Learning in Retirement, 2023-2024!

If you are a returning member, welcome back, all 423 of you! If you're joining us for the first time, we think you'll find the experience to be very rewarding.

The Program Committee has been hard at work, seeking and recruiting diverse and interesting speakers for our Fall semester. Once again, we have programs which should appeal to many interests. If you enjoy music, art, history, local history, travel, nature, wellness, writing, or even reincarnation or UFOs, we have something for you. As in past semesters, programs will be on Mondays, Thursdays and Fridays, with the morning session from 10:30-12:00 and the afternoon session from 1:00-2:30. Due to very limited food options in the cafeteria, brown-bagging your lunch is encouraged, and there are restaurants nearby.

Annual Membership-\$20 (August 2023-June 2024) brings the following for Members:

- Fall and Spring semester activities
- Winter series of movies and video programs
- Open Houses, Socials, and the Annual Meeting (refreshments follow each)
 Use of the library and bookstore
- The opportunity to meet new people and make new friends.

Program Registration-\$15 per semester: For an additional \$15, members can attend any/all of the educational programs as detailed in the following pages.

Good news! To give you a sample of the variety of programs we offer, members can attend the <u>first week</u> of Fall programs at <u>no charge</u>. These programs include history, geology, nature and travel. After the first week, register by selecting the programs you plan on attending and send in or drop off a check for \$15 programs. Payment of Membership Fee (\$20) is required to take advantage of the first week free courses.

Or you can maintain your "membership only" status and attend the events listed above, "for Members." \$15 is less than the cost of buying a cup of coffee a day for one week, and with your registration, you will get many hours of education and entertainment as an LiR participant. We hope you'll decide to join us for the entire semester.

Finally, I'd like to recognize my committee members, without whose help these programs would not exist: Frank Aleman, Bonnie Deojay, Dotti Durst, Janice Laats, Luci Palmieri, Mary Saad, Barbara Scalise, Barbara Schreier, and Judy Swayze. Thank you all for another job well done!

Barbara Laliberte, Program Committee Chair

CALENDAR

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

	Monday	Thursday	Friday		
September	9/11/2023	9/14/2023	9/15/2023		
АМ	Sept. 11, throughout History	Putting Your Garden to Bed-part I	The Elbe		
Aivi	Joel Niemann	Jean Vose	Jon Pearse		
РМ	Getting Stoned	Mushroom Hunters	Alaska		
FIVI	Dotti Durst	Ryan & Emily Bouchard	Dotti Durst		
	9/18/2023	9/21/2023	9/22/2023		
AM	Mediterranean Antiquities	Putting Your Garden to Bed-II	Hking & Your Health		
7 1101	Melissa & Don Wilson	Jean Vose	Linda Colangelo		
РМ	CT Conservation Corps	Mohegan History & Culture	Goodwin Forest		
1 101	Marty Podskoch	David Eickelberg	Adam Drouin		
	9/25/2023	9/28/2023	9/29/2023		
АМ	Navy Petty Off. Charles French	Backyard Wildlife-Opossums	Art video: David Hochney		
Aivi	Bill & Terri Pearsall	Pam & Bill Lefferts	Barbara Laliberte		
РМ	OPEN	Putting your Garden to Bed-III Jean Vose	OPEN		
October	10/2/2023	10/5/2023	10/6/2023		
АМ	Germany, Austria, Switzerland B. Laliberte & L. Parsons	OPEN	Israel Ron Tillen		
D14	Tai Chi/Wellness	Head, Shoulders, Knees, & Toes	Sino-American Relations		
PM	Dan Salive	Micaela Nowacki	Dr. Ron Heiferman		
	10/9/2023	10/12/2023	10/13/2023		
0.04	Tuskegee Airmen	Music Video: America	Biking through Mongolia		
AM	Rick Cleary	Roger Pellerin	Gene Brustolon & Michelle Cusac		
РМ	Art Video: Edvard Munch	The Case for Reincarnation-I	SOCIAL		
PIVI	Barbara Laliberte	Bob Kirk	Robert BlackElvis Tribute Artis		
	10/16/2023	10/19/2023	10/20/2023		
	Hospice Care	Music Video: The Highwaymen	Landscaping for Water Quality		
AM	Joan Buell	Roger Pellerin	Jean Pillo		
РМ	The First Thanksgiving	The Case for Reincarnation-II	An Afro-Caribbean in the Nazi Era		
I IVI	Mary Brown	Bob Kirk	Mary Romney Schaab		
	10/23/2023	10/26/2023	10/27/2023		
АМ	Free Renty	Eversource	Count & Countess Vonsiatsky		
7 1111	Tamara Lanier	Devan Willemsen	Joe lamartino		
РМ	Bird Tracking	The Case for Rencarnation-III	Heart Healthy Eating		
	Andy Rzeznikiewicz	Bob Kirk	Natalie WebbBig Y		
Oct/Nov	10/30/2023	11/2/2023	11/3/2023		
АМ	Preserving Roseland Cottage	Morocco	UFO Sightings in CT		
AIVI	Laurie Masciandaro	Barbara Laliberte	Michael Panicello		
B.,	Edwin Way Teale	Art in Public Spaces	Video: The Unimaginable Journey		
PM	Sarah Heminway	Tamara Dimitri	of Peter Ertel		

All programs are in the Auditorium

^{*} Writer's Workshop, Sheila Johnson, Friday mornings from 9:00-10:15 am, Sept 15 to Oct 6 Room W102



All programs are in the Auditorium unless otherwise specified.

AM Programs: 10:30 – 12:00 PM Programs: 1:00 – 2:30 PM

SEPTEMBER

9/11 AM—September 11 throughout His Life by Joel Niemann

Where were we on that fateful 2001 day? Everyone always remembers. Joel's own military experience (U S Army's 3rd Infantry in Pakistan and Iraq) sets the background on both this anniversary as well as National POW-MIA Recognition Day this week. Joel is the QVCC Veterans Services Coordinator, and his story is profound. He created a poem so as to be able to share with others.

9/11 PM—Getting Stoned: Geology + Art + History by Dotti Durst

Dotti's brain is drawn to stones, and everything embedded in and derived from stone. They have mattered throughout history, globally. A Connecticut stone has traveled world-wide! Yes, there is a Taconic near you! What are gold and diamonds if not forms of stone? Artists have used the medium, from earliest times. How did these amazing objects even get here among us in the first place?

9/14 AM—Putting Your Garden to Bed by Jean Vose (3 sequential programs—see 9/21 AM, 9/28 PM)

After a bountiful season, it's time to prepare the gardens and yards for winter to ensure a beautiful and vibrant spring! Be here when this Certified Horticulturist guides us through what may be done to get the property, including gardens, ready—from cleaning out the vegetable garden to protecting trees and shrubs. It is organized in a month-by-month format. Week 1. Preparing for Fall: August through September--Including but not limited to early fall gardening/yard to-do tips, fall lawn care tips, and tips for a Fall home checkup.

9/14 PM—Mushroom Hunters by Ryan & Emily Bouchard

Mushroom foraging is fun, educational and beneficial. Together, Ryan and Emily Bouchard, creators of the nonprofit Mushroom Hunting Foundation, teach the best and safest methods for this great hobby. They have taught many groups how to enjoy wild mushrooms, their nutritional value and cooking methods. Ryan and Emily hold classes and hikes for people who want to learn more.

9/15 AM—The Elbe: Elegance Tempered with History by Jon Pearse

Join those who enjoy the classic beauty of the iconic cities of Europe where one realizes they literally arose from the ashes of WWII. Let's travel down a winding river, beginning in Warsaw, on a combined land trip and river cruise, moving through Krakow, Prague, Decin, Dresden, Meissen, and ending in Berlin. In each, we'll witness their original grandeur being restored over several decades, and broach a fascinating story as we go.

9/15 PM—North to Alaska: Woody and Dotti Durst's 50th Anniversary Trip

What a gift: a family trip to Alaska! Together we experienced **A**nchorage, Ta**L**keetena, the **A**rctic Gas Pipeline, **S**eward, Fairban**K**s, and Den**A**li, and really had a chance to absorb the culture, geology and natural sights which "The Last Frontier" offers. A Learning in Retirement member, Dotti will reveal her favorite animal sightings and outdoor and indoor experiences.

9/18 AM—Mediterranean Antiquities Cruise by Melissa & Don Wilson

Over the course of two weeks, with stops in Athens (Greece), Ephesus (Turkey), and Crete, many ancient sites, historic landmarks, and incredible beauty were right there to enjoy and appreciate. Since this was their first experience in Europe, it was very educational (and a little chilly). They say their "Mediterranean Antiquities Cruise experience was amazing!" Melissa and Don are LiR members and volunteered to share their adventure.

9/18 PM—Connecticut Conservation Corps by Marty Podskoch

Twenty-one CCC Camps were set up in Connecticut towns, state parks and forests, including in Eastford, Stafford Springs, and Union, as a way to employ men during hard economic times. The CCC built dams and fire towers, maintaining those towers as well as telephone lines. They fought fires and planted millions of trees. Who were those men, and what tales could they tell? Marty is an East Hampton author and has presented multiple programs for LiR.

9/21 AM—see 9/14 Putting Your Garden to Bed-Part 2

October and November--Including but not limited to mid-fall gardening tips, how to plant trees/shrubs, planting bulbs, and wintering houseplants.

9/21 PM—Mohegan History & Culture by David Eichelberg

David Eichelberg is the Outreach and Tradition Specialist for the Mohegan Nation. He will present Native American history and culture and share his knowledge of dance and drumming, as well as inform us about the Tantaquidgeon Museum in Uncasville, CT.

9/22 AM—Hiking & Your Health by Linda Colangelo

Don't fall back... Keep springing ahead toward health and wellness! Linda Colangelo, Northeast District Department of Health Education and Communications Coordinator, returns with seasonal topics. Learn about the benefits of walking and nature, weather any storm with emergency preparedness planning, learn if you qualify for low-dose CT lung cancer screening, and hear the latest on vaccinations to help you avoid the flu and COVID-19.

9/22 PM—Goodwin Forest by Adam Drouin

Naturalist Adam Drouin leads educational programs at James L. Goodwin Forest in Hampton, CT. He will update us on topics including the history of Goodwin, trees and their interaction with the environment and wildlife, watersheds and erosion, the invasive insect species and ways you can help. Goodwin also has many opportunities to volunteer....want to consider this for yourself?

9/25 AM—Petty Officer Charles French by Terri & Bill Pearsall

Charles French is an unsung hero from World War II, saving the lives of his shipmates by towing a life raft in shark infested water. The amazing accomplishment that this young man achieved was not recognized for many years because of his race. This is truly an epic story that needs to be made known for generations.

9/25 PM—Left Open

9/28 AM—Backyard Wildlife: Opossums by Pam & Bill Lefferts

Calling one and all to a "meet & greet" with our opossum ambassadors! Let's begin by taking a look at wildlife rehabilitation and the role of rehabbers. There is definite focus on opossums and our rescue efforts with them. Additionally, we discuss various topics such as supporting wildlife during winter, preparing emergency roadside kits, turning your property into a sanctuary, learning more about becoming a rehabber or wildlife volunteer.

9/28 PM—see 9/14 Putting Your Garden to Bed-Part 3

December and Beyond: including but not limited to winter protection for trees, plants and shrubs, winter watering of woody landscape plants, how and where our pollinators overwinter, and winter birds – how and when to attract and sustain them.

9/29 AM— Art Video: David Hochney

David Hockney, 1937- present. As an important contributor to the Pop Art movement of the 1960s, he is considered one of the most influential British artists of the 20th century. His works were characterized by economy of technique, a preoccupation with light, and a frank mundane realism derived from Pop Art and photography. He has even produced art created on an iPad. Come learn about this great influencer of the art world through this closed-captioned video.

9/29 PM—Left Open

OCTOBER

10/2 AM — Germany, Austria & Switzerland by Barbara Laliberte & Linda Parsons

From the Black Forest and hilltop castles of Germany and the pristine lakes and gorgeous scenery of the Swiss Alps to the Tyrolean dances and the birthplace of Mozart in Salzburg, Austria, this program is a lavish buffet for the senses. The sights, sounds, smells and tastes of these beautiful countries are a delight to experience. Come along on the journey!

10/2 PM—Tai Chi by Dan Salive

Qigong & Tai Chi Chuan are mind-body exercises that use gentle, low impact movements to promote health and wellbeing. Dan has been involved in the Martial Arts for 40 years and will introduce and briefly discuss these two arts. Modern medical science has verified multifold positive health benefits from these practices. Come, learn about these as well as seeing a brief demonstration.

10/5 AM-Left Open

10/5 PM— Head, Shoulders, Knees and Toes! by Micaela Nowacki, DPT

Learn how you can improve your mobility, decrease pain, and improve the quality of your life and maybe even postpone surgery. Have you or someone you know been diagnosed with Osteoarthritis, Spinal Stenosis, Degenerative Disc disease or even a rotator cuff tear? As a Doctor of Physical Therapy, she will explain how physical therapy can help you move better and enjoy your daily activities.

10/6 AM—Israel by Ron Tillen

Israel is and was a pivotable location in a volatile yet fertile crescent, the center of geological, religious and political upheaval. We'll see the area from Ron's perspective based on travel in the area and will include a record of upsets—old and new. Historian, world traveler, and longtime LiR member, Ron always makes it interesting!

10/6 PM—Sino-American Relations by Dr. Ron Heiferman

The history of relations between China and the United States since 1949 has gone from complete hostility (1949-1972) to efforts to achieve détente, beginning with President Nixon's visit to China in 1972. After more than forty years of improved bilateral negotiations, this period of détente has ended. Why? Dr. Heiferman is Professor Emeritus of History at Quinnipiac University.

10/9 AM—Tuskegee Airmen by Rick Cleary

"Red Tails" was a nickname given to the Tuskegee Airmen during their time in service during World War II. It evolved from the bomber pilots referring to their Tuskegee Airmen fighter escorts as Red Tail Angels because of their reputation and record for keeping the bombers safe on their dangerous missions over enemy territory. They flew 1,578 missions, 15,533 sorties, destroyed 261 enemy aircraft, and won more than 850 medals—it's a story you'll want to hear! Rick is VP of Development at the New England Air Museum at Bradley Airport.

10/9 PM—Art Video: Edvard Munch

A Norwegian born expressionist painter, Munch lived a tumultuous life, which was represented in his paintings. His personal tragedies and psychological idiosyncrasies evolved into a symbolic art form that expressed more internal emotion and feeling than projected an image of outside reality. This cc video will explore the man and his paintings.

10/12 AM—Video music concert: *America* from the archives of Roger Pellerin

This great soft rock and folk band of the 70's and 80's perform in concert in Chicago in 2008. This group brought us many all-time rock favorites, such as Ventura Highway, Tin Man, Horse with No Name, and Sister Golden Hair. Gerry Beckley and Dewey Bunnell head up a fine 5-piece band.

10/12 PM—The Case for Reincarnation by Bob Kirk (3-part program)—Part 1

Belief in reincarnation was widely accepted among ancient cultures and indigenous peoples, and remains fundamental to many of the world's religions today. What is new—during our lifetime—is the evidence supporting reincarnation from children who spontaneously remember past lives, from past life regressions, and from other sources. This series will examine some of this compelling evidence. (see also 10/19 PM, 10/26 PM)

10/13 AM—Biking through Mongolia by Gene Brustolon & Michele Cusack

Together we will take a mountain bike ride through central Mongolia with Michele Cusack, who teaches 9th grade science and lives in Fremont, NH and her dad Gene Brustolon, who is a retired bridge inspector and lives in Canterbury. Explore the beauty and challenges of the land, and learn about this somewhat unique way to see the world.

10/16 AM—Hospice Care by Joan Buell

Hospice Care: What is it? When is it appropriate? How does it work? Joan Buell worked as a hospice nurse for 23 years at Hospice of Northeastern Connecticut. She looks forward to explaining the philosophy, care delivery, and benefits of hospice care.

10/16 PM—The First Thanksgiving by Mary Brown

In 1621, the Pilgrims in Plymouth Colony celebrated their first harvest. Join us for a remembrance of their first year and the celebration that was held. Hear about the guests, preparations, presentations and interactions that lasted three days. Knowing the foods served and how to prepare them allows you to incorporate a historic element in your own Thanksgiving. Mary is a member of the DAR and will share her knowledge of Colonial history.

10/19 AM—Video music concert: The Highwaymen from the archives of Roger Pellerin

This concert, filmed at Long Island's Nassau Coliseum in March 1990, has been called one of the greatest country music concerts of all time. Four of the greatest stars in country music history—Willie Nelson, Waylon Jennings, Johnny Cash, and Kris Kristofferson—along with a talented group of musicians, collaborated to make this an event to remember.

10/19 PM—The Case for Reincarnation, Part 2 (see 10/12 for information)

10/20 AM—Landscaping for Water Quality by Jean Pillo

Are there better ways to manage your landscape that can help improve water quality? Jean Pillo, Watershed Conservation Project Manager for the Eastern Connecticut Conservation District, will present beautiful alternate landscaping strategies that everyone can adopt at home or at a place of business, including rain gardens, rain barrels, streamside and lakeside buffers and lawn management.

10/20 PM—An Afro-Caribbean in the Nazi Era by Mary Romney Schaab

How did a Black civilian from the Caribbean come to be a prisoner of the Nazis and survive the concentration camp system in World War II? As the daughter of this survivor, Mary Romney Schaab will answer this question that is part oral history, part memoir, part history, and all true.

10/23 AM—*Free Renty* by Tamera Lanier

Who owns the photos of their enslaved ancestors, specifically Renty and his daughter Delia? While doing genealogical research, the family discovered that the Peabody Museum at Harvard had pictures of their ancestors that had been taken specifically to study polygenesis and prove race inequality. The subjects were stripped naked, measured, poked and prodded. The photos have been seen in many publications throughout the years. Now you can understand too.

10/23 PM—Bird Tracking by Andy Rzeznikiewicz

The Connecticut Audubon Society tracks birds several different ways. One way is through bird banding, which has been done for many years. For the past couple of years, the Audubon society has used a MOTUS antenna that picks up migrating birds that have been outfitted with satellite receivers. Why is this important, and what can Andy, Land Manager at the Center at Pomfret, teach us from this data?

10/26 AM—Eversource Programs That Help with Your Energy Costs and Usage by Devan Willemsen

There are resources available to help customers manage their energy costs as well as incentives available to help lower energy use and increase comfort at home. Eversource and contractor staff will share information about credit programs, hardship assistance, residential weatherization, including air sealing and insulation opportunities through Home Energy Solutions SM. Eversource staff can also assist with billing inquiries.

10/26 PM—The Case for Reincarnation, Part 3 (see 10/12 for information)

10/27 AM—Count & Countess Vonsiatsky by Joe lamartino

"Count" Vonsiatsky was a young Russian "White" soldier fighting the Communists "Reds" during the Russian Revolution. Having been on the losing side, he moved to Paris, where he met an American millionaire, Marion Stephens. They married and made their home in Thompson, CT. They were involved in global political adventures, spy trials, prison time and much more. Follow this unusual true story with its great twists and turns, and odd ending, from a renowned member of the Thompson Historical Society.

10/27 PM—Heart-Healthy Eating by Natalie Webb

We've all heard the statistic: heart disease is America's number one killer. While many factors affect heart disease, eating plans that are low in fat, cholesterol, saturated fat and sodium and high in fiber and calcium may reduce the risk for this disease. You too can learn how to select, prepare and eat heart healthy foods from a Registered Dietitian Nutritionist.

10/30 AM—Preserving Roseland Cottage by Laurie Masciandaro

When Historic New England acquired Roseland Cottage in the 1970's, it was in serious need of preservation. Decades of deferred maintenance had taken its toll on the structure. Laurie Masciandaro, Director, will trace some of the substantial and surprising preservation work that returned the house and garden to its 19th century splendor.

10/30 PM—Edwin Way Teale and Trail Wood by Sarah Heminway

Edwin Way Teale was a Pulitzer-prize winning naturalist, writer and photographer who lived with his wife on their beloved property known as Trail Wood for over 30 years. Located in Hampton, CT, this 168-acre wildlife sanctuary is now owned and operated by the CT Audubon Society. Hear of Teale's life and works as well as about the place they called home that has been saved for all to enjoy. Sarah is Director of the Northeast Region of the CT Audubon Society.

NOVEMBER

11/2 AM—Morocco by Barbara Laliberte

From the sands of the Sahara Desert to the souks of Fez and Marrakesh, come on this journey of brilliant colors, diverse cultures and exotic sounds as we briefly escape the familiar surroundings of Northeast Connecticut. A cacophony of sounds from minarets and goats that climb trees will broaden your expectations of this North African country.

11/2 PM—Art in Public Spaces by Tamara Dimitri

QVCC's auditorium has two large fabric mosaic murals by Connecticut artist Frank Gardner which were installed as part of the Art in Public Spaces Program. The QVCC campus is home to several other public artworks too! Each piece tells a story. Tamara, Program Specialist, CT Office of the Arts, will share the stories of several art pieces that call QVCC their home and she will talk about the value of public art and architectural gems in our communities.

11/3 AM—History of UFOs in CT by Michael Panicello

Yes, there are both current and historical UFO sightings in CT and the surrounding area. People are often amazed to hear that CT has a rich history of unexplained UFO sightings and events. Let's look at some of these cases and explain why they are unknown and what makes them excellent examples of potential non-humanoid (not of this world) crafts.

11/3 PM—Video: The Unimaginable Journey of Peter Ertel

What an extraordinary odyssey of an aspiring German violinist who becomes a reluctant soldier in Hitler's army and defies overwhelming odds to not only survive World War II, but to become a U.S. Government agent. Then, after immigrating to America, he begins a 25-year career with a small company owned by Orthodox Jews. Peter Ertel, 95 at the time of filming, tells his own incredible and inspiring life story. This is an unprecedented film narrative of that historic period, which has new-found relevance in our current times. The film won several top awards during its festival run. Closed-captioned.

CLASSROOM PROGRAM

Writer's Workshop by Sheila Johnson Friday mornings from 9:00-10:15 am, Sept 15 to Oct 6, Room W102 Do you have a story to tell: a children's book for the grandkids, memoirs from your own life, a romance novel or mystery story that's been bouncing around for years? Then, this is the class for you. "Write with Your Heart" will explore what makes good narrative, what pitfalls to avoid, and how to capture personality on the page. Join us to write what perhaps will be the next great American novel! Sheila holds a Master's degree in Creative Writing of Popular Fiction. Maximum number of participants is 15.

Registrant 1

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	81161	Putting your Garden to Bed Part 3			81191	Heart Healthy Eating			
	81162	Art Video: David Hockney			81192	Preserving Roseland Cottage			
	81156	Germany Austria & Switzerland			81193	Edwin Way Teale & Trail Wood			
	81158	Tai Chi			81163	Morocco			
	81168	Head Shoulders Knees & Toes			81164	Art in Public Spaces			
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	81170	Sino-American Relations			81166	Video: The Unimaginable Journey			
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