced writer, who may also be intimidated by the same – as all of us are from time to time. Writing exercises will be used as spring boards to engage, challenge and stimulate participants into creating first drafts and then finished poems. Life experience is the only requirement.

Sandra Bishop Ebner works as a psychiatric case manager for a Visiting Nurse Service. She has studied with the poets Sharon Olds, Galway Kinnell and Honor Moore. She teaches poetry to 7th graders under a grant-funded program and has done workshops at Wisdom House, SBA Foundation, for high risk teens, talented and gifted programs and was on the 1994 Connecticut Poetry Slam Team. Her work has been published in literary journals and her first book, *The Space Between* was published in 2000.



SUMMER SESSION

SU10-207

Making Peace With Bees

4 Sessions from 10:15 AM – 11:45 AM
Wednesdays, June 2, 9, 16, 23
Room # 204

Learn about the industrious little honeybees (and other bees) so you can avoid getting stung. Learn about the anatomy of the honeybee, the biography of the honeybee and the workings in the beehive. Dead bees will be viewed, along with charts and other visual materials to help understand and respect bees. CCD (colony collapse disorder) and other diseases in bee colonies will be discussed and different honeys made from the nectar of various flowers will be tasted.

A returning OLLI presenter, **Kathy Olson** taught this course in the spring.

SU10-200

Oh What a State We're In

6 Sessions from 10:15 AM – 11:45 AM
Tuesdays, June 1, 29 – classroom
Wednesdays, June 2, 9, 16, 23 – trips
Room # 203

The group will car pool to four famous and historic Connecticut sites – Mystic Seaport and Aquarium, the Submarine Museum and USS Nautilus in Groton, a tour of the State Office Building and Capitol, and a fourth site chosen by the class during the first session. The first Tuesday class will determine the itinerary, the next three Wednesdays will be trips and the



last Tuesday class will include a discussion of the significance of the sites. Entrance fees in Mystic and Groton as well as lunch in all locations are the responsibility of each enrollee. Invited guest speakers may include an expert on Connecticut culture and tourism.

Richard J. Kupstis is a retired high school art teacher and artist/craftsman who makes pottery and sculpture. He is a life member of Gallery 53 (Meriden Arts & Crafts Association) and a key member of Wesleyan Potters in Middletown since 1980. He is a past president of both organizations. A returning OLLI presenter, he has a BA in Sociology from UConn and a MSS in American History from CCSC as well as cross-certification in both social studies and art.

SU10-203

Pathway to American Empire

4 Sessions from 10:15 AM – 11:45 AM
Thursdays, June 3, 10, 17, 24
Room # 210

From the slim grasp on the Atlantic seaboard in colonial times to the mighty empire position reached in Iraq, America has moved along a "manifest destiny" pathway of expansion. An examination of the economic and political forces in the conquest of the Indians, the wars with Mexico and Spain, the taking of Hawaii and Panama and the great triumph over Nazism and Communism will illuminate America's rise to the place once held by Rome and Great Britain.



10:15 AM – 11:45 AM

SU10-204

Writing As Transformative Art

4 Sessions – Tuesdays from 10:15 AM – 11:45 AM
June 1, 8, 15, 22 (recommended book)
Room #210

This creative writing course is designed to allow members to write freely whatever is important to them in order to discover themselves in a special way. Participants will read short models of such writing and then use free writing, meditation and creative writing techniques to help them to express themselves in memoirs, stories and poems. The healing result of this process can result in understanding, playfulness and often joy.

Dorothy Sterpka is a teacher, writer and volunteer social worker. She taught English for over 30 years at UConn Hartford and now teaches at CCSU. She received an MSW from the UConn School of Social Work in 1999 and works with children and older adults. Dorothy is especially interested in the healing power of art and continues to attend seminars in art therapy, studying poetry as therapy and psychodrama.

Leon Bock earned a BSS from New York City College, and a MA and EdD from Columbia University. His educational career has taken him from teaching at the high school and college level, to the positions of High School Principal and Superintendent of Schools. He is currently a education administration consultant.

12:00 PM – 1:30 PM

SU10-205
The Tone Deaf Fallacy

4 Sessions – Tuesdays from 12:00 PM – 1:30 PM
June 1, 8, 15, 22
Room # 217

Have you been told “you can’t carry a tune in a bucket”—that you’re “tone deaf”? This painful message is most likely not true—tone deafness is a rare condition. Members will identify and release early experiences that led to this label. They will engage their ears in deep listening and experience the

vibration and sound of resonating with a tone. Exercises will lead to the gentle acceptance of our own voices and the joy of singing simple songs together. No special voice quality or prior music experience is necessary.

Julie Cook is a returning OLLI presenter and taught **Music for Fun and Well Being** in the spring session.

SU10-208
Masterpieces of 20th Century Art: A Sampling

4 Sessions – Thursdays from 12:00 PM – 1:30 PM
June 3, 10, 17, 24
Room # 217

Enjoy a visual sampling of 20th century art by viewing portions of videos and examples of works of art. From the works of American artists Edward Hopper and Jackson Pollock, to an in-depth analysis of Picasso’s *Guernica*,

followed by a look at Maya Lin’s *Vietnam Veteran’s War Memorial*. On to the versatile and innovative English painter, David Hockney, and lastly, some powerful art and stone sculptures from Zimbabwe.

Sonja Osborn was born and educated in South Africa. She received a BA in Fine Arts and a Diploma in Education from University of Cape Town. She has taught in Zimbabwe and worked for Penguin Books in London. While living in Connecticut she was a docent at the Yale Center for British Art and gave tours of the permanent collection and special exhibitions. She also taught Art History at Westover School in Middlebury, CT and led school tours to Italy, Greece, France, Britain & the Soviet Union. She is a returning OLLI presenter

SU10-201
Food to Live For! Nutrition and Cooking*

5 sessions - Tuesdays, Wednesdays and Thursdays from 12:00 PM – 1:30 PM
June 2, 8, 10, 16, 23
Shopping tour in addition to class on June 16
Room #119

* Please note: the fee for this course is \$40

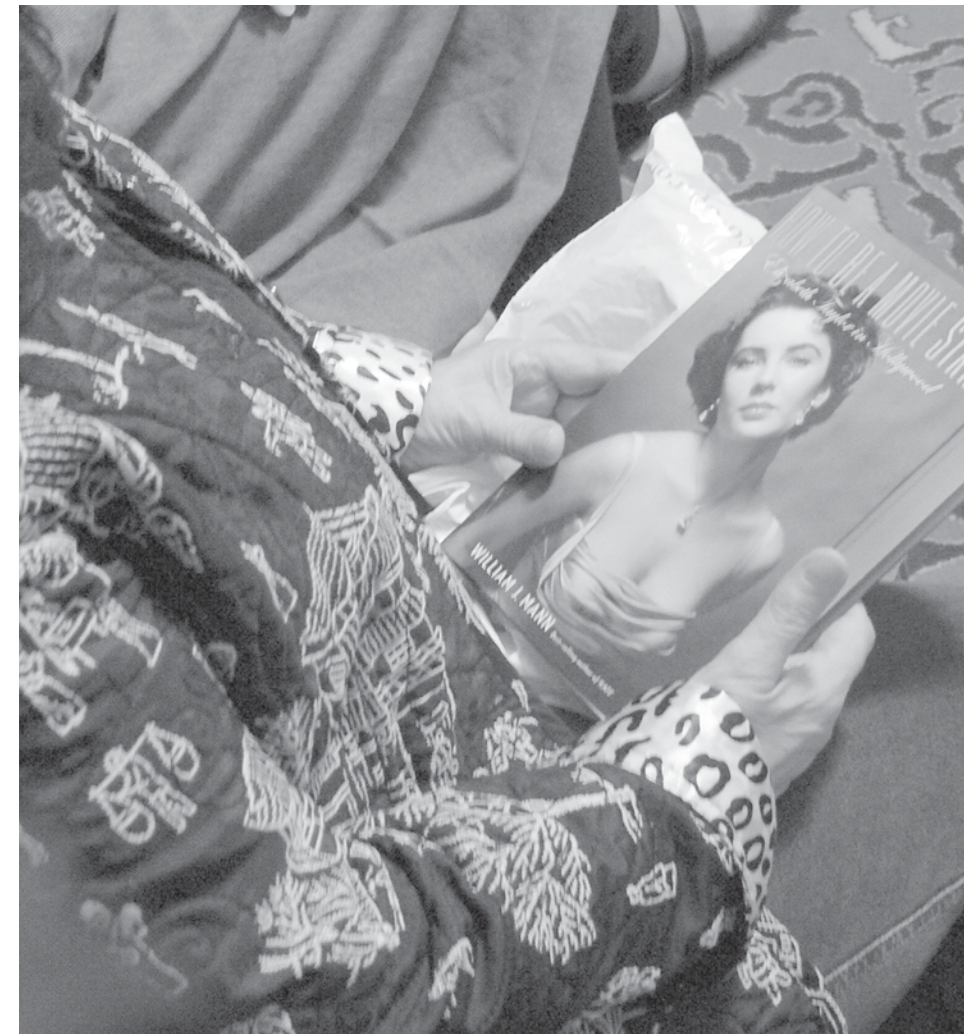
Simple recipes that could save your life! Learn how to eat healthy, improve the quality of your life, and live longer. Class topics include protein whole grains, phytochemicals, and label reading the healthy way. See live recipe demonstrations featuring foods you’ve never tried and will learn to like. Enjoy naturally delicious food samples that are heart-healthy, gluten-free, dairy-free and meatless. A food shopping tour at a Stop & Shop supermarket will open your eyes!

Jane Sirignano is a returning OLLI presenter and taught **Food for Life! Nutrition and Cooking** in the spring session.

SU10-210
SOFA Are You Fiscally Fit?

4 Sessions – Thursdays from 12:00 PM – 1:30 PM
June 3, 10, 17, 24
Room #218

Learn about cash management, having a financial blueprint, when and how to deal with stock and stock options, holding on to



1:45 PM – 3:15 PM

SU10-206
Bridge, Part III

4 Sessions – Tuesdays from 1:45 PM – 3:15 PM
June 1, 8, 15, 22
Room #102

Final challenge for beginners – emphasizing the play of hands, bidding and offense and defense – along with lots of fun! Let’s keep the game of Bridge alive! Members must be fully committed and attend all classes.

A returning OLLI presenter, **Joyce McMillan** taught **Bridge, Part II** in the spring session.

your retirement plan, allocating your assets and maintaining your portfolio, along with estate planning strategies. This four-part session will help participants manage their finances, plan for the future and even discover new ways to manage retirement income.

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* and is the SOFA (Society for Financial Awareness) Connecticut Chapter President.

SU10-209
¿Habla Español? Conversational Spanish for Beginners

4 Sessions – Thursdays from 1:45 PM – 3:15 PM
June 3, 10, 17, 24
Room # 217

No books, no notes, no grammar, just a few props and some key words and phrases will get you on your way to speaking Spanish. The class will focus on brief conversations and will build your vocabulary as you go along. Extensive class participation and no experience with languages expected, just enthusiasm.

Shelley Roseman is a native Spanish speaker who was brought up in a multi-lingual home and has taught conversational Spanish to adults in a Berlitz-style setting. She has taught high school French in a previous life and is currently the Library Director at UConn Waterbury.

SU10-202
Raising the Roof: The Styles of Western Architecture

6 Sessions – Wednesdays and Thursdays from 1:45 PM – 3:15 PM
June 2, 3, 9, 10, 16, 17
Room # 210

The course will present a brief analysis of selected architectural examples from ancient, medieval, renaissance, baroque and early modern eras in Europe and America. Participants will see how architects satisfied patrons’ aims and religious and social ideas, used available techniques, and fit the buildings into their contexts, showing photos of some buildings in Waterbury that use elements from these traditions.

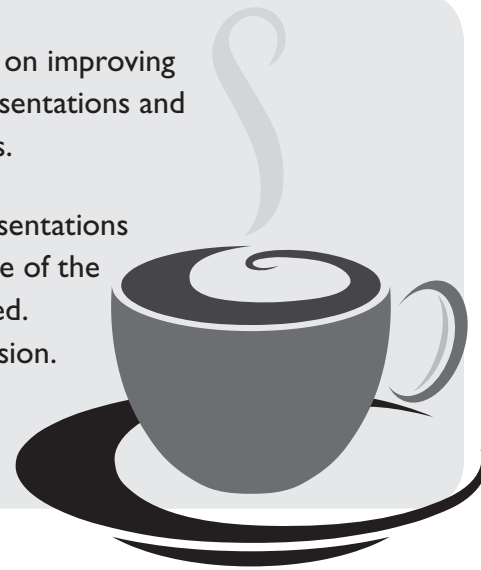
Virginia Bush attended Wellesley College, received her PhD from Columbia University, and is a Fellow of the American Academy in Rome. She has taught in New York, New Jersey and Connecticut, and has authored articles on Italian Renaissance art history and modern art. She has worked in art galleries and arts administration. Her travels throughout the U.S. and Europe have resulted in a collection of about 30,000 art images. She is a returning OLLI presenter.

“This class really helps you to relax and be less intimidated by the current technology.”

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 #119 • 11:30 – 12:00 Lunch • 12:00 – 1:00 Speaker Presentation



MARCH 19, 2010

Fighting Back: A Story of Courage in the Face of Adversity and Determination in the Face of Doubt

At times both chilling and uplifting, Donna's story of her sexual assault, the fight to be believed by the police, and the 14 years it took to solve the crime will leave audiences moved and inspired. Hear the steps she took in deciding how to fight back, and the reason for her decision to come forward. An advocacy for victims of sexual assault, this message should be heard by everyone who cares about creating a safer and better community.

Donna Palomba's decision to come forward to break the social stigmas associated with misunderstood crime and to help other victims eventually became Jane Doe No More Inc. Crime is an unfortunate reality in today's society and Donna was unprepared for what lay ahead after the attack as is the case with most victims. Mistreated by the very system put in place to "protect and serve" the innocent, she fought to make it right, believing we learn from our challenges. Donna is a survivor who has gone on to have a wonderful life both personally and professionally and looks forward to a bright future.

MARCH 26, 2010

We're Still Here: The Native American Communities in Western Connecticut

Connecticut's indigenous communities have long, rich histories that extend back to when

they shared Mother Earth with mastodons and other extinct animals. The story of their evolution into complex tribal societies with sophisticated social and political traditions is still being written. Though ravaged by European diseases, war, land losses, poverty, and discrimination, Native American peoples adapted to their constantly changing social landscapes through a series of survival strategies. Their communities remain a vibrant part of Connecticut life today.

Lucianne Lavin is currently Director of Research & Collections at the Institute for American Indian Studies, a research museum and educational center in Washington, CT, dedicated to the preservation and study of Native American histories and cultures. An archaeologist with over 30 years of research and field experience, she is a member of the state's Native American Heritage Advisory



Council, an editor of over 100 publications, and holds an MA and PhD in anthropology from New York University.

APRIL 9, 2010

Living the Sweet Life: Tales from an Award-Winning Bakery

Sweet Maria shares her story – and samples – of following her passion into a successful business. If you're interested in how to start your own business or how to get a cookbook published, Maria will discuss her personal experience in these areas.

Maria Bruscano Sanchez is a Waterbury native who left the corporate world to open Sweet Maria's bakery in 1990. She is also a frequent contributor to Intermezzo magazine and is the author of five cookbooks.

APRIL 16, 2010

Comic Books and Cartoon Strips – A Window on America's Changing Society

This visual discussion gives an overview of how comics have provided a mirror of America's values over the last 100 years. Enjoy a rendezvous with your old time favorites, Captain Marvel and Betty Boop.

Professor William H. Foster III has been a writer since the age of eight and published since age eleven. A poet, essayist, playwright, and editorialist, he has written thirteen books and ten plays and has been a long-time comic book collector and researcher. Currently a professor of English at Naugatuck Valley Community College, he was previously a commentator for both CNN News and National Public Radio.

APRIL 23, 2010

Handwriting Analysis – What Does Your Handwriting Reveal?

Handwriting analysis is a science which deals with the writer's past and present growth, indicating one's potential. The history of handwriting analysis has been around since Aristotle, from the third century B.C. Handwriting reveals basic personality characteristics through letter formation – size, shape, form and slants.

David DeWitt is a board certified graphologist and a member of the National Association for Graphology, and is a retired Nationwide Insurance agent. David has been analyzing handwriting since 1960 – for personal, business and educational purposes. Come hear what your handwriting reveals about you!

APRIL 30, 2010

One Person Can Make a Difference – the Adventures of the Backpackin' Granny

While in Ghana, this ambitious woman helped create water filters to provide clean water; provide books for libraries in communities where no library previously existed; bring in supplies such as bicycles, wheelchairs, walkers, crutches, school furniture, books, clothing and medical supplies. She helped raise funds for motivational ceremonies, is currently building kindergarten classrooms helping to motivate children to learn.



A resident of West Hartford, **Marla Ludwig** is a single mom of three grown sons and worked for many years as a Mainframe Systems Programmer. She is the Founder and Director of Bright Star Vision, a grassroots organization born as a result of her solo backpacking adventure in 2005, calling herself Backpackin' Granny. Since then, she has been to Ghana five times and is now committed to completing the construction of the Bright Star Kindergarten in Dalive Village.

MAY 7, 2010

The Hitchcock Chair

Hear the fascinating history of chair making and the story of American innovator, Lambert Hitchcock. Span through the lives of the Hitchcock Chair Company and the battle between history and business.

Rick Swenson has worked for over thirty years as a furniture maker and antique restorer. For the last six years, Still River Antiques has specialized in the restoration and preservation of Hitchcock furniture. Rick's passion is history and he considers himself a proud furniture geek.

MAY 14, 2010

OLLI Appreciation Day

OLLI Café today is the OLLI Appreciation Event to honor OLLI presenters. Please come and support the dedication and volunteerism of our presenters!

"The instructor is absolutely wonderful. Her passion shows she is patient and made all of us feel like dancers."

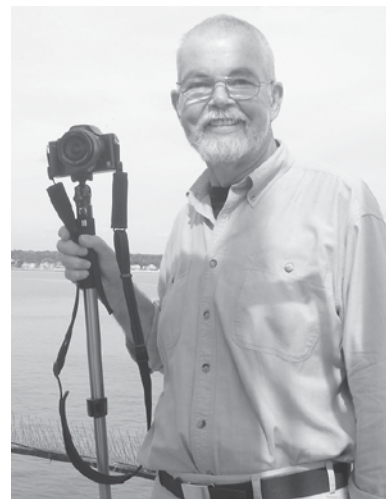
Enjoy spring day trips with OLLI members planned by the Travel Committee. If you have suggestions for future trips, you can leave them in the OLLI Suggestion boxes at either Information table addressed to the Travel Committee. See "Some Facts for OLLI Travelers" below. Join us for OLLI Travel and learn about new and old places waiting to be explored! See Registration form to sign up for these trips.



The Florence Griswold Museum and the Old Lyme Inn

Price: \$60 – separate check to OLLI at UConn (includes bus transportation, admission to Museum and lunch)
 Wednesday, May 26, 2010
 Bus leaves Waterbury at 8:30 AM – Arrives back at 4:00 PM (from Hamilton Avenue Commuter Parking Lot)

The Florence Griswold Museum in Old Lyme, Connecticut is the heart of America's best known Impressionist art colony. View the beautiful grounds, the gardens and the renowned Hartford Steam Boiler Collection. Following the tour, members will dine at the beautiful Old Lyme Inn for a truly memorable occasion.



Historic Hyde Park – the Roosevelt Residence in the Hudson River Valley

Price: \$50 – separate check to OLLI at UConn (includes bus transportation, admission to Residence, Library, Museum, Gift Shop and lunch)
 Thursday, April 15, 2010
 Bus leaves Waterbury at 8:30 AM – Arrives back at 5:30 PM (from Hamilton Avenue Commuter Parking Lot)

Enjoy a trip to the Hudson River Valley where the national Parks Department will provide a tour of Franklin Delano Roosevelt's historic birthplace, home, Presidential Library, and Museum, also to include Val-Kill, the country cottage of Eleanor Roosevelt. Turn American history into a firsthand experience. Between tours, members will dine at the Hyde Park Brewing Company Restaurant.



Photo Courtesy of W.D. Urbin

Trips are open to current OLLI members. All travel fees must be paid when submitting annual membership/course fees with registration form. Availability will be on a first come, first served basis. If extra bus seats become available, non-OLLI members (on waiting list) will be allowed to register at an additional fee to be determined per trip. **All pre-travel forms, parking/directions, and trip information will be sent with verification of your trip. Once completed and signed, forms must be returned at least one week before the date of the trip. Please make separate checks for each trip, writing the name of the 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. Trip fees are non-refundable.**

Some Facts for OLLI Travelers

Please register for these events on membership registration form.

THE OLLI ROUNDTABLE

Black Politics: Past, Present, and Future

THIS EVEN IS PART OF THE WATERBURY CITYWIDE CELEBRATION OF BLACK HISTORY MONTH.

UConn Waterbury, Multipurpose Room
 Thursday, February 25, 2010
 7:00 – 9:00 PM, with reception following the event.

The OLLI Roundtable is a periodic forum for the discussion of current domestic and global events and topics that have impacted our world, our nation, our state, and our local communities. Usually presented in moderated panel format, guest speakers will debate issues in a way that is expected to be interesting and thought provoking.

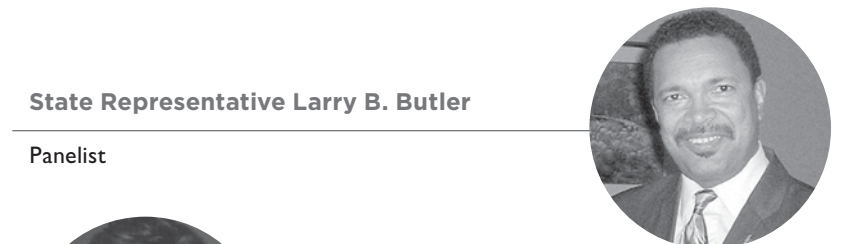


Moderator
William R. Dyson, Former State Representative

William A. O'Neill Endowed Chair in Public Policy and Practical Politics



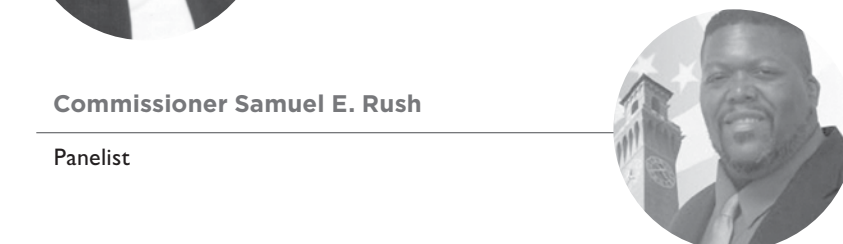
Alderman Cicero B. Booker
 Panelist



State Representative Larry B. Butler
 Panelist



Alderwoman Joyce Hall-Petteway
 Panelist



Commissioner Samuel E. Rush
 Panelist

SOCIETY FOR FINANCIAL AFFAIRS



Women Approaching Retirement and Beyond

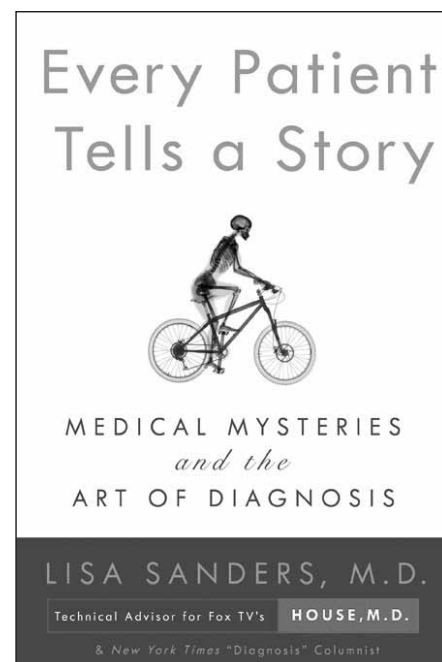
Monday, June 21, 12:00 – 1:30 PM

If you are a woman approaching retirement or are already there, learn about retirement planning, estate planning, how to manage your finances, and the benefits of life insurance and long term care insurance— whether you are married, divorced or widowed.

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* and is the SOFA (Society for Financial Awareness) Connecticut Chapter President.

AUTHOR TALK

Every Patient Tells a Story



Monday, June 7, 2010
1:30 PM – Multipurpose Room
Light refreshments will be served.

At the heart of every doctor patient encounter lies a mystery, a puzzle. The solution is the diagnosis. The most important tool a doctor has in solving that mystery is the patient and his story. And yet this invaluable tool is undervalued by both the doctor and the patient. Why is this so? And how can we fix it? Doctor and writer Lisa Sanders will try to answer these questions and provide some guidance on how the patient can help the doctor get what he needs to solve the puzzle.

Go into the trenches – exploring the mystery of medical diagnosis. It can be a messy process, filled with red herrings, false leads, and dead ends, and yet, despite the difficulty, the answer is often reached, and lives are saved. Dr. Sanders is able to translate the intricacies of medical science and technology into stories that the reader can understand and enjoy.

Lisa Sanders M.D. is the author of the popular New York Times Magazine “Diagnosis” column, and the inspiration for the hit TV series, “House M.D.” Her book, *Every Patient Tells a Story: Medical Mysteries and the Art of Diagnosis*, was published in August, 2009. A board-certified internist, Dr. Sanders was educated and trained at Yale School of Medicine and remains on the faculty there teaching medical students and residents. She was an Emmy award-winning producer at CBS News and currently lives in New Haven with her husband and two daughters.

UConn WATERBURY RESEARCH LECTURE SERIES

Parking in the UConn Parking Garage on days **other than Friday** is limited to degree-seeking students, faculty, and staff. Please use alternative street level or municipal parking.

Solutions to Resolving Poverty in Community – a Class Analysis

Wednesday, February 3, 2010
12:45 PM – 1:45 PM, Room #333

People need Social Capital in order to get out of poverty. Oftentimes, communities offer countless social services programs to end poverty, with minimal results. By understanding the difference between mental models of those in poverty, middle class, and wealth, a community can really learn what it takes for impoverished people to become self-sufficient and to get ahead. The presentation will include a description of the National Circles™ Campaign, Waterbury’s experience with the campaign and what we can learn about class.

Lacey Byrne is the Circles Facilitator for the Circles™ Initiative in Waterbury and has been working to end poverty in Waterbury for over five years. Lacey teaches Women’s Studies for the UConn Torrington campus and has also taught Urban Studies at the UConn Waterbury campus.

Service Learning: A Field Guide

Tuesday, March 16, 2010
12:45 PM – 2:00 PM, Room #333

Come and learn about how UConn Waterbury professors – along with the collaboration of their students – are engaging in exciting fieldwork in the local community. Hear about the many projects that service learning can entail, along with some of our success stories so far. Student work in the field is good for both the community and for student learning outcomes back in the classroom. Faculty, staff, students, and community, please come not just to listen, but also to share your ideas on how UConn, through its classrooms, can be a good community partner.

A few UConn Waterbury faculty members presenting this lecture are **Dr. Ruth Glasser**, Lecturer and Coordinator of Urban and Community Studies; **Dr. Laura Donorfio**, Assistant Professor, Department of Human Development and Family Studies and **Dr. Paula Philbrick**, Lecturer, Ecology and Evolutionary Biology.

Current Practices in Stem Cell Research

Wednesday, April 14, 2010
12:45 PM – 1:45 PM, Room #333

Stem cells have the potential to be an important resource for the treatment of disease and injury. As a result, laboratories around the world are working to make this science a clinical reality. In this seminar, we will discuss how the field of stem cell research has progressed in the past 20 years, and where we anticipate this field of research will lead us in the near future.

Betty R. Lawton, PhD, is a Postdoctoral Researcher at the UConn Center for Regenerative Biology in Storrs in the laboratory of Dr. David Goldhamer. She has spent the past three years working on methodologies to turn embryonic stem cells into cell types that can be used to treat muscle related diseases such as Muscular Dystrophy. She will provide an update on the current status of stem cell research and its promise for the treatment for medical disorders.

OLLI BOOK DISCUSSION

The Big Read is an initiative of the National Endowment for the Arts in partnership with the Institute of Museum and Library Services and Arts Midwest. The Silas Bronson Library, Mattatuck Museum, and numerous other organizations in the Waterbury region are also supporting this initiative. To learn more about The Big Read and other local events, visit www.NEABigRead.org.

Big Read Book Discussion of “A Lesson Before Dying” by Ernest Gaines

Dr. Mark Schenker, Associate Dean, Yale University

Tuesday, May 11, 2010, 4:00 PM
UConn Waterbury Multipurpose Room
Light refreshments will be served.

Dr. Mark Schenker is returning to OLLI as a book discussion leader for the fourth time! OLLI is proud to be associated with Dr. Schenker, who is considered to be among the best book discussion leaders in the state and the region. He is currently an Associate Dean of Yale College and Dean of Academic Affairs. He received his PhD from Columbia University in Victorian Literature. He has led book discussion series in public libraries and other venues in Connecticut for over 20 years through programs sponsored by the Connecticut Humanities Council.



UConn CREATIVE SUSTENANCE



Thursday, April 8, 2010, 7:00 PM
Multipurpose Room – ADMISSION: CANNED OR NON PERISHABLE FOOD ITEM

UConn Waterbury’s third annual Creative Sustenance will feature poetry and dramatic readings by writers from the UConn community. The event is intended to raise awareness of hunger and poverty in the area. Attendees are asked to bring canned and non-perishable food items which will be donated to Greater Waterbury Interfaith Ministries, a nonprofit organization that provides 225 meals daily to Waterbury’s neediest residents.

Faculty, students, and OLLI members will read from their works. Frank Thomas, Ph.D., UConn Adjunct Professor of English will read some of his occasional poems, poetry reflecting on the lives of friends and family members, including his granddaughter Becky. *Little Pillows*, a one act play by UConn Professor Robert Tilton, will be presented as a staged reading. Adam Alexander, who has appeared as both a singer and an actor at Carnegie Hall and at Lincoln Center, will be featured in this comedy of mistaken identities, set in an Italian restaurant, that promises to keep you laughing.

OLLI members will read poetry written in OLLI creative writing courses and undergraduate students will be reading their prize-winning work. Tom Dulack, English Professor at UConn and award-winning playwright and director, will return for his third year to stage and produce Creative Sustenance.

Creative Sustenance is being organized and hosted by Ellen Carillo, Assistant Professor of English and Writing Coordinator, and is sponsored by OLLI, the Freshman English Program, the Creative Writing Program, and the Aetna Chair of Writing. Please come to support the arts and those in need in the Waterbury community.



THE PALACE THEATER



Photo courtesy of Louis Belloisy

Your Palace, Your Place...for the Best in Entertainment

Show your OLLI membership card at the box office or call 203-346-2000.

Oh What A Night of Doo-Wop & Rock 'N Roll

Presented by LAR

Saturday, April 10, 8:00 PM at the Palace Theater

Remember when Saturday night was date night? Well grab your sweetheart and travel back in time to the 50s and 60s for *Oh What A Night of Doo-Wop & Rock 'N Roll*.

The Palace is rolling back the price to \$35 a ticket (just for OLLI members) and even setting up a soda fountain for a night to remember! We're saving seats for OLLIs in the lower orchestra (at the upper mezzanine price). Now that's a bargain!



Enjoy hearing Fred Parris perform *In The Still Of The Night* – which is perhaps the most famous Doo Wop song of all time. Generations of people have grown up listening to Shirley Alston Reeves, the original lead singer of The Shirelles and her songs, *Will You Still Love Me Tomorrow* and *Dedicated to the One I Love*. The evening of Doo-Wop & Rock 'N Roll will also include Emil Stucchio & The Classics (*Till Then*), The Cletones (*Heart And Soul*), John Kuse & The Excellents (*Coney Island Baby*), and the 14-year old singing sensation, Kid Kyle.

For more great Palace Theater shows, go to palacetheaterct.org and remember the Senior discount on Fridays only between 10:00 AM and 2:00 PM. Special offers may not be combined with other discounts or promotional offers. Fees excluded from discounts.



CONNECTICUT DANCE THEATRE



During Spring of 2010, Connecticut Dance Theatre will offer OLLI members a 10% discount on all dance and yoga classes. Connecticut Dance Theatre recently celebrated its 20th anniversary as a non-profit Arts organization.



Donna Bonasera

For all CDT events, contact Donna Bonasera at CDTstudio, 860-274-0004 or email: ctdance523@aol.com

WATERBURY SYMPHONY ORCHESTRA



OLLI members will receive a 20% discount. See contact information below.

Enigmatic

Saturday, May 8, 2010 – 8 PM

Naugatuck Valley Community College, Fine Arts Center

Enjoy the music of Tchaikovsky, Salinas and Elgar. Featuring guest artists: Carlos Boltes and Scott Hill, with flutist, Jessica Warren Acosta.

Call: 203-574-4283 or visit: waterburysymphony.org



Photo courtesy of Danielle Way, Rogue Studios

Dance!

Saturday, March 20, 2010 – 8 PM

At the Palace Theater

A community celebration of music's power to inspire movement. The concert features piano soloist, William Braun, the Woodbury Ballet company and other talented guest artists.

Call: 203-346-2000, or visit: palacetheaterct.org

OLLI AT UCONN OFFERS THE AARP DRIVER SAFETY COURSE



On today's challenging roadways, we need to be able to adapt quickly to the demands imposed by changing traffic patterns, more cars and 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 increasingly challenging driving environment and also receive a thorough review of 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.

Fridays, March 5 and 12, 2010	9:00 AM – 1:00 PM
Wednesdays, May 19 and 26, 2010	4:00PM – 8:00 PM
Wednesdays, August 4 and 11, 2010	4:00 PM – 8:00 PM

Registration and Cost

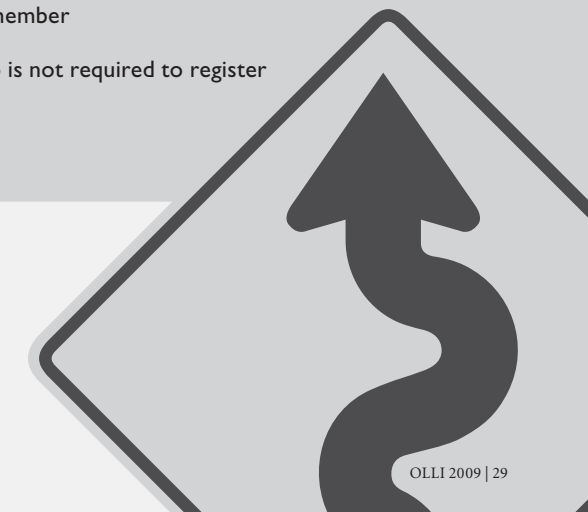
Please call 203-236-9924 to register today!

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

\$12 AARP Member (you must bring your membership number to the first class)

\$14 Non-AARP-member

OLLI Membership is not required to register



Being a Course Presenter

for the Osher Lifelong Learning Institute (OLLI) at the University of Connecticut, Waterbury Campus



OLLI Courses are generally led by retired, semi-retired and working educators, professionals, entrepreneurs, artists, writers, and others.

- Share your passion on a topic or set of topics
 - Inspire others to learn and explore
 - Engage with peers and community members
 - Lead learners without the administrative burdens of traditional teaching (reading papers/homework, calculating grades, etc.)
 - Develop innovative, interesting, and compelling learning experiences
 - Utilize the campus infrastructure to deliver enriching experiences for older adult learners and yourself—without the pressures of homework or testing
 - Explore topics with other learners and create a laboratory for new ideas
 - Join a national movement of adult learners at the first and only Osher Institute in Connecticut
 - Receive classroom information technology assistance
- Some of the perks . . .**
- free Basic OLLI membership
 - reasonable supplies and equipment for course instruction
 - UConn parking pass
 - Recognition event
 - Presenter Honoraria

TIME TO THINK ABOUT FALL 2010 SESSION!

Fall 2010 session – Fridays from September 17 to November 5, 2010

NOTE: Deadline for course proposals – May 21, 2010

Please contact us if you would like to present a Fall 2010 course!
Call 203-236-9924 or email: osher@uconn.edu

UConn School of Business MBA Program

Open Houses in Waterbury

Tuesday, February 2 – Thursday, March 4 – Wednesday, April 7 – Tuesday, May 4 – Thursday, June 3 – Wednesday, July 7 2009

Monthly MBA Program Open Houses will be held for anyone interested in UConn's part-time, full-time or Executive MBA programs. Information sessions will begin at 5:00 and 6:00 PM. MBA admissions, curriculum and course scheduling will be discussed. Please call (203) 236-9935 or email glen.richardson@business.uconn.edu if you have any questions or wish to RSVP to an MBA Open House.

World Affairs Council – Connecticut and OLLI

The World Affairs Council is a non-partisan organization which promotes public understanding of global affairs and world issues by sponsoring programs, discussion series and seminars on international politics, business and culture. OLLI members can purchase tickets to World Affairs Council programs and events at World Affairs Council Member prices. To view upcoming programs please go to: www.ctwac.org and to participate in this offer please call the council at 860-416-2844.


Contact Us

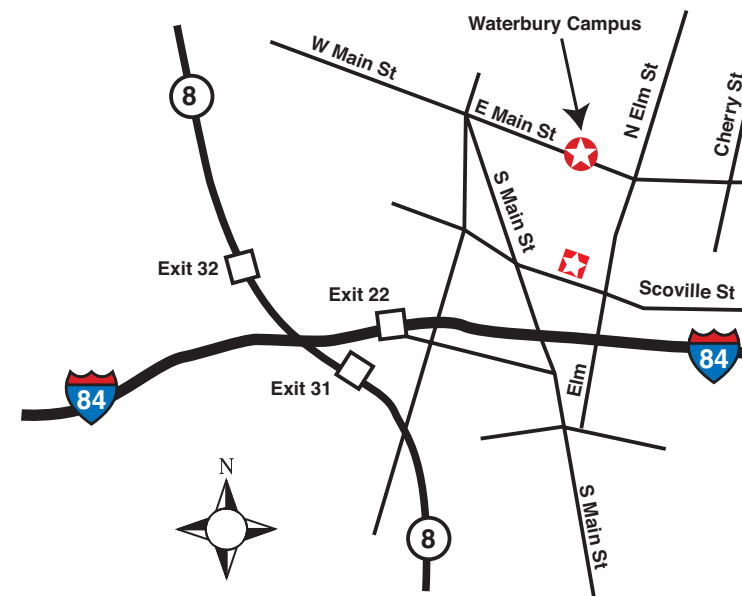
For more information call 203-236-9924 or 203-236-9881. Email: osher@uconn.edu or visit our website at www.waterbury.uconn.edu/osher

Directions

The UConn campus is located at 99 East Main Street in Waterbury, across the street from the Palace Theater. Parking and directions to campus can be obtained from our website, www.waterbury.uconn.edu/osher or by calling 203.236.9924.

Parking

During the spring session, paid OLLI members can use their parking pass in the UConn garage located on North Elm Street on Fridays only. OLLI members can also use the Scoville Street garage  when coming to campus for OLLI events by showing their UConn parking pass. During the summer session, paid OLLI members can use their parking pass in the UConn parking garage.





University of Connecticut

Osher Lifelong Learning Institute
The University of Connecticut
99 East Main Street
Waterbury, CT 06702



OLLI Photos Courtesy of Tom Kmetzo and UConn, Waterbury I.T. Department



The Osher Lifelong Learning Institute at UConn is guided by the OLLI Leadership Council which is the principal representative body of the OLLI membership. Composed of founding OLLI members and elected officers, the Council helps foster the growth and sustainability of the Institute. OLLI members serving on standing committees, in conjunction with the OLLI Director and Assistant Director, carry out the operation of OLLI at UConn. OLLI is always seeking new members to get involved in curriculum planning, membership development, hospitality, communications, and travel and events through various committees. For a list of current council members and committee information please visit our website or call 203-236-9924.

The lifelong learning initiative began with seed money, market research, and technical support from the Leever and Connecticut Community Foundations. Currently, the Institute is made possible by the generosity and support of the Bernard Osher Foundation, the University of Connecticut and private donations.

The University of Connecticut's Waterbury campus serves more than 1,100 students annually. In its sixty years of operation, UConn Waterbury has opened the doors to educational access and excellence to thousands of Connecticut residents, many of

whom have distinguished themselves in the fields of community service, business, education, law and politics. Today, the campus is located in a modern, state-of-the-art facility in the heart of downtown Waterbury. Our neighbors are the historic Palace Theater and a new arts magnet middle and high school, making our location a beacon for educational and cultural enlightenment. Students enjoy quality interaction with great professors and participate in research opportunities that enrich the college experience. An extensive range of undergraduate and graduate course offerings and study areas are available. Visit us online: www.waterbury.uconn.edu.