



Spring 2025

A Message from ALP's Co-Chair

Top of an Opportune Moment, shared with the Wondrous Each of Yez!

The marvel of ALP arises from its **A**lternate **L**iberating **P**erspective. Sharing fact-based professional perspectives from a broad spectrum of the arts, history, law and sciences, ALP comes unhampered by the influence of politics, or crypto-billionaire venality. ALP is the fodder nurturing our insatiable need for creative stimulation. ALP is the antidote for the toxins of divisiveness. Mind liberating insights in the fall semester include:

- Professor George Wu's clarification: "Alcoholic steatosis is the poisoning of mitochondria, which are the energy sites that metabolize fat in the liver. This results in a yellow tint to the skin and whites of the eyes."
- State archeologist, Sarah Sportmen: "Artifacts, found by using ground penetrating radar, have identified that a South Glastonbury farm purchased from the Wangunk in 1639, was involved with English, Dutch, and Italian trade, and it included a 1692 coin minted in Yemen, likely left by the pirate Henry."
- Professor Jane Barstow on Simone De Beauvoir, early 19th century: "Gender is not predestined. One is not born a woman but becomes a woman."

Aging and retirement have granted each of us the wish to slow down; to absorb the influences of past experience; to adopt perspectives not previously available. ALP liberates each of us from time-worn and tedious familiarities.

Abrazos, Kim Hunt, ALP Co-Chair, Executive Committee

SPRING PREVIEW MEETING

Tuesday, January 7, 2025 ; 9:30 – 11:30 a.m.

Seabury's Bishops' Chapel

200 Wintonbury Ave. Bloomfield, CT.

Presenters will be available to introduce their course.

Questions will be answered.

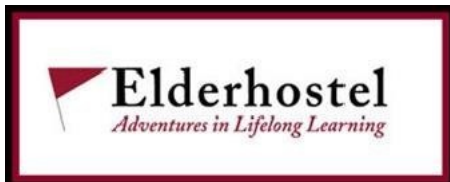
Refreshments and friends will be available.

We hope to see you there!

Adult Learning Program Enters 25TH Year at Seabury

by Agnes Pier

ALP's beginnings are intertwined with Elderhostel (later renamed Road Scholar), a non-profit organization, which was started in 1975 to meet the needs of retirees with a thirst for learning and travel. Elderhostel founders saw a new use for university campuses with empty facilities and dormitories during summer months, and news of their programs spread, until by 1980 more than 20, 000 seniors participated in them across the United States and Canada. The Elderhostel residential program expanded through the formation of Learning in Retirement Institutes in local communities. These institutes were managed by participants, themselves, with guidance from a sponsoring academic institution.



In the late 1980's, Elderhostel explored forming a local program in the Hartford area. About 100 pioneers decided to call themselves The **Adult Learning Program** and named their newsletter the ALP-Horn. The first courses under the ALP

banner were offered in 1989, including classes on Short Stories and Opera, taught by ALP members.

According to Flo Grieb, one of ALP's founders and a seven-time chair person, "Space was harder to find than a college or a secretary." Over the years classes were held in many places including the Hartford College for Women, Hartford Seminary, Hamilton Heights, and Emanuel Synagogue. Flo continues, "The hardest job in ALP is not being Co-Chair, but it is chairing the Curriculum Committee." (a position now held by Beth Horlitz) The Curriculum Committee volunteers coordinate all the seminars that make up the fall and spring curricula.

Classes moved to the **Seabury Retirement Community** in Bloomfield in 2000, and we maintain our local affiliation with the University of Connecticut. Over the years ALP Membership has grown to its present size of approximately 250 members, and the curriculum has expanded to about 25 courses per semester, a mixture of single and multiple session classes.

ALP is proud to be an independent non-profit organization. We continue as one of the Elderhostel/Road Scholar networks of 400 Institutes for Learning in Retirement. We value our current home at Seabury and our community of life-long learners.



Spring 2025 Multi-Session Classes

An asterisk (*) next to the course code indicates a course has limited enrollment.
See Registration Form, side two.

SS-01 Environmental Variation Effect on Evolution

Jeffrey B. Mitton, Professor Emeritus

Fridays 1:00-3:00, 1/24, 1/31, 2/7 -- Zoom Teleconference

This presentation will illustrate how the use of genetic markers quantifies how DNA sequences change in response to conspicuous environmental variations. My 48 years of research has substantiated that while some evolutionary changes are slow, others can be seen in a single generation. I will select from my varied work with salamanders, bark beetles, fir species, blue mussels and killifish.

SS-02* Creative Writing

Kim Hunt, Ret. Attorney, Author & Poet

Mondays 1:00-3:00, 1/27, 2/3, 2/10, 2/17, 2/25, 3/4 -- Zoom Teleconference Size Limit: 15

This is a discussion group for both the beginner and the more experienced writer. The spectrum of creative writing: essay, fiction, memoir, poetry, free verse - commonly involves guided reflection. Issues of trust, motivation, privacy, habit, goal, structure and quality entwine to both hamper and clarify the beckoning impulse, enticed by discoveries in 'creativity'. Reflection offers vast reprieve for much that causes us to grieve.

SS-03 Women Writing about Marriage in Changing Times & Cultures

Jane Barstow, PhD, Professor Emerita, University of Hartford

Tuesdays 10:30-12:00, 1/28, 2/4, 2/11, 2/18 -- Zoom Teleconference

The Doctor's Wife (1967) by Ariyoshi Sawako, set in late 18th century Japan, focuses on the complex relationship between a young woman and her mother-in-law who compete for the attention of their beloved husband/son. So Long a Letter (1980) by Mariama Ba, set in Senegal in the 1970's, focuses on the very different choices made by two friends following their husband's decision to take a second wife. The Awakening (1899) by Kate Chopin, set in late 19th century Louisiana, focuses on a woman who dares to defy a controlling husband. These three novels all raise questions about the options available to women within and outside of traditional marriages.

SS-04 Movie Buffs

James Hanley, Retired Co-Director of Cinestudio

Wednesdays 10:30-12:00, 2/5, 3/5, 4/2 -- Zoom Teleconference

Do you ever wonder which movies are really worth your time, or what you should be looking for in a film? This is your opportunity to hear what others think and to listen to a very knowledgeable expert who provides insight into films and the film industry - people and technology. Movies discussed can be viewed at any theater or in the comfort of your own home on TV or other sources. You will also usually find the films playing at Cinestudio on the campus of Trinity College.

SS-05 Geography for Travelers

Steve Law, Ph.D.

Tuesdays 1:00-3:00, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1 -- Seabury Heritage Hall

Plan your dream trip! Not by looking over brochures and videos, but by learning about your destination's climate, ethnicities, transportation, culture, and population. Together we learn about the climates of the world; then you go online to learn about your destination's climate. Then we move to the other topics, and for each topic you learn about your own destination. You'll find the ideal blend of fun and learning in this class. Actually, taking the trip is optional.

SS-06 Caribbean Religions: A Tapestry of Sacred Traditions

Leslie Desmangles, Professor of Religious Studies, Trinity College

Fridays 1:00-3:00, 3/7, 3/14, 3/21 -- Seabury Heritage Hall

The Caribbean has a rich history and a unique culture marked by the immigration of peoples of diverse races, ethnicity and cultural origins. These people brought with them their sacred traditions that were woven into the fabric of the religious tapestry that exists in the area today. This course explores this tapestry by examining three prominent religious traditions of the region, mainly Vodou, Rastafarianism, and Judaism. Special attention will be given to their short histories, their teachings, and their roles in the lives of their devotees at home and abroad.

SS-07 Paintings and Poetry

Jane Newpeck, ALP Member and Educator

Mondays 10:00-12:00, 3/17, 3/24, 3/31 -- Seabury Chapel

We will examine poems and paintings for which the artist of one influenced another's creative work. The works will span centuries and may affect our own reactions.

SS-08 The Doctor Is In: Rx Jane Austen

Joan E Ray, Professor Emerita of English; President's Teaching Scholar, University of Colorado

Thursdays 1:00-3:00, 4/3, 4/10 -- Seabury Chapel

In her novel, *The Jane Austen Book Club* (2004), Karen Joy Fowler wrote that "everybody has their own Jane Austen." No matter who YOUR Jane Austen is-- romance writer or provider of charming armchair travel back to merry old England--knowing about her culture and understanding her authorial skill will enhance your appreciation of her work.

SS-09 Hikes

Kevin Gough & Paula Jones, Traprock Ridge Land Conservancy

Fridays 9:30-12:00, 4/11, 4/25, 5/16 -- Offsite TBA

We will visit hiking trails within a 20-mile radius of Bloomfield which have been recommended for their natural beauty, historical significance, flora and fauna, or other unique characteristics. Participants should be able to walk 2.5 to 3 miles over uneven terrain. There is an additional fee to offset ALP's insurance cost for this program.

SS-10 Movies with Don-- Four Comedies

Don Werner, Retired Headmaster and English teacher and coach, Westminster School
Mondays 1:00-3:30, 4/28, 5/5, 5/12, 5/19 -- Seabury Chapel

- A Night at the Opera-- 1935 (90 m);
- Some Like It Hot--1959 (2 hrs)
- Young Frankenstein-- 1974 (106 min);
- Best in Show-- 2000 (90 min)

SS-11 One Person's Trash is Another's...

Rev Dr. Davida Crabtree

Wednesdays 10:00-12:00, 4/30, 5/7 -- Seabury Chapel

We will survey the impact of our culture of disposability, learn about landfills and incinerators, the current state of recycling and consider other ways to manage trash. We will explore artists' approaches to our trash dilemma and learn a bit about other cultures and their practices.

SS-12 Personalities of the Protestant and Catholic Reformations

Borden Painter, Professor of History, Emeritus, Trinity College

Thursdays 10:00-12:00, 5/8, 5/15, 5/22 -- Seabury Chapel

An examination of leading reform figures, including Erasmus, Luther, Zwingli, Calvin, Paul III, Loyola and Elizabeth I

New Members to ALP

Diane Brainerd, Elizabeth Carlson, Ann Drahos,
Arthur Fasciani, Terry Gaudet, Sue Gillen, Marye Gail
Harrison, Carol Heyer, Arlene Hoepfner, Besty Mitchell,
Steve & Cris Noble, Candith Pallandre, John Pearson,
Richard & Barbara Price, Susan Rottner, Ted & Ellen See,
Mary Anne & Bert Sirkin, Ben Skaught & Barbara Steele,
Alan & Rosalind Spier, Janet Stott, Janet Valencis,
Loren Webber, Paul & Katrina Woodhouse



Spring 2025 Single Session Classes

An asterisk (*) next to the course code indicates a course has limited enrollment. See Registration Form, side 2.

SSS-01 Caravaggio

Rhea Higgins, Art History Professor, Univ. of Hartford, Wesleyan Institute of Life Long Learning
Thursday 1:00-3:00, 1/30 -- Zoom Teleconference

The paintings of Michelangelo Merisi da Caravaggio revolutionized late Italian Renaissance art styles beginning in 1606, revealing physical and emotional human states never expressed so vividly before. His Biblical scenes expressed a new kind of realism, often featuring violent struggles, torture and death, which, combined with dramatic lighting or "tenebrism"- transfixing subjects in shafts of light and shadows, was often shocking, even ugly, but always real and intensely human. This unique artistic combination was revolutionary and had a profound formative influence on painting almost immediately in early Baroque art. Our study will include in detail two of his most famous works: The Calling of Saint Matthew and The Conversion of Saint Paul.

SSS-02 Gatekeeping Interaction & Life Chances

Fredrick Erickson, Ph.D, Kneller Professor of Anthropology and Education, Emeritus, University of California, Los Angeles
Thursday 1:00-3:00, 2/6 -- Zoom Teleconference

This will be a demonstration/lecture showing and discussing video clips of inter-racial and intraracial interaction between community college counselors and students in academic advising interviews--gatekeeping encounters that affect the life chances of the students. This talk presents video-based research on inter-ethnic and inter-racial interaction conducted in the 1970's with a major grant from the National Institute of Mental Health's Center for Studies of Metropolitan Problems.

SSS-03 Tribal Sovereignty: the Power that Indian Tribes Have.

Stephen Pevar, Professor at Yale Law School, litigator for Indian Rights
Author Thursday 10:00-12:00, 2/20 -- Seabury Chapel

Tribal Sovereignty will explain what powers Indian tribes possess over their land and the people found on that land, both tribal members and non-members, including tribal powers over non-Indians.

SSS-04 Northern Complicity in Slavery

Jennifer Frank, Author
Friday 10:00-12:00, 4/4 -- Seabury Chapel

If you blame the South for slavery and the Civil War, you know only half the story. In this course, you'll learn the other half. The North's profit from slavery has mostly been a shameful and well kept secret. This course reveals the cruel truth about the lucrative Triangle Trade of molasses, rum and slaves that linked the North to the West Indies and Africa. It discloses the reality of the Northern empires built on tainted profits--run, in some cases, by abolitionists--and exposes the thousand-acre plantations that existed in towns such as Salem, Connecticut.

SSS-05 What Can Westerners Learn from Buddhism

Father Joe Cheah, OSM, Ph.D. is Professor of Religious Studies and Theology, and Chair of the Department of Philosophy, Theology and Religious Studies. University of Saint Joseph
Friday 1:00-3:00, 4/4 -- Seabury Chapel

What can Westerners glean from Buddhism that would help them better understand their own religion and spirituality and incorporate and bring to life the strong points of the other in one's own religion and life.

SSS-06 The Kiss of Death: Pernicious Anemia and the Story of Vitamin B-12

Jon Dixon, MD
Tuesday 10:00-12:00, 4/8 -- Seabury Heritage Hall

Pernicious Anemia is a disease caused by the lack of Vitamin B-12. It was at one time an almost universally fatal disease, characterized by progressive inanition and neurological deterioration. Before its cause and treatment were discovered, patients typically died within 1-3 years. It was, in fact, the "kiss of death". This session will tell the story about the history, the science, and the people behind the discovery of its cause that in turn lead to its treatment, such that now it is considered a most benign and easily cured condition.

SSS-07 Two Lesser-Known Aspects of the Civil War

Hamish Lutris, Assoc. Prof. of History, Political Science & Geography, Capital Community College
Monday 1:00-3:00, 4/21 -- Seabury Chapel

The Civil War is known for battles and leaders. This presentation will center on two fascinating but lesser-known facets of the conflict: newspapers and animal mascots. Both were unique and entertaining parts of the war that are not usually covered in history books or movies, but both were incredibly important to the soldiers who fought. This class will explore both in a fun and informative presentation.

SSS-08 Milton Hershey: Chocolatier

Mallory Howard, Assistant Curator, Mark Twain House and Museum
Thursday 1:00-3:00, 5/1 -- Zoom Teleconference

In his formative years, Milton Hershey was expected to make his living as a farmer or perhaps a printer. Little did people know he would go on to become the world's most famous chocolatier. Learn about how he built the Hershey Company, his involvement in philanthropy, his close call with an early grave, and the legacy he left behind. Hershey is a monumentally recognized company today, but most don't know about the man that started it all. Was his life as dreamy as his chocolate or was it perhaps...bittersweet?

SSS-09 Caribbean Migration to the Greater Hartford Region

Dr. Fiona Vernal, Director of Engaged, Public, Oral, and Community Histories & Associate Professor of History and Africana Studies
Tuesday 1:00-3:00, 5/6 -- Seabury Heritage Hall

Caribbean Migration to the Greater Hartford Region

SSS-10 Archaeology in Connecticut's Historical Cemeteries

Nick Bellantoni, Ph.D. Emeritus CT State Archaeologist

Tuesday 10:00-12:00, 5/13 -- Seabury Chapel

State statutes require investigation by the state archaeologist whenever historical human skeletal remains have been uncovered during construction activities, cemetery vandalism and police investigations. This presentation will cover a number of case studies in Connecticut's ancient burying grounds, including a history of cemeteries and how they have changed through time.

SSS-11 Post Pandemic Hartford's Restaurant Scene

Jimmy Cosgrove, Restaurateur

Wednesday 10:00-12:00, 5/21 -- Seabury Heritage Hall

In the over 40 years Jimmy Cosgrove has been in the restaurant business he has seen the business rise and fall and rise again. Starting at the "The Rising Sun" opening in the early 80's a little hole in the wall restaurant called "Hot Tomato's" and in 2009 with the help of two partners opening "Salute" he has been a part of it all. Jimmy will take us all on this remarkable journey through the Hartford restaurant scene over all those years and with the success of "Salute" where he sees the business going with the rebirth of Hartford.

DONORS

This fall, sixty-one ALP members donated a total of \$1,685. We thank every one for their vote of confidence in the ALP Program.

Dori Albert, Marilyn Boehm, Ingrid Boelhouwer, Ruth Budlong, Barry Budlong, Marjorie Clark, Dixon Clark, Carolyn Clark, Ian Clark, Donna Cote, Alice Cruikshank, Christina Davies, Shirley DeLong, Shirley Dudley, Diane Edell, Arthur Fasciani, Carol Fine, Louise Fisher, Austra Gaige, Terrence Gilbert, Deirdre Gilbert, Sylvia Gingras-Baker, Toni Gold, Thomas Gworek, Wendy Haller, Nancy Johnson, Theodore Johnson, Christine Johnson, Sonja Jones, Tobie Katz, Ursula Korzenik, Mary LaPorte, Steven Law, Ruth Leggett, Liz Burke, Paula Lucafo, Diane Mack, Rachel Markowitz, Suzzanne Maryeski, Carol Matzke, Errol Matzke, Jane Newpeck, Borden Painter, Candith Pallandre, Catherine Pepin, Zellene Sandler, Anthony Santonicola, Sharon Scull, Lynn Scull, Jean Smith, Alan Spier, Ellie Sulston, Sheila Sweeny, Barbara Taylor, Pauline Topazian, Sally Tresselt, Richard Wenner, Philip Will, Ann Winship, Nancy Wright, Carolee Ziegenhagen.

AGING

Eventually you will get to the point when you stop lying about your age ...
and start bragging about it.

ALP MEMBERSHIP REGISTRATION FORM -- SPRING 2025

An Adult Learning Program (ALP) membership entitles you to participate in all multi-session and single-session classes for which you have registered.

Please register on the ALP website or fill out this form, cut it out and mail it with your check, made out to UCONN/ALP, to:

Adult Learning Program
Hartford County Extension Center
Exchange Building – Suite 262
270 Farmington Ave.
Farmington, CT 06032

For more information, call - ALP office:(860) 785-5609, or go to our website: <http://alp.uconn.edu>

PLEASE PRINT

Name _____

Street _____

Town _____ State _____ Zip _____

Phone _____

Email Address _____

_____ Check here if you are a new member.

_____ \$60 One-Semester Membership

_____ Donation to ALP

HOW WILL YOU CONTRIBUTE?

ALP is a volunteer organization with everyone contributing his/her share. Please let us know which committee/activity you would consider working on or learning about.

_____ Curriculum Committee - Plans all multi-session and single-session classes.

_____ Events and Membership Committee - Integrates new members into ALP, nurtures leadership among members, nominates board members, plans and staffs membership meetings.

_____ Communication Committee - Provides information to potential and current members through word of mouth, the preparation and distribution of promotional handouts, the ALP-Horn newsletter, and the ALP website.

_____ Presentations - Present a multi- or single-session class, or put us in touch with a possible presenter.

ALP REGISTRATION -- SPRING 2025

From the list below, please check the courses you wish to take.

If a course has limited enrollment, there is an asterisk (*) in the course code. First priority in these courses will be given to those who are on the waiting list from the last time the course was offered, if they sign up for the course this semester. Then, a random selection will be made from the others who enroll this semester. You will be notified whether or not you are in the course as soon after the Preview Meeting as possible.

If you find you cannot participate in a seminar, please inform the ALP office at (860-785-5609) so that others may be considered. You do not need to notify the office if you will miss only one class. We will send you a list of your course selections. You can also create your personal calendar on our website: www.alp.uconn.edu.

Multi Sessions

- ___ SS-01 Environmental Variation
- ___ SS-02 Creative Writing
- ___ SS-03 Three Short Novels
- ___ SS-04 Movie Buffs
- ___ SS-05* Geography for Travelers
- ___ SS-06 Caribbean Religions
- ___ SS-07 Paintings and Poetry
- ___ SS-08* The Doctor Is In: Rx Jane Austen
- ___ SS-09 Hikes
- ___ SS-10 Movie: Four Comedies
- ___ SS-11 One Person's Trash is Another's ...
- ___ SS-12 Protestant & Catholic Reformations

Single Sessions

- ___ SSS-01 Caravaggio
- ___ SSS-02 Gatekeeping Interaction & Life Chances
- ___ SSS-03 Tribal Sovereignty
- ___ SSS-04 Complicity
- ___ SSS-05 Westerners Learn from Buddhism
- ___ SSS-06 Anemia & the Story of Vitamin B-12
- ___ SSS-07 Connecticut's Secretive Wild Cat
- ___ SSS-08 Milton Hershey: Chocolatier
- ___ SSS-09 Caribbean Migration
- ___ SSS-10 CT Historical Cemeteries
- ___ SSS-11 Salute Restaurant

Course Listings by the Day of the Week Spring 2025

MONDAY

SS-02*	Creative Writing	1:00-3:00	1/27, 2/3, 2/10, 2/17, 2/25, 3/4
SS-07	Paintings and Poetry	10:00-12:00	3/17, 3/24, 3/31
SS-10	Movies: Four Comedies	1:00-3:30	4/28, 5/5, 5/12, 5/19
SSS-07	Civil War Newspaper & Mascots	1:00-3:00	4/21

TUESDAY

SS-03	Women Writing about Marriage	10:30-12:00	1/28, 2/4, 2/11, 2/18
SS-05	Geography for Travelers	1:00-3:00	2/25, 3/4, 3/11, 3/18, 3/25, 4/1
SSS-06	Anemia & the Story of Vitamin B-12	10:00-12:00	4/8
SSS-09	Caribbean Migration	1:00-3:00	5/6
SSS-10	CT Historical Cemeteries	10:00-12:00	5/13

WEDNESDAY

SS-04	Movie Buffs	10:30-12:00	2/5, 3/5, 4/2
SS-11	One Person's Trash is Another's ...	10:00-12:00	4/30, 5/7
SSS-11	Hartford's Restaurant Scene	10:00-12:00	5/21

THURSDAY

SS-08	The Doctor Is In: Rx Jane Austen	1:00-3:00	4/3, 4/10
SS-12	Protestant & Catholic Reformations	10:00-12:00	5/8, 5/15, 5/22
SSS-01	Caravaggio	1:00-3:00	1/30
SSS-02	Gatekeeping Interaction & Life Chances	1:00-3:00	2/6
SSS-03	Tribal Sovereignty	10:00-12:00	2/20
SSS-08	Milton Hershey: Chocolatier	1:00-3:00	5/1

FRIDAY

SS-01	Environmental Variation	1:00-3:00	1/24, 1/31, 2/7
SS-06	Caribbean Religions	1:00-3:00	3/7, 3/14, 3/21
SS-09	Hikes	9:30-12:00	4/11, 4/25, 5/16
SSS-04	Northern Complicity in Slavery	10:00-12:00	4/4
SSS-05	Westerners Learn from Buddhism	1:00-3:00	4/4

ADULT LEARNING PROGRAM INC.

Hartford County Ext. Center - Suite 262
270 Farmington Ave., Farmington, CT 06032

Administrator: Jenny Gaines
860-785-5609 (Hours by appointment)
E-mail: admin@uconnalp.org

ALP Managing Editor: Carol Simpson
CarolCadwalladerSimpson@gmail.com

ALP is a non-profit organization composed largely of retired people who share a common interest in ongoing education. Members participate in courses presented by fellow members and guest lecturers on a variety of subjects. It is associated with the Department of Extension at the University of Connecticut and is one of more than 400 Lifelong Learning Institutes in Retirement affiliated with the Road Scholar Institute Network.



We Meet At Seabury
200 Seabury Drive
Bloomfield, CT 06002
Website: <http://alp.uconn.edu>

ALP WEBSITE NOT JUST FOR PAYMENTS

You might think of the ALP website (<http://alp.uconn.edu>) is just for making payments for your classes or the annual luncheon, but it offers much more! The site is user-friendly and convenient, featuring the latest updates on courses, including any changes to dates, times, or locations. You'll also find important information about parking, our snow-day policy, photos, and more. Check it out—you'll be glad you did!

PREVIEW MEETING AGENDA

Tuesday, January 7, 2025 9:30 a.m.

- 9:30 Socialize in the Terrace Room (just outside the Bishops' Chapel)
Beverages and pastries by Seabury.
- 10:00 Presenters for spring semester courses will be introduced and will briefly describe their course.
- 11:00 Members are invited to ask questions of the presenters.
- 11:30 Raffle for a possible free semester!