



Quinebaug Valley Community College

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 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 for newsletters, updates, and important *LiR* information.

THE HERITAGE OF NORTHEAST CT

Northeast Connecticut reflects the strength that comes from the people who came here from different parts of the world, under all kinds of circumstances, each bringing parts of their ethnicity and heritage with them. It is these cultural customs, songs, foods, idioms and work ethic that contribute to a strong and diverse community.

The series is \$7. Movies demonstrating the challenges faced by those merging into a new culture are part of the Series at no extra charge.

Our presenters:

- Dotti Durst will provide the Heritage series Introduction, making note of the waves of people who came to Northeast Connecticut from around the globe, spanning many years and generations. In subsequent weeks, there will be some presenters on some of the specific heritages and ethnicities we recognize as a key part of our local culture. Thurs, March 19 AM
- Anita (Häkkilä) Smiley was born to immigrant parents in the very lively **Finnish** community in Canterbury. Her selection as an International Farm (4-H) Youth Exchange (IFYE) delegate to Finland in 1956 strengthened her Finnish roots and led to her giving presentations on Finland and her involvement in Finnish American endeavors. Thurs, March 26 AM

- Christine Haveles has explored her **Greek** heritage throughout her life, and became even more involved since her retirement from her career in law. The Danielson community, centered on the Holy Trinity Greek Orthodox Church, keeps their customs and culture alive, including art and artifacts, music and, of course, food. Thurs, April 2 AM
- A **Regional Overview** of Eastern Connecticut's rich blend of heritages and ethnicities will be highlighted by a perennial favorite presenter, Bev York, whose exuberant presentations evoke the people, the culture and the "moment" that clarifies who we are in Eastern Connecticut and the multiple nations from whence we came. Mon, April 13 AM
- Rev. Dr. Bob Jon was born to a pastor's family in **South Korea**. After he heard the voice of God calling him to ministry, he came to the U.S. where he would fulfill his ministry in a radically different setting. As a foreign student and immigrant, he once felt lost and isolated, but the power of the community of faith that accepts us as we are created a new Eastern Connecticut family. Mon, April 20 AM
- **CT Oral History** - All members of LiR are invited to schedule a time to tell a brief story or an anecdote about a personal cultural or heritage moment. The stories will be captured on tape and then shown next semester. The story telling will be scheduled for April 27 and/or May 4 AM. Email Dotti Durst (wddurst@gmail.com) to set up a time.

Other programs contributing to the theme:

- Author Series — *Crossing the Bamboo Bridge* Vietnam Mai Donohue 4/14
- History Series — African Americans in CT Dr. Stacey Close 4/17
- Author Series — Italian Heritage Cindy Adams 4/28
- Local Interest — French Canadian Families Jacqueline Finn 5/07
- Music Series — Movie *West Side Story* 5/08

History • Fridays AM

AFRICAN AMERICAN MIGRATION AND THE TRANSFORMATION OF CONNECTICUT, 1915 –

1970: Dr. Stacey Close/ECSU examines the push/pull factors that led African American migrants to leave the South for Connecticut. Look at the development of their religious, social, and economic life during that period, as well as the impact of national leaders on the freedom struggle of these African Americans. April 17

WALLS: BLOOD AND BRICK: For over 10,000 years, much of humankind has lived inside and behind walls. Walls have protected us and divided us, but have they also affected the way we think, work and create? Historian David Frye will speak on his recent book, *Walls: A History of Civilization in Blood and Brick*. April 24

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. May 1

Local Interest • Thursdays AM

HISTORIC CHAMBERLIN SAWMILL RETURNS TO

LIFE: Over the past six years, concerned area residents have completed a major overhaul of one of the last sawmills of its kind, refurbishing a 1928 Studebaker engine which rescued the mill after water-power was destroyed. Learn from Board Members Jean McClellan, Andy Quigley, and Nate Rosebrooks how this project came together with commitment, community generosity, and good luck. You will soon be able to see the now-operational mill. April 16

MULTI-SESSION PRESENTATIONS

ALL CLASSES LOCATED IN AUDITORIUM

Travel • Fridays AM

EXPERIENCING COLORADO AND NEW MEXICO:

After completing visits to all 50 states, Lois and Bill Brower have been returning to visit places they couldn't include on their previous trips — those western states are too big! National parks always draw them in. A surprise visit to another truly unique place was included in this tour. March 20

LISBON, PORTO, AND THE DOURO RIVER — A

SNAPSHOT OF PORTUGAL: Journey to Portugal's most stunning sights along the Douro River, and glimpse renowned wine producing regions. Visit two of Europe's most vibrant cities, Lisbon and Porto. Learn some history of this pioneer seafaring nation, which discovered and colonized widely before Columbus ever set sail. Jon and Pam Pearse, retired Air Force medical officers, even found an American festival near the Atlantic. March 27

CHINA: EXPERIENCE THE UNEXPECTED: Of course, most tourists see the Great Wall and the Terra-Cotta Warriors, but there is ever so much more. Hear about breakfast, bathrooms and birth control, food, fashions and fitness from Hope Barton, who is known locally for her fabric art and interest in the dulcimer! April 3

THE GREAT FOUR ENGINE TRAIN WRECK AT EAST

THOMPSON: In the early fog-laden morning of December 4, 1891, three men lost their lives in a horrid multi-engine crash. Joe Iamartino, Thompson Historical Society, explains the circumstances of the accident and displays the wreck images from their noted Ramsdell Transportation Collection. Today, this very busy walking site brings in 900 monthly hikers to the scenic Airline Trail. April 23

YES, LOCAL UFO SIGHTINGS: Michael Panicello is a field investigator and current state director of the Connecticut chapter of MUFON — Mutual UFO Network. There have been a number of past and current UFO sightings in the state of Connecticut. How valid are these reported sightings? What should you do if you think you see a UFO? April 30

PEOPLE FROM QUEBEC: Jacqueline Lessard Finn's *From Habitants to Immigrants* reviews the large geopolitical, economic, social and religious forces that affected families and communities and their eventual massive emigration to the rapidly developing mill towns of New England. The story is brought to life through the lives and experiences of three real families that represent many French Canadians. May 7

Wellness • Various Days/Times

HEALTHY LIVING FOR YOUR BRAIN AND BODY: For centuries, we've known that the health of the brain and of the body are connected. Kristopher Sortwell, CT Alzheimer's Association, invites you to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Mon, March 16 PM

EATING TO THRIVE : It really isn't that difficult: learn easy tips for preparing balanced meals and snacks using MyPlate as your guide with Big Y's Registered Dietitian Andrea Luttrell, RDN, LDN.

Be sure to bring your nutrition questions, as time will be allotted at the end for open discussion. Participants will also receive a gift bag with handouts, coupons and giveaways. Mon, March 23 AM

LYME AND TICK-BORNE DISEASE: Join Dr. Charles Bizlj from Anero Healthcare to learn the fundamentals of these diseases and potential co-infections, the common and not-so-common symptoms, and the complexities of testing. Even after treatment, there may be obstacles to overcome. Bring your questions. Mon, March 23 PM

DO YOU UNDERSTAND THE DAY KIMBALL

HOMEMAKERS PROGRAM? The non-medical division of Day Kimball Healthcare at Home is represented by Michelle Gardner, Intake & Outreach Coordinator, and Laura Kroll, Community Nurse Liaison. They will bring information about the wide range of caregiving services they provide for you or a loved one right in the comfort of home. Mon, March 30 AM

CAN'T BLAME IT ALL ON THE SUN: As we age, so does our skin. Dermatologist Dr. Timothy Monahan identifies loss of elastin as one of the factors at play. As "Boomers" we need to know that lifestyle changes can impact our skin's health. While sunshine is important for both mental and physical health, be aware of the rate of skin problems in Eastern CT. Fri, May 8 AM

Nature I • Tuesdays AM/PM

BRING OUR BLUEBIRDS BACK: Enjoy a fun and fascinating photography presentation of bluebirds and other small cavity nesters found in CT, including a bit of history, tips and tricks on attracting bluebirds to your yard, and dealing with predators. Bet Zimmerman Smith knows; she manages 50 nestboxes in Woodstock. March 17 PM

ORGANIC GARDENING: Virginia Champagne is the owner of Blueberry Hill Organic Farm, LLC of South Killingly. She has an extensive background in plant science to include education, research and farming. The farm is USDA Organic Certified for berries, greens, vegetables, poultry and more. Virginia will be sharing the methods she uses to grow her produce organically. March 24 AM

PLIGHT OF THE BOBOLINKS: An amazing migration trip of 5,000 – 6,000 miles brings bobolinks to our meadows, fields and farmland to breed. The trip from South America is longer than that of almost any other songbird. Joanne Warren, Master Gardener/Goodwin State Forest, will discuss their problems and need for protection. A video, *The Plight of the Grasslands Birds*, is included. March 24 PM

SPRING OUTDOORS IN THE LAST GREEN VALLEY (TLGV) AND ROLL-TOBER: TLGV Staff members LyAnn Graff and Fran Kefalas want you to meet Gertrude. "She" is a mechanical device used to gather data about which outdoor trails/walks are accessible by anyone who can't WALKtober but would like to be outside anyway. The new Spring outdoor guide is being compiled; learn how to access it (currently online only) so you can Spring Outdoors! March 31 PM

Nature II • Fridays PM

COYOTES: CONNECTICUT'S TOP CANINE: From Goodwin State Forest Educational Director Beth Bernard brings the details of the significant impact the Eastern Coyotes have on our ecosystem. Learn more about their biology and how we have learned to co-exist harmoniously. How can we identify one? How many are there? What keeps them nearby? Why are they considered to be extremely adaptable? March 20

Garden Savvy: Local author and potter Suzanne Staubach has compiled all we need to know about creating great gardens—from arbors and arches to water features and yards in *A Garden Miscellany: An Illustrated Guide to the Elements of the Garden*. Irresistible! She'll bring her deep understanding and some of her books, too. March 27

What My Camera Saw in the Fen: Spy on local wildlife utilizing a game camera. Patrick Smith provides tips and tricks about camera selection (types, brands, and all details) and set up. Watch the best and most surprising videos he captured showing the secret lives of birds and animals at a 30-acre Woodstock private nature preserve that he and his wife own. April 3

Author Series • Tuesdays AM/PM

CROSSING THE BAMBOO BRIDGE: Hear about the life of Mai Donohue, a girl from Vietnam's rice fields, who risked everything to escape poverty, abuse and war. Her fear: not soldiers but her neighbors and a thousand years of tradition. Now 60 years later, Mai wins people's hearts with her inspirational stories and delicious cuisine. In this, her first book, Mai tells her inspirational life-story. April 14 AM

BACKYARD ROAD TRIPS: So much to explore, even in your own backyard! After years of traveling stateside and abroad, Zack Lamothe became a father. No longer was it easy to visit the next distant destination. Focusing on family-friendly destinations in New England, he explores the area with an emphasis on nature, craft beer and good eats. April 21 AM

DISCOVERING MY ITALIAN HERITAGE: Cindy Adams, retired UCONN professor, began her cultural exploration at age 12, meeting cousins, aunts, viewing magnificent art, enjoying fabulous food and different customs all for the

first time in Rome during post war reconstruction — where she didn't know the language. Both recipes and humor spice up her memoir; you may want to take home her book- *Italian Spices: A Memoir*. April 28 AM

MARVELS OF CONNECTICUT ARCHITECTURE:

Our state boasts some of the oldest and most distinctive architecture in New England, from Colonial churches and Modernist houses to tobacco sheds and refurbished factories.

Deputy Director, Connecticut Trust for Historic Preservation, Christopher Wigren will share with us his research in compiling his award-winning book, *Connecticut Architecture: Stories of 100 Places*, featuring significant structures across the state. April 28 PM

Music • Fridays PM

THE HISTORY OF ROCK AND ROLL: Who remembers record players, 45's, and those little plastic pieces you inserted to make a 45 fit onto the spindle? If you do, you're in for a treat as Ronn Nagel, President of the CT Record Club, brings those very items to our stage for a hands-on demonstration. He may even quiz you on song lyrics from that golden age! April 24

FRANKIE VALLI & THE FOUR SEASONS (DVD):

Inducted into the Rock n' Roll Hall of Fame, this is one of the most successful groups in pop history, known for their great harmony and extraordinary live performances. Sing along to such hits as *Sherry, Can't Take My Eyes Off You, Big Girls Don't Cry,* and many more. May 1

WEST SIDE STORY: See this award-winning musical that depicts the struggles of Puerto Rican families as they adjust to life in New York. There are many songs you know and love in this classic film. May 8

Earth Climate Change • Wednesdays

10 AM Start

This video series of lectures from Great Courses was designed to present evidence for what has become an overwhelming scientific consensus on global climate change. The first half explores our scientific understanding of climate, while the second half deals with future climates and the human role. Become better equipped to make your own judgements about appropriate public policies to cope with climate change. Twelve lectures with three segments per class. April 15 – May 6

MULTI-SESSION PRESENTATIONS

CLASSROOM LOCATIONS

INTERMEDIATE BRIDGE (8-SESSIONS): 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! Wed, March 18 – May 6 PM. Room E239

WRITE YOUR AUTOBIOGRAPHY (4 SESSIONS): Are you filled with the stories of your life and the people you have known along the way? Begin to write those experiences and memories utilizing Sheila's prompts and readings; leave a priceless legacy to your family. Sheila Johnson has been writing her whole life. She holds a MA degree in Creative Writing and has been widely published. Thurs, April 16 – May 7 PM. Room W201

Need to Know Series
Free to Paid Members
Note various days/times

BE SAFE WHEREVER YOU ARE: Fire Marshal Richard Baron brings LiR the Fire Safety information that all "Seniors" need to know and share with their family members. That includes heating appliances which can cause harmful fumes, review of the "Home Fire Prevention Checklist" and other fire safety issues such as the use of medical oxygen, and tips on how to remain safe when traveling. Mon, March 16 AM

A WOODSTOCK FAMILY FARM LEADS THE WAY: For eons, cows have provided people with food (milk and meat) and fertilizer (manure). But manure, releasing methane into the air as a potent greenhouse gas and, when liquefied, flowing into the water supply, presents problems. Fairvue Farm has found a way to address this using "anaerobic digestion." Meet farm owner Paul Miller to see how it all works. Tues, March 17 AM

VOTING MATTERS: Learn about the mission of the CT League of Women Voters, its long history of voter education and advocacy, and current trends in voting patterns (who votes and why) from Judith Lhamon and Laura Smits, VPs of the LWV. If there's time, they'll touch on challenging issues being discussed in the CT General Assembly during the 2020 legislative session. Wed, March 18 AM

GUIDE DOG TRAINING: HELPING CHANGE LIVES: Sight-challenged people have achieved greater independence since guide dogs were introduced. The process of raising and training a pup for this purpose is complex. Barbara Jensen is raising her fifth dog for Guiding Eyes for the Blind. Learn about the processes and challenges involved in this worthwhile undertaking. Mon, March 30 PM

ALERT + AWARE = SAFER : Says Putnam's Police Chief Chris Ferace, who will talk about home/neighborhood and personal security and best

practices, including what to watch for, what to report (and how), whether it is something you just happen to see or an incident in which you are involved. In addition, he will discuss current firearms regulations: legal storage, transportation in a vehicle, registration, transfer or disposal. Wed, April 1 PM

CRIMINAL JUSTICE: What are the components of the criminal justice system, and how are they related? Bill Aulerich, a former State Policeman, teaches a course on criminal justice at QVCC and will break down these components as well as review several Supreme Court cases and how they affect your everyday life. Tues, April 21 PM

Field Trip • Wednesday May 13

Join us May 13th for a visit to the newly expanded New Britain Museum of American Art. Showcasing different women artists each month, in May we'll see the works of Shantell Martin. The fantastic permanent collection will also bring wonder and delight. Leaving the QVCC campus at 10:30 am, your museum time is from 12:00 – 2:15. On the way back, we'll stop at Rein's Deli around 3:15 and should arrive back at QVCC by 5:30.

Price is \$38.00 and covers the bus, admission to the museum, and driver's tip. You are on your own for the deli stop. Sign up is due by May 1st and is first come, first served for up to 52 people.



Find us on Facebook!
LiR Adult Learners at QVCC

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
3/16	3/17	3/18	3/19	3/20
Fire Safety	Protect Farm Water	Voting Matters	Heritage	New Mex/Colorado
Brain Health	Bluebirds	Bridge		Coyotes
3/23	3/24	3/25	3/26	3/27
Eat to Thrive	Organic Gardening		Finnish Heritage	Portugal
Lyme Disease	Bobolinks	Bridge		Garden Savvy
3/30	3/31	4/1	4/2	4/3
DKH @ Home			Greek Heritage	China
Guide Dog	Spring Outdoors	Alert & Aware/Bridge		Photos in the Fen
4/6	4/7	4/8	4/9	4/10
				Good Friday
		Bridge	Movie	
4/13	4/14	4/15	4/16	4/17
Regional Overview	Bamboo Bridge	Climate Change	Chamberlin Mill	African Amer. in CT
		Bridge	Writing	Spring Social
4/20	4/21	4/22	4/23	4/24
Korean Heritage	Backyard Road Trips	Climate Change	Great Train Wreck	Walls: Blood & Brick
	Criminal Justice	Bridge	Writing	Hist. of Rock & Roll
4/27	4/28	4/29	4/30	5/1
Oral History	My Italian Heritage	Climate Change	Local UFO Sightings	Andersonville
Movie	CT Architecture	Bridge	Writing	Frankie Valli
5/4	5/5	5/6	5/7	5/8
Oral History		Climate Change	French Canadian	Our Aging Skin
Movie		Bridge	Writing	West Side Story
5/11	5/12	5/13	5/14	5/15
		Field Trip		
				Annual Meeting

*Indicates 10 AM start time

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