

FALL 2019 Lecturer and Class Information

MONDAY, SEPT 23

10:00-11:30 - *What is Your Temperament?*

The answer may be found in a theory from ancient Greek philosophy known as the "four temperaments." Mary Ellen Jukoski is the president of Three Rivers.

TUESDAY, SEPT 24

1:00-2:30 - *Afghanistan*

This slide-show talk focuses on Afghanistan before the Russian invasion of the 1970's. It includes some of the history of Afghanistan and the events that led up to the invasion as well as how things have changed. Charles Prewitt lived and worked in Afghanistan for five years as a teenager. He has returned to Afghanistan on three separate occasions, once as a tourist and twice leading tour groups.

WEDNESDAY, SEPT 25

Field trip: Mohegan Sun Casino, see enclosed flyer.

THURSDAY, SEPT 26

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.

1:00-2:30 - *Light Pollution*

Light pollution is the unwanted intrusion of light into our night sky, landscapes, and homes. This presentation will discuss how light pollution affects human beings, kills tens of thousands of animals annually, and actually makes us less secure in our neighborhoods. Time permitting, participants will be able to design a lighting scheme for a fictitious area with the goal of remaining below a maximum light pollution index and keeping costs to a minimum. Geoff McLean presents programs on astronomy, engineering, Civil War history and letter-boxing. In 2018 he was appointed a NASA Solar System Ambassador.

MONDAY, SEPT 30

10:00-11:30 - *Rock & Roll Generation*

Ronn Nagel has been a record collector since 1957 and is president of the CT Record Club. He has also been a DJ and band member.

1:00-2:30 - *A Life in Journalism*

Sherman Cain will discuss his career as a sportswriter. He covered sports for the Journal Inquirer for 40 years. He has won awards for his writing from the CT Society of Professional Journalists and the Associated Press.

TUESDAY, OCT 1

10:00-11:30 - *Ballroom Dancing*

Alex Sparkman is a ballroom dance instructor and winner of numerous dance awards.

1:00-2:30 - *Terrorists and the Trade War*

Phil Mayer is a Professor of Economics and Political Science at Three Rivers.

WEDNESDAY, OCT 2

10:00-11:30 - *Financial Planning*

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.

THURSDAY, OCT 3

10:00-11:30 - *Writers Group*

FRIDAY, OCT 4

10:00-11:30 - *Classic Movie: The Sting*

Roger Zotti is a long-time presenter of classic movies for A.L.L. as well as a member.

MONDAY, OCT 7

10:00-11:30 - *Space Challengers*

In honor of the 50th anniversary of the first moon landing, Tom has constructed a program about space that draws on his extensive repertoire of songs (including original compositions) and stories, along

with a display of his personal memorabilia related to this historic achievement. Tom Callinan, a resident of Norwich since 2007, is currently in his 42nd year as a full-time creative and performing artist. In 1991, he was designated Connecticut's first official State Troubadour.

1:00-2:30 - *Tour of St. Patrick's Cathedral*

Tour leaders Mary Pineault, Robert Niedbala and Rev. Brian Romanowski. Meet at church, on-street parking available.

TUESDAY, OCT 8

10:00-11:30 - *The Pole Wanderers*

Magnetic pole/reversals. Earth magnetic fields/sphere. Bill Dopirak is a Professor of Natural Sciences at Three Rivers.

1:00-2:30 - *Kenya and America Meet: What We Have Learned from the Experience*

For the past 15 years, the Norwich-based charity, American Friends of Kenya, has been working and helping in the poorest regions of a developing country. Many myths have been dispelled and people on both sides now see each other in a different light. The accomplishments are amazing. Wayne Silver, a former Academic Dean of Three Rivers, is now president of American Friends of Kenya.

WEDNESDAY, OCT 9

10:00-11:30 - *Ukraine's Non-Violent Resistance*

During the recent 2013-14 pro-democracy movement known as "The Revolution of Dignity," (the fourth Gandhian revolution in Ukraine since 1989) the students and faculty of the Ukrainian Catholic University and many priests of the Ukrainian Catholic Church joined forces with Orthodox, Baptist, Jewish and Muslim activists to maintain the non-violent discipline and the spiritual integrity of a popular uprising that drove Victor Yanukovich from power, and inaugurated a new era of political reform and civil society. Since then, Vladimir Putin

and the Russian Federation invaded the southeastern region of Ukraine known as the Donbas, and sent troops to annex the Crimean Peninsula. Come learn about the latest developments in one of the most strategic regions in Eastern Europe, the impact that Ukraine's struggle for freedom could have on U.S. foreign policy and the future of Europe. Alexander Kuzma is the Chief Development Officer for the Ukrainian Catholic Education Foundation, the North American development arm of the Ukrainian Catholic University, the only Catholic university in the former Soviet Union.

1:00-2:30 - K-9 Unit

This lecture will discuss the selection and training of state troopers and their canine partners. Sgt. Anthony Giliano, Canine Section Supervisor for the CT State Police, will be accompanied by a canine from the unit.

THURSDAY, OCT 10

10:00-11:30 - Writers Group

1:00-2:30 - *In the Crossfire of Heaven and Hell*

This new book tells the true Civil War story of Terryville, CT resident Dorence Atwater and the famous Clara Barton. Vic Butsch is a board member of the Norwich Historical Society and program director for the Norwich Area Civil War Round Table. Tommy Coletti has a bachelor's degree in history from ECSU. He has published several works including "A Journey to the Gallows."

FRIDAY, OCT 11

10:00-12:00 - *Classic movie: Singin' in the Rain*

Gary Motin is an optical physicist and taught math and physics at Mitchell College and Three Rivers. His hobby is classic films of the 40's and 50's. He is a member of A.L.L.

MONDAY, OCT 14

10:00-11:30 - *USS Confederacy: The Life and Service of Connecticut's Conti-*

mental Frigate

Before the USS Constitution, there was the USS Confederacy, named after America's first form of government and built in Norwich during the American Revolution. Explore the life and service of this vessel and learn how the ship and Norwich contributed to the American Revolution at sea. Dayne Rugh is Director of Education for Slater Memorial Museum and President of the Society of the Founders of Norwich. He holds a degree in American Studies from UConn and a Masters in Museum Studies from Johns Hopkins University. Damien Cregeau is an independent historian and President of the CT Sons of the American Revolution. He holds degrees in history from Hillsdale College and Colorado State University. He is a descendant of the Huntington family of Norwich and is the author of several articles on spying in the American Revolution, historic houses, and more.

1:00-2:30 - *The Art of Flower Arranging*

Learn about varieties of flowers and the art of floral arranging and displays. Michael Rankowitz is the owner and floral designer of McKenna's Flower Shop.

TUESDAY, OCT 15

10:00-11:30 - *The History of West Point*

Brief overview of the fortress, the U.S. Military Academy and the base/city that supports the Corps of Cadets. Topics include: the fort's role in the Revolution, the debate over a military academy and a standing army, stories of the school and its success of leadership provided to America in both civilian and military endeavors.

John "Hoss" Haskell is an adjunct professor of history at Three Rivers and a retired high school history teacher.

1:00-2:30 - *Healing with Hypnosis*

This class will discuss hypnosis as a healing mechanism and explain various techniques and benefits with an opportunity for questions and answers. David Chandler is a Certified Hypnotist and Hypnosis Trainer through the National Guild of Hypnotists. He holds a master's degree in Integrative

Health and Healing.

WEDNESDAY, OCT 16

10:00-11:30 - *Finnish-Americans in America's Melting Pot*

A large group of Finnish immigrants settled in eastern CT in the early 1900's, many by way of Ellis Island and early years in the New York area. Anita will share the history of why they left Finland, what brought them to eastern CT, their life in these new surroundings, and the legacy being shared by their descendants. Anita Smiley was born in Canterbury to Finnish immigrant parents and immersed as a child in the vibrant Finnish-American community in eastern CT, thus providing her with a vast background in the immigrant history of the Finnish people.

THURSDAY, OCT 17

10:00-11:30 - *Writers Group*

FRIDAY, OCT 18

10:00-11:30 - *Pottery Class*

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

1:00-2:30 - *Waterford Country School*

An overview of the historical service of the Waterford Country School - caring for kids and animals for over 100 years. Elena French is the Assistant Director of Development and has worked at the school for nine years. She loves telling the stories of healing and growth that come from care and compassion.

MONDAY, OCT 21

10:00-11:30 - *Life Experiences at the U.S. Coast Guard*

Officers, cadets and the chaplain will discuss their Academy experiences.

TUESDAY, OCT 22

10:00-11:30 - *Point Judith: Portraits from a Fishing Port*

Point Judith is one of the few commercial fishing ports left in New England. Facing increasing pressures from a variety of sources, the men and women still in the

industry are as tough as the jobs they do. This film, aimed at a general audience, tries to capture something of the port as a whole, following eight people through a typical day's work both on the water harvesting seafood and on shore in one of the many support industries needed to keep the port functioning. Markham Starr is a documentary photographer concerned with the disappearing working cultures in New England. He is the author of a dozen books and his work has appeared in national magazines.

WEDNESDAY, OCT 23

10:00-11:30 - Local Elections

With the focus on Hartford and Washington, people forget that the decisions that effect them most happen in their local government. With local elections coming up in November, we will discuss why you should vote. Jim Konrad is the Executive Editor of The Bulletin. He has been a journalist for more than 30 years, most of them in eastern Connecticut, where he grew up.

1:00-2:30 - Disrupt Aging in Your Community

Co-designed by AARP CT and community collaborators, Borrow My Glasses, this interactive session aims to bridge the gap between generations by focusing on aging from an intergenerational perspective, spurring thought-provoking discussion and offering unique activities. Innovation begins with perspective on your own aging. Betty Bajek is an AARP CT appointed volunteer and former educator, both in the public and private sectors. Sandy Waldo is a retired healthcare professional currently volunteering for AARP. Her career as regional Occupational Health Manager for UPS had an emphasis on health education and wellness.

THURSDAY, OCT 24

10:00-11:30 - Writers Group

1:00-2:30 - Happiness

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

FRIDAY, OCT 25

10:00-11:30 - The Eye of the Storm

This lecture will highlight the importance of exploration in hurricane research. We'll discuss the cutting edge satellite, aircraft and instrument technologies that are being used to help us better understand what makes hurricanes tick. Dr. Jason Dunion is a research meteorologist at the University of Miami and also works closely with the NOAA Hurricane Research Division in Miami, FL. He specializes in satellite remote sensing of hurricanes and has led the development of several new satellite products for monitoring tropical cyclones and Saharan dust storms. He has served as Director of the Hurricane Research Division's Field Program, acted as chief scientist on several Hurricane Hunter research missions using NOAA's G-IV high altitude jet and P-3 Orions, and has flown on over 50 hurricane hunter flights.

1:00-2:30 - The ABCs of Diabetes

This class will define the disease and discuss complications and treatments. Karen Barbone is a registered nurse who has been working in the Diabetes Center of the east region of Hartford Healthcare for the past 10 years. Lynne McPhee is a registered dietitian and also works for the Diabetes Center.

MONDAY, OCT 28

10:00-11:30 - Sons of Liberty: Revolutionary Organizing in Eastern CT

This presentation explores the lives of Connecticut's Revolutionary War-era freedom fighters known as the Sons of Liberty. Learn how these figures organized against King George before the outbreak of the American Revolution. Dayne Rugh, see Monday, Oct. 14.

TUESDAY, OCT 29

10:00-11:30 - Napoleon & the Transformation of Europe

One of the most transformational figures in modern European history, Napoleon Bonaparte conquered most of Europe militarily and, just as importantly, exported ideas and values to Europe that permanently changed the region. Jared Day was a professor of History and Engineering Public Policy for many years at Carnegie Mellon University in

Pittsburgh.

WEDNESDAY, OCT 30

10:00-11:30 - Enhancing Your Cyber Security Awareness - Part 1

A round-table discussion of cyber threats and protective strategies and tips from the Security and Information Technology teams at Charter Oak Credit Union. The morning session will cover reviewing tips and information on fraud, financial crimes and cyber security with all types of devices.

1:00-2:30 - Enhancing Your Cyber Security Awareness - Part 2

The afternoon session will be a continuation of these discussions. Questions will be welcome and taken as appropriate in either session. Frank Jarvis is the credit union's Corporate Security manager with broad experience with fraud and financial crimes. His career covers more than 40 years of U.S. Navy, police and detective work. Traci Webster has been at the credit union for 32 years and is now the AVP of the Information Technology department.

THURSDAY, OCT 31

10:00-11:30 - Writers Group

OR

10:00-11:30* - Robotics

How robots are built and their many uses. Michael Gentry is a Professor of Engineering at Three Rivers. Limit 25. ***Note start time**

FRIDAY, NOV 1

10:00-12:00 - Classic movie: Same Time Next Year with Roger Zotti.

MONDAY, NOV 4

10:00-12:00 - Classic movie: Surprise Halloween Comedy with Gary Motin

TUESDAY, NOV 5

10:00-12:00 - Classic movie: Wait Until Dark with Roger Zotti

WEDNESDAY, NOV 6

10:30 - Lunch at Norwich Tech

Meet at the school. \$10 cash per person, payable to the school.

1:00-2:30 - Music for Life: New Horizons

Meet the New Horizons Band of Southeastern CT, which is comprised of beginning and intermediate players who come together once a week to make music and build social connections. The band will perform a short program and offer a look at what a rehearsal is like. Class participants will learn about the international New Horizons Music organization and the benefits of instrumental music (physical, mental and emotional). Director Heidi Toala will offer a brief lesson intended to enhance participants' understanding and appreciation of music.

THURSDAY, NOV 7

10:00-11:30 - Writers Group

1:00-2:30 - Climate Change and the Environment

An in-depth look at how climate change is effecting our environment. Diba Khan-Bureau is a Professor of Environmental Engineering Technology and Biology at Three Rivers.

FRIDAY, NOV 8

10:00-11:30 - Hands on Hand Bells

This class will give you an opportunity to actually play handbells and make music together. Eleven people will be ringing at once, but we can rotate in and out so everyone can participate. Jane Nolan is director of Bells of Fire and Shoreline Ringers, community handbell choirs. Bells of Fire, based at the Central Baptist Church, was established 13 years ago and plays in southeastern CT and beyond.

1:00-2:30 - Covanta Energy - Municipal Waste Combustor

This talk will discuss how a municipal waste combustor processes waste. Bruce Schumacher has been a supervisor for Covanta Energy for 28 years.

TUESDAY, NOV 12

10:00-12:00 - Classic movie: Roger's Surprise Movie

1:00-2:30 - Panoramic Prague to Budapest
A.L.L. member, Larry Erhart, will share photographs from his recent travels in Hungary and the Czech Republic.

WEDNESDAY, NOV 13

10:00-12:00 - Classic movie: Seven Brides for Seven Brothers with Gary Motin

THURSDAY, NOV 14

10:00-11:30 - Writers Group

FRIDAY, NOV 15

10:00-11:30 - Owls of Connecticut

Whooh whooh is out in the forest? Learn about the many native owl species of southern New England as we explore the unique adaptations that allow owls to hunt at night. With the aid of a live owl ambassador, we will get a close-up look at the features which give owls great night vision, amazing hearing and the ability to fly silently. Kim Hargrave is the Education Director at the Denison Pequotsepos Nature Center.

1:00-2:30 - Voice and Piano Recital

Faye (alto) and Jenna (soprano) will sing songs from many decades and styles of music, from cabaret to operetta, accompanied by Faye at the piano. Faye Ringel has been playing piano and singing for A.L.L. since its founding. A retired professor of Humanities at the U.S. Coast Guard, she also taught at Three Rivers and Eastern CT State University. She directed "Live from the Stage Door Canteen," presented by A.L.L. in 2018. Jenna Randall has sung Chelsea Players cabarets, including "Live from the Stage Door Canteen." She also sings with the Mystic River Chorale and the CT Gilbert and Sullivan Society.

MONDAY, NOV 18

10:00-11:30 - Tai Chi

An interactive workshop focusing on the health benefits of Tai chi and Qigong. Participants will learn simple exercises as well as principles, history and theory. Dress comfortably with sneaker-type footwear. David Chandler is the director of Eagle's Quest Tai Chi Center. He has been practicing Tai Chi for over 45 years and has taught around the world.

TUESDAY, NOV 19

10:00-11:30 - David Bowie

Michael Carta is a Professor of Chemistry at Three Rivers.

1:00-2:30 - The Election Process

Dianne Slopak is a certified elections administrator and the Republican Registrar of Voters for the City of Norwich. Dianne Daniels is a Registrar of Voters for the City of Norwich.

WEDNESDAY, NOV 20

10:00-11:30 - Medicine Cabinet Makeover

'Modern medicine' affords us the luxury and variety of over-the-counter medication to treat every sort of ailment. The problem is over-the-counter drugs, when mixed together, can cause harmful and dangerous side effects and, in some cases, more symptoms. Learn how natural home remedies, including homeopathics, herbs, and supplements can save you time, money and improve your health. Dr. Kendra Becker is an integrated physician practicing for over 10 years. She is a board certified naturopathic physician and APRN. She was chosen as one of Connecticut's "Top Naturopathic Doctors."

1:00-2:30 - Open Forum: Coming to America

Share the immigration stories of your family, led by Bette Peck and Florence Frank, longtime A.L.L. members.

THURSDAY, NOV 21

10:00-11:30 - Writers Group

FRIDAY, NOV 22

10:00-11:30 - What Would the Founders Think?

The talk will discuss how the Founding Fathers addressed issues, such as the role of social media in public discourse, gun regulation and social justice. Gary Donato is a retired naval officer. He earned his PhD in Political Science and Diplomatic History from UConn.

1:00-2:30 - Open Forum

The second session will be open to a variety of topics, led by Gary Donato.