

Dec. 7, 2021

Prof. James Malley

Associate Professor Emeritus and former chair of the Department of Counseling and Family Therapy at Central Connecticut State University

Who is in Charge, You or Your Brain? Understanding the neurobiology of stress and trauma.

Stress is a normal part of life and can serve as a motivator to help us accomplish our goals. However, too much stress can interfere with our success at work or school, disrupt social relationships, and impair our health and well-being. This session will explain the neurobiology of stress and trauma, describe the differences between normal and toxic stress, and discuss strategies for regulating one's emotions when confronted with the stresses and strains of everyday life.

Jan. 11, 2022

Henry Quinlan

Graduate of Boston College and Suffolk University Law School; owner and publisher of Omni Publishing Company

USSR-Russia: Myths, Mysteries and Spying

A one-hour presentation based on my 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate the audience. Accompanying power-point with 109 panels includes Hermitage, Bolshoi Theater, Kremlin Museum, Palaces, Moscow Subway, Pushkin Museum, a tour of Soviet Space facilities with Wally Schirra, spying for the F.B.I., and my encounters with the Russian Mafia.

Finally I will present an assessment of Vladimir Putin and today's issues and what is happening in the Jewish Autonomous Oblast of Russia?

Jan. 25, 2022

Prof. Iris Bork-Goldfield

professor of German Studies at Wesleyan University, graduate of Hamburg University

East Prussia, Moising, Müncheberg, Berlin, New York, Hamburg, Terezín.... Please join me on my genealogical journey following my Jewish family—the Alexanders. It was in 2015, just after my mother's death, when I finally looked more closely at the old and yellowed family tree that I had inherited from my aunt some years ago but had nonchalantly set aside.

Our family tree was compiled in 1938 in America by Henry Alexander, at a time when his relatives in Germany were being persecuted and murdered. Ships' records, old address books, letters, photos, government records, and my interviews with relatives in Germany, the U.S., Israel, Argentina, and Brazil helped me assemble a family story that stretches over 200 years and follows relatives from Prussia to New York and back to Berlin, Hamburg, Theresienstadt, Israel, or Latin America. Why did they emigrate to the U.S.? Why did some of them return to Germany? What lives did they live?

Feb. 8, 2022

Prof. Jesse Nasta

History of the Beman Family in Middletown (description coming soon)

Feb. 22, 2022

Philip Devlin

Graduate of UCONN and Wesleyan University, retired teacher of English, History and Latin at Haddam-Killingworth High School

“Baseball and Michelangelo”

My experiences with Michelangelo's work first came about through playing baseball. My 1965 Little League all-star team from Windsor Locks won the world championship at Williamsport on August 28th of that year. On the very next day all 8 teams went via charter bus to New York City to attend a Mets vs SF Giants baseball game, where we got to meet with Willie Mays and other big league stars. Then the teams spent the next two days at the NY World's Fair in Flushing, Queens. One of those exhibits was the Vatican Pavilion. Here was Michelangelo's Pieta on exhibition. Seeing the Pieta close-up triggered a much unexpected, moving reaction in me. This experience prompted a lifelong keen interest in Michelangelo. I have learned a lot about "Il Divino." I will share anecdotes and stories about him and his works that few people are aware of. At the end of the presentation, I will circle back to baseball and draw a parallel with a Hall of Fame baseball player who most embodies Michelangelo's character traits.

Please consider joining me for this talk about one of the most interesting human beings who has ever lived.