

A vibrant underwater photograph of a coral reef. The scene is dominated by various types of coral, including large, flat, table-like corals with orange and white polyps, and smaller, more complex branching corals. The water is a deep, clear blue, and the lighting is bright, highlighting the textures and colors of the marine life.

*Fall 2019*

Quinebaug Valley Community College

Fall 2019

**LiR**

*LiR* is for Lifelong Learners who enjoy a stimulating yet social environment. To join us at *LiR*, pay the annual membership fee of \$20 covering September through May, and sign up for those courses of interest to you. New members are welcome throughout the year. Single-session presentations are free to registered members, as are the socials and other events we hold each year. There is an additional charge of \$7 for each of the multi-session courses to help cover our expenses.

Please visit our website at [www.qvcc.edu/lir](http://www.qvcc.edu/lir) for newsletters, updates, and important *LiR* information.

---

## **MULTI-PART SERIES**

### **OPERA**

- 10/8: Donizetti, his place in opera history with samples of his works.
- 10/15: *Lucia di Lammermoor*, a tragic opera (1–4 PM)
- 10/22: *La Fille du Regiment*, a comedy (1–4 PM)

Bill Brower, retired teacher, country music lover and yes, opera lover too, brings us Donizetti Operas. Gaetano Donizetti (1797-1848) was a highly successful opera composer, creating close to seventy operas between 1818 and 1843 when his health made further work impossible. His operas have enjoyed a continued revival and many of them are produced today. (3 Sessions) Tues, Oct 8–22, PM

---

**INTERMEDIATE BRIDGE:** Richard Lebel, a Silver Life Master in bridge, will continue his guidance and instruction for his Intermediate Bridge students. If you currently play bridge and would like to improve your skills, you are welcome to join the group. Explore new strategies and techniques, brush up on the rules and etiquette, and have fun doing it! (8 Sessions) Wed, Sept 11 – Oct 30, PM. **Classroom W105**

### **The 100<sup>th</sup> Anniversary of the Passage of the 19<sup>th</sup> Amendment to the Constitution: WOMEN'S RIGHT TO VOTE**

*LiR* is recognizing this milestone with three formal presentations, one in each of three of the History Series, each from a different perspective.

2019 Fall Bonus: A **History Series** registration includes these movies featuring stories of American women who struggled against significant obstacles and were successful. The movies are at no extra charge for those who register for any of the **History** series!

All movies are presented on Thursday afternoons.

- 9/26 *Iron-Jawed Angels* (2004) Hillary Swank (voting rights) — story of American Alice Paul. Cinematography award. Docudrama 2.25 hrs.
- 10/3 *True Grit* (1969) Young Mattie accepts that if a matter is going to be resolved, she had better stand up and see to it. Awards in cinematography, Best Young Actress. 2 hrs.
- 10/24 *Erin Brockovich* (2000) Erin (Julia Roberts) brought down an energy company that polluted an area which caused massive cancer occurrences. “Underdogs — don’t back down from a fight.” Docudrama 2.25 hrs.

- 10/31 *Hidden Figures* (2016) As the US raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians. Several awards PG 2.25 hrs.

## History I • Fridays AM

**Mystery of the Princes in the Tower:** Sally Keil, who brings medieval English history to life, returns to *LiR* with the enduring mystery of who put to death the two young sons of King Edward IV. Was it their own uncle, King Richard III? Let's let history speak. And there's the current mystery — the 'Missing Princes Project' — to explore. This is a two-part presentation. Sept 13 & 20 **NOTE 10 AM START**

**THE 100<sup>TH</sup> ANNIVERSARY OF THE 1919 PASSAGE OF THE 19<sup>TH</sup> AMENDMENT:** Denise Merrill, Connecticut's Secretary of The State since 2011, will bring us an update about the CT Centennial Commission, presenting the complex history of the Suffragette Movement, which ended in 1920 with the legislation's ratification, resulting in women's right to vote. She will review how American culture and governance were impacted by this hard-fought battle. Sept 27 AM

## History II • Thursdays AM

**OLIVER HARWOOD, CIVIL WAR UNION SURVIVOR:** Captured in May 1864, having fought in major battles (Antietam and Gettysburg), Oliver Harwood was sent to Andersonville Prison, where he kept himself and two comrades alive by being the first to make shoes for the troops while in prison. His descendant, Bruce Harwood, will discuss this family member and honor him with a special ceremony. Oct 10 AM

## **CAUGHT BETWEEN TWO SUPERPOWERS —**

**WESTERN EUROPE'S COLD WAR:** Countries that had been the most powerful in the world before the Second World War were afterward devastated, dependent on the United States for economic recovery. Simultaneously, fear of Soviet expansion and the growing East/West tensions brought reliance on the US for military protection. Join Prof Scott Moore/ECSU, as he explores Western Europe's Cold War experience and the new status quo. Oct 17 AM

## **YELLOW ROSES: VOICES OF WOMEN'S SUFFRAGE:**

Experience the story of the 72-year struggle for suffrage. In an illustrated, interactive and dramatic presentation, Bev York, Windham Textile Museum, will wear the hats and share the words of suffragettes from Elizabeth Cady Stanton who founded the movement to Alice Paul who finally saw the 19<sup>th</sup> amendment passed, 100 years ago. Oct 24 AM

## History III • Mondays AM/PM

### **EASTERN EUROPE: LOOKING AT WWII AND THE SUBSEQUENT COLD WAR:**

This summer Jayne Battye, QVCC Professor of Political Science, traveled to the Baltic States, Finland, Belarus, Poland, and Germany to try to capture the eastern European perspective on these important periods in our history. Of course, there were plenty of side trips and unforeseen adventures...as usual! Oct 7 AM

**STONE WALLS: BY "THOR"** There may have been 250,000 miles of stone walls in New England. Although crumbling today, they conceal a magnificent scientific and cultural story — of geothermal forces that formed their stones, tectonic movements that brought them to the surface, glacial tides that broke them apart, and humans who built them. Robert M. "Thor" Thorson has made the commonplace remarkable once again. Oct 7 PM



### **THE EVOLUTION OF ARCHITECTURE: AN ART WHICH CONCEALS ART:**

Examine structures spanning from stone to glass pyramids, including some creations of the renowned architect I.M. Pei (1917 – 2019). Form, fit and function have played a role in sheltering, connecting, inspiring, exciting and offending us. Ron Tillen, retired from a career in technology, provides good, bad and even ugly architectural examples for your judgement and perhaps amusement. Oct 21 AM

**NAMES OF NOTE FROM THE NORTHEAST:** Killingly Town Historian Margaret M. Weaver brings us individuals who were born or lived in Northeastern Connecticut, leaving their marks on our state, the nation, and internationally. They include innovative and creative men and women from the military, politics, and the arts: Mary Dixon Kies, Manassah Cutler, Israel Putnam, Charles Tiffany, Francis Alexander, and John Dempsey were all from our neighborhoods! Oct 28 AM

---

## **Local History • Wednesdays AM**

### **EASTFORD'S WHITCRAFT (PRECISION AIRCRAFT COMPONENTS):**

Presenter Jeff Paul (co-founder) and Mickey Whittenburg worked together to develop Mickey's talent and interest in designing experimental aircraft and using their combined skills for solving difficult manufacturing problems. Using Japanese production principles, technology, and education/training, Whitcraft, a 500–employee company based in one of Connecticut's smallest towns, has been transformed from a confederation of craftsmen into a major global supplier of jet engine components. Sep 25 AM

### **DKH: YOUR COMMUNITY HOSPITAL — A 125 YEAR TRADITION OF CARING & VISION:**

Anne Diamond, President/CEO of Day Kimball Healthcare, Dr. Ronald Franzino, general and

laparoscopic surgeon, and Valentine Iamartino, President of the Woman's Board reveal the impetus behind the Hospital's establishment and discuss the women who founded Putnam's first Infirmary in 1894. Oct 23 AM

### **BEYOND CANTERBURY: THE CONTINUED ACTIVISM OF PRUDENCE CRANDALL:**

Most people know that Crandall established New England's first academy for African–American women in 1833; however, few realize that she also participated in the suffrage movement and other social justice reforms after leaving Connecticut. Prudence Crandall Museum Curator Joan DiMartino will share how Crandall continued her activism years after her school closed, focusing on her work with women's rights. Oct 30 AM

**REMEMBER: The Movies Series, featuring women who have made a difference, is included at no extra fee with registration for any of the above History Series.**

---

## **Travel • Mondays AM**

**SRI LANKA:** Known as Ceylon while under British rule, Sri Lanka adopted its current name in 1972. One of 25 biodiversity hotspots in the world, it is home to national parks, wildlife reserves, and micro-habitats. This island (about the size of Ireland) was visited by Philippa Paquette, a frequent *LiR* presenter. She'll share her own perspective on this unique country. Sept 9 AM

**WHITE TIES AND TAILS:** Ann and Walter Hinchman, presenters at *LiR* on several occasions, describe their trip to their seventh and last continent, Antarctica. Learn about the residents: the thousands of short ones in their formal white tie and tails and the taller and less formal humans among the beauty of the ice in the silent aura of the earth's southern extremity. Sept 16 AM

**CRUISING TO SCANDINAVIA:** Enjoy Barbara Schreier's spring 2019 trip aboard the Regal through Denmark, Sweden, Finland, Russia, Estonia, Germany and Norway while celebrating the 31<sup>st</sup> anniversary of the Red Hat Society. Barbara is an *LiR* member (and current Vice President) as well as a member of the "Chances R We're Divas" Red Hat Chapter. Sept 23 AM

---

## Nature Series • Wed/Thurs AM

**LANDSCAPING: TIPS AND TECHNIQUES:** Whether for "Mature" plants and trees that have taken over and need refreshing or rejuvenation (or even removal), or for new landscaping opportunities, Sprucedale Gardens owners Paul and Joyce Larson have viable options and guidance to create the outdoor landscaped environment you prefer. After meeting at UConn in Plant Science, they dreamed of having their own nursery business. And voila! Thurs, Sept 12 AM

**CORAL REEFS LOOK LIKE STONE, BUT...** You may have seen documentaries about the Great Barrier Reef or have seen coral reefs while snorkeling in a tropical location. But did you know that disease, temperature extremes and pollution can cause great harm to these beautiful but fragile structures? Dr. Joshua Idjadi, Associate Professor of Marine Ecology at ECSU, will share the latest research on this biodiverse ecosystem. Wed, Sept 18 AM

**Dare we call him "The Bird Man" of Pomfret?** Andy Rzeznikiewicz, Land Manager at the Center at Pomfret and Trail Wood Preserves (with the Connecticut Audubon Society since 1994) will discuss the management of the sanctuary, bird related programs, bird banding and land conservation related to Wyndham Land Trust.

Their mission is to conserve and steward the land: the vertebrate, invertebrate, and plant life therein, and the scenic, natural, and historic sites. Thurs, Sept 26 AM

---

## Diagnosis & Rehabilitation Mon/Thurs AM

### **THE DIAGNOSIS & TREATMENT OF SHOULDER**

**INJURIES:** The reported incidences of shoulder pain prevalence: up to 70%. Ouch! Dr. Biren Chokshi will discuss the general anatomy of the shoulder as well as explain the pathology, mechanism of injury, and treatment options of the most common shoulder disorders. Thurs, Oct 31 AM

### **"MAKO" ROBOTIC ASSISTED TECHNOLOGY IN**

**TOTAL JOINT REPLACEMENT:** The MAKO robot uses 3D imaging and computer guided precision to personalize each patient's surgical plan based on their unique anatomy, resulting in a more accurate surgical procedure. Dr. Kevin Reagan will discuss general hip, knee, and shoulder replacement, and explain MAKO's work. Mon, Nov 4 AM

**APPROACHES TO OSTEOARTHRITIS:** Tom Harney, Physical Therapist, with advanced training in manual physical therapy, golf rehabilitation and fitness, is returning to *LiR* to share information about options available to people suffering from arthritis and joint pain. He will address non-surgical treatments of the most common conditions of the hip, knee, shoulder and spine. Thurs, Nov 7 AM

---

## Health/Wellness • Mon/Tues

**Note various days/times**

### ACTUALLY “FIGHT” PARKINSON’S DISEASE WITH PAUL “RUDE DOG” IANNUZZI:

Take a look at a modern-day approach to physically and mentally combating Parkinson's disease, and touch upon the concept of paralyzation of gate, shakes, coordination, agility and balance. The *Life in Balance* program by Paul, a Golden Gloves and Amateur World Champion, is a very successful combination of boxing training, diagnostic skills and wellness therapy. Mon, Sept 16 PM

**LOVE HEALS:** When it comes to healing, do the little things in life mean a lot? Do unhealthy emotions create physical pain? Healing means coming to peace with the fact that we are individually responsible for our body's imbalances. Open new possibilities into the realm of healing with Linda Wojcik, a spiritual teacher with over 36 years experience in alternative healing. Tues, Sept 17 AM

**“IT’S NEVER TOO LATE TO GET HEALTHY”** Monique Wolanin, a lifelong runner and outdoor enthusiast, says so! Learn how to exercise safely and have fun! Identify the four P’s of exercise and digest simple nutritional advice. Please wear comfortable clothing and be ready to move. All abilities (couch potatoes to exercise enthusiasts) wanted! QVCC’s own Monique is excited to share her knowledge with *LiR* members! Tues, Sept 24 AM

**STRESS REDUCTION:** Trouble sleeping? Suffer from occasional eye strain? Just stressed out? Maryanne Nolin, a graduate of University of California, specializes in self and body image in movement offering simple yogic exercise, acupressure points that relieve eye strain, breathing techniques to help you sleep, and much more. Come learn about the tools you need to help improve your life. Tues, Oct 8 AM

## AGE IN PLACE OR DOWNSIZE: CONSIDER THE OPTIONS:

- Part 1 “Aging in Place”: Doug Porter, a certified Aging in Place Specialist (NAHB) for the last 15 years and a local builder and remodeler for the last 40 years, will demonstrate how to adjust your current house to meet your changing needs. The goal: to allow us to remain in our existing homes for as long as possible. Mon, Oct 21 PM
- Part 2-Downsizing: The process of thinning out our property and selecting smaller quarters is daunting to think about at first, but quite manageable when you know the tips, options and techniques that have proven successful. Maureen Campbell, who has guided many others through this process, will share her success stories, providing confidence as we move toward downsizing. Tues, Oct 29 PM

---

### **Need to Know Series** **Free to Paid Members**

***\*Note various days/times\****

### **WATCH FOOTBALL AND UNDERSTAND WHAT YOU ARE SEEING WITH COACH CHAD NEAL:**

So much is happening all at once! The Coach signals and hollers, the referees make hand signs and the commentator calls the play...and you are left perplexed. Coach Neal, Killingly, after six League wins and then a State Championship, (six straight Playoff appearances), will make it all clear. Understand why the fans are cheering, or booing! Thurs, Sept 12 PM

### STEVE SUTTON, ATTORNEY AND CPA: FACING ESTATE

**PLANNING:** Attorney Sutton, after presenting at the Veterans' Coffeehouse, was immediately asked to schedule a fall *LiR* presentation! His easy communication style smooths out tough topics like paying for Long-Term Care and Probate/Trusts/Incapacity Planning. And as both an attorney specializing in Senior Law and a CPA, his breadth of knowledge is confidence-inspiring. Wed, Sept 18 PM

**P.A.W.S.:** This all-volunteer cat and kitten shelter/rescue/rehab/adoption non-profit has a no-kill policy and a 90% live outcome percentage! Each year, P.A.W.S. places over 800 cats. They started in Lebanon and in 2011 opened their own shelter in Woodstock. With presenter Roxanne Genay, you will come to appreciate this process...nothing is more gratifying! Wed, Oct 9 AM

### THE AARP FRAUD WATCH NETWORK: THE CON

**ARTIST PLAYBOOK:** Look inside the mind of a criminal. This interactive session with Jean and Rick Caron will provide you with the tools to fend off the scammers. Learn how to help protect yourself, friends and family and how to stay connected to avoid future scams. Thurs, Oct 10 PM

**KEEPING OUR LOCAL WATER PURE:** The Eastern Connecticut Conservation District (ECCD) works with our 36 towns to identify and correct problems that might otherwise go undetected in our streams, ponds, rivers and lakes. Jean Pillo, Coordinator for The Last Green Valley Water Quality Monitoring Program, will talk about all the work being done in our towns to assure clean and safe waterways. Wed, Oct 23 PM

## Music Series

### *Free to Paid Members*

#### THE "SWEET SOUND" OF THE APPALACHIAN

**DULCIMER:** Five local women, mostly retired, decided to learn this instrument and are now ready to share the joy it brings. The group is named *Dulcimea*; they will demonstrate the beauty and sound of this three-stringed instrument by performing a variety of music including folk songs, waltzes, hornpipes and fiddle tunes. Tues, Sept 10 AM

#### THE BEACH BOYS — 50<sup>TH</sup> ANNIVERSARY REUNION WORLD TOUR CONCERT, (2012):

Marked the first time since 1965 that founding member Brian Wilson had performed on a full tour with the band. Not all of their songs sang the praises of California: remember these iconic pieces? Enjoy *The Sloop John B*; *Wouldn't It Be Nice*; *Little Deuce Coupe*; *Do You Wanna Dance?* and *Good Vibrations*, along with many others, in this look-back video concert. Fri, Nov 1 **NOTE 10 AM START**

#### ROD STEWART'S 2004 CONCERT AT ROYAL ALBERT

**HALL:** One Night Only: Live with the 60-piece BBC Concert Orchestra, alternates between Stewart playing his rock and roll hits, like *Maggie May*, *Hot Legs*, and *You Wear It Well*, and his donning a tuxedo and performing the classic American standards that have been the stuff of his smash albums. *If that appeals to both 20 year olds and 80 year olds, well, so be it*, he says. Fri, Nov 8 **NOTE 10 AM START**

## Unless otherwise noted all classes are held in the auditorium

AM Programs: 10:30–12 PM      PM Programs: 1–2:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday
9/9	9/10	9/11	9/12	9/13
Sri Lanka	<i>Dulcimea</i>		Landscaping	Mystery Princes (1)*
		Bridge	Football	
9/16	9/17	9/18	9/19	9/20
Antarctica	Love Heals	Coral Reefs		Mystery Princes (2)*
Parkinson & Boxing		Estate Plan/Bridge		
9/23	9/24	9/25	9/26	9/27
Scandinavia	Senior Fitness	Whitcraft of Eastford	Audubon	Right to Vote
		Bridge	<i>Iron-Jawed Angels</i>	
9/30	10/1	10/2	10/3	10/4
		Bridge	<i>True Grit</i>	<i>LiR Social</i>
10/7	10/8	10/9	10/10	10/11
East Europe Today	Stress Reduction	PAWS	Civil War Survivor	
Stone Walls	Opera	Bridge	AARP Fraud Watch	
10/14	10/15	10/16	10/17	10/18
			Europe - Cold War	
	Opera	Bridge		
10/21	10/22	10/23	10/24	10/25
Evolution of Archit.		DKH 125 <sup>th</sup>	Women's Voices	
Aging in Place	Opera	Safe Water/Bridge	<i>Erin Brockovich</i>	
10/28	10/29	10/30	10/31	11/1
Famous Locals		Prudence Crandall	Shoulder Injury	Beach Boys*
	Downsizing	Bridge	<i>Hidden Figures</i>	
11/4	11/5	11/6	11/7	11/8
Robotic Surgery			OsteoArthritis	Rod Stewart*

**\*Indicates 10 AM start time**

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