



**MILE**

Middlesex Community College  
Continuing Education Division  
100 Training Hill Road  
Middletown CT 06457

**MIDDLESEX COMMUNITY COLLEGE**

Is the Founder of MILE and acts as its  
Cosponsor with Elderhostel Institute Network.



**SPRING 2012**

**SCHEDULE OF PROGRAMS**

**March 5 – April 30**

**Orientation – February 17 (Snow Date – Feb 20)**

Registration Deadline – February 24

**ACTIVE ADULTS Age 50+**  
**Fall and Spring Sessions**  
**Best buy in the county!**

Website: [www.mileonline.org](http://www.mileonline.org)

E-mail: [mileatchapman@gmail.com](mailto:mileatchapman@gmail.com)

Message phone: 860-343-5863

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Sponsored by Middlesex Community College

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## WELCOME TO MILE

Middlesex Institute for Lifelong Education (MILE) was created in 1993 for the purpose of providing stimulating educational experiences for adults age 50 and older. Sponsored by Middlesex Community College (MxCC), MILE is an all-volunteer non-profit organization with programs designed for, and attended by, members. Membership is open to all adults, retired and semi-retired or employed in Middlesex County, although interested residents of other communities are always welcome.

MILE offers college level programs without concern for credit, grades, or pre-requisites. Programs are often enhanced by field trips. MILE also offers an annual trip in conjunction with Road Scholar (formerly Elderhostel).

**NOTE CHANGES THIS YEAR DUE TO LIMITED SPACE AT MXCC:** Annual membership fee is now \$60, and there will be no winter session. Most importantly, registrations must be received no later than one week after Orientation. Limited class size lotteries will be held immediately thereafter, and you will be notified if registered.

We welcome you and hope you enjoy our 19<sup>th</sup> year.

### 2011 - 12 Calendar

#### FALL

**Orientation:** Friday, September 16, 2011 (10 AM)

Programs: October 3 - November 11

#### SPRING

**Orientation:** Friday, February 17, 2012 (10 AM)

**Snow Date** - Monday, February 20

Programs: March 5 - April 30

#### ANNUAL MEETING

Friday, May 4, 2012 (11 AM)

## REGISTRATION INFORMATION

**Programs are held in Chapman Hall  
(unless otherwise specified)**

**at Middlesex Community College  
100 Training Hill Rd, Middletown, CT 06457**

**A Cafeteria is available in Founders Hall**

**For cancellations, information, or to leave a message:**

**Call Message Phone: 860-343-5863**

You may register by mail or in person at the College in the Continuing Education Dept., Founders Hall, or at Orientation.

You must complete the enclosed registration form.

**If you sign up for a program that is limited in size,  
you will be notified if you are registered.**

**Membership Fee: \$60 for each person being registered.** This fee entitles members to attend as many MILE programs as they wish during the academic year of two sessions – Fall and Spring. Additional fees and registration are required for trips.

### DIRECTIONS TO MxCC

From Route 9, take Exit 11, Randolph Road. Turn right onto Randolph Road and go up the hill to Saybrook Road light. Turn left. Take the next right onto Reservoir Road. Take the second right onto Training Hill Road. Turn left into the MxCC parking lot below Chapman Hall. Handicap parking spaces are clearly marked and require the appropriate State permit. Cars parked illegally will be towed.

**To Village at South Farms:** At foot of Reservoir Road, 645 Saybrook Rd.

**To Chester Village West:** Rte 9 to Exit 6, turn right on Rte 148; go 3.4 miles and look for entrance sign on left. Park on the left.

**To Covenant Village:** Rte 9 N to Exit 19, right on West St., right on Hicksville Rd, left on Missionary Rd, Cromwell.

**To St. Francis:** Saybrook Rd. north, right on East Main St., right on Elm, park in rear. Or enter from Silver Street across from Post Office.

**FRI, APR 20**

**MAJESTY AND MYSTERY OF CROP CIRCLES 10:00 - NOON**

**Location: Parish Hall, St. Francis of Assisi, 10 Elm St., Middletown**

This PowerPoint presentation features designs found each year in farmers' fields all over the world. Photographs of anatomical changes often observed are presented as evidence of powerful, mysterious energies at work. Other phenomena, including formations on electronic equipment, soils, animals, and humans, as well as frequent observations of hovering "balls of light," are also related. Interpretations of these complex designs will be discussed.

**Presenter: John Root** has a B.A. in biology from Oberlin College. He has been presenting nature programs throughout New England for the past five years.

**FRI, APR 27**

**10:00 - NOON**

**EMERGENCY MEDICAL CLASS**

Learn from a Medical Emergency Services expert what can happen as people grow older and how they can handle the various medical emergencies which may arise.

**Presenter: Dr. Richard L. Judd**, President Emeritus and Professor of Emergency Medical Services at CCSU; past chairman of the Governor's Emergency Medical Services Advisory Committee; nationally and internationally noted instructor in Emergency Medical Services Systems.

**SATURDAY, APRIL 21**

**CLIMBING DENALI**

**10:00 – NOON**

**Location: Chester Village West**

Theresa Reynolds will discuss her experiences and her amazing journey when she climbed to the top of Alaska's Denali (20,320 feet) in the spring of 2011. A PowerPoint presentation will feature breathtaking photos of her climb to the summit of this majestic mountain. She will also bring her climbing gear for display. Questions will be encouraged.

**Presenter: Theresa Reynolds is an insurance agent who** has a degree in Marketing from Nichols College. She is a member of the Appalachian Mountain Club and the American Alpine Club.

**MONITORS**

Sign up at Orientation/Registration Meeting.  
Each session requires early arrival, posting of signs,  
registration, greeting the presenter(s),  
and providing any necessary materials.

**MILE SPRING 2012 PROGRAMS**

**ORIENTATION / REGISTRATION**

**Friday, February 17 (Snow Date February 20)  
Refreshments at 10:00 AM. Program at 10:15 AM.  
Room 808, Chapman Hall, MxCC  
Introduction to Programs and Presenters  
Bring a friend!**

**Limited Registrations – Lottery Feb 24<sup>th</sup>**

Computer – 25      O'Rourke's – 30  
T'ai Chi – 30      Taste of MILE – 24

**MONDAYS**

**MON, MAR 5**

**1 – 3:00 PM**

**REGENCY LADY**

Join historical performance artist Kandie Carle for a fun and delightful show-and-tell on the clothing of Regency England as reflected in Jane Austen's fiction. Kandie has received rave reviews for this presentation from, among many others, the CT Library Association and from Chester, VT's Inn Victoria, where her portrayal was a special highlight of the Inn's 2010 Jane Austen Birthday Celebration.

**Creator/Performer: Kandie Carle**, actress, dancer, singer since 1980; many years of research in social history and fashion of Civil War, Victorian and Edwardian periods; artistic director East Haddam Stage Company.

**MON, MAR 12**

**1 – 3:00 PM**

**JAPAN'S TRIPLE DISASTERS: Responses and Implications**

This presentation will be a combination of a narrated PowerPoint program as well as plenty of time for questions and discussion.

**Presenter: Mary Alice Haddad**, Associate Professor of Government at Wesleyan University. Her publications include: *Politics and Volunteering in Japan A Global Perspective* (2007), *Building Democracy in Japan* (2012) as well as articles in scholarly journals. She has also received numerous grants including a Fulbright. She is currently working on a project about environmental politics in East Asia.



**FRIDAYS (Note: All Friday classes run from 10:00-Noon)**

**FRI, MAR 9**

**BOB STEELE'S CENTURY**

**10:00 – NOON**

The program will survey Bob Steele, the Radio Hall of Fame broadcaster who entertained many listeners in Southern New England on Hartford's WTIC between 1936 and 2002. We will look at his early career in sports broadcasting as well as his near half-century as the morning voice on WTIC, the number one radio show in the nation. We will examine Bob's life through slides that document his life and career, including his professional and personal photos, and examine the secret of Bob's popularity and his humor.

**Presenter:** *Phil Steele* is an attorney who co-authored with his father *The Word for the Day* in 2002 and wrote *Bob Steele's Century* in 2011. In addition he has taught English, American Literature, media and film at a number of different schools and colleges including the U of Hartford. He also worked part-time with his father on WTIC from 1978 to 1992.

**FRI, MAR 16**

**10:00 – NOON**

**SEND YOUR SWEETHEART AN ONION:**

**The work of the US Sanitary Commission in the Civil War**

The U.S. Sanitary Commission initiated programs and methods that have been used in every war effort since Bull Run. Learn about the history of the Commission and the dynamic people who moved beyond government inaction to feed, clothe, instruct and nurse a million-man army. Dressed in period attire, Pam Lucashu will introduce the men and women who participated at every level in the relief work of the Commission. Her talk will include discussion of the following: women working on the home front, women whose work stretched the Victorian models of the time, the organizers and the independents, and women who "crossed paths" - spies and females disguised as male soldiers. She will also talk about the men of the Commission as well as men like Walt Whitman who shunned the Commission and worked elsewhere.

**Presenter:** *Pam Lucashu* was determined not to become a Civil War widow, so she enlisted with her husband in Battery B, 1<sup>st</sup> Rhode Island Light Artillery living history group in 1993. In addition to her Battery B living history activities, she has lectured on women's and children's topics of the Civil War era for historical societies, libraries and Civil War Round Tables since 1994. She has also performed at National Parks.

**MON, APR 2**

**Trip to Harlem, New York City**

**See Trip Form to Register**

**MON, APR 9**

**SUSANNAH WELLES, 1808**

**1 – 3:00 PM**

The program will take you back to the year 1808 for a conversation with Susannah Welles, wife of Joseph Welles, owner of the Welles Hotel, Glastonbury, CT.

**Presenter:** *Lynn Scarduzio* has a BA in American Literature from Southern Connecticut State University. She is currently the Curator/Program Coordinator of the Historical Society of Glastonbury.

**MON, APR 16**

**ST. JOSEPH COLLEGE ART GALLERY**

**11:00 AM**

**Location: 1678 Asylum Ave., West Hartford, 06117**

(Corner of Asylum Street & Trout Brook Drive). See map at:

[http://www.sjc.edu/about/map/building\\_guide.html](http://www.sjc.edu/about/map/building_guide.html)

Meet at Bldg #5, The Bruyette Athenaeum – The Carol Autorino Center, We will start with a slide lecture about the College's history, then tour the Art Gallery, followed by lunch at 1:15 (\$7 payable at college cafeteria).

**MON, APR 23**

**1 – 3:00 PM**

**EMILY DICKINSON: HER LIFE AND POETRY**

Virtually unpublished during her lifetime, Emily Dickinson is now regarded as perhaps America's greatest poet. Increasingly reclusive, she left a legacy of over 1700 poems that have exerted a tremendous influence on American and world literature. After an introduction to her surprisingly well-documented, yet nonetheless mysterious, life, we will read and discuss several of her poems. Come and learn more about the writer of whom renowned Yale professor and literary critic Harold Bloom has written: "Except for Shakespeare, Dickinson manifests more...originality than any other Western poet since Dante."

**Presenter:** *David Garnes*, BA, Brown University; MA and MS, Columbia University. He is a former English teacher and college librarian, currently a part-time manager and guide at the Emily Dickinson Museum in Amherst, and a book discussion leader for the Connecticut Humanities Council. Mr. Garnes is also the author of two books and is in the process of completing a third.

**MON, APR 30**

**A NEW ERA OF SPACE EXPLORATION**

**1 – 3:00 PM**

Over the last 50 years we have made a lot of progress in space exploration and are now at a historical new era. We will explore this beginning with a short film, *The Virgin Galactic*, and then discuss the following: the earth's atmosphere, typical rocket performances, satellites and their orbits, the International Space

Station, the near Earth neighborhood, moon neighborhood and gravity wells, new companies in the space business and possible futures. There will be time for questions and discussion.

**Presenter: Stevan Akerley** has an AA in Liberal Arts from Orange Coast College, a BS in Industrial Technology from UCLB, and an MBA in International Business and Information Technology from the University of Hartford. He is a retired engineer who belongs to the Planetary Society, the National Space Society and is a NSS Space Ambassador.

## TUESDAYS

**TUE, MAR 6**

**1 – 3:00 PM**

### INTRODUCTION TO T'AI CHI

**Registrations limited to 30. Registration Deadline: Feb 24<sup>th</sup>.**

Lottery rules apply. (Fall Registration does not apply)

This is a beginner level introduction to T'ai Chi and the health benefits that may be realized from practicing this 3,000-year-old, ancient Chinese art. It is group participation, with verbal information provided in conjunction with hands-on practice. Participants will learn a wide variety of Traditional Chinese Medicine (TCM) health concepts and how these concepts relate to T'ai Chi practice, basic Western Medical theory and day-to-day living. Mr. Cushing will show how T'ai Chi can improve overall health and specifically, typical aging issues such as balance and circulation.

**Presenter: Tom Cushing** has been practicing Martial Arts for 14 years and holds black belts in the Chinese style of Kenpo Karate and the Filipino style of Modern Arnis. He is the senior student for Master Zhang Zhao Xun, who is a 2<sup>nd</sup> generation Hun Yuan T'ai Chi Master and 19<sup>th</sup> generation Chen T'ai Chi Master. Tom also practices Bagua and Xing-yi, which along with T'ai Chi, comprise the 3 internal styles of Martial Arts. He also teaches Kenpo Karate and Modern Arnis to children and adults as well as a "Beginner and Seniors" T'ai Chi and Qigong class.

**TUE, MAR 13, 27 APR 3, 10**

### GREAT DECISIONS

**1 – 3:00 PM**

**LOCATION: Village at South Farms**

Great Decisions, the course, provides a marvelous opportunity for in-depth review and discussion of major current foreign policy issues. *Great Decisions*, the text/journal together with related DVDs published yearly, identifies the issues for consideration by 'experts' who provide insight, perspective, and historical information needed for fruitful discussion/debates by groups such as ours on campuses throughout the United States.

**Cost of 2012 Text: \$18 Payable with registration**

Slides will be used to illustrate the presentation which will include time for questions and discussion.

**Presenter: John Proctor** spent 38 years in public education, with 19 of them as a superintendent of schools, most recently in Chester, Deep River, and Essex. John graduated from Northeastern University with a major in social studies. He did his graduate work at UConn where he taught for 9 years in the administrative department. He is currently the President of the Tri-town Youth Services Bureau Board of Directors. John has had a life-long interest in the Civil War and has lectured about it extensively in CT. He is a member of the Shoreline Civil War Discussion Group and the Civil War Preservation Trust.

**THU, APR 19**

### CT VALLEY HINDU TEMPLE TOUR

**1 – 3 :00 PM**

**11 Training Hill Road** We will park as usual at MxCC and walk across to the Temple since parking there is limited.

**Guide: Dr. A. V. Srinivasan**, an engineer by training, has deep interests in politics and religion. He has written many papers and articles on these subjects. In 1979 he helped found the CT Valley Hindu Temple Society in Middletown.

**THU, APR 26**

### IN THE CHECKLIST OF YOUR LIFE!

**1 – 3:00 PM**

**Location: Covenant Village, 52 Missionary Rd, Cromwell**

We have been invited to participate in Lynn's presentation scheduled at the Village.

*Gain Control. Gain Confidence. Gain Peace of Mind  
and Have Fun Doing It!*

Review and organize all of the "facts" of your life and, ultimately, pull it all together in one place – for yourself and your loved ones. In a lively presentation filled with anecdotal humor, Lynn McPhelimy will provide inspiration and motivation to review the 'facts' of your life and share personal experiences that led her to write *In The Checklist of Life*. Topics include: what to do with all the "stuff" and the many stories that come with the stuff, hiding places, the memories that make up the family history, leaving something behind to hold on to, planning for the "big day" and so many things you haven't even thought about.

**Presenter: Lynn McPhelimy**, BA, Boston College; MBA, the Barney School of Management at U of Hartford; founded AAIP Publishing and Moving and More; Director, Middlesex County Chamber of Commerce; Director, Advocate Performing Arts Association; past director, CT Coalition to Improve End-of-Life Care; National motivational speaker; author.

**THU, MAR 15**

**KEEPING SAFE IN THE 21<sup>ST</sup> CENTURY:**

**1 – 3:00 PM**

**Protect Yourself and Your Identity**

Hear a first-hand account of these highly sophisticated and now national, even international network scam artists. We will discuss how they prey most on the elderly and most vulnerable people and how you can avoid getting caught by them.

*Presenter: Stephen Hennessey*, Lead Legal Investigator within the Consumer Protection Department of the Connecticut Attorney General's Office.

**THU, MAR 22, 29**

**BEGINNER'S SOCIAL SALSA**

**1 – 3:00 PM**

This dance class will feature the basic steps and patterns of social salsa. The active participation format will accommodate solo dancers. The participants will be on their feet moving to typical Latin music. The male/female instructor team will demonstrate the look and feel of salsa dancing.

*Presenter: Ginger Blume and Leo Lowery* each have over two decades of professional teaching experience at camps, Elderhostels, private groups and weddings. They are co-developers of a dance resource website for CT dancers ([www.danceambassador.com](http://www.danceambassador.com)). They have both studied numerous forms of dance and taken classes with over 115 nationally recognized dance instructors.

**THU, APR 5**

**OPUS POCUS UKULELE BAND**

**1 – 2:00 PM**

A small band performance consisting of tenor electric ukulele, drums, guitar and bass will entertain and delight the participants for this program.

*Presenter: Ted Jeffries'* Opus Pocus Band was formed less than one year ago. It plays music in the genres of swing, jazz, tin pan alley, country and early rock. Their emphasis is on swing and jazz from the 1930's through the 1960's.

**THU, APR 12**

**LETTERS HOME: A PRIVATE'S EXPERIENCES  
IN THE CIVIL WAR**

**1 – 3:00 PM**

Using excerpts from the 50 letters sent home by his great, great uncle during the Civil War, John Proctor will respond as if he were the soldier's father reacting to the news provided. This role provides an intimate feel to what many families experienced during the war. The letters contain information about the daily life of a soldier. They also include descriptions of the battles in North Carolina, Second Bull Run, Antietam, and Fredericksburg, as well as the Gettysburg campaign.

*Moderator: Jay Keiser*, Middletown Realtor, member of MILE and the Great Decisions discussion group for some years. Member-MxCC Foundation.

**TUE, MAR 20**

**BENEFITS OF PILATES**

**1 – 3:00 PM**

This program will be a combination lecture and Pilates class format. We will discuss the benefits of Pilates to the body. Bring a mat and a towel if you wish.

*Presenter: Lucille Pelletier* is a graduate of the Pilates Comprehensive Program with Balanced Body. She is certified in Mat I & Mat II, as well as all Pilates equipment. Lucille has been certified through AFAA for over 25 years, is a certified personal trainer, spinning instructor, as well as a certified Les Mills Body Pump and Body Flow instructor. She is also a Travel Pilates Pro with FitProTravel, LLC.

**TUE, APR 17**

**AN INTRODUCTION TO CHINESE CULTURE & ECONOMY**

**1 – 3:00 PM**

An introduction to Chinese history, religion, and traditional festivals will be the first part of this presentation. The second part will discuss the Chinese economy. Both parts will include a PowerPoint program with vivid images.

*Presenter: Fuyan Wortelboer* has an MBA and currently works as a bilingual tutor at a high school. He has also worked as a Chinese culture speaker at the Senior Center in Glastonbury, CT.

**TUE, APR 24**

**TRIP TO GLASTONBURY HISTORICAL MUSEUMS**

**See Trip Form to Register**

**WEDNESDAYS**

**WED, MAR 7**

**READERS' THEATER – LOVE LETTERS**

**1 – 3:00 PM**

This dramatic performance is an unstaged reading of the two character drama, "Love Letters" by A. R. Guthrie. It is read by Carolyn Kirsch (Melissa) and Myron Gubitza (Andy), under the aegis of Readers' Theater.

*Presenters: Carolyn Kirsch* has appeared in 15 Broadway musicals over a 21-year period. For her work in "A Chorus Line" Carolyn won a Theater World Award. She also won the New Hampshire Theater Award for Best Actress for her work in "The Glass Menagerie." Presently, Carolyn is helping mold a new generation of talent as chair of the Musical Theater Dept. at Wesleyan's Center for Creative Youth.

*Myron Gubitza* is a former editor and translator who has been involved in theater since childhood. In 1975 he conceived and created the Shoreline Alliance for the Arts. Myron has appeared in productions for several community theater groups,

most frequently *The Hole in the Wall*. He is currently the director of the Reader's Theater, a troupe of area community theaters who do unstaged play readings at various public libraries in the region.

**WED, MAR 14**

**TOUR: CRRA TRASH MUSEUM  
211 Murphy Rd., Hartford, CT. 06114**

**1:00 PM**

*An award-winning, amazing museum!*

Check registration form and include \$3 entrance fee with form. Directions: Take I-91 to Exit 27. Go straight at light at end of exit onto Murphy Road. Go approximately one-quarter mile. Museum is on the left.

**WED, MAR 28**

**REVERSE MORTGAGES – NEW & IMPROVED**      **1 – 3:00 PM**

This presentation will cover what Federally Insured Reverse Mortgages are and the variety of ways they can help homeowners over age 62 enhance their retirement. We will debunk myths with the facts and discuss the following: (1) new lower cost programs, (2) the way in which Reverse Mortgages can be utilized to purchase a home, and (3) how Reverse Mortgages can help prevent running out of money in retirement.

*Presenter: Jerry Delmato*, graduate of UCONN and the CT School of Financial Management, has been working exclusively in the Reverse Mortgage field since 2004. He is the only CT resident to have earned the Certified Reverse Mortgage Professional designation from the National Reverse Mortgage Lenders Assoc. In his 35-year career, Jerry has held a full range of management positions in community banks in CT. He is chairman of the advisory board of Senior Resources, an area agency on aging.

**WED, APR 4**

**NORWAY AND THE HOLOCAUST:  
THE UNTOLD STORY**

**1 – 3:00 PM**

The program is based on Berman's memoirs as described in her book, *We Are Going to Pick Potatoes: Norway and the Holocaust, the Untold Story*. Born and raised in Norway, Berman was a young child when she and her family escaped to neutral Sweden as Nazi Germany invaded Norway and began the deportation of 2,000 Norwegian Jews in 1942. Seven members of her father's immediate family were among the 771 victims murdered in Auschwitz. As an adult Berman was encouraged by the director of Norway's Resistance Museum to do research and write her book. The book is not just about the Holocaust, but also about growing up Jewish in Norway during and after WWII.

*Presenter: Irene Berman* is a resident of Bloomfield, CT. She has lived in the USA most of her adult life. She is a professional translator of Scandinavian languages and has co-translated seven plays by Henrik Ibsen.

**WED, APR 11**

**SPRING PRUNING PRIMER**

**1 – 3:00 PM**

Jane Harris will present an overview of pruning woody plants: trees, shrubs, vines. She will use lecture and demonstration with a potted tree or shrub.

*Presenter: Jane Harris* is a CT licensed arborist and Master Gardener. She writes a weekly column on gardening for the Middletown Eye news blog and is president of the Rockfall Foundation, an environmental educational and grant-making institution. She has been a member for many years of both the Middletown Garden Club and the Middletown Urban Forestry Commission.

**WED, APR 18**

**HINDU WEDDING CEREMONY**

**1 – 3:00 PM**

The presentation will be in a lecture format at MxCC on the Vedic traditions of Hindus pertaining to marriage ceremonies.

*Presenter: Dr. A. V. Srinivasan*, an engineer by training, has deep interests in politics and religion. He has written many papers and articles on these subjects. In 1979 he helped found the CT Valley Hindu Temple Society in Middletown.

**WED, APR 25**

**4<sup>TH</sup> ANNUAL TASTE OF MILE at MxCC**

**1 – 3:00 PM**

**APPETIZERS and DESSERTS**

**Registrations limited to 24. Registration Deadline: Feb 24<sup>th</sup>.**

- Lottery rules apply. (Fall Registration does not apply)
- Ruth Armentano will follow up with a phone call to discuss your proposed dish.
- You will be expected to make 10 copies of your recipe to share with others.

*Organizers: Ruth Armentano* (860.399.7528) and *Marsha Judson*

**THURSDAYS**

**THU, MAR 8**

**TWO BELOVED OPERAS:**

**1 – 3:00 PM**

**COSI FAN TUTTE and OTELLO**

GMCA presentation March 16<sup>th</sup>, *Cosi fan Tutte* is the perfect opera for those who prefer their laughter sandwiched with a slice of wry; it is a deliciously ironic look at the foibles of love. GMCA presentation May 11<sup>th</sup>, *Otello*: What happens when a man listens to his worst fears? Even the strongest man can be destroyed by jealousy and rumor.

*Presenter: Barbara Arafah*, BMus, New England Conservatory of Music, Boston majoring in voice; MA, Columbia Univ., NYC; studied opera with the eminent Boris Goldovsky; President, GMCA, which sponsors the operas at Middletown High School; popular MILE presenter.