

## WELCOME TO MILE

### FALL, 2017: October 2 – November 17

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 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 week-long distant learning trip.

**Annual membership fee is \$60** covering seven weeks in the fall and seven weeks in the spring. Most importantly, registrations must be received no later than one week after Orientation due to limited class size lotteries which will be held immediately thereafter. You will be notified if registered in lottery programs.

We welcome you and hope you enjoy our 25<sup>th</sup> year.

### 2017 – 2018 Calendar

#### FALL

**Orientation:** Thursday, September 14, 2017 (1 PM)

**Programs:** October 2 – November 17

#### SPRING

**Orientation:** Thursday, February 8, 2018 (1 PM)

**Snow Date:** Friday, February 9

**Programs:** March 5 - April 20

#### ANNUAL MEETING

Tuesday, April 24, 2018

## 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 MILE's Message Phone: 860-343-5863**

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

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 the 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:** 645 Saybrook Rd., across from Reservoir Road.

**To Covenant Village:** 52 Missionary Rd, Cromwell. From Middletown, north on Rt. 3, right on West St (Stop & Shop on left), right on Missionary, first right to Event Center or follow signs to parking area and shuttle.

**To St Francis Hall, 10 Elm:** Saybrook Rd. north, right on East Main St., right on Elm, park in rear. Or enter from Silver St. across from Post Office.

## MILE FALL 2017 PROGRAMS

### ORIENTATION / REGISTRATION

Thursday, September 14<sup>th</sup>

Refreshments at 1:00 PM & Program at 1:15 PM

Room 808, Chapman Hall, MxCC

Introduction to Programs and Presenters

Bring a friend!

Donate to The Extra Mile & The Magic Food Bus

Sign up to be a MILE Committee Volunteer

### THE EXTRA MILE

The “Extra MILE” fund has been established to help our MxCC students with expanded educational opportunities and assistance with incidental expenses not otherwise covered by financial aid (such as bus fare, a book or supply, or an emergency need). Please consider making a tax-deductible donation today!

### THE MAGIC FOOD BUS

At Orientation, you are requested to bring a donation of non-perishable food for the MxCC food pantry, run by **Students for Students and their kids**. Some suggestions are canned tuna, chicken, pasta or soup; cereal, granola bars, pasta sauce, toiletries, or condiments (mustard, ketchup, etc.).

### Limited Registration – Lottery 9/26

How to Write a Memoir Essay 25

Japanese Culture through Poetry 25

Suicide Prevention 30

## APRIL 2018 REMINDER

ELECTIONS!

OFFICER CANDIDATES NEEDED.

CHAIRMAN, SECRETARY

CURRICULUM COMMITTEE CHAIR

CONTACT JUDY COOK`



Stay Tuned

June 2018

Special 25<sup>th</sup> Anniversary Luncheon

Details later



Saturday, October 14, 2017 at MxCC

6:00 pm – 9:00 pm

Admission: \$50 For Info: 860.343.5701

**Be a Volunteer.**

**Sign up to Monitor a program.**

**ALL PROGRAMS, MONDAY THRU THURSDAY, WITH NO NOTATION ARE HELD 1:30 PM – 3:30 PM, AT MxCC, Chapman Hall, Rm 808. FRIDAYS ARE HELD AT 10 AM – NOON, at MxCC UNLESS NOTATED.**

**WEEK 1 – MONDAY OCTOBER 2 – FRIDAY OCTOBER 6**

**MON, OCT 2 – MARIJUANA: FACT vs FICTION**

The latest research findings and national trends related to both medical and recreational marijuana include discussion of the issues of marijuana use in the teen years versus adult years. This information is vital for today's responsible policy-making, mentoring, counseling, parenting, and grand parenting. Some of the questions that will be answered include the following bulleted points:

- Should marijuana be considered as a medicine?
- Is marijuana addictive? Is it a gateway to other drug use?
- What is the potency of today's marijuana compared to the 1970s? Why does it matter?
- How does marijuana use affect teenagers' brain and their social/emotional development?
- How do we set boundaries and consequences?
- Do differences between medical and recreational marijuana matter?

**Presenter:** *Alicia Farrell*, PhD, an accomplished cognitive psychologist and professional speaker, is the founder of Clearview Consulting. Alicia was previously a university professor for 9 years and twice a fellowship award recipient in support of research on wisdom. In her private practice of 20+ years of experience she works with teens, adults, couples and families and has presented at MILE several times.

**TUE, OCT 3 - MUSIC AND HUMOR FOR THE DISCERNING FUNNY BONE 1:20 PM – 3:30 PM, MxCC,**

**Chapman Hall, Rm 808A** For over 30 years Nancy Tucker has blended outrageous, squeaky-clean comedy, spirited guitar instrumentals and moving songs of human experience in her program. Her music and comedy are centered in passion for life and laughter. Her comedy is based on life's more ridiculous aspects, yet, at the same time, does not create anxiety, cause discomfort nor promote squirming with off-color and four-letter words. Tucker captures the heart and imagination of audience with gentle invitation and contagious lunacy.

**Presenter:** *Nancy Tucker* received a Lifetime Achievement Award, the CT Songwriter of the Year Award, and a Gold Parents' Choice Award. She was the grand prize winner of the CT Comedy Festival and has recorded 9 of her own CD's.

**WED, OCT 4 – THE ORIGINS OF THE ARTHURIAN LEGEND**

What are the origins of the Arthurian legend from the fifth to the twelfth centuries? Come and join expert Dr. Jeff Ryder to discuss different aspects of the Medieval Period.

**Presenter:** *Dr. Jeff Rider* has a BA from Yale in French & English Literature, a Master's degree from the University Catholique de Louvain (Belgium), and Masters and PhD from the U of Chicago in Comparative Literature. He is a professor of French and Medieval Studies at Wesleyan.

**THU, OCT 5, 12, 19, 26, NOV 2**

**9:30 – 11:30 AM**

**GREAT DECISIONS**

**LOCATION: The Village at South Farms**

**The FPA 2017 Briefing Book - \$11**

This year's discussion topics are as follows: The Future of Europe, Trade and Politics, Conflict in the South China Sea, Saudi Arabia in Transition, U.S. Foreign Policy and Petroleum, Latin America's Political Pendulum, Prospects for Afghanistan and Pakistan, Nuclear Security. If you participated in spring 2017, you have a book. New members may purchase one for half price at \$11.

**Moderator:** *Jay Keiser* is a member of MILE and has been the Great Decisions discussion group leader for some years. He was also a member of the MxCC Foundation.

**THU, OCT 5 – BELLA BELLA ITALIA MIA:**

**A VIRTUAL TOUR OF SOUTHERN ITALY**

Think Italy and immediately you savor pizza and meatballs, or you hear the sounds of *O sole mio*, or you remember the movies of Sophia Loren. Did you know that all of these come from the city of Naples, the Queen

of Southern Italy? We will visit Ischia, an island in the Bay of Naples, and then wind down the Amalfi Coast to Pompeii, Herculaneum and Paestum. From there we travel to Calabria to see the mountains of the Sila, the coast of Cilento and the Bronzes of Riace in Reggio Calabria. Then, in Sicily we visit Palermo, Syracuse, Greek archeological sites, Erice and Cefalu. In Basilicata we see Sassi di Matera and in Puglia and the Adriatic Coast we visit Lecce, Bari, and Alberobello. We will learn about the foods and the language.

**Presenter: Augusta Gonzalez** has a BA from UCLA in Italian and French, and an MALS from Wesleyan in Art and Literature. She has taught for 40 years, mostly Spanish, from preschool to university level in both Spain and the USA. She is now teaching ESL to recent immigrants through Literacy Volunteers. Born in Italy, she is a dual citizen of Italy and the USA. Augusta studied at the U of Padua, spending time there every summer for the past 20 years. A MILE Curriculum Committee member, previously presented several programs about Spain.

## **FRI, OCT 6 – STORIES OF PROTESTANT MISSIONARIES AND CHRISTIAN INDIANS IN ANTEBELLUM AMERICA**

### **Location: Covenant Village Event Room, Cromwell**

This program will be an examination of Connecticut's Protestant missionaries who ventured into the Arkansas territory and the Great Lakes area. They were inspired by "the Great Commission" to convert and "civilize" perishing heathens. Learn about the explorations of their adventures and the Christian Indians (Osage, Cherokees, Metis and Ojibwa) who responded to this missionary outreach.

**Presenter: Dr. Julius H. Rubin** has a PhD in Social Outreach from the New School. He is a Professor Emeritus of Sociology from St. Joseph U in West Hartford. A college professor for 40 years, Dr. Rubin is also the author of four books devoted to religion in America.

## **WEEK 2 – MONDAY OCTOBER 9 – FRIDAY OCTOBER 13**

### **MON, OCT. 9 – BEEKEEPING IN CONNECTICUT**

With the bee population at risk, Mark will talk about the importance of honeybees our ecosystem, the history of honeybees, and their role in pollination. He will also discuss beekeeping basics.

**Presenter: Mark Creighton** is an Apiary Inspector in the State of Connecticut (5 years). He has been a beekeeper for 8 years.

### **TUE, OCT 10 – INVESTING IN A CHANGING MARKET**

#### **Location: St Francis Church Hall**

You will learn about decision-making in investing and retirement and health insurance options, as well as how to establish and prioritize goals. Information on the impact of federal estate taxes, setting up wills and trusts, planning advantages and staying on track will be presented. Class format is a casual lecture using PowerPoint with participation encouraged.

**Presenter: David Morales**, a UConn graduate, conducts seminars on financial issues to employees at major corporations in the tri-state area. Last fall David presented Investment Strategies at MILE. David's awards include three times being named a Five Star Wealth Manager by CT Magazine.

### **WED, OCT 11 – THE CONGRESS AND THE COURTS vs the PRESIDENT OF THE US**

#### **Location: St Francis Church Hall**

We've accepted millions of immigrants from all over the world with the majority assimilating into the "melting pot" of America. Since WWII the US has lowered barriers for importation of foreign goods and entered into bilateral and multilateral trade agreements with dozens of nations. For many years the US has run large trade deficits. Many Americans, including President Trump, believe lax enforcement of immigration laws and trade agreements have hurt the country and especially workers in the manufacturing sector. Should US reverse course with both immigration and trade? What is the role of Congress and what does the Constitution of the US say about his proposals?

**Presenter: Robert S Poliner** has a BA from Bucknell and a JD from BU Law School. He is a practicing attorney, including two years as an ombudsman for property rights and four years for the State of CT. He is also active in local and state politics.

**THU, OCT 12, 19, 26, NOV 2**

**9:30 – 11:30 AM**

**GREAT DECISIONS**

**LOCATION; The Village at South Farms**

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**Moderator: Jay Keiser** is a member of MILE and has been the Great Decisions discussion group leader for some years. He was also a member of the MxCC Foundation.

**THU, OCT 12 – HOUSEPLANTS AND THEIR PERSONALITIES**

What is the function and use of indoor plants with regard to health and air quality? Nancy will discuss temperature, humidity and environment to suit the specific needs of indoor plants. You will learn about finding and creating the right space for your plants.

**Presenter: Nancy Ballek Mackinnon** has a degree in environmental horticulture and landscape design from UConn. She is a partner in Ballek's Garden Center in East Haddam, CT and is also the author of *The Gardner's Book of Charts, Tables & Lists: A Complete Gardening Guide*.

**FRI, OCT 13 – THE CON ARTIST PLAYBOOK;  
A LOOK INSIDE THE MIND OF A CRIMINAL**

**Location: St Francis Church Hall**

Every two seconds a con artist steals someone's identity. In recent year-end statistics, Americans lost 187 billion of their hard-earned dollars to fraud, identity theft and scams. *The Con Artist Playbook* was developed to help you gain insight into the mind of a criminal. It provides you with tools to defend yourself against their tricks.

**Presenter: Darlene Dunbar** has a Master's degree in Social Work. She is the retired Commissioner of the CT Dept. of Children & Families. She is a member of the CT AARP Executive Council and is an active volunteer presenting community offerings.

**WEEK 3 – MONDAY OCTOBER 16 – FRIDAY OCTOBER 20**

**MON, OCT. 16 – PERU, FROM THE AMAZON TO THE HIGHLANDS**

Peru is a land of contrasts that encompasses the Andes Highlands and portions of the Amazon basin. Drawing on his experiences traveling in the country in 2009 and 2017, Joe Sina will provide a travelogue on this diversity, discussing the regional history and culture.

**Presenter: Joe Sina** has a BS in zoology from Syracuse and an MS and PhD in cell biology from the U of Michigan. Joe retired after 30 years of experience in vitro and molecular biology with Merck & Co. Now he volunteers as an AARP Tax-Aide and Medicare Counselor and loves to travel.

**TUE, OCT 17 – TRIP TO NEWPORT, RI**

**See Trip Form for Information**

**Please make trip payment separate from MILE registration.**

**WED, OCT 18 - AN INTRODUCTION TO WRITING YOUR FIRST SHORT-SHORT MEMOIR  
ESSAY**

In this workshop you will learn how to explore and decide what factual and specific life experience of yours to use for your short-short memoir essay (under 2,000 words). You will begin to outline ideas for writing this essay using Susan Waide's handout *Guidelines to Writing Your First Short-Short Memoir Essay*.

**Presenter: Susan R. Waide** has an MA in Communications from the U of Hartford and a BA in English from UConn. As an adjunct Professor at the U of Hartford and CT Community Colleges, she has taught many topics such as communication, English, creative and memoir writing.

**THU, OCT 19, 26, NOV 2**

**9:30 – 11:30 AM**

**GREAT DECISIONS**

**LOCATION; The Village at South Farms**

**The FPA 2017 Briefing Book - \$11**

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**THU, OCT 19 – THE MAGIC FLUTE by Wolfgang Amadeus Mozart**

*The Magic Flute* premiered in 1791 in Vienna, two months before Mozart's premature death. Barbara makes the opera come alive with music and recordings. You will become familiar with the plot, scenery, and the funny and vibrant characters. The Symbolism used in Mozart's Freemason background reveals the Masonic secret.

**Presenter: Barbara Arafteh** has a Bachelor's in music with a major in voice from the New England Conservatory of Music in Boston. She has an MA from Columbia and studied opera with the eminent Boris Goldovsky. Barbara is Pres. of the GMCA, which sponsors operas at Middletown H S.

**FRI, OCT 20 – PERSONAL SAFETY STRATEGIES FOR SENIORS**

This program will explore ways to keep oneself aware of surroundings and to use the environment to our advantage. Tom will help us develop our own personal safety rules and discuss the value of simple routines to help us remember these rules. He will demonstrate some simple self-defense techniques, and participants will have a chance to learn and practice some of these physical techniques.

**Presenter: Tom Cushing** has a BA from Providence College. He has been training and teaching martial arts for over 18 years and holds a Black Belt 5<sup>th</sup> degree Kenpo Karate and a Black Belt 4<sup>th</sup> Degree Modern Arnis (Filipino Martial Art). He is a T'ai Chi instructor who was trained under Master Zhang Zhao Xun.

**WEEK 4 – MONDAY OCTOBER 23 – FRIDAY OCTOBER 27**

**MON, OCT. 23 – BOOK DISCUSSION: *Born a Crime: Stories from a South African Childhood* by**

**Trevor Noah**

Trevor Noah of the *Daily News* is best known as a comedian who was born in South Africa. There is a world of pain, humor and some astute observations in his book *Born a Crime: Stories from a South African Childhood*. He paints a vibrant picture of growing up as the son of a black Xhosa mother and a white Swiss/German father. At the time of his birth, under apartheid, the union of his mother and father was punishable with a prison term. Consequently, he was often kept indoors by his mother and only visited his father in secret. In a nation rigidly organized around color, Noah learned early to negotiate which groups were safe and which ones to avoid. He tells his story like one of his comedy routines. The pace is fast, and his adventures and financial enterprises are mixed with airiness and comedy. Noah looks at the absurd and the ugly and manages to find some humanity in most of it.

**Moderator: Kathleen Amoia** has a BA in Social Studies from The College of Mount Saint Vincent and an MA in Elementary Education from Wagner College. Kathleen retired from NYC public schools after teaching 31 years. She has been leading MILE book discussions since 2012.

**TUE, OCT 24 – THE HIDDEN TREASURES OF KOREAN ART AND MODERN KOREA**

Once known as the Land of the Morning Calm, Korea currently has one of the 12 largest economies in the world and is predicted to be the eighth largest by 2030. The Korean Spirit and Culture Promotion Project (KSCPP) promotes Korea's long and artistic history, the spirit of its people, and its cultural values. In appreciation for the support of the USA for Korea during the Korean War and in the years that followed, KSCPP has held 1500 complimentary presentations throughout the country. You will see a film of the artistic and cultural achievement of Korea's past and a film that shows Korea's industrial progress since the Korean War. Korean traditional desserts will be served.

**Presenter:** *KSCPP, Younshee Shin* is based in New York. It is a non-profit organization formed September 2005 to introduce Korea's history, culture, and people to the wider world.

**WED, OCT 25, NOV 1, NOV 8 – HOW TO WRITE 10 AM**  
**AN UNFORGETTABLE SHORT-SHORT MEMOIR ESSAY**

**Limited to 25. Lottery if necessary.**

**\$25 fee, check payable to Susan Waide, dated 10/25/17, with registration form.**

**Location: Chapman Hall, Room 808C 10 AM - Noon**

Explore and decide upon the factual and specific life experiences you would like to write about. Bring photographs, mementos, letters, artwork or drawings for your exploration of topics. You will write, revise, and finalize your short-short memoir essay. You may include photographs, artwork and drawings with your essay if you plan to self-publish. Local self-publishing options will be discussed. You will receive a copy of *Your Guide to Writing an Unforgettable Short-Short*

*Memoir Essay*. Bring a pen, notebook, flash drive, and laptop (optional).

**Presenter:** *Susan R. Waide* (See biographical information above.)

**WED, OCT 25 - HEALING ARTS: TAKE 5 TO THRIVE**

Holistic therapies and concepts are being used today to support and enhance vibrant health on all levels – physically, emotionally, mentally and spiritually. You will learn and practice a variety of time-efficient strategies for keeping the body vital, emotions calm, mind clear and spirit connected.

**Presenter:** *Carol Piro* has a BS in Human Development & Family Relations from UConn and certifications in Transformational Breath, Reflexology, Reiki, Pranic Healing, Trance Dance, and Manifestation Mastery Coaching. She designed the *Take 5 to Thrive* wellness training series for employees, and produced the Self-Healing Awareness Forum at Norwalk City Hall.

**THU, OCT 26, NOV 2 9:30 – 11:30 AM**  
**GREAT DECISIONS**

**LOCATION; The Village at South Farms**

**The FPA 2017 Briefing Book - \$11**

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**Moderator:** *Jay Keiser* is a member of MILE and has been the Great Decisions discussion group leader for some years. He was also a member of the MxCC Foundation.

**THU, OCT 26 – THIS OLD HAT: AMERICAN HEROINES**

A one-woman tour de force musical presentation portrays four noted women of American history: Catherine Coffin, the first Lady of the Underground Railroad, (with her husband) sheltered and sent to freedom over 3,000 escaping slaves; Molly Pitcher gave aid to soldiers in the Revolutionary War, joining them in battle; Prudence Crandall, CT's Heroine, established the first academy for African-American women in Canterbury, CT; and

Mother Jones, an Irish American known for organizing unions, led “The March of the Mill Children” in 1903 to illustrate the plight of working children, which led to the first Child Labor Laws.

**Presenter:** *Patty Carver* is a singer, actress and writer who appears across the country in numerous stock and regional musicals. As a Playwright in Residence for CT Children’s Theatre, she wrote over 30 original musicals for young audiences that were produced for national tours. Patty travels and performs her award-winning one-woman musicals throughout the East Coast.

### **FRI, OCT 27 – THE BEATLES’ ALTER EGO:**

#### **SGT. PEPPER’S LONELY HEARTS CLUB BAND**

Since its release in 1967, The Beatles’ *Sgt. Pepper’s Lonely Hearts Club Band* has often been regarded as the single greatest rock album ever made and one of the first rock concept albums. This 90-minute multimedia presentation observes and discusses the landmark album, track by track, citing musical and historical precedents and illustrating the development of the songs through excerpts from interviews with the band members and clips of discarded takes.

**Presenter:** *Aaron Kreowicz* has a Graduate Artist Diploma in Music Composition from the U of Hartford. He has a Masters of Music in Composition from Boston U, and he also holds a BA in Music in Theory and Composition from Butler U. He is a professional Beatles scholar who has delivered more than 350 presentations on the band as well as authoring six books.

### **WEEK 5 – MONDAY OCTOBER 30 – FRIDAY NOVEMBER 3**

#### **MON, OCT 30 – INTRODUCTION TO EXOPHILOSOPHY: EXAMINING THE EVIDENCE OF EXTRATERRESTRIAL VISITATION**

If Earth is being visited by advanced civilizations from other planets or dimensions, then surely this is the most momentous and important event in human history. Dr. Good will present evidence in the form of eyewitness testimony by expert observers, including military pilots, astronauts and intelligence agents. We will explore declassified government documents, several scientific studies that show a pattern of UFO activity, evidence from alien abduction cases and telepathic communication from hypnotherapy literature. Are human culture, philosophy, politics and spirituality affected by this phenomenon? **Presenter:** *Prof. Justin Good*, teacher, musician and community development activist, teaches philosophy and meditation at MxCC and UConn. He authored *Wittgenstein and the Theory of Perception*. Along with partner Jen Taylor, Prof. Good stewards the Sanctuary in East Haddam, a 40 acre solar-powered community land trust chartered to promote environmental education, interfaith understanding and community development.

#### **TUE, OCT 31 – OLD WETHERSFIELD TOUR**

**See Trip Form to Register**

**Please make trip payment separate from registration.**

#### **WED, NOV 1, NOV 8 – HOW TO WRITE 10 AM MxCC, Chapman Hall, Room 808C**

##### **AN UNFORGETTABLE SHORT-SHORT MEMOIR ESSAY (Second Session)**

**Presenter:** *Susan R. Waide* (See biographical information above.)

#### **WED, NOV 1 – TORIES, SPIES, AND TRAITORS:**

##### **DIVIDED LOYALTY IN REVOLUTIONARY CONNECTICUT**

Which side are you on? CT citizens had to answer this question in 1775 as the thirteen colonies rebelled against British rule. Loyalty was not just a matter of word or opinion. For soldiers and civilians alike, loyalty could mean loss of fortune, of friends, and even of life. Hear stories of Nutmeggers who risked their lives and made great sacrifices to support their chosen side during this “tumultuous jarring time of revolutionary war.”

**Presenter:** *Jenny Steadman* is the Adult Programs Manager of the Connecticut Historical Society. She has a PhD in Women’s History and Literature from Emory and has taught at Emory, Trinity College, and most recently at the President’s College at the U of Hartford.

**THU, NOV 2**

**9:30 – 11:30 AM**

**GREAT DECISIONS**

**LOCATION; The Village at South Farms**

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**THU, NOV 2, 9, 16**

**10 AM - NOON**

**WAKA, HAIKU, BACK TO TANKA:**

**JAPANESE CULTURE THROUGH POETRY**

**Location: Covenant Village Event Center, Cromwell**

**Limited to 25. Lottery if necessary.**

Japanese literacy history will be examined with a focus on the traditional forms of poetry (Waka, Haiku and Tanka) with a close look at Japan's Shintoism and Buddhism religions. What did the religions teach the Japanese? How do Shintoism and Buddhism compare to Christianity and Judaism? How are beauty and aesthetic qualities defined in this culture?

*Presenter: Yoshiko Samuel* has a PhD in Japanese literature. She taught at Wesleyan from 1979-2006. She taught a course similar to this program in Wesleyan's Lifelong Learning program (WILL).

**THU, NOV 2 – HISTORY OF UNITED STATES WOMEN IN TIMES OF WAR**

Women have participated in times of war in the United States whether in battle, dressed as men, as nurses, as cooks or in other jobs, especially in later wars. Their role in the following wars will be discussed: the Revolutionary War, the Civil War, World War I and World War II. We will also discuss how women's roles have changed in modern times.

*Presenter: Cynthia Riccio* has a BA and an MA in History and a minor in Women's Studies from CCSU. She is currently the Education Director at the Webb-Deane-Stevens Museum in Wethersfield and an adjunct professor of history at Tunxis Community College since 2008.

**FRI, NOV 3 – GENEALOGY: GET STARTED**

**RESEARCHING YOUR FAMILY TREE**

Have you always wanted to know where your family originally came from? Learn how to get started using materials from home. Discover how to use the census, and explore how DNA can help you build your family tree.

*Presenter: Bryna O'Sullivan* has a BA in French Literature and History from Tufts. She holds an MA in History from the U of North Carolina. Bryna has a certificate in Genealogical Research from Boston U Center for Professional Education and a Professional Learning Certificate in Genealogical Studies from the National Institute for Genealogical Studies. She is a genealogy researcher, teacher and French-English translator.

**WEEK 6 – MONDAY NOVEMBER 6 – FRIDAY NOVEMBER 10**

**MON, NOV 6 – WEATHERING THE STORM:**

**THE BLIZZARD OF 1888**

The winter of 1887-1888 was the mildest one in Connecticut in almost 20 years – until March 11, 1888. When people went to bed that Sunday night, no one suspected that just 72 hours later 400 New Englanders would have died and more than 300 ocean-going vessels would have been sunk or capsized. Using excerpts from letters and diaries of area residents and photographs from the area, Beth tells the story of "The Great White Hurricane." A quilt depicting the storm from the North Guilford Potter family, now owned by the museum, inspired this presentation.

**Presenter: Beth Payne**, Museum Director for the Dudley Farm Museum in North Guilford has BS and MS degrees from UConn. Beth worked over 40 years as a Registered Dietitian, mostly with the Dept. of Veterans Affairs, but also as a private consultant. She is most proud of her three years spent as a mature adult in the Peace Corps in West Africa.

### **TUE, NOV 7 – THE LATEST MEDICAID RULES**

Connecticut has the second highest cost of long-term care in the nation, so unless you're planning to leave the state, you need to protect yourself and your retirement assets from long-term care costs. Questions to be discussed include: Should you give your home to your children? How can you get assistance paying for a nursing home and/or home care? How can you qualify for Medicaid benefits while keeping your assets? Can you spend down and should you spend down? If you know the rules and plan ahead, can you still protect your hard earned assets?

**Presenter: Attorney Paul Czepiga** has a BS from Syracuse and an MBA from Northwester. He has a JD from Syracuse Law School. He is one of only 12 certified Elder Law Attorneys (CELA) in CT. In addition, he is a CPA who teaches adult education and lectures all over CT. He is a favorite MILE presenter..

### **WED, NOV 8 – HOW TO WRITE 10 AM-Noon MxCC, Chapman Hall, Room 808C** **AN UNFORGETTABLE SHORT-SHORT MEMOIR ESSAY (Third Session)**

### **WED, NOV 8 - YMCA ACTIVE OLDER ADULT HEALTH AND WELLNESS PRESENTATION**

Sue Dionne, Membership Director and Active Older Adult Coordinator, will present a slide program highlighting the YMCA Active Older Adult land and water exercise classes. Learn about the Silver Sneakers program and the Open Doors financial assistance sliding scale memberships.

**Presenter: Sue Dionne** took various business management college programs and classes. She has worked at the Northern Middlesex YMCA for 25 years, was the Aquatic Director and coordinated the family enrichment programs before holding her present positions.

### **THU, NOV 9, 16 - WAKA, HAIKU, BACK 10 AM – NOON (Second Session)** **TO TANKA: JAPANESE CULTURE THROUGH POETRY**

**Location: Covenant Village Event Center, Cromwell**

**Limited to 25. Lottery if necessary**

**Presenter: Yoshiko Samuel** has a PhD in Japanese literature. She taught at Wesleyan U from 1979-2006. She taught a course similar to this program in Wesleyan University's Wasch Center Lifelong Learning program

### **THU, NOV 9 – SUICIDE PREVENTION**

### **QPR: QUESTION. PERSUADE. REFER. ASK A QUESTION. SAVE A LIFE**

**Limited to 30-Lottery if necessary.**

There are methods designed to prevent suicide. Come and listen to this presentation and learn what you can do to help someone. The program will also discuss the warning signs to be aware of and the way to refer an individual to seek help.

**Presenter: Emily Canto** has a BA in both Psychology and Sociology from North Adams State College. She has a Master's of Education in Counseling from the U of New Hampshire.

### **FRI, NOV 10 – TOXIC CHEMICALS IN PRODUCTS** **WHAT YOU SHOULD KNOW**

In this program participants will learn about toxic chemicals in everyday products, the associated health impacts and information on safer alternatives.

**Presenter: Anne Hulick** holds the following degrees: RN, MS, and JD. She has worked for many years in environmental health, and has presented programs on this topic in the past.

**WEEK 7 – MONDAY NOVEMBER 13 – FRIDAY NOVEMBER 17**

**MON, NOV 13 - FOOD ENERGETICS FOR THE SEASONS: WINTER AND SPRING SEASON OF TRADITIONAL CHINESE MEDICINE**

Understanding seasonal eating is based on over 4,000 years of the study of traditional Chinese medicine that differs from the Western way of addressing our nutritional needs. Seasonal eating principles can help you align the organs, causing them to function properly and work together to heal and strengthen the immune system.

**Presenter: Hedy Watrous** studied traditional Chinese medicine at Rochester Institute, the U of Beijing, and the Hutong School with Master Tan in Beijing. She taught Xi gong and martial arts for 18 years and traditional medicine for 4 years. Hedy has a clinic, Eastern Arts Center for Health and Wellness, in Deep River, CT where she is the Reiki master. She and her family ran the Whistle Stop Café for 23 years.

**TUE, NOV 14 – FOOD ENERGETICS FOR THE SEASONS: SUMMER AND FALL SEASON OF TRADITIONAL CHINESE MEDICINE**

**Continued from Mon, Nov 13 – Winter and Spring**

**WED, NOV 15 – CONNECTICUT CIVILIAN CONSERVATION CORPS CAMPS: History, Memories & Legacy of the CCC**

The Civilian Conservation Corps (CCC) began on March 31, 1933 in President Roosevelt’s “New Deal” to relieve the poverty and unemployment of the Depression. Twenty-one camps were set up in CT towns, state parks and forests. Workers built trails, roads, phone lines and campsites. They built and maintained fire tower observers’ cabins, fought fires and planted millions of trees. The CCC disbanded in 1942 due to the need for men to fight in WWII.

**Presenter: Marty Podskoch**, a retired seventh grade reading teacher, has authored eight books. He is conducting research on the CCC in RI. His weekly column, “Adirondack Stories,” is in five Adirondack newspapers.

**THU, NOV 16 - WAKA, HAIKU, BACK TO TANKA: JAPANESE CULTURE THROUGH POETRY**      **10 AM – NOON**      **(Third Session)**

**Location: Covenant Village Event Center, Cromwell**

**Limited to 25. Lottery if necessary**

**Presenter: Yoshiko Samuel** has a PhD in Japanese literature. She taught at Wesleyan U from 1979-2006. She taught a course similar to this program in Wesleyan University’s Wasch Center Lifelong Learning program

**THU, NOV 16 - READERS THEATER PRESENTS**

**DISGRACED by AYAD AKHTAR**

Come and enjoy Ayad Akhtar’s Pulitzer Prize-winning play, *Disgraced*, which “offers an engaging snapshot of the challenge for upwardly mobile Islamic Americans in the post-9/11 age.”

**Presenters: Richard Kamins** has an MALS from Wesleyan.

**Anne Cassady, Professor Emerita at MxCC** teaching English and Drama, has an MAT/CAS, Drama from Wesleyan.

Richard and Anne are Co-Producers and Producers/Directors/Actors of Readers Theater since 2015.

**FRI, NOV 17 – CT PUBLIC ART: A DIGITAL WALK**

We will discover the many treasures of public art in CT. These treasures are artworks that live permanently outdoors. Did you know that since 1978, nearly 400 cite-specific works of art have been commissioned and placed in 30 CT cities? The CT offices of Culture and Tourism provide the citizens of CT creative works of high quality for public buildings. The program adds visibility to the cultural heritage of the state and its people.

**Presenter: Melanie Carr** has an MFA from Lesley University College of Art and Design (LUCAD), a BA from CCSU and an AA from MxCC. She is an adjunct teacher at CCSU and was Director of Visitor Experience & Curator of New Media at the New Britain Museum of American Art. She was a visiting artist at UConn in 2016. Melanie holds solo and group art exhibits.