



LiR's
25th
Anniversary



Spring 2019
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 membership through June 30, 2019, and sign up for the courses that interest you. New members are welcome throughout the year. Each of the multi-session courses is \$7; that's how we cover snacks and treats at the Open House and Social, which are free. Single-session presentations, however, are at no charge for registered members.

In this, LiR's 25th Anniversary Year, we are providing our members with all sorts of bonuses, treats and FUN. That includes a free ticket to the US Coast Guard Band Concert on June 29. Details about the tickets will be released in the spring.

LiR believes Anniversaries deserve attention: Watch for our recognition of other Anniversaries scattered throughout this Program Guide.

Please visit our website at www.qvcc.edu/lir for newsletters, updates, and items of interest.

MULTI-PART SERIES

FITNESS AND HEALTH: YOUR HEALTH AS YOU AGE:

Physical Therapist/Sports Medicine specialist Carl Mailhot says "After all my years as a PT, I am still fascinated by the capacities of the human body." Our workshop will address senior health to improve strength, mobility, balance and gait. Each week will focus on practical info, demonstration and participation to address the challenges of fighting gravity. (4 sessions) Thurs, 3/28, 4/4, 4/11, 1–3 pm; 4/18, 10:30–12 PM

BRIDGE: Know the basics of bridge? Come learn more! The somewhat experienced players help the newer members, and everyone acquires new skills and techniques. Along the way, you make new friends and have a great time! Due to popular demand, Richard Lebel, himself a Silver Life Master in bridge, will continue his guidance and instruction. (8 sessions) Wed, March 20–May 8, PM. **Clarm E233**

DISCOVERING THE SOUL'S PURPOSE IN

RETIREMENT: Robert Kirk, Ph.D. takes us through learning about an alternative worldview in which consciousness is universal, primary, and causal. We conduct a series of exercises exploring one's True Self, are introduced to the concept of "Ideal," and create and articulate

our own personal ideals. Lastly, we each consider applications of True Self + Ideal in the context of our lives. Bob, ever popular, has lectured at LiR on such topics as reincarnation, near-death experiences, and the evolution of consciousness. (4 sessions) Tues, April 9–30, PM

METROPOLITAN MUSEUM OF ART (VIDEO-BASED

LEARNING): European sculpture, Arts of Africa, and Oceania; Musical instruments and Arms/Armor; Costumes/Textiles, and American Art including Special Collections—although the Series is continued from the Winter, it stands alone for new participants. 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 LiR friends to come see it. (4 sessions) Note: **Thurs/Fri** 3/21, 3/29, 4/5, 4/12 **10–12 PM (Note earlier start time)**

WRITING WORKSHOP: Retired teacher and featured storyteller at local venues, Pat Krodel, invites us to experience a new avenue for understanding others and personally connecting. "Tell me a story and it will live in my heart forever" is the workshop's theme. Both former and new students are welcome. (5 sessions) Wed, April 3–May 1, PM. **Clarm E239**

HUBBLE (VIDEO-BASED LEARNING): Presented by Clare Despathy, long active in LiR. Edwin P. Hubble revolutionized cosmology by proving that the clouds of light astronomers saw in the night sky were actually other galaxies beyond our Milky Way. His research helped prove that the universe is expanding. His greatest discovery was in 1929, (**90th anniversary**) when he identified the relationship between a galaxy's distance and the speed with which it is moving. (4 sessions)
Wed, April 17–May 8, AM

Art/Music/Literature • Mondays PM

THE EAGLES VIDEO CONCERT: *The Eagles* were America's best Soft Rock band—formed in 1971 and inducted into the Rock n' Roll Hall of Fame in 1998 (**20th anniversary**). Roger Pellerin, active LiR member and officer, presents this concert, featuring many of their greatest hits, such as *Hotel California*, *Tequila Sunrise*, *Lyn' Eyes*. If you enjoyed the Bee Gees last semester, you'll love this one too. March 18

TELLING A STORY THROUGH POETRY IN THE YEAR OF WALT WHITMAN'S 100TH BIRTHDAY (1819):

Windham County's first ever Poet Laureate, ECSU English Professor Daniel Donaghy, with a Masters of Fine Arts in Creative Poetry from Cornell, learned that expressing his inner-city upbringing in poetry paved his way, moving him from Engineering and Science to the world of Literature. March 25

DIGITAL PHOTOGRAPHY: FROM PHOTOGRAPHER TO ARTIST! Wait until you see the incredible student-artists' work! Digital photography classes are available at QVCC's excellent facilities. Think of what you can create with these new skills, from your own photo books to personalized cards. Mark Szantyr, QVCC Professor of Fine Arts and himself an active artist, will speak to the hidden artist in all of us. April 1

ART HISTORY: FROM CAVE PAINTINGS TO CONTEMPORARY: Enjoy a participatory lecture on the origins of art making—the how and why. Using the human body as a lens, we will uncover why representations of the human body figure so largely in art-making across cultures and centuries. Jessica Porzuczek, QVCC Adjunct Professor of Art History invites social engagement to create an approach that can affect positive change. April 8

Local History • Thursdays PM

EASTFORD'S FAMOUS SON: Civil War General Nathaniel Lyon/Eastford History: Ed Parry (aka BLACKHART LONGARMS) will share his knowledge of how World History, US Civil War history and Eastford history are intertwined, noting the **100th anniversary** of General Lyons' birth in 1818. Ed's appearances on the Discovery Channel demonstrate his outgoing presentation style. April 18

NOTABLE AND NOTORIOUS: Many colorful characters, including soldiers, statesmen, spies, well-known and not-so-well-known entrepreneurs, made their home in the Last Green Valley. Join Chief Ranger Bill Reid of The Last Green Valley National Heritage Corridor as he explores interesting stories about local people who, in their own unique way, helped shape the region. April 25

HURRICANE OF '38: Without warning, a powerful Category 3 hurricane slammed into Long Island and southern New England, causing 600 deaths and devastating coastal cities and towns, as well as having a major impact in our area. Join Terri and Bill Pearsall (Putnam Municipal Historian and the president of the Aspinock Historical Society) for a pictorial presentation of the Great New England hurricane of 1938 (**80th anniversary**). May 2

WORLD WAR I—ITS LOCAL HEROES: Although it was **100 years ago**, World War I (Armistice Day: 11/11/1918), had a dramatic impact on the entire world, including our region—NE CT. The City Historian of Norwich, Dale Plummer, will introduce you to some of our native sons who served proudly and sometimes made the ultimate sacrifice for our country. May 9

History I • Tuesdays AM

SOCIALISM: A REVOLUTIONARY MOVEMENT THAT INFLUENCES OUR WORLD TODAY: For his third semester at LiR, ECSU's World History Professor Scott Moore will take a different look at history to demonstrate the promised path of shared prosperity that Socialism offered and how the debates shaped the course of history. The origins of Socialism— **230 years ago**, the 1789 French Revolution; **170 years ago**, the 1848 Communist Manifesto. March 26

WHEN TWO WORLDS MET: As European settlement of North America expanded rapidly (1620–1750), encounters with the Native American populations increased in frequency and intensity. Both societies began to incorporate aspects of the others' material world while simultaneously retaining their own cultures. Gail White Usher, Education Coordinator for Historic New England at Woodstock's Roseland Cottage and an officer the Woodstock Historic District Commission, will demonstrate the results. April 9

SOUTH AFRICA/NELSON MANDELA'S 100TH BIRTHDAY: The history of South Africa and the current state of the nation are not entirely dependent upon understanding the role of Nelson Mandela, who received the Nobel Peace Prize in 1993, but he played a major part. Emily Durst, who has recently returned from living there, will discuss his experiences and views of a nation which has seen both upheaval and stabilization. April 16

NEO-CONSERVATIVES AND THE 2003 IRAQ WAR:

Since the end of the Cold War, a new generation of Neo-conservatives worried that the US would retreat into a modern isolationism. In reaction to this fear, the Ne-cons created the ideology of Pax Americana—a global system of American values supported by American arms. The Iraq War was fought as a result of this ideology. Dr. Tom Army, Professor of History (QVCC & Quinnipiac), will help us understand it all. April 23

JAMAR ARCHAEOLOGICAL SITE, MIDDLEBOROUGH MASSACHUSETTS: The Nemasket River may be why the area around Middleborough has one of the highest densities of Native American settlement sites. One village of 60 houses, with work areas and storage pits, revealed stone tools and many other artifacts going back to the Early Archaic Period, 10,000–8,000 years ago. Join Craig Chartier, Principal Archaeologist, to learn what the findings mean. April 30

History II • Thursdays AM

A LANCASTER AND THE FRENCH RESISTANCE: A young Frenchman, a New Zealander and an Englishman meet in a remote woodland during WWII. This story details narrow escapes, murders and heroism in a countryside occupied by a brutal enemy, where a Lancaster (airplane) played a key role in June 1944 (**75th anniversary**) and ends with celebrations and the enjoyment of some fine wine. Retired after a career in technology, Ron Tillen has enjoyed the last 18 years at LiR making history accessible to the rest of us. April 25

THE MUSLIM OCCUPATION OF SPAIN (711–1492) THEN AND NOW: Muslim Iberia contributed learning, technology and commercial practices in Spain and in Europe resulting in universities, mass-produced paper facilitating the invention of Gutenberg's printing press, and the onset of the Renaissance. The recent flood of Muslims from

many countries into Europe has been deemed a “massive immigration” by some leaders, “an invasion” by others. These two sessions will explore both perceptions and discuss the challenges we face. Dr. Ron Barks enjoys focusing on aspects of European history not commonly known. May 2 & 9 **10 AM start**

Travel • Mondays AM

THE SEVEN WONDERS OF OREGON: Come travel with active LiR members Lee Felpel and Jim Hamel to Oregon, our 33rd state, where you’ll visit all of Oregon’s seven wonders and have other adventures as well. Its scenic beauty, varied landscapes, and breathtaking waterways will inspire you to add this state to your travel list. April 22

BELIZE/GUATEMALA: Visit these two “colorful” neighboring countries in Central America with Peter (a retired geologist) and Karen (a retired teacher) McFarlin. Their trip to Guatemala taught them about the people and culture and enabled them to appreciate the spectacular scenery, history, food, and culture. In Belize, in a small Garifuna Village, they got a taste of this beautiful country. April 29

FOOTSTEPS OF VAN GOGH: In 1889, a mere **130 years ago**, Arles, France was the setting for Van Gogh’s most prolific work, over 200 pieces, many of which were his most famous, just preceding his passing in 1890. Retired Air Force medical officers, Jon and Pam Pearse have had the honor of traveling both for their profession and at leisure around the world. including to many parts of Van Gogh’s France. May 6

Science/Nature • Mondays AM/PM

NATIVE AMERICAN EASTERN WOODLAND

SPIRITUALITY: Native people have always possessed an innate sense of deep connection to the earth, fire, water and wind. They have always known how important it is to future generations that we live our lives humbly, and in balance and with respect for Mother Earth. Chris Harris (Painted Turtle), a member of the Mohegan Tribe, has a strong belief in our connection to Mother Earth and shares what he lives. March 25, AM (1 of 2, see 4/15)

VICTORIAN-ERA NATURALISTS: From 1840–1910, social and economic classes were changing; people began spending more time outdoors, for recreation but especially for studying Natural History, and all species large and small. Why and how this movement took place and its profound influence on future generations is explored by Juan Sanchez, (creator of The Goodwin Conservation Center’s Master Naturalist Program), who has been an educator for more than 40 years. April 8, AM

NATIVE AMERICAN: NATIVE PLANTS AND HERBS:

For thousands of years, traditional indigenous medicine has been used to promote health and wellbeing for millions of Native people. Native diets, ceremonies that greet the seasons and the harvests, and the use of native plants for healing purposes promoted good health by living in harmony with the earth. Learn more with Christopher Harris (see March 25). April 15, AM (2 of 2)

STEM EDUCATION: The Science/Technology/Engineering/Math curricular path was created fairly recently, and impressive student results have expanded the number of STEM schools dramatically. Now there are STEAM schools, adding the Arts to the curriculum, all educating

students with an interdisciplinary and applied approach. Preston Hensley, MA, PhD, is helping to develop a biological research program at the Science and Technology Magnet High School in New London following his career in biotech and pharmaceutical industries. April 29, PM

Nature/Gardening

Note skip in days/times

STRATEGIES FOR SPRINGTIME GARDENING SUCCESS:

Following his fall presentation for autumn garden prep, John Lorusso, UCONN Master Gardener Coordinator for Windham County, returns to address our garden concerns in springtime. Wed, March 20, PM

FARM STANDS, FARMER'S MARKETS AND CSAs:

Finding the sources of our fresh produce and other food as close to home as possible is the message Ashford's Kelly Caisse/KDCrop Farms will bring to LiR; Community Supported Agriculture is a long title for a fundamental concept which merits understanding. Fri, March 22, PM

BOBCATS IN CONNECTICUT: Join Lena Ives, Naturalist at Goodwin State Forest as she documents the environment and habitat which makes Bobcats feel at home among us. The bobcat is the only wild cat found in Connecticut and the most common wild cat in North America. Fri, April 5, PM

WILDLIFE REHABILITATION, A NATIONAL PROGRAM:

Pam and Bill Lefferts, listed on the DEEP "authorized call list" for animal rescue, return to LiR (perhaps with their ambassador opossum, Lavender) to reveal tips and secrets about animal rehabbing in retirement, an avocation which brings them all around the globe. In 2017, they opened Ferncroft Wildlife Rescue locally, demonstrating their commitment. Learn what "rehabbing" entails ... and how to get started. Mon, April 22, PM

THERAPEUTIC BENEFITS OF OWNING LARGE

ANIMALS: Hear about the Tufts Veterinary Field Service (Woodstock) and its broad mission, but especially the therapeutic impact of owning large animals from Erin King, DVM, who specializes in farm animal welfare among other areas. Learn how a person can best care for their animals and other important points... including how to know when to "make the phone call." Fri, May 3, AM

Need to Know Series

Free to Paid Members

SILVER SNEAKERS/YMCA: Staff members Cindy Nowlan (Health & Wellness Coordinator) and Erin Lucas (Membership Services Coordinator), ask what color YOUR sneakers are! Have you always wanted to use the facilities at the Putnam YMCA but felt it was too expensive? Come learn about the opportunities available to let you join.... FREE! There's something for every age and ability, offering both physical and social benefits. Mon, March 18, AM

Using Your Personal Devices: Both beginners and intermediate users will learn the best techniques, tips and tricks for a phone or iPad to maximize its potential. This informal, easy-going training team is led by Patrick Lynch of The Wireless Zone/Putnam, an energetic, dynamic small-group training instructor. This team loves teaching us how to make the best use of our personal electronic communication device. Bring it along, of course. We will log in individually using our own QVCC ID number. Tues, March 19, AM

VACCINES FACTS AND FABLES: Plan ahead for your own good health: Rose Kihara, Family Nurse Practitioner, will discuss tick bites and the link to Lyme Disease, its symptoms and treatments as well as the facts and fallacies about Influenza and Shingles vaccines. First a registered nurse in the ICU in Waterbury, Rose went back for her

Master's Degree (Family Medicine—6 more years) before opening her own Walk-In Family Clinic in Woodstock. Tues, March 26, PM

STORIES HELP WITH HEALING: Storytelling can be a teaching tool. Author of *My Perfect Family* and QVCC Allied Health Professor Cindi Brassington shares the steps/stories that facilitate dealing with the stresses we encounter. Healthcare is as much an art as a science. There are difficult moral questions that must be faced; these can be explored through the experiences/stories of others. Wed, April 10, AM

WORK-FROM-HOME: STRATEGIES FOR EXTRA INCOME: Telecommuting, finding non-computer based jobs, avoiding scams on the internet, kick-starting your full or part-time job-hunting adventure: do you find all these things daunting? Discover some practical ways to make additional money while working from home with Christina Weiss, the former Director of V.E.S.T. (Volunteer Employment Service Team). Mon, April 15, PM

FALL PREVENTION 101: Select either the AM or PM session to learn the essentials of fall prevention, including six things that increase your risk of falling and how to reduce that risk; practical advice to stay on your feet; and how to get up from a fall. This educational and entertaining talk is presented by Linda Colangelo, Education and Communications Coordinator for the Northeast District Department of Health. Fri, April 26

SAFE TRAVELS (TIPS AND TRICKS FOR A WORRY-FREE JOURNEY): Branch Manager and Area Recruiter Stephanie Rossi, AAA, Webster, was excited to be able to assist LiR members in planning memorable trips that include no horror stories. Experience counts, and in today's modern world, travelers have to be as savvy as the unsavory people they could encounter. Fri, May 10, AM

WELLNESS FOR THE SENIOR BODY: Come meet Nate Duval, a certified fitness instructor and personal trainer, who reaches out to firefighters and seniors to maintain individual good health. He will discuss the basic anatomy of the human body and how it changes as we age. A partial list of his topics: demographics of senior health, programs to improve overall health, self-defense, and more. Fri, May 10, PM

Field Trip

WHALING NATIONAL HISTORICAL PARK AND NEW BEDFORD, MA WHALING MUSEUM: With stories from whaling, the textile industry, the working waterfront and the Underground Railroad, you will be as fascinated as Melville's fictional Captain Ahab who battled Moby Dick. Organized by Clare Despathy. Wed, May 15

- Leave from campus 8:30 am—Return to campus 4:30 pm
- The trip will include a guided tour from 10–12 through the museum of the Historical Park
- Free time for lunch and browsing
- Admission at 1:30 to Whaling Museum on your own or take a guided tour for \$2
- Return to the bus by 2:50 pm
- Trip will accommodate 45 people. Sign up early. ***No return of money after May 1, 2019***
- Cost: \$43 per person which covers bus and tours. You will be responsible for your meal and tip

Unless otherwise noted all classes are held in the auditorium

■AM Programs: 10:30–12 PM ■PM Programs: 1–2:30 PM *Indicates 10 AM start time

Monday	Tuesday	Wednesday	Thursday	Friday
3/18	3/19	3/20	3/21	3/22
SilverSneakers	Personal Devices		MET Museum*	
<i>The Eagles</i>		Springtime Pl/Bridge		Farm Mkt & CSAs
3/25	3/26	3/27	3/28	3/29
Mother Earth	Socialism			MET Museum*
Poet/W. Whitman	Fact/Fable Vaccines	Bridge	Fitness/Health	
4/1	4/2	4/3	4/4	4/5
				MET Museum*
Digital Photography		Storytelling/Bridge	Fitness/Health	Bobcats in CT
4/8	4/9	4/10	4/11	4/12
Victorian Naturalists	Two World's Met	Help w/Healing		MET Museum*
Cave to Contemp	Soul in Retirement	Storytelling/Bridge	Fitness/Health	Social
4/15	4/16	4/17	4/18	4/19
Herbs/Plants	S. Africa	HUBBLE*	Fitness/Health	Good Friday
Extra Income	Soul in Retirement	Storytelling/Bridge	Eastford's Gen Lyon	
4/22	4/23	4/24	4/25	4/26
Enjoy Oregon	2003 Iraq War	HUBBLE*	French Resistance	Preventing Falls
Wild Animal Rehab	Soul in Retirement	Storytelling/Bridge	Notable & Notorious	Preventing Falls
4/29	4/30	5/1	5/2	5/3
Belize/Guatemala	JaMar Archaeology	HUBBLE*	Muslim Spain (1)*	Tufts Vet Lrg Animal
STEM Education	Soul in Retirement	Storytelling/Bridge	Hurricane of '38	
5/6	5/7	5/8	5/9	5/10
Van Gogh		HUBBLE*	Muslim Spain (2)*	AAA Safe Travel
		Bridge	Locals in WWI	Wellness for Body
5/13	5/14	5/15	5/16	5/17
		Field Trip		Annual Meeting

****Be sure to highlight or circle the courses for which you are registered.****