
LiR

Fall 2022

We at Learning in Retirement have missed you and look forward to seeing you very soon. We have a wonderful group of 48 programs planned for you on Mondays, Thursdays, and Fridays, both AM and PM.

Fees and the registration process have changed to make it easier and an even better value for you!

The membership fee remains at \$20 per year—valid from August 2022 through June 2023. Membership entitles you to our Socials, Winter Film series, use of the QVCC library and certain designated programs.

Registration for the Fall semester is \$15, which adds 40+ programs to your choices beyond those included with membership. Whether you choose to attend one of these or all, the fee is \$15. It's an awesome deal for both educational value and entertainment!

Returning Members: registration will be done differently. Instead of registering for a "course" by category, now you will register for the specific programs you really want to attend. We are looking to improve attendance at each program and hope you will attend every program for which you register.

We have excellent speakers lined up, with topics like History, Local History, Music/Arts, Need to Know, Science/Nature, Travel, and Wellness. Categories are spread out over various days, so be sure to check the entire list of programs to be sure you don't miss anything.

The Program Committee has worked diligently to make your return to Learning in Retirement a very positive experience. Please feel free to share the Fall semester information with your friends as we hope to expand our membership and strive to make this the best semester yet!

** Keep in mind: The Learning in Retirement Program Committee and the Executive Council are made up of people just like **you**. Consider becoming an active part of LiR as a member of one or both groups! Speak to the Program Chair or any council member at the Open House! Your new perspective will be welcome.

Visit our website at www.qvcc.edu/LIR for newsletters, updates, and items of interest.

AM CLASSES: 10:30 – 12:00 PM • PM CLASSES: 1:00 – 2:30 PM

Around the World via Backpack — Hilda Blodgett — Monday, September 12 AM

Around the world with nothing but a backpack and a smile. When Hilda left her position on Wall Street, she packed light and was determined to circle the globe, especially to see the cultures and places that might not be preserved for much longer. That was a while ago, and it is a good thing she went when she did, as much has indeed changed! Her photos and stories will enthrall.

Reviving History in the Graveyard — Randall Nelson — Monday, September 12 PM

Anyone who has visited an old cemetery has noticed badly deteriorated headstones, making some illegible. Mr. Nelson is providing curatorial work for several local historic cemeteries. He has replicated three Revolutionary War Veterans' headstones and many other important pieces. Learn about these individuals and the processes he uses in his work as a restoration sculptor.

Earth 2022 — Ken Wolslegel — Thursday, September 15 AM

As we step into the third Millennium, what does the future hold for nature, humanity, and even our economy? Every day we read headlines about climate change and the increasing damage and destruction of the Earth's environment. With our own eyes we see changing weather patterns and the worsening of storms, forest fires and floods. Join Ken as he shares his research on our Earth's future.

Opportunities at the Y — Cindy Nowlan — Thursday, September 15 PM **(Free with Membership)**

Our mission at the Hale YMCA is to reach as many people as possible in our community and bring them options on how to reach their goals to a healthier lifestyle. At the Y, we can impact the health of our community by adding evidence-based programs and fitness programs for the entire family. Come and find out more about us!!

Lewis & Clark — Ron Tillen — Friday, September 16 AM

In 1803 two American Army officers led a pioneer platoon to find a way to the Pacific coast. Over the next two years they endured threats to their lives, fatigue, hunger and disease. This trip took place after Napoleon Bonaparte and Thomas Jefferson had made a controversial land deal. Spain, Britain, Russia and the native inhabitants did not approve and would have stopped the expedition if they had realized the implications. An account of the journey was published and settlers followed. This is the story embellished by Ron Tillen.

Cannabis: Then and Now — Virginia Champagne — Friday, September 16 PM

Cannabis has been used by mankind for centuries for a variety of purposes. Why did it become outlawed in the 1930's even though it has many uses? Learn about the past to the present with the new Connecticut Cannabis Recreational Law.

Travels with a 1st Generation American — Pieter Nijsson — Monday, September 19 AM

Not everyone has had the privilege of traveling and residing in other places, particularly overseas. In an effort to move us from being monocultural and ethnocentric, I would like to take you with me to the places I have been. John Wesley once said, "The world is my playground." In this presentation we will enlarge our understanding of cultural intelligence, examine a model for cross-cultural communication, and enjoy the capacity to change.

Romania — William French — Monday, September 19 PM

William French spent his senior year of high school as a foreign exchange student in Northern Romania. During his time there he lived with an ethnic minority of Hungarians and had the opportunity to explore their history, culture, language and society. He also explored the country's politics and its developing economy. Will was able to revisit Romania in 2019, and saw some interesting changes in the country, which will also be explored during his presentation.

The History of Rock and Roll — Ronn Nagel — Thursday, September 22 AM

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!

Crossing the Bamboo Bridge — Mai Donahue — Thursday, September 22 PM

Memoirs of a Bad Luck Girl: 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.

Japan — Linda Goodwin — Friday, September 23 AM

Come along on a trip to Kyoto and explore Shinto shrines, Buddhist temples, and quiet gardens. Travel outside the city to a tea farm and see the plants in terraced fields. Learn why there is a tribute to Thomas Edison in this faraway corner of the world.

Safe Travel Tips from AAA — Steve Lasek — Friday, September 23 PM

Who do we all trust? For trip planning: AAA! Steve Lasek, from the Buckland office, brings up-to-date travel pointers for post-Covid, as well as preparation/planning and other welcome travel tips. The *Tour Books* (which we have so relied upon and beloved!) have NOT disappeared forever but instead have been converted to a perfect replication in digital format, which we will be able to experience.

Financial Regulations for Seniors — Leisl Cording — Monday, September 26 AM **(Free with Membership)**

What does it mean to Live Well in retirement? With an ever-changing backdrop of the financial markets and changes in Washington, up-to-date information and key strategies leads to better financial decisions in retirement. Meet Leisl L. Cording, CFP® and Michael Baum, CFP®, RICP® from Weiss, Hale & Zahansky who will talk about these very changes and how best to navigate them.

Trail Wood and Edwin Way Teale — Sarah Heminway — Monday, September 26 PM

Edwin Way Teale was a Pulitzer-prize winning naturalist writer and photographer who lived on their beloved property known as Trail Wood for over thirty years. Located in Hampton Connecticut, this 168 acre wildlife sanctuary is now owned and operated by the Connecticut Audubon Society. Learn of Teale's life and works as well as the place they called home that has been saved for all to enjoy.

Out of the Shadows: Shedding Light on the CT 29th Colored Regiment — Donna Dufresne — Thursday, September 29 AM

The Out of the Shadows Project unveils the hidden past of African American History in northeast Connecticut. Donna Dufresne worked with Killingly high school students in 2021/22 to identify and research the soldiers of the CT 29th Colored Regiment who lived, worked, and prayed in their towns. The students examined Black and African American history, the anti-slavery movement, and the Civil War through the lens of local history.

UFO Sightings in CT — Michael Panicello — Thursday, September 29 PM

UFO researcher and investigator with over 30 years of experience in the field, Michael is the current State Director of CT Mutual UFO Network (MUFON). Michael has investigated over 200 cases to date. His current focus is on documenting little known UFO sightings and researching UFO propulsion systems. Over the course of his career in ufology, Michael has been interviewed on numerous podcasts, radio programs, and TV shows and presented lectures on various UFO topics.

Living in Rural Alaska — Lois A. Platt, MS, RN — Friday, September 30 AM

Lois is a registered nurse who lived and worked in Alaska for 15 years. She lived in both Fairbanks and Valdez. Lois will share some of her experiences living in both cities and also some of the unique challenges faced by the residents who live in rural Alaska. The differences in culture and perspective will also be discussed. Alaska is a very unique environment.

Cold Water Cure — Dawn Adiletto — Friday, September 30 PM

You have heard of Hot Springs and Mineral Springs as therapy. It was Harriet Beecher Stowe, a Connecticut woman of note, who, in 1849, experienced a new "irregular" alternative medical treatment. Dawn Adiletta, historian and contributor to CT Explored, will guide us through *Taking the Plunge: The Cold Water Cure* which was offered in 19th Century New England.

The Mighty Pipe Organ — Marilee Morse — Monday, October 3 AM

Learn why pipe organs are considered to be the "King of All Instruments" via their phenomenal history through different types of pipe organs and where examples of each are located in our area. Learn how the great variety of sounds are created and produced through the giant turbine, the console and the pipes themselves. You will be amazed!!

United Services Programs — Emily Morrison — Monday, October 3 PM **(Free with Membership)**

United Services is the Community Behavioral Health Center and Local Mental Health Authority for 21 towns in northeastern Connecticut, covering all of Windham County. Hear from United Services Director of Development Emily Morrison on United Services more than 30 programs offered to the community, its location and how to access services.

Weakened Posture and its Impact on Aging — Dr. Frederick Barks — Thursday, October 6 AM

Posture weakens over time, influenced by life, disability, repetitive motion, exercises, driving and computer use, among others. It is the effects of weakened posture which can produce neck and upper back pain, headaches, shoulder pain, jaw pain. It also has an effect on breathing and digestion. Dr. Barks will offer suggestions on how to strengthen YOUR posture and live longer!!

Duties of the Probate Court — Judge Leah Schad — Thursday, October 6 PM **(Free with Membership)**

What does the Probate Court do? It helps families who have lost a loved one settle their estate, appoints conservators when a family member is no longer capable of caring for themselves, appoints guardians to protect the intellectually disabled, and so much more. Don't wait until you need these services to find out what's available to help you.

Things That Go Bump in the Night — Virginia Apple — Friday, October 7 AM

When the sun sets and night is upon us, all sorts of critters emerge from their hiding places and begin to forage, hunt—even play! From the opossum to the porcupine to the great horned owl, these creatures can teach us lots about the animal world if we just watch and listen. Hear more from Master Wildlife Conservationist Ginny Apple as she talks about these animals, their habits, their howls and their homes.

Finding Mary — Julie Rumrill — Friday, October 7 PM

Join the author, Julie Rumrill, for a talk and book signing of her highly acclaimed memoir, *Finding Mary*. Julie will offer an inspirational talk about the difficulties of unresolved grief and the triumph of human spirit.

Greatest Mysteries Ever Written! — Dotti Durst — Monday, October 10 AM

Says who? Mysteries have been popular since the 1920s, when the category was created by....nope, not Agatha. Let's look at what happened...who did it... where...and especially, how each incremental change pleased readers! Explore your favorite authors and some newbies with LiR member Dotti Durst, who survived the Covid lock-down period by burying herself in the greatest mysteries!

Backyard Road Trips — Zack Lamothe — Monday, October 10 PM

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

Career Opportunities in Advanced Manufacturing at QVCC — Stephen LaPointe — Thursday, October 13 AM

Learn about the career opportunities at Quinebaug Valley Community College through two-semester certificate programs in Advanced Manufacturing and Mechatronics. QVCC's area business and industry partners are seeking to employ individuals with high tech skills needed in today's world of manufacturing to benefit our community. We might even get a tour of the new facility!

New concepts in weight management and how to fix your metabolism — Dr. Joseph Botta — Thursday, October 13 PM

We will review current understanding of metabolism, especially how it pertains to abdominal obesity, hypertension, and high cholesterol. We will discuss concepts such as how our bodies burn sugar vs. fat, insulin resistance, unhealthy oils, and Autophagy. Once these concepts are understood, we will discuss how to apply them to everyday living in order to feel better, lower blood pressure and cholesterol, and live longer.

Cannabis: Medicine — Virginia Champagne — Friday, October 14 AM

Cannabis is now being studied worldwide for its medicinal properties. Learn why and how it works and how you can become a Medical Cannabis Patient here in CT. We will cover making edibles and other products with your cannabis.

SOCIAL — Bruce John — Friday, October 14 PM

Come enjoy the musical talents of Bruce John, an LiR favorite! He'll sing your favorite songs from the 40's, 50's and 60's and tell a story or two. Be prepared to join in as we take a walk down memory lane.

Candy Bomber of WW II — Bill Pearsall — Monday, October 17 AM

In 1948, during the Russian siege of Berlin, Gail Seymour Halvorsen became a legend that still lives on. He was a humble Utah farm boy who loved flying, freedom, service to his country, and had a capacity for deep gratitude and service before self. Come and hear how two sticks of gum and one extraordinary pilot combined to create the legend of "Uncle Wiggly Wings and the Berlin Candy Bomber".

Treasure Trove of Local Artifacts — Wayne Magao — Monday, October 17 PM

Wayne Magao was born and raised in Killingly and has been involved with the Killingly Historical Society almost since its inception in the 70's. He started collecting little treasures, such as China pieces, 1800's paper items, etc. and, over the past 50 years, built up a private collection that turned out to be the biggest treasure trove around of Killingly and Brooklyn artifacts. Learn the history behind the items and see some of them as he shares his expertise on this favorite pastime.

Day Kimball Health Care at Home — Laura Kroll — Thursday, October 20 AM **(Free with Membership)**

Day Kimball Homemakers is the non-medical division of Healthcare at Home. Hear about the wide range of caregiving services they can provide for you or a loved one right in the comfort of home. Learn about the options for care outside of the hospital or nursing home.

Oh, My Aching Joints! — Tom Harney — Thursday, October 20 PM

Sometimes it happens overnight, other times it's gradual, but now it is a bit more difficult to get up out of a chair or to open a jar. Knees and backs and hands just don't seem to do what we want them to do, and often it comes with pain. Learn what causes osteoarthritis as we age and how you can make changes to improve your mobility and decrease pain.

The Bowens of Roseland Cottage — Laurie Masciandaro — Friday, October 21 AM

The Bowen family spent several months each year in Woodstock at their summer home, Roseland Cottage. The rest of the year, they lived in Brooklyn, New York. They were happy to spend summers in the cooler, more relaxed country atmosphere. Henry's involvement in the planning of Roseland Cottage, his interest in ecclesiastical architecture, and his belief in taking a responsible role in making towns attractive leave little doubt that his homes and offices would be stylish buildings.

Rod Stewart at Royal Albert Hall (video) — Roger Pellerin — Friday, October 21 PM

Featuring guests Ron Wood, Chrissie Hyde, and Amy Beile. The famous British rocker features most of his great hits as well as five great all-time songs from the *Great American Songbook*, such as *Blue Moon*, *What a Wonderful World*, etc.

Mervin Whipple "Mr. Christmas" — Linden Whipple — Monday, October 24 AM

Just about everyone in the area remembers Mervin Whipple, with his bright red jacket and his ready smile. Whipple's Christmas Wonderland was a holiday tradition. Learn about the Whipple genealogy, the cemetery and the monument business. Mervin was interviewed for many articles and TV programs. He received many awards and was even featured in an article in *Yankee Magazine*. Come to hear more about this local icon.

Gertrude Chandler Warner: In Her Own Words — Barbara Scalise — Monday, October 24 PM

Who was Gertrude Warner and why is there a Boxcar Museum dedicated to her in Putnam? Not only was she the author and creator of *The Boxcar Children Mysteries*, but she was a person of many talents. Hear about her life and times recalled in her own words.

Forgotten Stories of WW II — Melodye Whatley — Thursday, October 27 AM

Stories Behind the Stars is a volunteer project to write and tell the stories of all 400,000 plus of those we lost during WWII. This program will tell how I got started with this project, some of the fascinating research I have uncovered, and tell some of my favorite, and often poignant "Forgotten Stories" of WWII.

[Rembrandt \(Video\) — Thursday, October 27 PM](#)

This DVD provides a unique opportunity to experience the passion and innovation of Rembrandt. His creativity gathered new energy in the later years of his life—producing soulful, honest and deeply moving work. With insight from museum curators and other world experts, see the detail and artistry of these paintings as never before on the screen.

[The State of Agriculture in CT — Joan Nichols — Friday, October 28 AM](#)

Change continues right here in our NECT Corner. Hugh dairy farms and traditional ag land uses are converting to some “Value-added” functions, and the Farm–To–Table movement has had an impact. Joan Nichols, director, CT Farm Bureau, will fill us in. Do you already know what is the biggest Ag crop in CT? Joan knows and will tell!

[George Jones 50th Anniversary Concert \(video\) — Roger Pellerin — Friday, October 28 PM](#)

From Nashville, TN, paying tribute to the then “Greatest Living Country Music Singer,” are such greats as Alan Jackson, Vince Gill, Kenny Chesney, Emmylou Harris, Lorrie Morgan, Connie Smith and many others. This is a must–see for country music fans!

[Historic Killingly Hill/Putnam Heights — Margaret Weaver — Monday, October 31 AM](#)

Maggie will focus on the history, people and homes of this village which was a center of Killingly activity in the 18th and 19th centuries. Site of the ca 1745 historical Cady–Copp Cottage, which is on the National Register of Historic Places, and a Revolutionary training field, the village grew around the meetinghouse. Nationally known Manasseh Cutler and William Torrey Harris are among the noted individuals connected with this village.

[Young Picasso \(Video\) — Monday, October 31 PM](#)

Pablo Picasso is one of the greatest artists of all time. Too long overlooked, it is time to look at the early years of Picasso. What are the reasons for his rise to artistic greatness? Looking carefully at two key early periods — the so-called Blue Period and Pink Period — the film takes us all the way to 1907 and the creation of a critical painting in the history of art: *Les Femmes d'Alger (O.J.)*.

[Matisse: Cut-outs — Thursday, November 3 AM](#)

MoMA and Tate Modern’s record-breaking show explores the final chapter of Matisse’s career, creating his signature cut-outs. The film reflects the preparation and exhibition of Matisse’s simple but sophisticated cut-outs. See actual footage of Henri Matisse as he creates his works of art. Special attention is given to the conservation work of MoMA’s treasured *The Swimming Pool* by Matisse.

[Walk Among the Incas: Cusco & Machu Pichu — Jon Pearse — Thursday, November 3 PM](#)

Travel with us to Peru and get a glimpse into the sophisticated and vast culture of the Incas. Despite hundreds of years of Spanish rule, Peru’s culture still bears significant Incan roots and traditions today — some 500 years later. Climb with us through the amazing places where the Incas lived, ruled, and worshiped, enjoying the amazing architecture which literally forms the foundation of cities today.

[Quito & the Galapagos — Walter Hinchman — Friday, November 4 AM](#)

The Galapagos are an archipelago of volcanic islands, 5 million years in the making, off the coast of Ecuador. Home to giant tortoises, marine iguanas, and many unique species of animals, these enchanting islands provide a step back in time to when Charles Darwin did important research here. Enjoy the cobblestone streets of Quito, its many beautiful sights and the Middle of the World monument where you can straddle the equator!

[Cannabis: Cultivation — Virginia Champagne — Friday, November 4 PM](#)

Did you know as of 2023 anyone over the age of 21 can grow six cannabis plants? Cannabis includes medicinal CBD & CBG strains. Learn the basics of growing cannabis from seed to harvest.

CALENDAR

September 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
9/12	9/13	9/14	9/15	9/16
Backpack Around World			Earth 2022	Lewis & Clark
Reviving Graveyards			The Y	Cannabis: Then & Now
9/19	9/20	9/21	9/22	9/23
1 st Generation American			History Rock & Roll	Japan
Romania			Bamboo Bridge	AAA
9/26	9/27	9/28	9/29	9/30
Financial Regulations			CT 29 th Colored Regiment	Rural Alaska
Edwin Way Teale			UFO Sightings	Cold Water Cure
October 2022				
10/3	10/4	10/5	10/6	10/7
Pipe Organs			Posture & Aging	Bump in the Night
United Services			Probate Court	<i>Finding Mary</i>
10/10	10/11	10/12	10/13	10/14
Greatest Mysteries			Advanced Mfg QVCC	Cannabis: Medicine
Backyard Road Trips			Weight Management	Social
10/17	10/18	10/19	10/20	10/21
Candy Bomber			DKH Care @ Home	Roseland Cottage
Something on Killingly			My Aching Joints!	Rod Stewart
10/24	10/25	10/26	10/27	10/28
Mr. Christmas			Stories of WWII	Agriculture in CT
Gertrude Chandler Warner			<i>Rembrandt</i>	George Jones
10/31				
Historic Killingly Hill				
<i>Young Picasso</i>				
November 2022				
	11/1	11/2	11/3	11/4
			<i>Matisse: Cut-Outs</i>	Quito & the Galapagos
			Cusco & Machu Pichu	Cannabis: Cultivation

Registrant 1

Name: _____ Date of Birth: _____

Mailing Address: _____

Phone Number: _____ email: _____

Course Choices:

_____ **3356 \$20 Membership Fee (Yearly)**

_____ **3355 \$15 Unlimited Fall Courses (Choose Below)**

_____	3324	Around the World via Backpack	_____	3359	Greatest Mysteries Ever Written
_____	3325	Reviving History in the Graveyard	_____	3345	Backyard Road Trips
_____	3326	Earth 2022	_____	3346	Advanced Manufacturing
_____	3327	Opportunities at the Y	_____	3366	Weight Management
_____	3328	Lewis & Clark	_____	3369	Cannabis: Medicine
_____	3329	Cannabis: Then & Now	_____	3362	Candy Bomber of WWII
_____	3330	Travels with a 1st Generation American	_____	3360	Treasure Trove of Local Artifacts
_____	3331	Romania	_____	3348	Day Kimball Health Care at Home
_____	3332	History of Rock & Roll	_____	3367	Oh, My Aching Joints!
_____	3333	Crossing the Bamboo Bridge	_____	3349	The Bowens of Roseland Cottage
_____	3334	Japan	_____	3370	Rod Stewart
_____	3372	Safe Travel Tips from AAA	_____	3347	Mr. Christmas
_____	3335	Financial Regulations for Seniors	_____	3363	Gertrude Chandler Warner
_____	3336	Trail Wood and Edwin Way Teale	_____	3344	Forgotten Stories of WWII
_____	3364	CT 29th Colored Regiment	_____	3373	<i>Rembrandt</i>
_____	3337	UFO Sightings in CT	_____	3350	Agriculture in CT
_____	3338	Living in Rural Alaska	_____	3371	George Jones
_____	3368	Cold Water Cure	_____	3351	Historic Killingly Hill/Putnam Heights
_____	3339	The Mighty Pipe Organ	_____	3374	<i>Young Picasso</i>
_____	3340	United Services Program	_____	3375	<i>Matisse: Cut-Outs</i>
_____	3365	Posture & Aging	_____	3352	Cusco & Machu Pichu
_____	3341	Duties of the Probate Court	_____	3353	Quito & The Galapagos
_____	3342	Things that go Bump in the Night	_____	3354	Cannabis: Cultivation
_____	3343	<i>Finding Mary</i>			

Total Amount Due: \$ _____

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/Dis: _____ - _____ - _____ - _____ EXP: ____/____

Last three digits on back of card: _____

Intake	BANNER ID	Registrar	Term	Date Reg.	Business Off.	Date Paid
	@		122312			

Registrant 2

Name: _____ Date of Birth: _____

Mailing Address: _____

Phone Number: _____ email: _____

Course Choices:

_____ **3356 \$20 Membership Fee (Yearly)**

_____ **3355 \$15 Unlimited Fall Courses (Choose Below)**

_____	3324	Around the World via Backpack	_____	3359	Greatest Mysteries Ever Written
_____	3325	Reviving History in the Graveyard	_____	3345	Backyard Road Trips
_____	3326	Earth 2022	_____	3346	Advanced Manufacturing
_____	3327	Opportunities at the Y	_____	3366	Weight Management
_____	3328	Lewis & Clark	_____	3369	Cannabis: Medicine
_____	3329	Cannabis: Then & Now	_____	3362	Candy Bomber of WWII
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