

MILE SPRING 2019
Program Descriptions

Programs are presented at Middlesex Community College (MxCC), 100 Training Hill Road, Middletown, Chapman Hall, Room 808, Monday thru Thursday at 1:30 pm and Friday 10 am. You will receive weekly emails regarding the programs and any changes in the schedule other than already listed.

MARCH – Week 1 – at MxCC – Monday thru Thursday: 1:30 – 3:30 pm; Friday: 10:00am – Noon

Monday, March 4 – Viva Brazil – Dances of Brazil

You will observe a colorful, crowd-pleasing repertoire of Afro-Brazilian dances fusing rhythmic music with high-energy gymnastics. Dancers will perform Capoeira, a Brazilian martial-art created by slaves in 16th century Brazil, and their movements are punctuated by daring footwork, fast leaps, and split-second timing. They also perform Maculele, another slave dance with sticks. You will see the national dance of Brazil, the Samba.

ABOUT THE DANCES: Capoeira is an Afro-Brazilian martial art created by Brazilian slaves to aid them in revolting against their masters. Capoeira was secretly practiced as a method to fight against the Portuguese army. It was paired with music so that officials would only consider Capoeira a dance. It was later picked up and used by street gangs known as Malandros after slavery was abolished. After being outlawed, Capoeira was finally legalized in the early 1940s. Maculele (ma-cu-lay-lay) is a folkloric dance included in the teachings of many Capoeira academies. Maculele is a traditional indigenous folk dance that imitates fighting and is performed with wooden sticks. The rhythm is controlled by the atabaque, and on every 4th beat of the atabaque the dancers hit sticks with their opponent.

Presenter: Efraim Silva, President and Artistic Director of Ginga Brasileria, was born in Guarujá, São Paulo, Brazil. He was awarded state and federal certification as a professional musician and rhythmist, and he opened his own Capoeira academy in Bragança Paulista, São Paulo, in 1985. He became Brazilian national champion of Capoeira in 1988. Efraim now teaches Capoeira for children and adults in the New Haven area, and has his own performing group, Ginga Brasileira, Inc., with which he performs in schools, universities and festivals all over the United States, Canada and Brazil.

Tuesday, March 5 – Fifty Years of Traveling

Every few years I have taken a trip to a different part of the world. I have taken a number of photographs and have assembled them into a presentation. Some of the countries that will be highlighted are: France, Spain, Germany, Italy, Russia, Japan, China, India, Zimbabwe, Peru and Ecuador.

Presenter: Don Burr has a degree in engineering from UConn. He recently returned from Cuba.

Wednesday, March 6 – De-Cluttering

Elaine, De-clutter Specialist, is a professional organizer. Her specialty is assisting seniors with the emotional and physical challenges of decluttering and organizing years of possessions. You will be offered guidelines to motivate and provide you with tips to clear the clutter and maximize your space! Insights into what is currently salable and what to do with the rest will be discussed. The exciting result will be FREEDOM FROM STUFF!

Presenter: Elaine Turek studied fine art and art history. She later merged her education in aesthetics and developed an affinity for business as a merchandise buyer for a northeast department store. Elaine's desire for flexibility prompted her to explore various facets of real estate. Along with her husband, she found a passion for transforming forlorn, unmarketable homes into desirable, updated, saleable residences. She honed her passion for creating a visually appealing atmosphere by staging these homes for sale. Elaine then realized her natural ability for organizing and creating a visually pleasing space could be combined into one profession.

Thursdays, March 7, 14, 21, 28; April 4, – Great Decisions

Note time. 9:30 – 11:30 am

LOCATION: The Village at South Farms, 645 Saybrook Road, Middletown

This curriculum follows the book *Great Decisions – Foreign Policy Association*. The 4 topics this spring include: (1) Refugees and global Migration (2) The Middle East: Regional Disorder (3) Nuclear negotiations: Back to the Future? and (4) The Rise of Populism in Europe.

Moderator: Bud Sielaff, a retired Business Strategy Executive, received a BS in Engineering and an MBA in Business. Bud is a member of MILE and has been a participant in the Great Decisions class. He has a business strategy background, has traveled internationally, and studies world events as a hobby.

Thursday, March 7 Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut

Author, adventurer and historian Marty Podskoch scripted a brilliant solution for fragmented families and town-tied locals. Marty will use his latest CT Travel Guidebook – *The Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut*. Podskoch navigates readers from out behind the blue screen, off the interstate and onto Connecticut backroads to meet and merge with fascinating neighbors and uncover cool curiosities tucked into the 169 towns and cities in the Nutmeg State. Visit them all. Get your passport book signed or stamped in each of the burghs, make notes in the space provided and you're a member of an exclusive club – complete with an official Leatherman patch. The patch commemorates this legendary vagabond, who during the late 1800's – in head-to-toe leather – travelled a 365-mile circuit between the Hudson and Connecticut Rivers while camping out in caves. There is also an annual meet-up event with fellow members, plus the ultimate take-away - a volume with indelible memories of adventures on the road!

Presenter: Martin Podskoch, a retired reading teacher from the Catskills, is an author, historian and East Hampton, CT resident. He has been recognized for his extensive work documenting the history of the Catskills, Adirondack Fire Towers, and the Civilian Conservation Corps camps. His first travel guide, [*The Adirondack 102 Club: Your Passport & Guide to the North Country*](#) has become the best-selling travel guide book in the Adirondacks. Martin has visited all of the Connecticut towns and has given talks at approximately 100 Connecticut libraries and historical societies.

Friday, March 8 – Celebrating Joy & Laughter

You will participate in becoming in touch with your whole magnificent self. Your mind, body and spirit will be awakened to a higher energy of joy through exploring the pleasure of laughter. By simply exercising our brain, mind, and body through being in the present moment, you will enjoy this very powerful wellness gift. You will receive laughter and the attitude of gratitude. By doing laughter and breathing exercises with childlike play, you will release stress and celebrate your happy place.

Presenter: Mylene Claire Poitras, a lifelong student on the spiritual path, uses a holistic approach. She is an ordained interfaith minister with the Melchizedek Method. She is a mindfulness facilitator trained in Reiki III and a laughter yoga teacher from Laughter University. In addition to her expressive healing arts, she worked for hospice and palliative care where she gave presentations for staff and people of all ages and backgrounds including, workshops and retreats.

MARCH – Week 2 – at MxCC – Monday thru Thursday: 1:30-3:30 pm; Friday: 10:00am - Noon

Monday, March 11 –From Seneca Falls to the 19th Amendment: Songs of the Women's Suffrage Movement

Music was one of the significant tools used in the crusade to grant women the right to vote. Songs were composed to advance (and to oppose) the agenda that culminated in the 1919 ratification of the 19th Amendment to the Constitution. This program presents some of the most engaging and interesting songs of the movement with historical commentary.

Presenters: Rick Spencer and Dawn Indermuehle are historians and musicians who develop and present a series of theme-based programs that give cultural insight into interesting times, places and events in American history. Their vast repertoire includes music from the Colonial Era to the present day. They have presented hundreds of times for museums, historical societies, libraries and academic symposia. Rick worked for 20 years as staff musician, and as researcher and program developer for Mystic Seaport. Then he became museum ad-

administrator, executive director and curator for the Hempsted Houses in New London and the Dr. Ashbel Woodward Museum in Franklin, CT. Dawn has worked on research, as development and presentation of historical and entertainment programs including business management for several performing artists.

Tuesday, March 12 – Yoga for Every Body and Mind

When Liz started the practice of yoga, she had been in pain for 15 years from several different injuries. The pains went away after adhering to a regular Yoga practice. She teaches Yoga not to athletes, but to everyday people who are striving to maintain balance in their lives in a pain-free way. In this class you will learn:

- to acknowledge pain as communication from your body.
- to be aware of both subtle and strong messages in order to give to your body what it needs for healing and maintenance.
- why movement is important to a pain-free life and how a sedentary life causes pain.
- how important proper alignment is for a pain-free life.
- how strengthening and lengthening muscles helps heal joint issues.
- easy breathing techniques to calm your body and mind.
- what yoga is and how it is more than just the physical practice and how the physical practice came about.

You will learn through lecture, questions and answers, and several guided experiences. You will do some simple movements in coordination with the rhythm of your breath. Yoga is intended to help you get to know yourself from the inside out. All you need is 10 to 20 minutes 3 to 5 times per week. A regular practice is more important than the duration of the practice.

Presenter: Liz Hall received a BS Degree from CCSU. She has completed more than 500 hours of Yoga Training and is 200-hour Kripalu Yoga Certified. She also has been a full-time Yoga teacher at CCSU for over 20 years. Liz has been teaching Yoga at Middletown Senior Center since September 1999 and at the Berlin Senior Center since September 1998.

Wednesday, March 13 – The Politics of Art in Renaissance Florence

During the fifteenth century, three generations of the Medici family slowly but inexorably took political and economic control of the city of Florence - a city that had prided itself as a republic - thereby turning it into a princely court in all but name. One of the Medici's sharpest tools in this process was their lavish and unprecedented patronage of the arts that included commissions of works by Donatello, Brunelleschi and Botticelli. We will consider not only the patronage of these works, but also how both their style and subject matter subliminally convey messages of the family's power and rulership.

Presenter: John Paoletti has a BA and a PhD from Yale University. Previous to teaching at Wesleyan for 37 years, he taught at Bryn Mawr College and Dartmouth College. He has held fellowships at I Tatti, the Harvard Center for Renaissance studies in Florence, and at the University of Melbourne. He received awards for distinguished teaching from Wesleyan and from the College Art Association. He has also taught the history of 20th century art and in that capacity curated a number of exhibitions of contemporary art at the Wadsworth Atheneum, Wesleyan, and the British Art Center at Yale. He is the co-author of *Art in Renaissance Italy*, (fourth edition), co-edited a collection of essays on Florentine art and history, *Renaissance Florence*, and has written *Michelangelo's David*, a contextual history of the statue and its meaning for the city of Florence.

LOCATION: St Francis of Assisi Church Fox Parish Center, 10 Elm Street, Middletown

Thursday, March 14 – Great Decisions 9:30-11:30 am Village at South Farms

Thursday, March 14 – History of Chocolate and Pairings

Enjoy a cheerful program celebrating Ireland including Irish chocolate pioneers, lore, and Irish foods. Learn about the artistry of *Book of Kells* and other famous Irish authors including the Claddagh story. There will be samplings of Irish Tea, Celtic motif chocolates, etc. You will experience a grand sing along at the end of the program.

Presenter: **Kim Larkin** is a commercial, licensed chocolatier and art teacher with 20+ years of experience. She has a CT chocolate business and works with business/corporate clients such as the Omni New Haven Hotel at Yale. She travels throughout CT, Mass and NY teaching her food and chocolate pairings and provides Creativity Workshops to inspire learning and creative play for all ages!

LOCATION: St Francis of Assisi church Fox Parish Center, 10 Elm Street, Middletown

Friday, March 15 – Movie: Brooklyn

To continue the theme of Irish heritage leading up to St. Patrick's Day, members will view the movie, Brooklyn. This 2015 romantic drama film, is directed by **John Crowley** and written by **Nick Hornby**. The story is based on **Colm Tóibín's** novel *Brooklyn*. The film stars are **Saoirse Ronan, Emory Cohen, Domhnall Gleeson, Jim Broadbent, and Julie Walters**. Set in the early 1950s, the film tells the story of a young Irish woman's immigration to **Brooklyn**, where she falls in love. When her past catches up with her, she must choose between two countries and the lives that exist within them for her.

MARCH – Week 3 – at MxCC – Monday thru Thursday; 1:30-3:30 pm; Friday: 10:00am – Noon

Monday, March 18 – A Concert of Irish Songs, Tunes, and Stories

Celebrate St Patrick's Day with Dublin-born humorist and folk-singer Tom O'Carroll who brings a wealth of songs, stories, wit and humor to his performances. Tom has been singing the songs and playing the tunes of his native Ireland for over 30 years. He enlivens these programs with his trademark, humor and incredible stock of stories and anecdotes. Whether playing a plaintive air on the tin whistle or singing and playing rousing traditional songs to the accompaniment of the guitar or the bodhrán (Irish drum), his quick wit, scholarship and virtuosity on a variety of musical instruments have made him popular with audiences in the libraries, cultural events, colleges and high schools throughout the U.S.

Presenter: **Tom O'Carroll** spent much of his adult life playing Irish folk music and presenting programs on Irish cultural topics at libraries and colleges and festivals. Tom has a BS in social science from University College, Dublin.

Tuesday, March 19 – D-Day: A 75 Year Perspective

June 6, 2019 marks the 75th anniversary of the invasion of Normandy, arguably the single most important offensive action by the Allies during World War II. This power-point presentation uses slides taken by the presenter, who has visited the invasion beaches twice. Many interesting anecdotes and information gleaned from extensive reading and research on the topic will be presented. You will learn about Connecticut connections to the invasion.

Presenter: **Philip Devlin** holds a BA from UConn and a MALS from Wesleyan University. He is a retired English teacher from Haddam-Killingworth High School.

Wednesday, March 20 – Book Discussion on: *Self Portrait with Boy: Art, Ethics, and Opportunity in One Contemporary Novel*

Rachel Lyon's debut novel *Self-Portrait with Boy* concisely evokes the transitional period of the 1990's New York art world, set at the end of the pre-digital photography era in the gentrifying Brooklyn neighborhood of DUMBO. Lu Rile is a young and struggling artist who accidentally captures a shocking image in the background of a self-portrait and must decide whether or not to save the striking picture, which would launch her career. The rationale and consequences of her decision are fruitful for discussion, as is the theme of loyalty: to place, to friends and family, and to one's art.

Presenter: **Tom Piezzo** has a BA in English from S.U.N.Y. Stony Brook and a MS in Library and Information Science from Long Island University. Prior to being Director of the Brainerd Memorial Library in Haddam, CT, he was a reference librarian and the adult programming coordinator at the E.C. Scranton Memorial Library in Madison, CT, and a branch library manager in New York City. He is the Membership Chair of the Connecticut Library Association, a member of the LION Library consortium executive board, as well as the chair of the

Valley-Shore Public Library Directors Roundtable. He has 25 years' experience as a public librarian. Tom has presented numerous instructional classes for the Schiller Shoreline Institute of Lifetime Learning and moderated several book clubs for both fiction and non-fiction at public libraries. He is a presenter at local, state-wide and New England library conferences.

Thursday, March 21 – Great Decisions 9:30-11:30 am The Village at South Farms

Thursday, March 21 – Myths and Legends of the Lower Connecticut River Valley

The lower Connecticut River Valley has been the site of vibrant myths and legends ever since the first storytellers arrived thousands of years ago. The European colonization of Connecticut brought another set of folklore from the Old World. Countless other stories have illuminated the River Valley since the United States became a nation. You will preview a major exhibit on the folklore at the CT River Museum. Included in the myths and legends of the indigenous people are stories of heroes and heroines such as Lady Fenwick and tales of ghostly or diabolical hauntings with unusual events such as Captain Kidd's treasure. There are even accounts of fantastical creatures in the River Valley such as a wily sea serpent and the 'Glawackus,' a mysterious beast that first appeared in 1939. You will listen to fascinating stories and what they have meant to people who tell them. You are invited to share your own folk stories.

Presenter: Stephen Olbrys Gencarella, PhD is a professor of folklore at UMass, Amherst and the resident folklorist at the Connecticut River Museum in Essex, CT. He is the author of *Wicked Weird and Wily Yankees: A Celebration of New England's Eccentrics and Misfits* (Globe Pequot 2018) and of *Twisted Trails and Tall Tales of Connecticut* (Globe Pequot 2019).

Friday, March 22 – Opera: Turandot

Through DVD and commentary, you will learn about one of the most popular operas of our present repertoire: *Turandot*. Perhaps not the most famous of [Giacomo Puccini's operas](#), *Turandot* was the final work by the Italian composer, who died before it was completed. Well known to modern opera aficionados thanks to the definitive rendering of the aria *Nessun Dorma* by tenor Luciano Pavarotti, *Turandot* is based on a play by Carlo Gozzi, which itself is based on the Persian epic poem *Haft Peykar*. Twelfth-century poet Nizami wrote *The Tale of Prince Calaf* who tries to woo the unfeeling Princess Turandot in ancient China.

Presenter: Barbara Arafah received a bachelor's degree in Music, New England Conservatory of Music, Boston, majoring in voice and a MA Columbia University, NYC. She studied opera with the eminent Boris Goldovsky and is President of the Greater Middletown Concert Association, which sponsors operas at the Middletown Performing Arts Center. She is a regular Metropolitan attendee and has spoken to many of the opera singers and can compare their styles. Barbara is a popular MILE presenter.

LOCATION: Village at South Farms, 645 Saybrook Road, Middletown

MARCH – Week 4 – at MxCC – Monday thru Thursday; 1:30-3:30 pm; Friday: 10:00am – Noon

Monday, March 25 – Quebec Tunes and Singalongs

You will enjoy fiddle music especially Quebecois roots tunes and other tunes from Quebec City. Plan on some singalongs to break up the songs in English with fiddler Joe and his associate, Wendy Barrett. Experience a few simple lines of French "chansons à répondre (call and response). Any French reading and speaking member please join in. In addition to entertainment, you will learn about Joe's encounters and roots.

Presenter: Joe Lavariere received a BA in History, a BA Mathematics with Statistics specialization, MED. Joe took courses in music, voice, music theory and appreciation/history at Community College and applied violin lessons at Hart School of Music. He is a member of several fiddle clubs and travels to Canada to play with Canadians. He also played at galas, soirées, an antique car show, and an Irish event in Quebec. He participated in the Pembroke Ontario Fiddle Contest.

Tuesday, March 26 – A Play: Osaki-san, William Gillette's Gentleman Valet

Join the East Haddam Stage Company for a new one-man drama on the life of Yukitaka Osaki, the Gentleman Valet of William Gillette of the famous Gillette Castle. You will discover the story of the elusive brother behind the famous politician, mayor of Tokyo and some insight on what you may not know about Victorian actor William Gillette, creator of the role of Sherlock Holmes for the stage, and the quiet soul who worked by his side for almost 40 years. Hear about the actor's life, Taku Hirai, who came to the United States to study agribusiness before he realized his passion for theater. The author and Producing Artistic Director of this innovative play, Kandie Carle, will talk about the process of creating this play for the East Haddam Stage Company.

Presenter: Taku Hirai is Producing Artistic Director of the East Haddam Stage Company. Taku Hirai has acted in theater both in New York and Connecticut. He was born in Kumano City located in Mie Prefecture, Japan. After graduating from high school, he came to the U.S. as an agricultural exchange student, working on various farms and learning language as well as agriculture. He attended the University of Nebraska and earned his BS degree in Business Administration. Although his major was in agribusiness, he found his passion for theatre while at the university. After graduation, he moved to San Francisco and worked as an interpreter and guide for a Japanese tourism company, which specialized in the agriculture and food industries. He continued taking acting classes with the American Conservatory Theater and acting teacher, Ed Hooks. After moving to New York, he studied acting at the HB Studio and Stella Adler Studio of Acting. Taku's theatre credits include the following: (1) Hitoshi in *The Crossing* at the Westchester Collaborative Theater, Ossining NY (2) Icky in *Design Geek* at Philipstown Depot Theatre, Garrison NY (3) Dr. Deuce in *The Mummy and the Bodhisattva* at Cherry Lane Theatre, Greenwich Village NY (4) Samurai in *The End of an Era* at Theater for the New City, New York, NY.

Wednesday, March 27 – Day Trip NE Carousel Museum, Bristol, CT

See trip flyer for details and registration

Thursday, March 28 – Great Decisions 9:30-11:30 AM Village at South Farms

Thursday, March 28 – Estate Planning and Asset Protection Mistakes to Avoid

Just because you already have a will or trust, it doesn't mean all your estate planning bases have been covered. If a long-term care crisis happens, are your assets properly protected? In this program, Connecticut estate planning attorney Paul Czepiga will share 'war stories' about estate plans he's had to help fix over the years. You'll learn from the blunders Paul has seen. He will discuss the correct way of doing things. You'll walk away knowing how to identify the areas of potential weakness in your own estate plan and how to fix them.

Presenter: Attorney Paul Czepiga, JD, graduated from Syracuse Law School, received an MBA from Northwestern University and is a CPA. He speaks and lectures throughout the state in capacities in venues similar to MILE. He teaches adult education in Berlin, Glastonbury, Meriden, and Manchester Community College.

Friday, March 29 – Plant Based Nutrition: What role does food play in your health?

Research shows that switching to a whole-foods plant-based diet can reduce chronic diseases by 80%. This is huge, as more than two-thirds of the population over 65 years old is on three or more prescription drugs, and seven of the top 10 causes of death are chronic and preventable disease. No matter what your health goal, to lower your cholesterol or blood pressure, or to stay active or in your own home, food can make all the difference. You'll learn the latest science on food and nutrition, how to cook and eat plant-based foods, and you will learn strategies for changing the way you eat to ultimately change your health outcomes.

Presenter: Catherine O'Rourke, RN with The Plant Partners, LLC, received BS in Nursing, Quinnipiac University, Plant-based Nutrition certification from Cornell and Diet and Lifestyle coursework at the Wellness Forum Health, Inc. Catherine worked as an RN at Yale-New Haven Hospital for 8 years in the ICU, then at Middlesex Hospital for 5 years in various roles. Because she worked with the acutely sick patient population, she realized the growing need and importance for prevention of disease. She has also realized how complicated the healthcare system can be for the average patient and family and works to close that knowledge gap. Catherine

rine joined forces with Dr. Anne S. Bingham, OB/GYN in 2017 as The Plant Partners, LLC. Together they host *The Plantluck* monthly, teach workshops on the power of food as medicine and work with clients and patients individually to improve their health.

APRIL – Week - 5 at MxCC – Monday thru Thursday; 1:30-3:30 pm; Friday: 10:00am – Noon

Monday, April 1 –Mary Magdalene

You will learn about the role Mary Magdalene played in the gospel stories and in the history of Christian life. Emphasis will be on her distinct relationship with Jesus using *The Gospel of Mary Magdalene* to introduce us to the role she played in the earliest church.

Presenter: Rev. Dr. James Bradley graduated from West Virginia University BA English/Pol. Sci. 1969; Harvard Divinity School MTS 1971; Virginia Seminary M.Div. 1975; and Hartford Seminary D. Min. 1998.

Tuesday, April 2 –Gardens: Spirit of Place (East and West) and Inspired Artists

a) Spirit of Place: Magical Gardens of Japan and Europe

Take a glorious visual slide tour of iconic gardens as we compare and contrast the legacy and beauty of Japanese/Chinese Asian style gardens and those of Europe (western style). We will delve into the culture, history and ways that East and West garden designs have been influenced by both traditions and how we can ‘borrow’ the best for our own gardens.

b) Artists in the Garden

Explore how gardens have inspired artists, and artists have inspired great gardens, such as Claude Monet’s Giverny. Paintings by the Impressionist artists such as Monet, Renoir, and Childe Hassam, the still life Dutch painters and others will be discussed with vivid slides of gardens and paintings.

Presenter: Rita Bond, originally from Brooklyn, NY, received a BA, Boston University; MA Teachers College, Columbia University and earned a Certificate in Landscape Design at the New York Botanical Garden. She became a Master Gardener from UConn’s program. Rita is an award-winning landscape designer, lecturer and teacher of gardening courses. She has designed gardens for the Connecticut Children’s Medical Center in Hartford, public gardens, and private residences, one of which was selected for the Garden Conservancy’s Open Days program. She was the featured guest in a series of local cable television shows on improving your home’s curb appeal in 2003 and was co-President of the Simsbury Garden Club from 2004-2006. In 2009, Rita was awarded the Connecticut Tribute Award for Landscape Design by the Federated Garden Clubs of Connecticut, Inc. in recognition of her planting design and work at a public garden located in Simsbury. Rita exhibits her art and painting professionally.

Wednesday, April 3 – Feeling and Living a Life that is Powerful Beyond Measure

You will become familiar with the book *Powerful Beyond Measure* which gives 3 steps to claim your power within for a happy and healthy life. *Powerful Beyond Measure* is an active Miracle that unfolds perfectly in your life allowing you more happiness, love, abundance, and success. There is no greater gift that you can give yourself, than to allow your Light to Shine and your destiny to be fulfilled. Cindy’s inter-active presentation facilitates that shift to begin immediately and empowers you to understand what is holding you back. Learn what may be negatively affecting your life, health, happiness and energy. Cindy guides you to come alive and reveal your POWER WITHIN where all things are possible.

Presenter: Cynthia Mazzaferro received a BS from UConn in Physical Therapy. Her book *Powerful Beyond Measure*, hit Amazon #1 Best-Seller in three categories receiving the International Book Award. Cynthia was also winner of the Silver Nautilus Award. She is a Reiki Master and Energy and Intuitive Healer. A popular MILE presenter, Cynthia speaks at libraries, spas, and private/business venues on positive, self-empowerment.

Thursday, April 4 - Great Decisions 9:30-11:30 am Village at South Farms

Thursday, April 4 –First Ladies: An Adventure in Glamour, Guts & Gumption

You will learn and be entertained about the personalities and adventures of the women who became the First Ladies of the United States. Who were they really? What made them tick? Did they love or loathe their role? Did they sink or swim navigating the complexities of politics, protocol and publicity, whether they did so willingly or not? The presentation is designed to be lively, humorous and engaging by weaving historical and modern events and facts about First Ladies to understand and appreciate the important role they play, starting with Martha Washington. Personal anecdotes as a licensed DC guide leading tours in DC will be judiciously used to enhance the First Lady's experience.

Presenter: Mariann Millard graduated from Western Connecticut State University with a BS in Nursing and previously certified as a Clinical Research Associate. She is a certified tour director for International Tour Management Institute, Los Angeles as well as a licensed Washington, D.C. Tour Guide and a member of the Guild of Professional Tour Guides of Washington, D.C. Mariann thoroughly enjoys entertaining folks with her love of history to connect people, places and things. Her extensive travel throughout her life has given her a keen appreciation for what makes us human and for the differences that makes us culturally unique. On a more personal level, raising triplets to adulthood has kept her grounded and in search of always finding ways, even if small, to keep herself sane and her sense of humor intact.

Friday, April 5 – Irony and Ambiguity in Christian Indian Identity: The Story of the Mohegan Congregational Church

The Mohegan Congregational Church and associated school in Montville, Connecticut was founded in the 1830s through the concerted efforts of white Christian evangelicals motivated by the ideals of the missionary cause to convert heathens. In cooperation with local and regional elites and philanthropists who funded the construction of the church, and notable members of the Mohegan tribe who donated land in support of the values of literacy and religion, the church became a center for tribal gatherings, a women's sewing society, prayer groups, and an annual fall powwow that celebrated Native identity in crafts, food, and culture. Although the church promoted the values and initiatives of New England's Christian settlers during the era of revivals known as the Second Great Awakening that anticipated the eventual assimilation and erasure of Native peoples who would embrace religious conversion and civilization, the church became an enduring institution for the Mohegan people and figured prominently in their renaissance through the petition to the Bureau of Indian Affairs for federal recognition and acknowledgment as a sovereign tribe in 1994. You will learn about the founding and first fifty years of the church, exploring the irony and ambiguities of Mohegan identity.

Presenter: Julius H. Rubin, PhD, is a Professor of Sociology Emeritus at the University of Saint Joseph in West Hartford. He received his PhD from the New School (used to be called New School for Social Research) in NYC. Julius published two books on Native American topics: *Perishing Heathens: Stories of Protestant Missionaries and Christian Indians in Antebellum America*, University of Nebraska Press, October 2017 and *Tears of Repentance, Christian Indian Identity and Community in Colonial Southern New England*, University of Nebraska Press, 2013.

APRIL – Week 6 – at MxCC – Monday thru Thursday; 1:30-3:30; Friday: 10:00am – Noon

Monday, April 8 – An Afternoon with Abigail Adams

Enjoy a fifty-minute presentation – in costume – of Abigail Adams, wife of the Second President of the United States. Once Carol read the first biography of Abigail Adams by Woody Holton, she could not stop. She became enthralled with this historical figure, wrote a script for presentation to her Woman's Club and developed presentations with costumes and props. Encouraged to take her show on the road, she has done so for the past five years. A question and answer period will follow.

Presenter: Carol Bielefeld received a BA from Boston University and studied at Tobe-Coburn Fashion Careers in NYC. Carol grew up in Rockville, CT, and now lives in Avon, CT. She has researched this topic for many years and have been giving this performance since 2014.

Tuesday, April 9 – Bringing Turtles Out of Their Shells

Pam Meier, state-permitted wildlife rehabilitator and local resident, will talk about Connecticut's native turtles—many of which live in our area—and bring along some chelonian friends, too. Learn how to identify different species and genders. You will learn what to do (and not do) if you find a turtle, what rehabbing these ancient reptiles is all about, and how you can help.

Presenter: Pamela Meier graduated from Loomis Chafee High School and received a BA from Wesleyan University. She was an environmental educator for nearly 20 years and a wildlife rehabilitator for over 3 years.

Wednesday, April 10 –The Mars Analogues on Earth

Discussion will take place regarding the Mars analogues on Earth. Places similar to Mars include Antarctica, Mars Research Stations in U.S. Desert, Hawaii Island, and Canada's Devon Island. What are they and what can we learn from them? What do they not do for us? You will learn about the actual research done by Mars experts like Pascal Lee, and Robert Zubrin and review several current plans for Mars Missions.

Presenter: Stevan Akerley a retired engineer, worked over 38 years at P&W and 7 years as a Technical Consultant for P&W. Stevan has an AA in Liberal Arts from Orange Coast College, Costa Mesa, CA; BS in Industrial Technology from Calif. State College at Long Beach. (Now UCLB), and an MBA in International Business and Information Tech. from the University of Hartford. He is a lifelong space enthusiast and student of the aerospace technologies, space science, planetary systems, and life sciences. He is a member of The Planetary Society, The National Space Society, and is the Program Director of the NSS Space Ambassador Program.

Thursday, April 11 – Trip - NYC Library & JP Morgan Library

See trip flyer for details and registration.

Friday, April 12 – UFOs in Connecticut: Past and Present

Often members of Mutual UFO Network (MUFON) Connecticut Chapter are asked to talk about UFO sightings in Connecticut. This presentation will look at some of the current and historical UFO sightings in Connecticut as well as in the surrounding area. People are often amazed to hear that Connecticut has a rich history of unknown UFO sightings and events. You will learn about various cases and why they are unknown and what makes them excellent examples of potential non-humanoid, not of this world, crafts. In addition, open discussion will be held regarding any UFO sightings you would like us to document for the historical record.

Presenter: Michael Panicello graduated from UConn with a BA in history and journalism. He received a MA in history from Trinity College in Hartford, CT and a teacher certification in secondary education at CCSU. Michael has been investigating UFOs and studying the field of Ufology for about 20 years. He has been the state director of MUFON (Mutual UFO Network) Connecticut for the past 6 years and a member of the STAR Team (MUFON's elite investigations team). Michael is also a member of the CAG (Case Assistance Group) International. A group which investigates UFO sightings in other countries.

LOCATION: St Francis of Assisi Church Fox Parish Center, 10 Elm Street, Middletown

APRIL - Week 7 - at MxCC – Monday thru Thursday; 1:30-3:30; Friday; 10:00 am – Noon

Monday, April 15 – Connecticut Lore

Journey through Connecticut using this unconventional guidebook containing 82 odd locations to visit on your next outings. Travel to the far-reaching corners of the state to discover Branford's Thimble Islands and the Beckley Furnace in Canaan. Learn about larger-than-life characters like the legendary strongman Elmer Bitgood and the dead-and-ghostly religious zealot Jemima Wilkinson. Connecticut has plenty of strange and unusual history and folklore that will have you wandering slightly off the beaten path. You will learn about life stories from the *Connecticut Lore* book series including stories from the book and the author's personal background. Ask any questions about Connecticut folklore and share your story.

Presenter: Zachary La Mothe grew up in a house built in 1752 and from an early age was always intrigued by local lore and history. Zachary studied New England history and folklore while a student at Boston University, attaining a degree in American Studies. He earned a master's degree in Special Education at SCSU and has

taught high school special education and history. He is a frequent contributor to *Norwich Magazine* where he writes about history, community profiles, and tourism as well as other written and web-based publications. His first book, *Connecticut Lore: Strange, Off Kilter, and Full of Surprises* was released in 2013 and the sequel *More Connecticut Lore* was released in 2016, both from Schiffer Publications. Additionally, he is the editor of the website www.backyardroadtrips.com which features family friendly places to go throughout New England with an emphasis on nature, craft beer and history. He is currently working on a third book about Massachusetts. Zachary contributed to the recently published *Connecticut 169 Club*.

Tuesday, April 16 –The Witchcraft Epidemic in Salem, MA in 1692

You will learn the definition of a witch and the meaning of Spectral Evidence and Maleficium. The role of the Jamaican slave, Tituba, and the Salem Minister, Samuel Parris, will be explored as they were instrumental in increasing the spread of the epidemic. Special emphasis will be placed on the hearings and trials of Rebecca Nurse, John and Elizabeth Proctor and the Rev. George Burroughs. Nineteen were accused as witches and were hung and one was pressed. A brief review of *The Crucible*, by Arthur Miller will conclude the program.

Presenter: John H. Proctor has a BS from Northeastern and a MA and a Sixth Year Professional Diploma from UConn. John worked as a school educator for 37 years, including nineteen as a superintendent of schools. He was an adjunct professor at the UConn School of Education for nine years and lectured on the Civil War in CT, RI, MA, and five times at MILE. He also presented on The Wisdom of Peanuts.

Wednesday, April 17 –Hiking the Pacific Crest Trail

In 2010 Anne O'Regan left her home in Boston and traveled west to do what, on average, only 300 people accomplish each year. Starting in Campo, California (on the Mexican border), she backpacked north for 2,650 miles on the Pacific Crest Trail (PCT). Traveling through California, Oregon and Washington, she completed her thru-hike five months later in Manning Park, Canada. Join us as Anne shares tales from the trail and offers a unique visual presentation.

Presenter: Anne O'Regan, BA in English., worked six years in Yosemite National Park and for many years at a university publishing office, in addition to working at an ad agency in downtown Boston.

Anne spent most of her adult life living and working in downtown Boston, then left corporate America behind to venture west to walk the PCT. She has thru-hiked other long trails, including the Colorado Trail, the John Muir, and Vermont's Long Trail. Anne is the author of *Tamed. A City Girl Walks from Mexico to Canada On the Pacific Crest Trail*. Her book is available on her website: anneoregan.com and will also be available at her presentation. A Boston native, she currently divides her time between Connecticut and Maine.

Thursday, April 18 – Reader's Theater - Jonathan Tolin's BUYER & CELLAR

This delightfully amusing comedy is written as a one-man play, but Reader's Theater will produce it as a five-character play that greatly adds to the entertainment. Inspired by Barbra Streisand's book, *My Passion for Design*, *BUYER & CELLAR* tells the story of Barbra's real home in Malibu, California through the wit and humor of five colorful characters, mixing both fantasy and fact as they ruminate on the solitude of celebrity, the love-hate attraction between gay men and divas, and the melancholy that lurks beneath narcissism. "A fantasy so delightful you wish it were true." *The New Yorker*

Presenters: Co-director Anne Cassidy is Professor Emerita in the Theater Department of MxCC while **co-director Richard Kamins** is a 1968 graduate of the college. Richard is currently on the faculty of Quinnipiac University.

Friday, April 19 – No Class. MxCC Day of Reflection

APRIL – Week 8 at MxCC – Monday thru Thursday; 1:30-3:30; Friday; 10:00 am – Noon

Monday, April 22 –

Tuesday, April 23 –MILE Annual Meeting and Volunteer Lunch

Wednesday, April 24 – Make up day due to weather

Thursday, April 25 – Make up day due to weather

May 1 – Day Trip to Goodspeed Opera House - *Music Man*

See trip flyer for details and registration.

May 9 – Trip to The Glass House, New Canaan

See trip flyer for details and registration.