

# PATRIOTISM

September 11



FALL 2017  
**LIR**

QUINEBAUG VALLEY COMMUNITY COLLEGE

LiR is for adults who enjoy learning in a stimulating and social environment. To join us at LiR, pay the annual membership fee of \$20 covering September 2017—June 2018, and sign up for those courses of interest to you. New members are welcome throughout the year. There is an additional charge of \$7 for each of the multi-session courses to help cover our expenses. Single-session presentations are free to registered members, as are the socials and other events we hold each year. Visit our website at [www.qvcc.edu/lir](http://www.qvcc.edu/lir) for newsletters, updates, and items of interest.

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## **PATRIOTISM (2 Sessions)**

**Auditorium - FREE**

### **Meet A Veteran of the Middle East — Monday, September 11 • 10:30–12**

We will begin the morning on this historic day with a moment of silence in honor of the fallen victims of 9/11 and all our comrades who lost their lives defending our great nation.

See it yourself: Joel's pictures of Iraq. We will discuss the difficulties the military face when they return home from the combat zone. Think about statistics demonstrating the unemployment rate for returning soldiers. A female veteran has been asked to share her story about joining the service because of the tragic events of 9/11. Remember that day?

*Presenter:* Joel Niemann, a 2015 QVCC graduate, aspires to help veterans experiencing difficulty transitioning to civilian life. He was in the 5<sup>th</sup> Bradley fighting vehicle across the border into Iraq, Operation Desert Spring (Kuwait), Operation Inspired Gambit 3 (Pakistan) and Operation Shock and Awe—Thunder Run. He spent almost 18 months in the Middle East.

### **America's Flag: Long May She Wave — Friday – Veteran's Day – November 10 • 1–2:30**

Be with us when local Veterans remind us about Flag etiquette, various versions of American flags over time, and even myths and fallacies regarding our flag. Guests who are experts will

send you home with a new appreciation of the values for which the flag stands.

*Presenters:* Young Marines, VFW, American Legion and others from the 10–town area and beyond, coordinated by Dotti Durst.

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## **TRAVEL I (3 Sessions)**

**Mondays 10:30–12 • Auditorium**

### **Danube Discovery — September 18**

Curious about river cruising? Enjoy a springtime river cruise experience from Vienna, Austria to Bran, Romania with global travelers Ann and Walter, visiting seven eastern European countries including Serbia, Bulgaria and Romania. A portion of the trip took them into the Transylvanian Alps where they visited Dracula's Castle.

*Presenters:* Walter and Ann Hinchman have traveled round the world, sometimes on a shoe string. Their fascinating experiences have been shared many times with LiR. Retired educators and active in the region, both serve on Boards and Commissions in Pomfret.

### **Antarctica — an Experience on the "White Continent" — September 25**

Travel to the Antarctic Peninsula through the eyes and memories of a pair of experienced, but non–professional travelers. Accompany us to the Northernmost portion of the Antarctic Continent, visiting islands, ice shelves, and climbing ice–covered ridges, as we are

instructed by professional naturalists. See diverse wildlife, and try to absorb scenery unlike any on earth.

*Presenters:* Jon and Pam Pearse are retired Air Force medical officers who in 56 years of collective service have had the honor to live and travel both in association with their profession and at leisure around the world.

### **Life in South Africa during the "Apartheid Era"** **— October 2**

From 1948 to 1994, South Africa lived under the rule of apartheid. South Africa's apartheid is a familiar concept the world over. But what did it actually look like? What did living and laboring in the Republic of South Africa among the marginalized teach me about living simply, relationally, and communally? This is "the road still traveled!"

*Presenter:* Pieter Nijessen was born in the Netherlands and is a Naturalized Citizen. Having spent extended periods of time abroad, since returning Stateside, he has served as a skills trainer, case manager and for twelve years as executive director of an agency serving families and individuals. Pieter joined the QMC (Middle College) family in Fall 2016.

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## **TRAVEL II (3 Sessions)**

**Fridays 10:30–12 • Auditorium**

### **Wales — October 6**

Wales is a very small country, with millions more sheep than people. It is famous for its choirs (especially men's), national poetry festivals, castles, and rugby. We will discuss all areas of Wales but only about 10 of the 600 castles and not all the sheep! Included are pictures and music (even sporting events there include singing).

*Presenters:* George and Sandy Groom have been traveling to Wales every few years since 1983. Sandy's grandmother was Welsh.

### **Alaska and North Dakota — October 13**

Experience with us Anchorage, Alaska and nearby, including scenic highways, the small towns of Seward and Homer, glaciers, museums, and local dining. Fargo, North Dakota, anchors our 50<sup>th</sup> state visit, which includes the Roger Maris grave site, the wood chipper from the movie Fargo and of course, local dining. Ya! You betcha!

*Presenters:* Lois and Bill Brower have now finished visiting each of our fifty states. They have been LiR members for 11 years and enjoy presenting programs and serving on LiR committees.

### **Sikkim and Bhutan — October 20**

Explore two, small independent countries, well-concealed between Tibet and India, each with its own history, customs and scenery. Philippa will take you there as most of you will not be able to go! Colorful folk costumes, unique architecture, colorful national dress, and fantastical heroes make it a magical place.

*Presenter:* Philippa Paquette is a child psychologist and poet who has established a solid reputation at LiR for her accounts of travels to the Galapagos, Mount Kilimanjaro, Ecuador and Guatemala. She invites you to Bhutan where Gross National Happiness is more important than Gross National Product.

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## **AMERICAN HISTORY (3 Sessions)**

**Thursdays 1–2:30 • Auditorium**

### **Survivor: I was at the Pentagon on 9/11 — September 21**

Imagine going about your everyday work in the Pentagon on September 11, 2001 when suddenly a massive explosion wreaks havoc and creates panic. This is my story of what happened that day and of how lucky we were that so many of us made it out alive.

*Presenter:* Dolores “Dee” Carnahan, a Putnam native, took the Civil Service Test in 1969 and moved to the Washington, DC area to work for the federal government. She began her career of over 32 years for the Department of the Navy in the Pentagon in Arlington, VA.

### **U.S. Citizenship: The Process — September 28**

Local resident Bruce Wolanin will outline his motivation for becoming one of the approximately 10,000 Connecticut residents each year who become United States citizens. Bruce will also describe the process for becoming a citizen, including his preparation for the civics portion of the interview.

*Presenter:* Bruce Wolanin, who was born and raised in the Canadian province of Manitoba, is currently the director of college counseling and a boys' hockey coach at Pomfret (CT) School.

### **A Question of Anarchy or Insanity: The Assassination of William McKinley — October 5**

September 6, 1901, President William McKinley stood at the head of the reception line at the Pan American Exposition in Buffalo: a young man, Leon Czolgosz (ZOL-gosh) walked up to the president and at point blank range fired two shots. The president died eight days later. Did the new president Theodore Roosevelt change American politics forever?

*Presenter:* Dr. Tom Army is adjunct professor of history at QVCC and former headmaster

of Rectory School. Tom helped form and lead the Northeastern Connecticut Civil War Round Table. He authored *Engineering Victory: How Technology Won the Civil War*.

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## **LOCAL INTEREST (4 Sessions)**

**Wednesdays • Auditorium**

*\*Note: Different times\**

### **Citizens' Police Academy/Willimantic Police — September 27 • 1–2:30**

Have you ever wanted to know the Who, What, Why, Where, When, and How of local policing? Here's your opportunity! The Willimantic Police Department's 10-week Citizens' Police Academy is for residents who want to see, and experience, for themselves. Transparency is their key word.

*Presenter:* Lt. Douglas Glode, Willimantic Police detective commander, has been a police officer since 2002. Among his duties is responsibility for the Citizens Police Academy. The CT State Police launched the Citizens' Academy in 2011 and communities across the state, including Willimantic, offer it regularly.

### **YMCA of Putnam — October 18 • 10:30–12**

The Hale YMCA offers a variety of wellness opportunities for community members of all ages and skill levels. From our water fitness classes to our LiveStrong program for Cancer patients and survivors, our programs are designed to meet the needs of everyone in our community. YMCA membership is within everyone's reach.

*Presenter:* Erin Lucas, membership services coordinator at the Hale YMCA Youth & Family Center, invites you to explore the new facility, just opened in February 2016.

## **Electric Boat: In Defense of our Country for 118 Years — November 1 • 10:30–12**

Learn the history of EB, its influence on this area, the challenges it faces, and its role in the defense of our country. EB has been an important part of Eastern CT since 1899, but how much do you really know? Howard brings the experience and insider's perspective.

*Presenter:* Howard Jenkins has been with EB for 28 years and currently is manager of Human Resources–Diversity and Outreach. Although he lives in Warwick, RI, he is very active in the Eastern CT community, including being on the Board of Directors for New London Meal Center, Three Rivers Community College and the New London Science and Technology Magnet School.

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### **LOCAL HISTORY I (3 Sessions)**

**10:30–12 • Auditorium**

*\*Note different days\**

## **Documentation and Preservation of Historic Cemeteries: The Bradford–Marcy Cemetery Project — Friday, September 15**

Myron will discuss the need for and importance of historic cemetery preservation; the Bradford–Marcy Cemetery in West Woodstock provided an exciting pilot demonstration project, using the latest computer technology. A CT State Historic Preservation Grant allowed special consultants to create an electronic database and map of the cemetery, with every marker, individual and gravestone plotted. History preserved and accessible!

*Presenter:* Myron O. Stachiw has been an educator, historian, archaeologist, architectural historian, historic preservationist, and museum professional for 43 years. He sits on the Board of Directors of the CT Trust for Historic Preservation and is the chair of the Woodstock Historic Properties Commission, where he oversaw the documentation of the Bradford–Marcy Cemetery in 2015–16.

## **Putnam Bank Robbery — Friday, September 22**

1941: America was reeling from the Great Depression and Europe was facing the threat from NAZI Germany. A businessman from quiet little Putnam in Northeast CT was contemplating the situation. Come and hear how he devised a get-rich–scheme that eventually included the FBI, the state police and a sting to beat all stings.

*Presenter:* Bill Pearsall is the Putnam Municipal Historian and the president of the Aspinock Historical Society. His past presentations at LiR have been on railroads in the northeast, and he enjoys interaction with his audiences.

## **Harvesting Stones — Thursday, October 12**

*Harvesting Stones*, a film produced by Jerry Fisher, executive director of the Jewish Federation of Eastern CT, is a documentary of Jewish refugees who established farms in Northeastern CT. This film chronicles the story of these Jewish farmers who came here after World War II as survivors of the Holocaust.

*Presenter:* Evert Gawendo will be available to answer questions after the film. He is the son of Holocaust survivors.

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### **LOCAL HISTORY II (4 Sessions)**

**Mondays 10:30–12 • Auditorium**

*\*Note skip in dates\**

## **Optical Heritage Museum and American Optical: The Influence of AO in the Region, in Science and Society — October 16**

The importance of optics within society is so intrinsically linked to our everyday lives that we seldom think of its importance because it is so commonplace. However, our everyday lives are improved by these inventions. Dick will discuss the history of AO and Zeiss and their many creations which facilitate daily living.

*Presenter:* Dick Whitney recently celebrated his 42<sup>nd</sup> year of continuous service at AO in Southbridge. As executive director of the Zeiss-sponsored Optical Heritage Museum, Dick has worked to restart and grow the museum for over 15 years; it reopened four years ago. He is vice chair of the Board of Directors of Venture (an agency which serves handicapped individuals), among other community activities.

**Optical Museum Tour: Southbridge, MA — October 23**

The Optical Heritage Museum has thousands of items within their collections and displays, including microscopes, lensometers, multifocal and antique spectacles. Take a journey through time, discovering the fascinating origins of all of the simple items we take for granted today.

There is no fee for the museum but they accept donations. An optional lunch location (reasonable prices) will be announced. Transportation is on your own/car-pooling from QVCC is encouraged.

**Woodstock Historical Society 50<sup>th</sup> Anniversary — November 6**

Look inside the Woodstock Historical Society in its 50<sup>th</sup> Anniversary year. Explore a collection that preserves the extraordinary saga of one of CT's oldest towns. Peek into the vault (and yes, learn why it is called a vault!) and the archives with us!

*Presenter:* Gail White Usher is education coordinator for Historic New England at Woodstock's Roseland Cottage. She is a principal of Through 18<sup>th</sup> Century Eyes, a group that presents programs about life in New England at historic sites such as Fort Ticonderoga. She is president of the Woodstock Historical Society and vice chairperson of the Woodstock Historic District Commission.

**The Tourtellottes of Thompson— November 13**

Thompson's Tourtellottes' generosity and philanthropy still echo throughout our area. Their museum, located in Thompson, CT, is the largest U.S. public school museum. Their story and rise to wealth is one of the greatest of our area. Come and hear how these modest high-school sweethearts were able to create a legacy still touching our lives today.

*Presenter:* Joseph Lindley is the recipient of the Daughters of the American Revolution Historic Preservation Medal and is the vice president of the Thompson Historical Society and curator for the Tourtellotte Museum. He has published several books about local soldiers.

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**YOUR HEALTH (4 Sessions)**

**1-2:30 • Auditorium**

**\*Note change in day\***

**Ask the Doc! — Monday, September 11**

Come and have the opportunity to ask not one, but two physicians any medical question. Hear two opinions on any topic. Some favorites include memory loss, anxiety/stress, medication management, weight problems and diabetes, cholesterol management, wellness, etc. This popular open forum format promises to generate interesting and useful discussion.

*Presenters:* Dr. Botta is a board certified Geriatrician and Internist. He enjoys public speaking to teach older adults about how to be healthy as they age. Dr. Candow is board certified in Family Medicine. Most of his career has been working with the elderly and he enjoys the relationships formed, primary care coordination, and time with his patients.

## **Mental Health Awareness: Breaking the Silence — Tuesday, September 12**

Journey along the path of mental illness: from diagnosis to treatment and recovery. Learn what steps are needed to navigate the health care system, to dispel the myths of mental illness and to deal with the stigma associated with it.

*Presenters:* Bill Pearsall is the president of NAMI—Windham County (The National Alliance for Mental Illness) where Terri Pearsall is on the Board of Directors; she is also on the United Services Board of Directors. Their perspective includes personal experience as they dealt with the diagnosis of their 20 year old son. They will share their process of getting help for him.

## **Medicare — Monday, September 18**

2018 is just a blink away; time to begin planning. We'll include, if available at the time of the presentation, Medicare Part A/B Updates as well as updates relating to Medicare Part D and Medicare Advantage Plans. Need to know about the basics or perplexing topics like Supplemental Medigap Policies, Medicare Advantage Plans and the Medicare Savings Programs? Join us!

*Presenter:* Laura Crews, director for Benefits Access and the Regional CHOICES Coordinator, has been involved with Senior Resources for 11 years. Laura's expertise is well known in the 56 Town Region of Eastern CT.

## **Music, Memory & Nostalgia — Monday, October 2**

Imagine being stranded on a deserted island with only eight songs to keep you company. Which would you choose? Music does have a significant impact not only on our moods and the way we see the world, but in shaping our brains as well. Experience this hands-on investigation into the ways that music and memories are connected.

*Presenters:* Professors Dorrie Nang (Humanities) and Tom Davis (Psychology) both teach at Nichols College in Dudley, MA. They will explore the roles of music in strengthening memories and as a form of psychological therapy.

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## **NATURE I (4 Sessions)**

**Auditorium**

***\*Note different time/day\****

### **Dark Skies and Light Pollution — Tuesday, September 19 • 1–2:30**

What is light pollution? We can inexpensively remove it with appropriate lighting and in the process save money and make the outdoors more safe, all while darkening the skies. Millions of animals are needlessly killed by bad lighting. The vast majority of humans have never seen a truly dark sky. Why not?

*Presenter:* Geoff McLean, an avid amateur astronomer and astro-photographer, has become alarmed at the rapid loss of night skies due to light pollution, and brings awareness to all sorts of civic and governmental organizations.

### **Soaring Over The Last Green Valley: The Return of Bald Eagles — Tuesday, September 26 • 1–2:30**

With abundant rivers, lakes and ponds, The Last Green Valley National Heritage Corridor has perfect habitat for bald eagles—our national symbol. Eagles have been returning and nesting here. Note TLGV's assistance to CTDEEP in monitoring bald eagle nests and conducting the statewide midwinter eagle survey. Learn the unique characteristics of these amazing birds.

*Presenter:* Bill Reid, the chief ranger for The Last Green Valley federally designated National Heritage Corridor (35 towns in MA and CT, encompassing 1,000 square miles), conducts programs in many venues and locations interpreting and celebrating the region's rich natural and cultural resources.

## **What's Happening to Our Bees —**

**Tuesday, October 10 • 10:30–12**

Colony Collapse Disorder, 2006: The sudden loss of honey bees, both those that are managed and the feral populations, was blamed on natural factors...and maybe cell phone towers! Colony Collapse has disappeared; let's examine the relationship between various factors and poor honey bee health; we'll discuss ways in which individual citizens can help to improve pollinator health.

*Presenter:* Dr. Rich Cowles has worked for 23 years as an agricultural scientist (entomologist) at the CT Agricultural Experiment Station at the Valley Laboratory in Windsor. The focus of his research is on resolving problems of greatest importance to CT citizens, which includes managing bed bugs, and the insect pests of small fruits, forests, turf, and ornamental plants.

## **Moths: Winged Wonders —**

**Thursday, October 12 • 1–2:30**

"What is so special about moths and butterflies?" Topics covered will include what makes them unique in the animal kingdom, their strategies for survival, their importance in the eco-system and their toxic properties. The presentation will conclude with a short film of the life cycle of our local spicebush silkworm—callosamia promethea

*Presenter:* Ben Williams came by his interest in the natural world genetically, he thinks, always fascinated by whatever walked, crawled, flew or swam. He is a former teacher and Pomfret School Headmaster, avid lepidopterist and active conservationist. Ben is president of the Wyndham Land Trust and chairman of the Regional Board of CT Audubon amongst his other good.

## **NATURE II (4 sessions)**

**Thursdays 1–2:30 • Auditorium**

### **Hiking the Blue Trails —October 19**

Consider hiking the Blue Trails, working toward the 400 Club (hiking all the Blue Trails) or other shorter challenges such as Sleeping Giant's Giant Master, Stony Creek (Washington, CT), or even shorter, such as Joshua's Tract. See our trail photos of the Quiet Corner, and you'll be enthused about hiking, too! Handouts and trails maps provided.

*Presenter:* Jim Giana was named by the Connecticut Forest and Park Association (CFPA) as "Outstanding CFPA Volunteer" for his work as a Trail Monitor. He utilizes his extensive hiking experience constantly at the James L. Goodwin State Forest in Hampton; the site is part of the CTDEEP.

### **Painted Turtles — October 26**

Learn about CT's most abundant turtles: where they live, what they eat, what eats them, how they adapt for the winter, and the best times and places to see them. Learn about their movement throughout the year and their relationship with Red-winged Blackbirds nesting in cattails.

*Presenter:* Bill Powers is one of Goodwin's Master Naturalists who has been following painted turtles and wants to share his observations with you.

### **Climate and CT's Growing Season — What We Can Learn From the Forest — November 2**

Deb is currently doing research on terrestrial orchids in CT. She will demonstrate how local plant flowering cycles have changed over the past decade, likely due to climate change.

*Presenter:* Deb Field, an environmental science educator for 25 years, is part of CTDEEP and Goodwin Conservation Center's Master Naturalist Program. Her main goal is

teaching people of all ages the importance of developing an understanding of nature as it surrounds us.

### **Black Bears in CT — November 9**

Together let's focus on the natural history of black bears in CT, with an overview of black bear habitat, diet, behavior, reproduction and current research efforts. Learn practical recommendations for optimum coexistence with our black bear population. Black bear artifacts will be shared with the audience.

*Presenter:* Paul Colburn is a 2015 graduate and certified Master Wildlife Conservationist (MWC), a CTDEEP adult education program. He has provided over 100 wildlife presentations and assisted with several wildlife research projects including a natural history of CT dating back to 1650.

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### **CAVES (4 sessions)**

**Wednesdays 10:30–2 • Auditorium**

***\*Note skip in date\****

### **Exploring Caves by Film — A Great Courses Presentation — September 13, 20, 27 & October 11**

1. World's Biggest Cave—Vietnam's Mountain River Cave has remained untouched by humans
2. Mysteries Underground—Kentucky's "Underground Everest" world's longest cave, includes fossil remains of humans who braved the darkness up to 3000 years ago
3. Journey into Amazing Caves Around the Globe
4. Extreme Cave Diving—Enter into this "alternate universe" of blue holes

*Presenter:* Clare Despathy is a retired teacher and active Program Committee member. She obtained this series for personal learning goals and liked it so much that she invites her friends to come see them.

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### **EARLY WEST (4 sessions)**

**Thursdays 10:30–2 • Auditorium**

### **The Lure & Development of the Early West (1800–1900) — September 14, 21, 28 & October 5**

1. *The Trail Blazers*—Lewis & Clark and the Mountain Men 1804–1840
2. *The Pioneers "Go West Young Man/Woman"*—exodus to the west via the Oregon Trail 1843–1855
3. *The Indian Wars*—Battle for supremacy 1855–1875
4. *Life in Western America*—Women's role, gold and the evolution of rootin' tootin' towns (Deadwood) 1855–1890

*Presenter:* Ed Morin is a retired Chiropractor, past president of LiR and recently retired chair of the Membership and Promotion Committee. Ed has presented on The American West, Pinball Machines, Music and a number of famous and infamous people.

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### **MOVIE MAKING (4 sessions)**

**Auditorium**

***\*Note different day/time\****

### **50<sup>th</sup> Anniversary of *In the Heat of The Night* — Friday, October 6, 13 • 1–2:30**

What was the movie producer attempting to achieve with this Oscar-winning film? History was made with the Civil Rights Act (1964) and this 1967 movie, with Oscars for Cinematography, Film Editing and Acting, built

upon it. See it through a film expert's eye: the art and the craft of movie-making. Civil rights in "ACTION" in the deep south.

*Presenters:* Jacob Larimore, filmmaker and public access coordinator, Northeastern CT Community Television (Charter Spectrum Cable) and Dotti Durst join to increase your appreciation of an important movie. Jacob's technical background in Movie and TV Production and Post-Production for the past decade bring you a new perspective of the movie while Dotti, who remembers the era well, adds historical context.

**You Can Make a TV Show or Movie — Tuesday, October 31 • 10:30-12**

We'll show you how! Learn what happens behind the cameras and in editing. What is a storyboard? What's an "establishment shot" and why does it matter? See shows that local people have created. You'll view TV shows and movies through new eyes...maybe come in to make your own. ...or get involved in a different way.

*Presenter:* Michael Nelson is area public access supervisor for Charter Spectrum's Northern CT Studio Operations, including our local 16-town region for the last 25 years, winning many awards for production excellence.

**Tour the Charter Production Studio in Windham — Tuesday, November 7 • 10:30-12**

The studio welcomes LiR members for a behind the scenes, hands-on experience in the production studio, the editing room and of course, the opportunity to see that those huge, fierce-looking cameras are actually kittens when a person has been trained with them. Plan for the facility visit/tour to take about 45-50 minutes. Transportation is on your own but carpooling is recommended.

**OPERA (3 sessions)**  
**Mondays 1-2:30 • Auditorium**  
**October 30, November 6, 13**

For your listening and viewing pleasure, some of the most popular operas from the Metropolitan Opera library featuring singers at the top of their game:

§ *Bizet's Carmen*

§ *Donizetti's L'elisir d' Amore (The Elixir of Love)*

§ *Puccini's La Boheme*

(A synopsis for each opera will be provided and subtitles in English, of course.)

*Presenter:* Joseph Gibbons has been giving talks to LiR on music, especially opera, every year since 2003. His interests in ballet, opera and music began as a boy in New York, and over the years he has developed an enviable knowledge and appreciation of the subject.

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**BEGINNING WRITING (5 sessions)**  
**Tuesdays 10:30-2 • Room W210**  
**September 19, 26, October 3, 17, 24**  
***\*Note skip in dates\****

Learn how to create a setting, develop a character, and how to write dialog. This is writing on a basic level. Darla's students have demonstrated considerable success!

*Presenter:* Darla Pigeon is Native American Hopi, an excellent writer, and loves teaching this skill. Darla has a loyal following for this course. She teaches computers at one of our local public libraries.

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## **GERMAN (4 sessions)**

**Wednesdays 3–4:30 • Room W210**

**October 18, 25, November 1, 8**

Register early and bring pad and pencils—Lucky LiRers will have an opportunity to get a taste of the German language. No promise that this program will turn you into a linguistic scholar, but hopefully you'll come away saying a bit more than "Hello" and "Goodbye". Participants have had positive comments!

*Presenter:* Steve Rechner is a frequent LiR presenter, especially of German films from the classic Weimar Era, one of the most creative, until Hitler rose to power. People asked for a German class and Steve stepped up; we do have fun!

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## **NUTRITION UPDATES 2017 (4 SESSIONS)**

**Thursdays 10:30–12 • Auditorium**

**October 19, 26, November 2, 9**

An open discussion on all topics concerning foods and nutrition. Bring your questions – and frustrations.

Topics: Basic information on nutrition, the relationship of foods in our bodies, the health side of them, changes in the Food and Drug Administration (FDA) information, what the food industry is up to now, and topics brought to class.

*Presenter:* Clare Despathy is a retired teacher with a background in Health related subjects, and active Program Committee member. She is not sure that what is out there in nutrition information is what we need.

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## **SINGLE-SESSION - NO FEE COURSES**

### **RECOGNIZING & HEALING FROM SEXUAL VIOLENCE**

**Wednesday, September 20**

**1–2:30 • Auditorium**

Come learn about the resources available to anyone who has been or who knows of someone who has been a victim of sexual violence, whether older or younger. In recent years, we've learned that older Americans are often victims, but feel unable to talk about their experience or seek help. Become a source of that help.

*Presenter:* Maria Busineau is the associate director at the Sexual Assault Crisis Center of Eastern CT where she has worked since 2000, providing counseling to hundreds of victims of sexual violence over the years. She believes it is never too late to begin the healing journey. Ms. Busineau is a Certified Rape Crisis Counselor and a Pastoral Counselor.

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### **ISLAM 101**

**Wednesday, October 11**

**1–2:30 • Auditorium**

Participate in this introduction to Islamic beliefs and practices overview. It will discuss the basics of Muslim culture, Islam, and the overall commonalities between the monotheistic religions.

*Presenter:* Linda Miller is a member of the Speaker's Bureau of the Muslim Coalition of CT (MCCT), a non-profit organization with a mission to promote American Islamic values through education, outreach, and community service.

## NAVIGATE FINANCIAL TERMS & NOT FEEL USED!

Tuesday, October 24  
1–2:30 • Auditorium

Jim will lead attendees through commonly heard financial terms to help in breaking through the confusion. This session will offer a simple approach to knowing what these terms mean and the implications they have in managing finances during retirement.

*Presenter:* James Zahansky has developed strong skill sets in strategy, leadership, and interpersonal dynamics throughout his career and regards one's character as their defining quality. As a managing partner at Weiss & Hale Financial since 2014, Jim has utilized his training to assist clients in developing strategies and solutions to meet their financial goals.

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## LEGACY PLANNING: WHAT IT IS AND WHY I SHOULD CARE

Wednesday, November 8  
10:30–12 • Auditorium

Legacy planning involves putting one's life in order during retirement years. The changing landscape of retirement years in terms of a successful retirement affects us in a number of ways. These include financial, legal, estate, and health. We also leave a legacy of stories and values, and need to know how to share them with future generations.

*Presenter:* Jim Weiss is a registered life planner and coach, with 30 years of experience as a financial planner and investment advisor.

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## QV'S VIRTUAL LIBRARY AT YOUR FINGERTIPS

Tuesday, September 12  
10:30–12 • QV Library

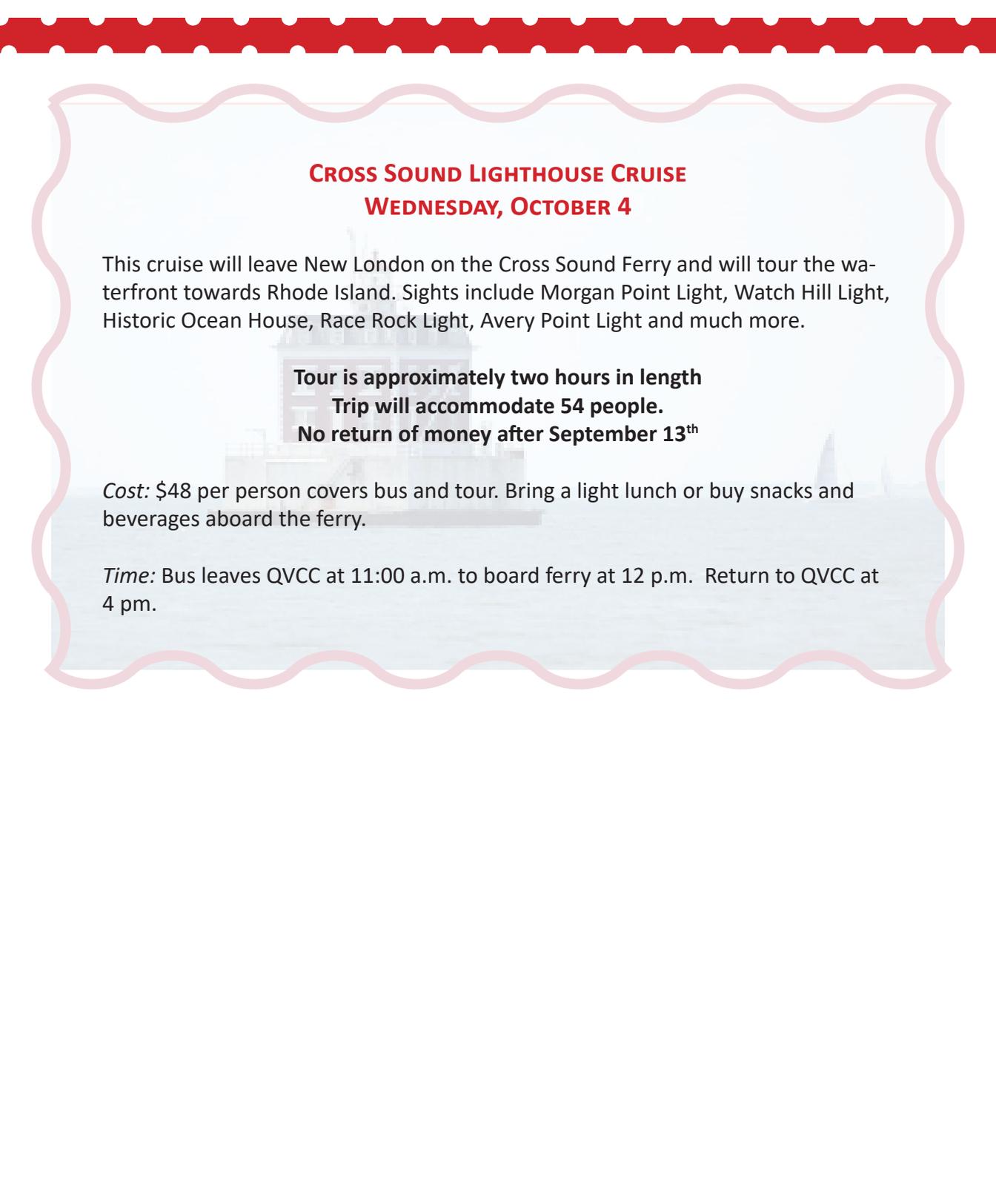
Limited to 20 people who are at least somewhat comfortable using computers.

### ***ESSENTIAL to logging-in at this session:***

1. LiR registration must have your social security number to create your account.
2. You must bring your LiR Banner number (located on your course receipt from LiR)

LIR members have access to hundreds of thousands of online resources through the QVCC Library. Learn how to log in so you, too, can read books, newspapers, magazines and scientific studies online—from any location with internet access. Activate your free *New York Times* digital subscription.

*Presenter:* M'lyn Hines has been the QVCC Reference and Instruction Librarian on campus since 2013. Previously she worked with students of all ages, including children and teens in elementary and secondary school libraries, as well as digital immigrants (that's folks 50-90+) in public libraries in Rhode Island.



**CROSS SOUND LIGHTHOUSE CRUISE**  
**WEDNESDAY, OCTOBER 4**

This cruise will leave New London on the Cross Sound Ferry and will tour the waterfront towards Rhode Island. Sights include Morgan Point Light, Watch Hill Light, Historic Ocean House, Race Rock Light, Avery Point Light and much more.

**Tour is approximately two hours in length**  
**Trip will accommodate 54 people.**  
**No return of money after September 13<sup>th</sup>**

*Cost:* \$48 per person covers bus and tour. Bring a light lunch or buy snacks and beverages aboard the ferry.

*Time:* Bus leaves QVCC at 11:00 a.m. to board ferry at 12 p.m. Return to QVCC at 4 pm.

## NOTE TO LIR MEMBERS:

The last two pages are considered your registration cards. Please put only one registrant on a page. Also, please make sure to check off below what you have registered for because you will receive only your receipt in the mail.

Thank you!

These are the courses I registered for:

- |                          |                  |                          |                   |
|--------------------------|------------------|--------------------------|-------------------|
| <input type="checkbox"/> | Membership       | <input type="checkbox"/> | Travel I          |
| <input type="checkbox"/> | Travel II        | <input type="checkbox"/> | Patriotism        |
| <input type="checkbox"/> | American History | <input type="checkbox"/> | Local Interest    |
| <input type="checkbox"/> | Local History I  | <input type="checkbox"/> | Local History II  |
| <input type="checkbox"/> | Your Health      | <input type="checkbox"/> | Nature I          |
| <input type="checkbox"/> | Nature II        | <input type="checkbox"/> | Caves             |
| <input type="checkbox"/> | Early West       | <input type="checkbox"/> | Movie Making      |
| <input type="checkbox"/> | Opera            | <input type="checkbox"/> | Beginning Writing |
| <input type="checkbox"/> | German           | <input type="checkbox"/> | Nutrition         |
| <input type="checkbox"/> | Sexual Violence  | <input type="checkbox"/> | Islam 101         |
| <input type="checkbox"/> | Financial Terms  | <input type="checkbox"/> | Legacy Planning   |
| <input type="checkbox"/> | QV Library       | <input type="checkbox"/> | Lighthouse Cruise |

<b>September 2017</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9/11</b>	<b>9/12</b>	<b>9/13</b>	<b>9/14</b>	<b>9/15</b>
Meet a Veteran	QV Library	Caves	Early West	Historic Cemeteries
Ask the Doc!	Mental Health			
<b>9/18</b>	<b>9/19</b>	<b>9/20</b>	<b>9/21</b>	<b>9/22</b>
Danube Discovery	Beginning Writing	Caves	Early West	Putnam Bank Rob.
Medicare	Light Pollution	Sexual Violence	Pentagon Survivor	
<b>9/25</b>	<b>9/26</b>	<b>9/27</b>	<b>9/28</b>	<b>9/29</b>
Antarctica	Beginning Writing	Caves	Early West	
	Soaring Eagles	Police Academy	US Citizenship	
<b>October 2017</b>				
<b>10/2</b>	<b>10/3</b>	<b>10/4</b>	<b>10/5</b>	<b>10/6</b>
South Africa	Beginning Writing	Lighthouse Cruise	Early West	Wales
Music, Memory			William McKinley	Movie Making
<b>10/9</b>	<b>10/10</b>	<b>10/11</b>	<b>10/12</b>	<b>10/13</b>
	Bees	Caves	<i>Harvesting Stones</i>	Alaska & N. Dakota
		Islam 101	Moths	Movie Making
<b>10/16</b>	<b>10/17</b>	<b>10/18</b>	<b>10/19</b>	<b>10/20</b>
Optical Heritage	Beginning Writing	YMCA	Nutrition	Sikkim & Bhutan
		German	Hiking Blue Trails	LiR Social
<b>10/23</b>	<b>10/24</b>	<b>10/25</b>	<b>10/26</b>	<b>10/27</b>
Optical Tour	Opera		Nutrition	
	Financial Terms	German	Painted Turtles	
<b>November 2017</b>				
<b>10/30</b>	<b>10/31</b>	<b>11/1</b>	<b>11/2</b>	<b>11/3</b>
	Movie Making	Electric Boat	Nutrition	
Opera		German	Climate	
<b>11/6</b>	<b>11/7</b>	<b>11/8</b>	<b>11/9</b>	<b>11/10</b>
Woodstock Historical Soc.	Movie Making	Legacy Planning	Nutrition	
Opera		German	Black Bears	America's Flag
<b>11/13</b>	<b>11/14</b>	<b>11/15</b>	<b>11/16</b>	<b>11/17</b>
The Tourtellottes				
Opera				

## PROGRAM COMMITTEE

Our Program Committee, which arranges all of our programs and socials, welcomes new members. We are a good group and are really the most important of the various LiR committees. We know what we are doing, we just need a few more people to bring a broader, more diversified group of ideas and fresh energy. You are welcome to attend a committee meeting on the first Tuesday of each month at 2:15 p.m. As a matter of fact, you are always welcome at the Executive Council meetings on the first Tuesday at 1:00 p.m.

Thank You!



# MARK YOUR CALENDARS!

***Open House*** — Friday, August 18<sup>th</sup> 1 p.m. — Auditorium  
***Seating limited to first 200***

***Social*** — Friday, October 20<sup>th</sup> 1 p.m. — Auditorium

**Registrant I**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ email: \_\_\_\_\_

**Course Choices:**

- |       |      |      |                  |       |      |      |                   |
|-------|------|------|------------------|-------|------|------|-------------------|
| _____ | \$20 | 3301 | Membership       | _____ | \$7  | 3303 | Travel I          |
| _____ | \$7  | 3304 | Travel II        | _____ | \$0  | 3329 | Patriotism        |
| _____ | \$7  | 3312 | American History | _____ | \$7  | 3315 | Local Interest    |
| _____ | \$7  | 3305 | Local History I  | _____ | \$7  | 3306 | Local History II  |
| _____ | \$7  | 3302 | Your Health      | _____ | \$7  | 3308 | Nature I          |
| _____ | \$7  | 3309 | Nature II        | _____ | \$7  | 3310 | Caves             |
| _____ | \$7  | 3311 | Early West       | _____ | \$7  | 3314 | Movie Making      |
| _____ | \$7  | 3307 | Opera            | _____ | \$7  | 3316 | Beginning Writing |
| _____ | \$7  | 3317 | German           | _____ | \$7  | 3313 | Nutrition         |
| _____ | \$0  | 3318 | Sexual Violence  | _____ | \$0  | 3319 | Islam 101         |
| _____ | \$0  | 3320 | Financial Terms  | _____ | \$0  | 3332 | Legacy Planning   |
| _____ | \$0  | 3330 | QV Library       | _____ | \$48 | 3333 | Lighthouse Cruise |

Total Amount Due: \$ \_\_\_\_\_

**PLEASE MAIL!!!**  
 Please mail registrations to:  
 Krissy Larrow - QVCC  
 742 Upper Maple Street  
 Danielson, CT 06239

**Payment Information:**

Enclosed is check # \_\_\_\_\_ for \$ \_\_\_\_\_ made payable to QVCC.

Mail check to: 742 Upper Maple Street, Danielson, CT 06239

Credit Card Payment: MC/VISA: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ EXP: \_\_\_\_\_/\_\_\_\_\_

Last three digits on back of card: \_\_\_\_\_

Intake	BANNER ID	Registrar	Term	Date Reg.	Business Off.	Date Paid
	@		117312			



## Registrant 2

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ email: \_\_\_\_\_

### **Course Choices:**

___	\$20	3301	Membership	___	\$7	3303	Travel I
___	\$7	3304	Travel II	___	\$0	3329	Patriotism
___	\$7	3312	American History	___	\$7	3315	Local Interest
___	\$7	3305	Local History I	___	\$7	3306	Local History II
___	\$7	3302	Your Health	___	\$7	3308	Nature I
___	\$7	3309	Nature II	___	\$7	3310	Caves
___	\$7	3311	Early West	___	\$7	3314	Movie Making
___	\$7	3307	Opera	___	\$7	3316	Beginning Writing
___	\$7	3317	German	___	\$7	3313	Nutrition
___	\$0	3318	Sexual Violence	___	\$0	3319	Islam 101
___	\$0	3320	Financial Terms	___	\$0	3332	Legacy Planning
___	\$0	3330	QV Library	___	\$48	3333	Lighthouse Cruise

Total Amount Due: \$ \_\_\_\_\_

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Last three digits on back of card: \_\_\_\_\_

Intake	BANNER ID	Registrar	Term	Date Reg.	Business Off.	Date Paid
	@		117312			

