

OSHER
LIFELONG
LEARNING
INSTITUTE

(OLLI) at the University of Connecticut, Waterbury

*Providing mature adults with opportunities to engage
in intellectual development, cultural stimulation and social interaction.*



Fall 2007

Fridays: September 28 – November 16



Welcome to the University of Connecticut's Waterbury Campus!

We have a proud sixty-year history in the Waterbury region and an equally promising future at our state-of-the-art downtown campus. Osher Lifelong Learning Institute (OLLI) members enrich our campus community and strengthen our connection to the region. We hope you can join our successful OLLI Program or take full advantage of the events and activities that are free and open to the public. The OLLI staff and University personnel are here to assist you if you have any questions or specific needs. Have a great Fall season!

William J. Pizzuto, Ph. D.



Director
UConn Waterbury Campus



University of Connecticut

Welcome to the Osher Lifelong Learning Institute (OLLI) at the University of Connecticut! Lifelong learning programs are expanding across the nation as older adults are deciding that it is “their time” to engage in even more intellectual activity and learning for sheer enjoyment. We are proud to be currently serving over thirty (30) cities and towns in the Waterbury region and growing. Our members engaged in over thirty (30) separate learning activities and special events over the last year. The Fall 2007 session will offer exactly double the number of courses we offered during our inaugural Spring 2007 session!

OLLI members come from all walks of life and a wide variety of cultural and educational backgrounds—each has his or her own story to tell about families, careers and life experiences. OLLI is not always just about taking a course, it is about joining a learning community where people come together to share in the richness of life, explore new ideas, and plan for wellness into the future. OLLI members also have the option of getting involved in various ways within the organization if they choose. Many of our members assist with curriculum, hospitality, leadership, membership, newsletter, public relations, and leading courses.

In this Fall 2007 OLLI brochure you will find announcements about our courses, OLLI Café activities, special events, partnership events, UConn Waterbury Research Lecture Series, and our first ever travel-related, intergenerational course on New York City! Sometimes during the session we will announce surprises and special events. We encourage you to join OLLI and bring some friends along with you for this exciting journey—you deserve it!

Sincerely,



Brian G. Chapman, Ed.D.
Director, Osher Lifelong Learning Institute
at the University of Connecticut



Mission Statement

OLLI at UConn is a member-driven community 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 university campus with traditional-age students, it is fertile ground for the development of intergenerational programming in various forms. The urban campus reaches out to a diverse region which provides opportunities for partnership with other cultural, educational, and arts organizations.

To join and register for Fall classes, please fill out the attached membership form and return by September 14, 2007.



"The OLLI program is a wonderful learning program for Connecticut. Many people have been looking for these types of programs."

Membership and Benefits

The Fall 2007 Session Basic OLLI Membership is \$30

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 with additional fees (\$25 each)
- UConn Waterbury free parking pass
- OLLI discount book card for UConn Co-op bookstore
- Entrance to Special OLLI Events
- Discounts for Non-Osher Event

Learning Activities

The OLLI Program currently includes short-term, non-credit courses, OLLI Café (Lunch & Learn) Activities, and Special Events. The Fall session courses meet at the Waterbury campus once a week on Fridays with a special closing event held on Friday, November 30, 2007.

Most programs are scheduled during daytime hours. Classes are held from 10:00 AM – 11:30 AM, 1:15 PM – 2:45 PM, and 3:00 PM – 4:30 PM. "Brown Bag" OLLI Café presentations are held from 11:30 AM – 1:00 PM.

Course Descriptions

FALL 2007

****SPECIAL TRAVEL COURSE****

Hooligans or Hard Workers? A Second Look at New York City's Five Points Neighborhood

7 Sessions, including a day trip to New York City
(2 Mondays, 4 Fridays, and 1 Saturday)

Mondays from 4:00 PM – 6:30 PM,
September 24 & October 1
Room #113

Fridays from 10:00 AM – 11:30 AM
September 28, October 5, October 12, October 19,
Room #326

Saturday, November 3, 2007 – Day trip departure
7:30 AM from Waterbury campus;
approximate return time, 7:00 PM

Please Note: This course begins on Monday,
September 24, 2007. This course includes a trip
to the Tenement Museum in New York City on
Saturday, November 3, 2007.

There is a \$40 additional fee for this course to
cover bus travel, museum entrance fees, and
related expenses.

This course will examine the development
of New York's notorious Five Points
Neighborhood, exploring the questions: What
was the reality behind the neighborhood's
nineteenth century reputation as New York's
toughest neighborhood? What was really
going on behind the scenes with the workers,
politicians and immigrants from a variety
of countries who made up this fascinating
community? How do portrayals of the
neighborhood in books and films either convey
or distort its reality? This course culminates
with a day trip to New York City with some of
UConn Waterbury's Urban Studies Students.

Ruth Glasser received her Ph.D. in American
Studies from Yale University in 1991. Since 2002,
she has taught in the Urban and Community
Studies Program at the UConn, Waterbury

campus. She has written numerous books and
articles on 20th century U.S. immigration and
settlement and has collaborated on a variety
of community-based history projects including
museum exhibits, curriculum materials, radio
programs, and video documentaries.

Encounters of the Musical Kind – Waterbury Symphony Orchestra (WSO)

4 Sessions – Fridays from 10:00 AM – 11:30 AM
September 28, October 5, October 12, October 19
Room #119

Have you ever been to a symphony concert and
felt like a visitor to an alien planet? Designed
for those with little or no musical background
but who would like to better enjoy the concert
experience, this course will provide an overview
of basic musical concepts and terminology
– rhythm, melody, form, conducting, and the
instruments. Course includes free admission
to WSO October 18th, 10:30 AM Education
Concert, and October 19th, 8:00 PM Pops
Concert. The presenter trio has returned for
another OLLI session.

Fran Goldman is the Executive Director of
the WSO and was previously with the Jackson,
TN Symphony. She has performed with the
Richmond, VA Symphony, the US Army Band of
New England and Young Audiences of VA. She
has taught music in public and private schools
and at the university level and was Conductor
of the Williamsburg Youth Orchestra. She holds
degrees from Boston University, Norfolk State
University and Old Dominion University.

Michael Schwerin is the Director of
Marketing for the WSO. He earned a Bachelor
of Arts Degree in Mathematics and Music from
the University of Minnesota and a Master's
Degree in Music from the University of North
Texas. He participated in the 2006 American
Symphony Orchestra League's Essentials of
Orchestra Management program and is a Priddy

Arts Leadership Fellow of the North Texas
Institute for Educators in the Visual Arts.

Leif Bjaland is the WSO Music Director and
Artistic Director and Conductor of the Florida
West Coast Symphony. Leif has conducted
the San Francisco Symphony and New World
Symphony. He was a Professor of Music at Yale
and received his Master's Degree in Music from
the University of Michigan.

“Never Again”: Again

4 Sessions – Fridays from 1:15 PM – 2:45 PM
September 28, October 5, October 12, October 19
Room #217

The second half of the twentieth century
gave humanity multiple new genocides. Those
in Cambodia, Bosnia, and Rwanda were
especially horrifying. This course will discuss
those factors that contributed to these
human catastrophes. Caution: supplementary
material is extremely graphic.

William Blair is a native of Waterbury and is
currently an adjunct instructor at Naugatuck
Valley Community College. He holds multiple
degrees in English and Anthropology and has
lectured and been published both domestically
and abroad. His study of the anthropology of
genocide has taken him to many of the world's
killing fields where he has examined burial and
memorial practices. Bill was an OLLI presenter
for the inaugural session.

American Art Tells American Stories

4 Sessions – Fridays from 1:15 PM – 2:45 PM
September 28, October 5, October 12, October 19
Room #327

Focusing on American art and sculpture,
from Colonial times to the early modern era,
discussions will cover paintings that celebrate
the land and its bounty; the westward
expansion; the fabric of cities and industries;
images of Colonial Heroes and Founding
Fathers; Cowboys and Indians; Soldiers and
Farmers; people of color; works by colonial
daughters; domestic chroniclers; social
commentators and feminists; modern stars,
along with memorial images to Revolutionary
heroes; Pilgrims and Puritans; the Civil War,
World Wars and Vietnam.

Dr. Virginia L. 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. She has authored
articles on Italian Renaissance art history and
modern art, and has worked in art galleries and
art administration. Her travels throughout the
U.S. and Europe have resulted in a collection of
nearly 30,000 art images.

Can't We All Just Get Along?

6 Sessions – Fridays from 10:00 AM – 11:30 AM
September 28, October 5, October 12, October 19,
October 26, November 2
Room #217

This course will present the contrasting
psychoanalytic personality theories of Sigmund
Freud, Carl Jung, and Alfred Adler. It will
focus on the relationship of Jung and Adler
to Freud; healthy and unhealthy personality
formation from each theorist's perspective;
therapy approaches; dream interpretation; use
of hypnosis. The course will culminate with an
assessment of each theorist's contributions and
position in current psychology.

Richard Gibbons received a B.S.S. and M.A.
from Fairfield University. A high school teacher
for 38 years, he received excellence in teaching
awards from several Connecticut schools
and colleges and was a finalist for CT State
Teacher of the Year in 1990. He has presented
psychology teaching workshops throughout the
U.S., including Taft School in Watertown, CT.
He currently edits psychological manuscripts
for McGraw-Hill.



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. The exact titles will be provided with registration materials. OLLI members are also entitled to join the Co-op OLLI Book Club to save money on their book purchases.

Course Descriptions

FALL 2007

From the Pyramids to Plato to Pine Cones: The Phi – Iosophy of the Golden Ratio

4 Sessions – Fridays from 10:00 AM – 11:30 AM
October 26, November 2, November 9, November 16
Room #203

This course is a mathematical analysis of the “golden ratio” known as phi, a concept that can be found throughout nature and various aspects of life. It has been part of the world’s culture from ancient Egypt and Greece to modern times. The number of spirals on a pine cone; the spiral growth of mollusks; and DaVinci’s, The Annunciation; all share a relationship to the golden ratio. A basic knowledge of fractions and simple geometric shapes is all that is required.

Rosalie Griffin, a Waterbury native, received a B.A. in Mathematics from Albertus Magnus College and a M.A.L.S. from Wesleyan University. She taught mathematics for 35 years at Crosby High School in Waterbury and is currently an adjunct instructor at Naugatuck Valley Community College. She has provided professional development for teachers for the Connecticut Academy for Education in Math and Science.

From Rome to Venice: A Feast for the Eyes, Mind, and Heart!

4 Sessions – Fridays from 10:00 AM – 11:30 AM
October 26, November 2, November 9, November 16
Room #326

Enjoy a photographic journey from Rome to Florence, to the marble quarries in Massa, through Tuscany, Venice and the Great Lagoon. This course is a study of northern Italy’s great cities from the Etruscans to the Middle Ages and the Renaissance. View ancient artifacts from the presenter’s collection and witness the influence of Byzantine and Eastern culture on the West through Italian art and architecture.

Tom Kmetzo has a B.A. from Fairfield University, an M.A. from the University of Iowa and was a Mellon Fellow in the Visiting Faculty Program at Yale. He lived in Rome for one year and has made eight extended trips since. He has taught college literature, philosophy, art and religion for forty years. He is an avid photographer and collector of interesting things. He currently works at Topsmead State Forest in Litchfield, CT as an educator/guide.



“I have found it a wonderful program and have recommended it to numerous friends. Extremely well organized and presented in a knowledgeable way.”

Holistic Healthcare: Contemporary Science Discovers Ancient Wisdom

4 Sessions – Fridays from 1:15 PM – 2:45 PM
October 26, November 2, November 9, November 16
Room #201

This course will take a critical look at the current American lifestyle and the diseases that are predominate in our culture. Arthritis, diabetes, cardiovascular disease, anxiety, depression, autoimmune syndromes, cancers and chronic pain syndromes have all been linked to lifestyle factors. Each class will explore simple, natural methods of achieving optimum health while avoiding these dreaded diseases, and will cover topics such as Nutrition and Supplements, Inflammatory Diseases, Chronic Pain, Mind-Body Medicine and Science and Spirit.

Dr. James Prado is a Chiropractic Physician and has practiced in Southbury since 1987. He received his undergraduate degree from Iona College in New Rochelle, NY and is a Magna Cum Laude graduate of the New York Chiropractic College. He combines the power of traditional chiropractic techniques with the contemporary science of mind-body medicine and the age-old wisdom of the natural healing arts.

“...but not a drop to drink” – The Future of Our Drinking Water

4 Sessions – Fridays from 1:15 PM – 2:45 PM
October 26, November 2, November 9, November 16
Room #326

Clean and abundant drinking water is a natural resource that we can no longer take for granted. The course begins with the basics of watershed geology and hydrology to help understand what contributes to our drinking water supply. Discussion will include specific issues that affect the quality and quantity of water we use every day. Complex legal and regulatory standards at the local, state and federal levels will be discussed.

Ed Edelson has a Public Systems Planning & Analysis degree from Cornell and an M.P.A. from Harvard. He was a policy Analyst, Systems Analyst, and General Manager for Esso Bermuda, an affiliate of ExxonMobil corporation and is currently Executive Director of Pomperaug River Watershed Coalition.

Donna Lesch has a Biology & Environmental Sciences degree from Yale University and a Master of Environmental Management degree from Duke University. She was an environmental Consultant at at HydroEnvironmental Solutions, Inc. and currently is Outreach Director at Pomperaug River Watershed Coalition.

Chinese Medicine: Its Physiology and Psychology

8 Sessions in 4 Weeks – Fridays from 10:00 AM – 11:30 AM and continued from 1:15 PM – 2:45 PM.

PLEASE NOTE: This course meets mornings AND afternoons for four Fridays!

October 26, November 2, November 9, November 16
Room #327

This two-part course is an expansion of the course that was given last semester.

It will examine in greater detail the relationship between mind and body from the perspective of Traditional Chinese Medicine and will form the basis of an inquiry into the physical and psychological changes that occur during ones’ lifetime. Members will be encouraged to share experiences regarding their life changes. The Chinese “Five Phase Theory of Life” will be used as a guide to understanding those changes as a means of maintaining health and as a potential for psychological growth and transformation.

William Courtland LMT is a teacher, lecturer and workshop facilitator who researches Chinese Medical theory and its relationship to mind and body. He is currently a faculty member at the CT Center for Massage Therapy, Westport, CT, where he teaches Acupressure and the Theory of Traditional Chinese Medicine. He is a Nationally Certified Licensed Massage Therapist, maintains a private practice for Massage and Acupressure and was an OLLI presenter for the inaugural session.

An Examination of the Hero

8 Sessions – Fridays from 10:00 AM – 11:30 AM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #218

This course is a comparative cultural study of the most basic element of all civilizations: the Hero. It will look at the meaning and function of heroes in society, considering them as emblems of society's values. Heroes from divergent cultures and time periods will be examined as statements about the meaning and value of life. Joseph Campbell's study of the archetype of the heroic journey will be referenced.

Dr. James F. Farnham is Professor Emeritus of Literature at Fairfield University. He holds a Ph.D. from Case-Western Reserve University and held post-doctoral fellowships at Yale in Cognitive Anthropology and in Judaic Studies. Jim has taught Existential Literature and American Romanticism and has published studies of Hawthorne, Melville, Faulkner, and Flannery O'Connor. He was also an OLLI presenter for the inaugural session.

Women of Power in History: Eight Queens Who Ruled

8 Sessions – Fridays from 10:00 AM – 11:30 AM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #207

The course will focus on eight queens who ruled – Eleanor of Aquitaine, Isabella of Castile, Mary Tudor, Elizabeth I, Catherine de Medici, Empress Maria Theresa, Catherine the Great and Queen Victoria. Discussion will focus on their power, successes and failures, their legacies and history's opinion of them.

Penny O'Connell has a B.A. 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 and are searching for the truth.

Looking at Art

8 Sessions – Fridays from 10:00 AM – 11:30 AM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #323

For one who appreciates art, this course will look at perception and viewing various works of visual art. Analysis and criticism will be proffered and the application of art/design elements and principles of arrangement will be discussed.

Richard J. Kupstis earned a M.S.S. in American History from CCSU and a B.A. in Sociology from the University of Connecticut. He is a retired secondary art teacher and is certified in History and Social Studies. He taught at Wolcott High School for 34 years. A former OLLI presenter, Dick is a practicing artist and potter, has been a member of Wesleyan's Potters since 1980 and is a member of the Meriden Arts and Crafts Association, the Brownstone Group – a critique group.



Love it When Your Plan Comes Together: A simple approach to planning and getting projects done.

8 Sessions – Fridays from 10:00 AM – 11:30 AM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #324 (1st 3 sessions) #317 (last 5 sessions)

It has been said that for each hour of planning, a person can save seven hours of work. Beyond saving time, good planning can save dollars and energy, avoid the sense of being overwhelmed and keep any project under control. This course will discuss a basic planning approach that may be used for business and social planning or coordinating volunteer projects. Members will work in the computer lab to create planning forms and build tables of information using MS Word software and also participate in class discussion.

Adele DeFrancesco holds a B.G.S. from the University of Connecticut and a Masters in Public Policy Studies from Trinity College. She worked for the Connecticut Department of Labor for 27 years, where she developed the planning tools for her job as an Operations Coordinator and as the Director of the Office for Performance Management. She served as the Director of Education for the Southern New England Chapter of the Project Management Institute and holds certification from the American Society for Quality as a Manager of Quality/Organizational Excellence. She has used her planning approach in her current volunteer work coordinating Main Street Waterbury's highly successful fund raiser, "Eat Your Art Out" in 2006 and 2007.

Computers Aren't Supposed to be Scary! Basic Introduction to Computers

7 Sessions – Fridays from 10:00 AM – 11:30 AM
October 5, October 12, October 19, October 26,
November 2, November 9, November 16
Room #224

For the person who is new to computers or has little experience with them, this course will provide a "hands on" introductory class where you will learn about the various parts of the computer, what it does and how to make the

best of it. Topics include – getting started; using and customizing Windows; hardware; software; using the Internet and Email; maintaining the system; peripherals and digital cameras.

Kathy Woods holds a B.A. in Communications and a Master of Health Administration degree. She has worked in social services for 25 years. Kathy is an instructor for the State of CT Acquired Brain Injury Waiver Training, she holds a position on the CT Traumatic Brain Injury Advisory Council; was a consultant for Computer Medic, and is currently the Executive Director for Living in Safe Alternatives, Inc. Computers are Kathy's hobby. She is self-taught in repairing computers and finds it a challenge to build a PC from scratch. A former OLLI presenter, she has taught basic computer skills, QuickBooks Basics, MS Word and Excel Basics for businesses.

Demystifying Personal Computers – Basic Introduction to Computers

8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #224

Whether you don't know how to turn the computer on, bought your first computer, or have little experience...this class is perfect for you. It will introduce you to the 'mouse' and how it works, the keyboard, the difference between hardware and software, what a floppy disk is and how to use them, and introduce the Internet. The course is hands-on learning. Come make a new friend and have fun – meet the mouse and its companion, the personal computer!



Course Descriptions

FALL 2007

Leon LeClerc has an A.S. in Business, a B.S. in Business Administration with minors in Psychology and Law and is a PC Consultant, having been involved with all phases of computers for over 45 years. He teaches for the Connecticut Community College System, the City of Waterbury Education Department and also private corporations and colleges.

The Basics of Microsoft Office Word and Excel

8 Sessions – Fridays from 3:00 PM – 4:30 PM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #224

Microsoft Word – learn the fundamental techniques of Word in this hands-on class. Learn how to create, edit, format, print, save, and retrieve documents. Microsoft Excel – a dynamic spreadsheet package designed to allow users to combine number crunching with outstanding results. Learn how to create, format and print spreadsheets; entering and using formulas and functions.

Leon LeClerc has an A.S. in Business, a B.S. in Business Administration with minors in Psychology and Law and is a PC Consultant, having been involved with all phases of computers for over 45 years. He teaches for the Connecticut Community College System, the City of Waterbury Education Department and also private corporations and colleges.

Food for Life: Nutrition and Cooking for Cancer Prevention and Survival

8 Sessions – Fridays from 1:15 PM – 3:00 PM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room # 119



Nutrition discussion and food demonstrations covering the topics of

low fat foods, favoring fiber, discovering dairy alternatives, replacing meat, planning healthy meals, class antioxidants and phytochemicals, immune-boosting foods, and maintaining healthy weight. Each class includes information about how certain foods and nutrients work to

promote or discourage cancer growth, along with demonstrations of simple and healthy recipes. Anyone interested in cancer prevention and healthy eating will benefit from this course and enjoy the delicious food samples!

Jane Sirignano has been a cook in a vegetarian restaurant, has started a food co-op; and managed a natural food store. She has a diploma in Nutrition. She has worked with the Coronary Health Improvement Project (CHIP), a community wellness program in Rockford, IL, and was an OLLI presenter for the inaugural session. Eating natural foods became a way of life for Jane 34 years ago, and she has been a Cancer Project cooking instructor for 2 years.

Writing the Novel You've Always Dreamed of Writing

8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #218

Each of us has a novel inside her or him. If yours is itching to get out, this practical writing course will explain: how to begin with action that "hooks" your readers; the role of plot, setting, characters, dialog, and point of view; and the essential balance of show vs. tell, and of details vs. the broad stroke. The final class will stress rewriting and working with a professional editor.

Jack Lander is a published author of three nonfiction books, 51 papers, and has written a magazine column for the past 12 years. His novel, *God's Entertainment*, is presently with an agent. Jack works full time as a writer and mentor to creative entrepreneurs and inventors, and has no plans to retire. He was a mechanical engineer who patented 11 inventions, most on laparoscopic surgical instruments, and is presently writing patents on two of his own inventions.



Finding the Extraordinary in Your Everyday Life

8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #207

Creativity – our true nature! Get in touch with your creativity through a scientific approach of experimentation, observation and roundtable discussion. Basic principles and tools form the content – the principles include becoming more fully functioning, more conscious of yourself and your surroundings, i.e., experiencing a more essential part of your particular place in this world. It will also put you in touch with your sense of beliefs, identity, power, integrity, abundance, strength, compassion, self-protection and sense of faith.

Trish Plasky is a retired bookkeeper-secretary who currently works as a party decorator and jewelry creator. She creates balloon arches, bouquets, flower centerpieces and wall and floor pieces. Trish has an artistic passion for Angels in the Architecture, Blue Man Group, the fantasy of the Lion King, to sensational sunsets and mysterious night skies. She traveled cross country for three years visiting our National Parks and has been involved with "The Artist's Way" in Litchfield County for 5 years.

Conversational Italian for Travel

8 Sessions – Fridays from 1:15 PM – 2:45 PM
September 28, October 5, October 12, October 19,
October 26, November 2, November 9, November 16
Room #210

Going to Italy? Want to feel more comfortable understanding the Italian language, mind and lifestyle of the people? In addition to helping members understand the language and grammar, this introductory course of conversational Italian will focus on the non-verbal (Italian) communicator, cultural differences, expectations, and Italian customs and traditions to help the traveler avoid cultural blunders.

Connie Tripodi has a B.A. in Natural Sciences from CCSU and an MBA with double specializations in Healthcare and Global Management. She was a Medical Technologist at St. Mary's Hospital and has been the administrator of a surgical practice for the past 18 years. Connie also has a gemology degree from the Gemological Institute of America and designs jewelry inspired by the ancient civilizations and has conducted lectures on the topic. A former OLLI presenter, she speaks fluent Spanish, Italian and several dialects of Southern Italy and her annual travels to Italy focus on the culture and archaeological research.



A venue for the exchange of ideas and experiences focusing on improving the quality of life. The goal of OLLI Café is to have presentations and activities with themes such as Health and Wellness, Arts and Culture, and Current Events.

Bring your lunch and we will provide the coffee and fruit! OLLI Café presentations are open to all OLLI members. **These are not courses. Pre-registration is not required.** The weekly event features a guest speaker followed by a short Q&A session.

Fridays—Room #113

11:30 – 12:00 Lunch

12:00 – 1:00 Speaker Presentation



September 28, 2007

Mindful Movements – Tai Chi

Learn how simple breathing and movement can help increase your immune system and ward off sickness. Bring awareness to your breathing and movement by participating in “mindful movements” – a series of Tai Chi warm-up exercises to help you learn to focus and concentrate.

Pierce Reignier participated in behavioral studies and rehabilitative counseling classes. He has been studying and practicing meditation and Tai Chi’s mindful movements for 11 years. He has studied with the Vietnamese Zen master, Thich Nhat Hanh, and has taught at the International Buddhist Retreat Center in New Hartford. He runs Stillwater Meditation Center in Wolcott, CT, which offers Tai Chi, Meditation and Yoga.

October 5, 2007

Topsmead: Connecticut’s Best Kept Secret

Almost in our backyard, there sits a 640 acre state forest, home to walking trails, rolling meadows, and inviting lawns. And right in the middle sits a magnificent reproduction of a 17th Century Cotswold cottage filled with 17th and 18th century English antiques. The estate was given to the citizens of the State of Connecticut in 1972 by Edith Morton Chase, daughter of Henry Sabin Chase, founder of Chase Brass and Copper in Waterbury. Take a virtual tour with Tom Kmetzo, educator and guide at Topsmead State Forest.

Tom Kmetzo is an OLLI council member and presenter, member of the early American Industries Association (AAIA) and has worked in the small boat shop and copperage at Mystic Seaport. He has taught courses on furniture and lectured on antique tools. He and his wife have restored a 1918 home in Middlebury.

“I thoroughly enjoyed the OLLI program and would highly recommend it to all who can attend the courses.”



October 12, 2007

Don’t Get Ticked – Tick Borne Diseases in Connecticut

Are you concerned about being a victim of a tick bite this summer? This intriguing discussion will educate you on the various tick borne diseases (Ehrlichiosis, Lyme, Babesiosis and other endemic illnesses) that are prevalent in Connecticut, the symptoms they produce and your treatment options.

Dr. Michael Simms is the director of Infectious Diseases and Infection Control for St. Mary’s Health Care System. He was also Associate Clinical Professor of Medicine at Yale University School of Medicine.

October 19, 2007

Putting it Together

Want to be a theatrical producer? Want to know what goes into producing professional regional theatre? You’ll learn how it’s all put together – from concept to casting to opening night and more – from the artistic director of Waterbury’s Seven Angels Theatre.

Semina DeLaurentis is the Artistic Director of Seven Angels Theatre. She was this year’s recipient of the Connecticut Arts Leader Award from the Connecticut Commission on Culture & Tourism. As an artistic director she has received many nominations and awards from the CT

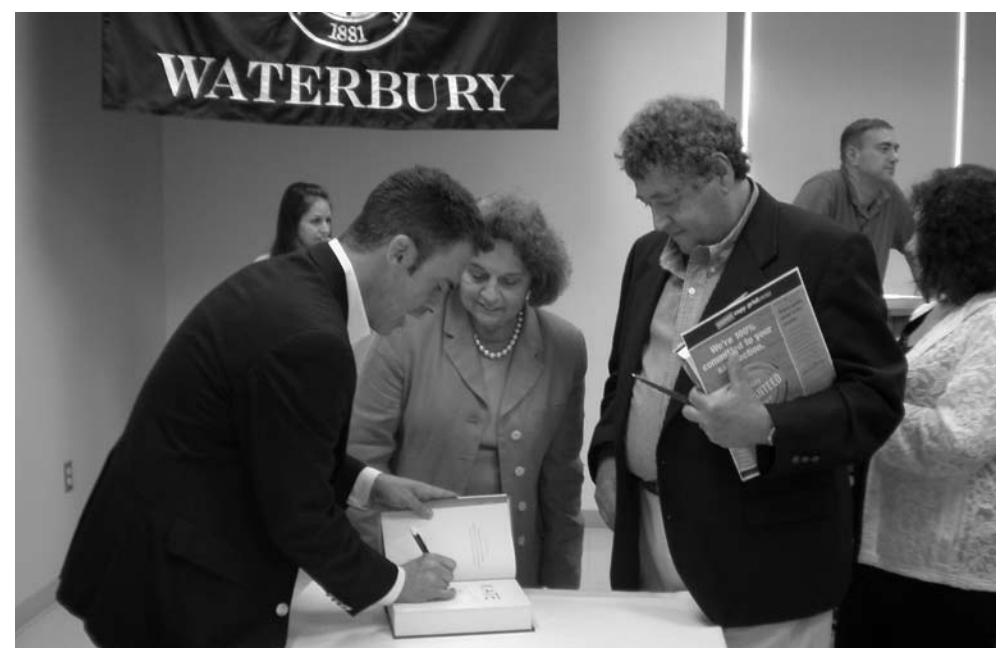
Critics Circle. As an actress, she has worked at numerous theatres throughout the country, created the role of Sr. Amnesia (NY Outer Critics Award) in the original *Nunsense*, guest starred on *LA Law*, *Baby Boom* and *Growing Pains*.

October 26, 2007

Pandemic Flu – Why all the Hype?

With last year’s spread of Avian or Bird Flu from Southeast Asia to Europe, the Connecticut Department of Public Health is teaming up with The Centers for Disease Control and the Federal Emergency Management Agency to prepare for the possibility of spread to the United States during the 2007 Flu season. How much is Hype? And how much is actually real? Learn all the facts as Middlebury’s Director of Health sets the record straight in a visual and oral presentation of the true story of pandemics of the past and those yet to come.

Dr. Raymond Sullivan is a retired General Surgeon, who practiced in Waterbury for 30 years. He holds a BA from Brown University and his MD from Georgetown University. He is the Director at the Middlebury Health Department where he was an active participant in Pandemic Flu Planning for Region 5 of the Department of Emergency Management/Homeland Security for the State of Connecticut.



November 2, 2007
Exercising for Health and Wellness

Do you want to remain active, fit and independent as you age? Join us for a presentation on how the effects of exercise can impact your life as you age. Functional training will be discussed and how it can help you perform everyday tasks with ease. A short exercise demonstration will follow.

Mary Henderson has worked in the fitness industry for 17 years, conducting many styles of group fitness classes – corporate fitness, pilates, personal training, as well as teaching at resorts throughout the Carribean. She has been a guest lecturer at fitness events, including senior fitness. She holds over 15 fitness certifications and loves to share her passion for fitness with everyone!

November 9, 2009
Achieving and Maintaining Optimal Health as you Age

Listen and learn about diet, lifestyle and nutritional supplementation strategies to help treat and prevent chronic disease as we age. Find out about crucial laboratory tests that all physicians should be running on their patients as they age, but very few do.

Dr. Frank Aieta is a board-certified and licensed Naturopathic physician with a private practice in West Hartford. He specializes in the treatment of disease using natural therapies such as acupuncture, homeopathy and spinal manipulation, clinical nutrition and herbal medicine. He has worked in a clinical setting for 7 years and treats diseases ranging from colds and flu to cancer and autoimmune disease.

November 16, 2007
A Chocolate Extravaganza!

Have you ever wondered about the health benefits, history, preparation, or ethnobotany of chocolate? This sweet presentation will include some pictures, myths and facts, and just a bit of tasting and sharing! Chocolate lovers welcome!

Paula K. B. Philbrick holds a Ph.D. in Plant Biology from the University of New Hampshire, is a biology professor at the Waterbury, UConn campus where she also conducts her research.



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.)
- Interact with community members
- 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 Osher Institute in Connecticut

Some of the perks . . .

- free Basic OLLI membership
- reasonable supplies and equipment for course instruction
- UConn Waterbury parking pass
- Recognition event—Once a year
- Presenter Honoraria

Spring 2008 session – March 7, 2008 – May 2, 2008

Deadline for proposals – November 30, 2007

Please contact us if you would like to present a Spring 2008 course!

Special Osher Events

Special Events include celebrations, film premiers, author talks, special lectures, and other programs open to OLLI members and UConn faculty and staff.



"The Naked Quaker" with Diane Rapaport

Author Talk and Book Signing
Friday, November 30, 2007, 1:30 PM, Room #113

On court days in colonial New England, folks gathered from miles around to listen as local magistrates convened to hear cases. In the abundant records extant from these hearings, we experience the passions and concerns of ordinary people, often in their own words, more than three centuries after the emotion-charged events that brought them to court. *The Naked Quaker* takes us into the lives of our ancestors, revealing how they behaved and spoke. But while our ancestors used different words, human nature was not so different 350 years ago.



Diane Rapaport is an award-winning author and former trial lawyer who lives in historic Lexington, Massachusetts. She writes the popular "Tales from the Courthouse" column for *New England Ancestors* magazine and lectures for historical and genealogical programs. Her first book, *New England Court Records: A Research Guide for Genealogists and Historians*, was published in 2006 by Quill Pen Press.



Photo courtesy of Louis Belloisy

Partnership Events

OLLI members will receive ticket discounts for events sponsored by partnering organizations.

"Gershwin in Concert" featuring pianist Kevin Cole

Friday, November 9, 2007 at 8:00 PM, Palace Theater

Celebrate the roaring music of America's greatest composer with pianist Kevin Cole, who is the #1 interpreter of Gershwin in the world. From Tin Pan Alley to Carnegie Hall, Gershwin was known for his boldness in bridging diverse cultures and blending them into music that captured the essence of the American spirit. This once-in-a-lifetime solo piano concert will feature the songs of George and Ira, as well as an electrifying performance of the original version of *Rhapsody in Blue* as Gershwin himself played it in 1924! As world renowned Gershwin scholar Edward Jablonski said about Cole, "Kevin is the best Gershwin pianist since Gershwin himself – no one can touch him." This concert is being presented by Holy Family Passionist Retreat Center.



"...Cole stands as the best Gershwin pianist in America today."
- Chicago Tribune

OLLI members will receive a 20% discount. Call the Palace box office at (203) 755-4700

Charles Dickens' A Christmas Carol

Wednesday, December 5, 2007 at 7:30 PM,
Palace Theater



Charles Dickens' A CHRISTMAS CAROL has enchanted audiences the world

over with its simple message of selfless giving. Ebenezer Scrooge, a most unrepentant, miserly fellow, is made to see the light as he survives a merciless battery of revelations by the ghosts of his own Christmases: Past, Present and Future. Filled with many of the most beloved traditional carols of the season, this enchanting new

production transports the audience back to the cobblestone streets of Victorian London.

**A Special Gift for
OLLI Members from the Palace!**
**Save \$40 When You Purchase a Family
Four-Pack to A Christmas Carol!**

An exclusive offer for OLLI members: Take the grandkids to see this heartwarming holiday classic and SAVE BIG! Purchase a *Family Four-Pack* for \$100 (orchestra seating!) and save \$40 off the regular price! Simply show your OLLI membership card at the box office or use the code word **"Humbug"** to order on-line at palacetheaterct.org. Discount offer applies to the purchase of *Family four-packs* only.

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Partnership Events

OLLI members will receive ticket discounts for events sponsored by partnering organizations.



Waterbury Symphony Orchestra presents, "Young Love Turned Tragic,"

Naugatuck Valley Community College Fine Arts Center
Saturday, September 29, 2007 at 8:00 PM

The music of two composers inspired by the tale of young love turned tragic – Leonard Bernstein's Symphonic Dances from West Side Story and selections from Prokofiev's Romeo and Juliet – are featured with Tchaikovsky's elegant piece, *Variations* on a rococo theme, with local Cellist, Mihai Marica.



Latin Jazz with Tito Puente, Jr. and the Waterbury Symphony Orchestra

At the Palace Theater
Friday, October 19, 2007 at 8:00 PM

The Waterbury Symphony Orchestra brings the sounds of Latin Jazz to the Palace Theater. Join the WSO as we perform with Tito Puente Jr. and his Latin Jazz Orchestra. Continuing in his father's footsteps, Tito, Jr. has performed across the world to inspire millions and to bring the Latin Jazz music to a new generation. His energetic Afro-Cuban rhythms are sure to get both the young and the old dancing in the aisles!

Don't miss your chance to hear this phenomenal musician perform with the WSO in October!



Waterbury Symphony Orchestra presents a night with Mozart and Bach, featuring the Naugatuck Valley Community College Choir

Naugatuck Valley Community College Fine Arts Center
Sunday, November 18, 2007 at 8:00 PM

Enjoy a concert featuring the geniuses Bach and Mozart. Mozart's Serenata notturna is paired with Bach's Suite No. 2 in b minor, which features local Flutist Kim Collins. The Naugatuck Valley Community College Choir performs with the WSO during Vivaldi's famous piece, Gloria.

**OLLI Members will receive a 20% discount.
Call the Waterbury Symphony at 203-574-4283.**

Events Open to the Public

Events Open to the Public include celebrations, film premiers, author talks, special lectures, and other programs.



Author Talk and Book Signing with Susan Bria

September 10, 2007,
2:00 PM at the Southbury
Public Library.

This event is free and is offered in collaboration with BookTalk and the Southbury Public Library.

The Road to Calabria reads like a novel but is the factual account of Susan Bria's travels to Italy which develop into the discovery of Calabria, the land where her family originated. In this heartwarming true story Susan Bria joins her passion for Italy with her love of writing. Susan guides her readers through an ancient land of history and beauty. With ease she makes the connection between her family in the United States and its traditions and origins in two small towns in Southern Italy and comes to know and love the relatives she finds there.

Susan is retired after teaching English for thirty-five years at Naugatuck High School. Since her retirement in 1998, she has published *From the Heart of a Caregiver: A Spiritual Journey* and *Grandma Is Going to Live with Grandpa* (an audio-book for children and adults) as well as some of her poetry. She resides in Southbury, Connecticut.

The Road to Calabria has been reviewed by the National Italian American Foundation in their January 2007 newsletter. It has also been listed on the website for Italian American Authors (www.italianamericanpress.com).

"Wonderful – enjoyed every moment!"

UConn MBA Program Open Houses

Wednesday, August 8, 2007, Thursday, September 6, Tuesday, October 2, Thursday, November 8, Thursday, December 6 and Wednesday, January 9, 2008 from 5:00 – 7:00 PM, Waterbury Campus, Room 107

Monthly MBA Program Open Houses will be held for anyone interested in UConn's Part-time, Full-time or Executive MBA programs. Information about admissions, program curriculum and concentrations of electives will be provided. Please RSVP to (203) 236-9935.



Poetry Reading by Kim Bridgford

Tuesday, October 30th,
12:30 PM – 1:45 PM
in the UConn Multipurpose room. Light refreshments will be served

Kim Bridgford is the author of three books of poetry, *Undone*, nominated for the Pulitzer Prize; *Instead of Maps*, nominated for the Poets' Prize; and *In the Extreme: Sonnets About World Records*, winner of the Donald Justice Poetry Award. Her current poetry projects include "Take-Out: Sonnets about Fortune Cookies" and "Hitchcock's Coffin: Sonnets about Classic Films." With the visual artist Jo Yarrington, she is working on a three-book poetry/photography project on Iceland, Venezuela, and Bhutan.

Kim Bridgford is a professor of English at Fairfield University and the editor of Dogwood and the online women's formalist magazine *Mezzo Cammin*. She has received grants from the National Endowment for the Arts and the Connecticut Commission on the Arts. Dr. Bridgford was selected Connecticut Professor of the Year by the Carnegie Foundation for the Advancement of Teaching and was featured in *The Connecticut Post* and *The New York Times*. She has twice been nominated for U.S. Professor of the Year distinction. Her doctoral degree is from the University of Illinois, and she holds an M.F.A. from the Iowa Writers' Workshop.

Osher Events

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. Pre-registration is recommended by calling 203-236-9924.



Photo courtesy of Brandeis University

“Animal Language,” Dr. Stephen Trumbo

**Wednesday, September
19, 2007 1:00 – 1:45 PM,
Room 333**

Animals certainly communicate, but do they have language? Do

talking parrots, signing chimpanzees and clever dolphins fit the criteria for language that linguists have constructed? Does the behavior of trained animals in the laboratory reflect how animals communicate in the field? We would like to think our pets understand us, but what is really going on in their minds? The answers are hard to come by, but we will examine the progress being made to understand the language ability of animals. The video should be fun regardless.



Photo courtesy of Mattatuck Museum

“Community of Memory: Waterbury’s South End,” Dr. Ruth Glasser

Tuesday, October 16, 2007 1:00-1:45 PM, Room 333

Waterbury’s South End was for generations a vibrant multiethnic community of a type we rarely hear about. Then the community was eroded—in bits and pieces—by the combined forces of the urban renewal and interstate highway building programs of the 1950s through 1970s. This presentation will explore the South End’s community life from the early 20th century to the 1970s, examining its role as a receiving community for immigrants and migrants and the community’s tragic decline towards the end of this period.

Pediatric Obsessive Compulsive Disorder,” Dr. Kimberli Treadwell

**Tuesday, November 13, 2007, 1:00 – 1:45 PM,
Room 333**

Obsessive compulsive disorder affects about 1-2% of children and adolescents. The condition involves disabling anxiety and rituals, such as hand washing or checking on things, to relieve the anxiety. It can interfere with school, family, and well being. This presentation will review the symptoms of OCD in children and adolescents, outline treatment options, and describe an ongoing treatment trial at the University of Connecticut comparing two treatments for children with OCD.

“Plant Evolution and Conservation in Tropical Waterfalls,” Dr. C. Thomas Philbrick

**Wednesday, November 28, 2007 1:00 – 1:45 PM,
Room 333**

Philbrick is directly responsible for the “loss” of tropical species. His work is used to refute the claim that some rare species ever existed. Yet, he claims to be a conservationist. In this seminar Philbrick will discuss the bizarre world of Riverweeds (Podostemaceae) and his work in Central and South American rivers. These plants occur only attached to rocks in river-rapids and waterfalls - among the most extreme habitats for flowering plants. He will focus on their life style, taxonomy, evolution, conservation and extinction. He will also reveal how undergraduates participate in the “destruction” of tropical species.

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.



The Osher Lifelong Learning Institute at UConn is guided by the OLLI Council which serves as an advisory board to the Director and the program. Composed of retired, volunteer community members, the council helps foster the growth of membership and oversees the curriculum planning process. For a list of current council members, please see our website.

This Institute is made possible by the generosity and support of the Bernard Osher Foundation, the University of Connecticut, the Leever Foundation and the Connecticut Community Foundation.

The University of Connecticut’s Waterbury campus serves more than 1,000 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.

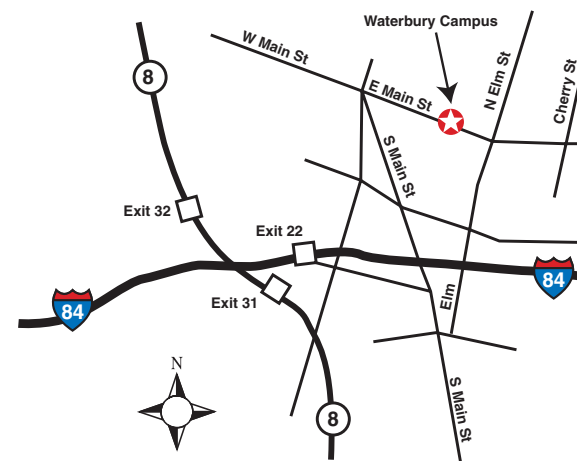
Contact Us

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

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

Directions and Parking



The campus is located at 99 East Main Street in Waterbury, across the street from the newly renovated Palace Theater. Paid OLLI members will receive a free parking pass. Parking and directions to campus can be obtained from the website, www.waterbury.uconn.edu/osher or by calling 203-236-9924.



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

