

Lecturer and Class Information Fall 2018



Monday, September 24

10:00-11:30 - My Trip to South Africa and Botswana

Mary Ellen Jukoski, president of TRCC, will share her travels in South Africa and Botswana in July 2018.

1:00-2:30 - Changing Alaska

In this slide show, Charles Prewitt will describe his experiences about a part of Alaska that most people never get to see. It focuses on the rural life and changing culture of the modern day Eskimos and Indians. Cultural artifacts and crafts will be available for viewing and discussion. Charles Prewitt, a retired high school science teacher, lived and taught in Alaskan Indian and Eskimo villages for 20 years.

Tuesday, September 25

10:00-11:30 - Cliches

Richard Curland is a member of A.L.L. and has presented lectures on a wide range of topics.

Wednesday, September 26

Field trip - Mohegan Sun Casino

Thursday, September 27

10:00-11:30 - Writers Group

The writers group meets every Thursday at 10:00 a.m. New members are welcome. This is a self-directed group.

10:00-12:00 or 1:00-3:00

Field Trip - Slater Museum, Norwich

Dayne Rugh, Director of Education at the Slater Museum, will lead a tour of the museum. Tour groups are limited to 20 people. Due to limited parking carpooling will be necessary.

Friday, September 28

10:00-11:30 - Avoiding "New"

Financial Scams

Frank Jarvis is a Corporate Security Manager for Charter Oak Federal

Credit Union. He retired after 34 years as a police detective with the New London Police Department.

1:00-2:30 - The Eye - Part 2

Continuing an informal discussion of the diseases of the eye with questions accepted. Dr. Michael Betten is a retired ophthalmologist and a member of A.L.L.

Monday, October 1

10:00-11:30 - Zambia: Changing Lives for a Lifetime

The story of Chikumbuso, an organization dedicated to changing lives one person at a time, including Teddy and Aaron, who are now students at TRCC. Linda Wilkinson spent 25 years living and teaching in Zambia where she became involved in the Chikumbuso Project. She currently resides in North Stonington, CT.

1:00-2:30 - Soaring over The Last Green Valley: The Return of the Bald Eagles to CT

With abundant rivers, lakes and ponds, The Last Green Valley National Heritage Corridor has the perfect habitat for bald eagles - our national symbol. Over the past decade, eagles have been returning to the region and nesting along our rivers and lakes. This program explores the history of the bald eagle in our country and describes the unique characteristics of these amazing birds. Information will also be provided on TLGV's role assisting the CT DEEP to monitor bald eagle nests and with the state-wide midwinter eagle survey. Bill Reid is the Chief Ranger for The Last Green Valley National Heritage Corridor.

Tuesday, October 2

10:00-11:30 - Traveling in Finland

Using photographs taken over a 60-year

period of travel in Finland, Anita will show the rise of Finland from a poor country struggling to pay war debts to Russia to a technologically advanced country. Anita Smiley, a retired career business educator, now immerses herself in endeavors involving her Finnish heritage. In 2016, she was honored by the President of the Republic of Finland with the Cross of Merit of the Order of the White Rose for her years of promoting cultural ties between Finland and the United State.

1:00-2:30 - Volcanoes

This class will discuss the latest volcano eruptions. William Dopirak is a professor of natural sciences at TRCC.

Wednesday, October 3

10:00-11:30 - Keeping Healing at Home

Join Dr. Kendra for an exciting class about being your own doctor and choosing your own path of care. Take a look at toxicity in our environment, foods that make us feel bad and life patterns that age us faster than necessary. Learn about diet changes that can improve health conditions like dementia, arthritis and cardiovascular conditions, and how we can remove or add simple solutions to our lifestyle for better health. Dr. Kendra Becker is an integrated physician practicing for over 10 years. She is a board certified naturopathic physician and APRN. She is the author of "All You CAN Eat," a self-healing guide to better health and less inflammation. She was chosen as one of Connecticut's "Top Naturopathic Doctors."

1:00-2:30 - Travels in Russia, Poland and Germany

Larry Erhart will share his adventures on his European travels in the spring of

2018. Larry is a member of A.L.L. and has presented on a wide range of topics, including cars and coin collecting.

Thursday, October 4

10:00-11:30 - Writers Group

1:30-3:00* - Trade Negotiations

Phil Mayer is a professor of economics and political science at TRCC.

*Note time change.

Friday, October 5

10:00-11:30 - Thomas Harland and Norwich Clockmakers

Arthur Liverant is the third generation owner of Nathan Liverant and Son, LLC. He is an antique dealer and appraiser specializing in American antique furniture, painting, silver, porcelain and related fine art and accessories.

1:00-2:30 - Book Discussion

Exit West by Mohsin Hamid

Exit West is the 2018 selection for Southeastern CT's One Book, One Region, and the author will speak at Connecticut College on September 26. This timely and engaging novel addresses the plight of refugees in a world much like ours - except for the portals that magically open in war-torn countries and refugee camps, admitting them into wealthy cities. Copies will be available in all local libraries. Faye Ringel, Professor Emerita of English at the U.S. Coast Guard Academy, has led many book discussions for A.L.L. and is one of the scholars facilitating this year's One Book, One Region program.

Monday, October 8

10:00-11:30 - The Culture of the Pennsylvania Dutch

This class will describe how the Pennsylvania Dutch handle weddings and funerals and how they live their very simple lives. Elaine Grant was born and raised in Lancaster, PA. After graduating

college with a teaching degree, she taught in a very rural school where she had Mennonite children in her class. She learned a great deal about the Pennsylvania Dutch over the years she lived there. She is a member of A.L.L.

Tuesday, October 9

10:00-11:30 - Classic Movie - Tootsie

Four diverse contemporary classic movies will be screened on October 9, 16, 23, and November 6. Following each there will be a brief discussion. A long-time A.L.L. member and facilitator of classic movies, Roger Zotti taught adult education in a Connecticut prison for over twenty years. He received his master's degree from Wesleyan University.

1:00-2:30 - Namibia, Africa's Desert Gem

Take a 45 minute pictorial journey through a South African country whose western border is the Atlantic Ocean and includes the world's oldest desert. Namibia is replete with extraordinary landscapes, hauntingly beautiful desert scenery, the treacherous Skeleton coast and endemic wildlife that have evolved to survive the harsh conditions of the driest country in sub-Saharan Africa. Writer, photographer, adventurer, Raymond Uzas travels the world in search of interesting, scenic and often remote regions of the world rich in wildlife and cultural diversity among its human inhabitants. He has published four books on his travels in the U.S. and around the world.

Wednesday, October 10

10:00-11:30 - Nuclear Waste Disposal

This class will be an overview of nuclear waste disposal in the U.S. Dr. James Sherrard is a professor of nuclear engineering technology at TRCC.

Thursday, October 11

10:00-11:30 - Writers Group

12:00-1:30 - Field trip - Treworgy Planetarium, Mystic, CT

See enclosed flyer.

"Fall Stars and the Mariner" A look at the autumn evening sky while exploring how sailors would navigate the seas guided by the stars.

Friday, October 12

10:00-11:30 - Norwich Sons of Liberty

This lecture will focus on the local figures who played a part in the Sons of Liberty in Norwich during the Revolutionary War. Dayne Rugh, a lifelong resident of southeastern CT, has a master's degree in Museum Studies from John Hopkins University. He is the director of education for Slater Memorial Museum and sits on the board of the Society of the Founders of Norwich.

1:00-2:30 - Senior Resources 101

An overview of the programs and services available from Senior Resources. Nancy Lisee has worked at Senior Resources for 30 years and serves as Director of Education and Training. She holds a master's degree in gerontology and management of aging services.

Monday, October 15

10:00-12:00 - Classic Movie

The African Queen (1951) starring Humphrey Bogart and Katherine Hepburn. Gary Motin is an optical physicist and taught math and physics at Mitchell College and TRCC. His hobby is classic films of the 40's and 50's. He is a member of A.L.L.

Tuesday, October 16

10:00-11:30 - Classic movie

In the Heat of the Night

Roger Zotti (see October 9).

Wednesday, October 17***10:00-11:30 - The First Amendment***

The First Amendment gives you many rights - some you may not know about or exercise. It also comes with limits. We will talk about origins, intentions and the evolution of the First Amendment in our Republic. Jim Konrad is the executive editor of The Bulletin, the community newspaper based in Norwich. He has been a journalist for more than 30 years in a variety of roles, and he's lived in eastern Connecticut most of his life.

Thursday, October 18***10:00-11:30 - Writers Group******11:00 - Essex Steam Train Excursion***

See enclosed flyer.

Friday, October 19***10:00-11:30 - Pottery***

Paula McNally is the head of the pottery and ceramics program at TRCC.

Limit 18.

Monday, October 22***10:00-11:30 - Benedict Arnold***

This lecture will discuss how Arnold's personality flaws combined with his relationships with those around him led to his ultimate downfall. Dayne Rugh (see October 12).

Tuesday, October 23***10:00-12:00 - Classic Movie***

Roman Holiday

Roger Zotti (see October 9).

Wednesday, October 24***10:00-11:30 - Probate Law/Estate Planning***

Please bring your questions, concerns or experiences with probate, lawyers or estate planning. We hope to present information on how property is owned, transferred and left after we die. We also hope to explain what the probate process con-

sists of and address many myths about what actually happens. As a returning speaker, it would be great to hear from the participants regarding questions that they have or stories they have heard about the probate process. Charles Norris is a partner in the law firm Chinigo, Leone and Maruzo, representing clients for over 25 years. He has also served as Norwich Regional Probate Judge for the last eight years.

1:00-2:30 - Vaccines and Vitamins

This presentation will review adult immunizations and supplements recommended for preventing disease and promoting healthy aging. Sandra Grillo earned her B.S. Pharmacy from UConn and her M.B.A. from the University of New Haven. She has been a practicing community pharmacist in Norwich for 34 years at Utley & Jones Pharmacy.

Thursday, October 25***10:00-11:30 - Writers Group******1:00-2:30 - The Writers Group Reads***

Members of the A.L.L. writers group will share their writing.

Friday, October 26***10:00-11:30 - Overview of Neurology***

Dr. John Tauro, who was born in Norwich, began his medical career as a chiropractor then received degrees in osteopathic medicine, internal medicine and neurology. He has been in private practice since 1996.

Monday, October 29***10:00-11:30 - U.S. Coast Guard***

Members of the leadership team of the U.S. Coast Guard Academy will discuss the activities of the Coast Guard at sea, on land and at the academy.

1:00-3:00- Classic Movie

The Naked Jungle (1954) starring Eleanor Parker and Charlton Heston. Gary Motin (see October 15).

Tuesday, October 30***10:00-11:30 - Drummers: Session Masters***

This class will highlight the great studio drummers, including Hal Blaine, Steve Gadd, Jeff Porcaro and John Robinson. Michael Carta is a professor of chemistry at TRCC.

1:00-2:30 - State Police History

Jerry Longo has worked in law enforcement for 30 years, both at the state and local level. He is the author of three books on law enforcement, the president of CSPAAA and chairman of the CT State Police Museum.

Wednesday, October 31***10:00-11:30 - Open Forum***

Open discussion. Come prepared to share opinions and questions about life.

Bette Peck is an A.L.L. member and former president.

1:00-2:30 - Margins of Life: Cross-Cultural Perspectives on Death and Dying

Using Halloween as a springboard, this lecture will focus on various examples of religious/cultural viewpoints on the transition between life and death. Topics will include the veneration of ancestors, philosophies of the human life cycle, and unique cases from non-Western religions. Jon Brammer teaches writing, ethics, religious studies and the relationship between science and religion at TRCC. He has master's degrees in English language and linguistics and religious studies and is in a doctoral program at Lesley University where he is focusing on contemplative pedagogy in higher education.

Thursday, November 1***10:00-11:30 - Writers Group******10:00-11:30 - Mid-Term Elections***

Gary Donato earned his PhD in Political Science and Diplomatic History from UConn.

1:00-2:30 - Mid-Term Elections

Continued from morning session.

Friday, November 2**10:00-11:30 - TBD**

Will O'Hare is a professor of anthropology at TRCC.

1:00-2:30 - Everyone Can Sing

Everyone who is able to speak can discover their singing voice! Come and join us as we sing our way through an afternoon of vocal warm-ups, breathing techniques and familiar tunes! Lyric soprano, Avery Rondeau, was born and raised in Jewett City. She has a master's degree in Vocal Performance from UConn and made her international debut in Ireland where she collaborated with the Dublin Institute of Technology on several operatic scenes. She is a local voice teacher and continues to sing in the CT area. Faye Ringel, a Norwich native, has performed music, given lectures, and accompanied silent films for A.L.L. every year since the organization was founded. She is also a member of A.L.L.

Monday, November 5**10:00-11:30 - Metal Processing**

Tour and demonstration of the metal processing lab (Room B110) at TRCC. Michael Gentry is a professor of engineering at TRCC.

Tuesday, November 6**10:00-12:00 - Classic Movie**

Roger's Surprise Film

Roger Zotti (see October 9)

Wednesday, November 7

10:30 - Lunch at Norwich Technical High School, Mahan Drive, Norwich
Cost: \$10, to be paid at the school.

Thursday, November 8**10:00-11:30 - Writers Group**

1:00-2:30 - Plastics in the Sound and Oceans

A discussion of the origins and potential long term effects of plastics in our waterways. Diba Khan-Bureau is a professor of environmental engineering technology and biology at TRCC.

Friday, November 9**10:00-11:30 - Trump's Trade Policy and Your Portfolio**

Alex Miele received a BA in economics and government from Connecticut College. She is a Certified Financial Planner and was honored to be included in CT Magazine's "40 Under 40" issue that highlights upcoming professionals in the state. CT Magazine has also honored Ms. Miele as a Five-Star Wealth Manager.

1:00-2:30 - Growing Older Gracefully

Living a Legacy of Love, Laughter and Joy: Growing Older Gracefully. The topics, tricks and techniques in this program revolve around the idea of leaving a legacy more valuable than money. The original idea and interest in the subject matter came out of the presenter's realization that he indeed was growing older and that someday soon he would be a grandfather. What began as a selfish need to avoid becoming a curmudgeonly, doddering old fool is quickly turning into a mission of mercy for his fellow Boomers and members of the Silent and Greatest generations. Wayne Gignac specializes in the use of humor in the workplace.

Monday, November 12**10:00-11:30-Storytelling**

Ann returns with more stories and activities to help participants tell their own stories. Ann Shapiro has served as executive director of the CT Storytelling Center since 1999. She has toured her storytelling programs for audiences of all ages for over 30 years and has appeared at the National Storytelling Festival.

Tuesday, November 13**10:00-12:00 - Classic Movie**

Somewhere in Time (1980) starring Christo-

pher Reeve, Jane Seymour and Christopher Plummer.

Gary Motin (see October 15).

Wednesday, November 14**10:00-11:30 - Conception to****Construction: The Birth of a Building**

Marc Comeau is a professor of architecture at TRCC.

1:00-2:30 - Slam Poetry

Frederick-Douglass Knowles II is a poet, educator and activist involved in community education and performing arts. He is a professor of English at TRCC.

Thursday, November 15**10:00 - 11:30 - Writers Group****1:00-2:30 - Positive Living Gracefully**

Dr. Sandeep Varma is a rheumatology specialist and director of the Arthritis Center at Backus Hospital.

Friday, November 16**10:00 - 11:30 - The Great American Read**

THE GREAT AMERICAN READ celebrates the power of reading, told through the prism of America's 100 best-loved novels (as chosen in a national survey). An eight-part series on PBS investigates "how and why writers create their fictional worlds, how we as readers are affected by these stories, and what these 100 different books have to say about our diverse nation and our shared human experience." Join us to discuss the novels on the list. Did your favorite make the list? Can there be just one Great American Read? Is the winning book deserving of the title The Great American Read? The public is invited to the vote for their favorite book from the list of 100. Voting ends on October 18, 2018 and the winner will be announced on October 23, 2018. The list of books is available at <https://www.pbs.org/the-great-american-read>. Beth Delaney works at the Scotland Public Library.