



# ALP-HORN

*Newsletter of the UCONN Adult Learning Program*

Fall  
2022



## FALL PREVIEW MEETING

**Tuesday, September 6th, 9:30-11:30**

**Seabury Chapel - "IN-PERSON" Only**

Announcement from Agnes Pier, ALP Co-Chairperson

As we begin to see the "behind" of the pandemic, or as it becomes endemic and we begin to live with our fate, Seabury has begun to re-open more of its facilities to non-residents so we have decided to have our first IN-PERSON Preview Meeting since January 2020! The meeting will also allow attendees to socialize over beverages and pastries before we hear about the fall semester programs.



As in the past, the purpose of the Preview Meeting is to allow everyone a chance to hear from the presenters themselves concerning what their courses will cover. After a short presentation by each presenter, attendees will be able to ask questions of the presenters and meet with them. A few presenters will address the in-person audience through Zoom. Unlike the past, there will be no guest speaker for this meeting. ALP's Board of Directors listened to those of you who expressed a preference for using the time to learn more about the courses being offered and being able to ask questions and so, at least for this meeting, no guest speaker.

Our fall semester is shaping up to be one that has a little bit of everything to appeal to the very diverse interests of our membership. Continuing in our effort to satisfy members' needs to attend classes either in-person or on Zoom while trying to perfect the hybrid option (allowing both in-person and Zoom participation), ALP is offering 13 in-person programs (a few with a hybrid option), 11 Zoom programs and, of course, our wonderful hikes. The Curriculum Committee hopes you will find something (or everything!) you like. Our offerings will span an expanse from Founding Fathers to Neonatology and Lawyers/Trials to Poetry/Paintings.

You'll find a brief description of every course along with its schedule here in the ALP-Horn. It is recommended that you register on-line (<http://alp.uconn.edu>) since that is the easiest and fastest way to register for all the courses you want.

### VISITING SEABURY?

#### Here's What You Need to Know

- Staff members at the front entrance of the Seabury grounds will direct you to the most convenient parking area.
- You must enter through the front main lobby where your identity and body temperature will be verified.
- All attendees must wear Covid masks except when eating or drinking.

### PREVIEW MEETING AGENDA

- 9:30: **Pre-Meeting Socializing** in the lobby of Seabury's chapel. Coffee and pastries provided by the Seabury staff.
- 10:00 **Introduction of Presenters** for the fall semester courses. Each Presenter will provide a brief monologue about their course.
- 11:00 **Q&A:** Members may ask questions of Presenters.
- 11:30 **Raffle for Free Tuition** followed by adjournment.

# ALP COMMUNICATIONS COMMITTEE

## When will the “TBD” go away?

by Jack Gregory, ALP Co-Chairperson



You may have noticed at recent ALP Annual Meetings that when the slate of proposed ALP Board of Directors positions was presented for your vote, the Co-Chair positions for the ALP Communications Committee simply read

**TBD** (To Be Determined). This is because the Board decided not to fill the vacant positions until the impact of the COVID-19 pandemic on our presenters, the ALP membership, and our venues (primarily Seabury) could be clearly determined. We are getting very close to making that determination and when we do, the **TBD** will go away.

Due to the COVID-19 situation, the ALP Board has been working to develop alternative methods to present ALP programs and classes that will not only better serve our current membership, but also provide opportunities to increase our membership numbers. Once we feel we are fully

practiced and ready, we will revise the current job description for the Communication Committee Co-Chairpersons positions and begin to look for candidates to fill them. Of course, if any of you are interested in serving on the ALP Board and would like to discuss our evolving plans for the Communications Committee, please contact one of us so we can discuss the matter more fully.

In general, the Communications Committee's responsibilities include the traditional duties of arranging for print media and promoting ALP at various community functions. In addition, the revised position description will call for the Committee Co-Chairs to develop presentation formats, identify appropriate target groups for potential members and coordinate in-person presentation teams to tell the story of ALP. We feel that this in-person approach is the most effective way to promote the UConn Adult Learning Program.

You will be hearing more about the details of our plan as time goes on. We expect the “**TBD**” slots will be filled by this time next year.

### REMINDER ABOUT ATTENDING ZOOM CLASSES

- Access ALP's website (<http://alp.uconn.edu/classes/zoom-guidelines>) to reference a complete set of **guidelines** to join and participate in a Zoom session.
- Contact ALP's Administrator ([admin@uconnalp.org](mailto:admin@uconnalp.org) or 860-785-5609) to **set up a Zoom training session** if you think you need one.
- You will receive a link embedded in an e-mailed invitation **to attend each Zoom meeting or class** for which you registered.

**NOTE:** E-mailed invitations sometimes get "lost." If you do not receive an expected invitation at least one day before the event, **check your SPAM** folder; if it's not there, notify ALP's Administrator (860-785-5609).



# HIKERS EXTRAORDINAIRE

by Carol Simpson



Kevin Gough and Paula Jones have been the leaders of the popular ALP hiking course since the Fall of 2016, sharing the duties in the first years with Seabury's Jim Trail. Over those six years they've led 26 hikes in Bloomfield, Simsbury, Windsor, Canton, Glastonbury, Burlington, Rocky Hill, Granby, Manchester, and Avon. An average of about twenty ALPers hike together, of which 15 or so "sign up year over year," according to Kevin. This leads to a warm camaraderie among group members, who chat with each other and vary being closer to the front of the group, where Kevin points out unusual trees, or the rear, where Paula serves as "sweep", making sure that no one gets left behind.

Selecting the hikes for the ALP course involves careful planning, and Kevin and Paula preview every hike for safety and enjoyment. They insure that their hikes are relatively flat with gradual hills; that they have safe footing without an undue amount of rocks and roots; and are short enough to complete in about two hours at a leisurely pace. They've had "*no injuries – at least no blood*" in all their hiking miles with groups.

Kevin hails from Indiana and Paula from Maine, but they met in college at Indiana University. Both went on to teach college level mathematics in Eau Claire, Wisconsin. From there, both transitioned to becoming actuaries in the insurance capital of the world – Hartford. They are in the enviable position of being retired since their mid-fifties and have lived in Bloomfield for 30 years.

Both are active in the environmental community and in Bloomfield civic life. Kevin served two terms on the Town Council. Paula is on the Bloomfield Conservation, Energy and Environmental Committee (CEEC) and the Recreation Committee and is currently working on a tree project (TREES FOR BLOOMFIELD) for the town. Both are active with the Wintonbury Land Trust.

In their spare time they like to ... hike! Paula comments that she "*loves Penwood State Park... there is always something new to see there – most recently a luna moth emerging from its chrysalis.*" And every year they hike in Acadia National Park in Maine. They have now hiked nearly every trail in that park, and are branching out to explore historic trails that are no longer in use.

If you like to be active outdoors; if you want to learn more about the towns in this part of Connecticut; if you need a bit of a push to try new trails; if you'd like some company when you venture into the woods, consider enrolling in the ALP hiking course. You'll be glad you did!



## FREE TUITION RAFFLE



One more reason for coming to the Preview Meeting: A raffle will be held for all attendees with the winner receiving free tuition for the spring 2023 semester. Will it be you? Who knows? But it's going to be someone else if you're not there.

## FALL 2022 MULTI-SESSION CLASSES

An asterisk (\*) next to the course code indicates a course has limited enrollment.

*See Registration Form, side 2.*

**NOTE:** The views expressed by the presenters of ALP courses do not necessarily reflect the views of the ALP organization or the members of its Board of Directors.

### **FS-01 Hikes**

Kevin Gough, Wintonbury Land Trust -- Fridays 9:30-12:00, 9/23, 10/7, 10/14 -- Offsite

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. Carpooling will often be suggested. Participants should be able to walk 2 1/2 to 3 miles over uneven terrain. There is an additional fee to offset ALP's insurance cost for this program.

### **FS-02 America's Founding Fathers**

Jack Gregory, ALP Member -- Tuesdays 10:00-12:00, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1 -- Zoom Teleconference

An in-depth look at the many individuals who contributed to the founding of the United States. From the good guys like George Washington, John Marshall, James Madison, and Alexander Hamilton to the chief of the American scoundrels, Aaron Burr. This Great Courses DVD course will broaden your perspective on both the American Revolution and the details in the founding of our country.

### **FS-03 Movie Buffs**

James Hanley, Co-Director of Cinestudio -- Thursdays 10:30-12:00, 10/6, 11/3, 12/1 -- 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 where parking is available after hours, Saturdays and Sundays all day.

### **FS-04 Paintings & Politics: Pre & Early Italian Renaissance**

Rhea Higgins, Professor Art History, University of Hartford -- Fridays 1:00-3:00, 10/7, 10/14 -- Seabury Chapel

In 14th and 15th century Italy, the rise of new civic powers, primarily in Sienna and Florence, challenged the traditional modes of religious art. Both subject matter and styles of painting began to change. An excellent example of this is the wall mural of Ambrogio Lorenzetti's "The Effects of Good and Bad Government" in the city hall of Sienna (the Palazzo Pubblico). These new art styles created the path directly into the Early and High Renaissance. We will study 14th century artists Duccio, Giotto and the Lorenzetti brothers and, for 15th century, Gentile da Fabriano, and Masaccio, ending with Botticelli's "Birth of Venus."

### **FS-05 Twelve Great Sonnets by Twelve Great Poets**

Don Werner, ALP Member -- Tuesdays 1:00-3:00, 10/11, 10/18, 10/25 -- Seabury Heritage Hall

The Sonnet is the most common and powerful form of poetry. This course will present 12 great Sonnets by 12 Sonneteers from Shakespeare to Frost. We will also discuss their lives as well as their classic poems.

## FALL 2022 MULTI-SESSION CLASSES (page 2 of 3)

### **FS-06 Housing and the Unhoused Among Us**

Sara Wilson, Director of Development and Communications, Journey Home -- Tuesdays 1:00-3:00, 11/8, 11/15 -- Zoom & In-Person Seabury Chapel

Hartford has made major progress in creating new pathways to homes for those who would otherwise be unhoused. We'll look at the challenges and opportunities created by these issues and the progress made through a coalition of agencies that collaborate on multiple approaches which together are making a difference.

### **FS-07 The World of Stand-Up Comedy**

Bob Ellis, ALP Member -- Thursdays 10:00-12:00, 10/13, 10/20 -- Seabury Heritage Hall

A sequel to the previous "Comedy, Comics and Comedians" series, this is a brief review of the evolution and business of stand-up comedy followed by an extensive look at the various styles of stand-up comics, from Joan Rivers to George Carlin to John Mulaney. It's a PowerPoint supported presentation with many downloaded videos of actual performances to illustrate the styles. Educational? Yes, and it comes with a guarantee to make you laugh.

### **FS-08\* Appreciating Poetic Usages of Language-AM Class**

Karl Mason -- Mondays 10:00-12:00, 10/17, 10/24, 10/31, 11/7 -- Seabury Media Room

Size Limit: 25

A 4-day careful read of a wide range and variety of writings from the expository to free verse to controlled poetic usage to examine the linguistic strategies used which separate what we might call the prosaic or everyday uses of language from the poetic.

### **FS-09\* Appreciating Poetic Usages of Language-PM Class**

Karl Mason -- Mondays 1:00-3:00, 10/17, 10/24, 10/31, 11/7 -- Seabury Media Room

Size Limit: 25

A 4-day careful read of a wide range and variety of writings from the expository to free verse to controlled poetic usage to examine the linguistic strategies used which separate what we might call the prosaic or everyday uses of language from the poetic.

### **FS-10 America in the Civil War & Reconstruction Era**

Jared Day, PhD -- Fridays 1:00-3:00, 10/21, 10/28, 11/4 -- Zoom Teleconference

This set of 3 lectures examines a range of individuals and issues relating to the US Civil War and its aftermath. From notable politicians such as Abraham Lincoln to military leaders such as Ulysses Grant and Robert E. Lee, we will explore social, political and military aspects of how the war unfolded and reached its close at Appomattox in 1865.

### **FS-11\* Tales, Trails, and Treats**

Jane Newpeck -- Fridays 10:00-12:00, 11/4, 11/11, 11/18, 11/25, 12/3, 12/9 -- Seabury Heritage Hall

Size Limit: 10

This program is for people who love poetry, people who don't "get" it - the curious, the resigned, the hopeful. . . Some poets you know, some poets you may not; some poems use sophisticated literary devices, and some use plain English. We'll read Tales (poems that tell a story), Trials (poems that grapple with issues) and Treats (poems that delight). The range of topics and styles is vast from Shelley's "Ozymandias" to Dickey's "The Bee" to Wakeman's "Love in Brooklyn." I hope you come to share the joy in poetry that I do.

## FALL 2022 MULTI-SESSION CLASSES (page 3 of 3)

### **FS-12 Neonatology**

Victor Herson, MD -- Tuesdays 10:00-12:00, 11/8, 11/15, 11/22 -- Zoom Teleconference

Three lectures on neonatology as follows: 1) Trends in infant mortality: national, international. Why does the U.S. fare so poorly? 2) Ethical challenges at the edge of viability 3) Respiratory distress in premature infants: a modern medicine triumph.

### **FS-13 The Amistad Incident and its Reverberations**

Davida Crabtree, Rev. -- Mondays 10:00-12:00, 11/14, 11/21 -- Zoom Teleconference

We will tell the story of The Amistad Incident, with an emphasis on lesser-known facts about its people and the results of Connecticutans' resistance to slavery through their support of the Mendi. The presentations will be illustrated by art and portraits that have come down to us in the over 180 years since. Implications for life today will be offered.

### **FS-14\* Creative Writing**

Kim Hunt, Author -- Mondays 1:00-3:00, 11/14, 11/21, 11/28, 12/5, 12/12, 12/19 -- 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.

### **FS-15 Uncommon Women: Six Composers, 900yrs**

Howard Sprout -- Mondays 10:00-12:00, 11/28, 12/5, 12/12 -- Seabury Chapel

Six women composers from the 12th through the 21st centuries. We will look at these composers in the contexts of their own times, and we will take a stab at the "who, what, when, where, and why" and listen to examples of each composer's music.

### **FS-16 What Were They Thinking?!**

Tom Gworek, ALP Member -- Wednesdays 1:00-3:00, 12/7, 12/14 -- In-person & Zoom, Seabury Chapel

The birth of abstract art. Between 1865 and 1915 the visual arts went through the biggest revolution in Western History, to the delight of some and the chagrin of many. How and why did art go from depicting everyday objects, landscapes, people, animals and sacred scenes to completely abstract creations filled with color and line but no meaning to the viewer? The first session of this program will delve into how this occurred in the artist's own words as we try to understand "what they were thinking" when they went down this path. The second session will follow the path of these new conceptions as we see how they developed from their inception.

### **Words to Live By**

(from a David Brooks' column quoting journalist Kevin Kelly)

- When you have 90% of a large project completed, finishing up the final details will take another 90%.
- Anything you say before the word "but" does not count.
- The thing that made you weird as a kid could make you great as an adult.
- It's not an apology if it comes with an excuse.
- Ignore what they are thinking about you. They are not thinking about you.
- If you think you saw a mouse, you did, and if there is one, there are others.

## ALP MEMBERSHIP REGISTRATION FORM -- FALL 2022

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 and pay on-line, or fill out this form 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 \_\_\_\_\_  
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\_\_\_\_\_ Check here if you are a new member.  
\_\_\_\_\_ Check here if you prefer to receive your newsletter on white stock paper rather than colored.  
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\_\_\_\_\_ \$55 One-Semester Membership  
\$45 If you are a Seabury at Home, Seabury or Duncaster resident, your fees are  
\_\_\_\_\_ reduced in appreciation for the in-kind services space the institutions provide.  
\_\_\_\_\_ Donation to ALP

### ----- HOW ELSE 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 multiple-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 and preparation and distribution of promotional handouts.  
\_\_\_\_\_ ALP-Horn Newsletter – Serve as the Editor, or assist the Editor, in the preparation of the newsletter's tri-annual publication.  
\_\_\_\_\_ ALP Website– Serve as the Webmaster or assist the Webmaster in keeping the ALP website up-to-date with recent ALP-related news and current reference material.  
\_\_\_\_\_ Presentations - Present a class or put us in touch with a possible presenter.

**ALP REGISTRATION FORM – FALL 2022**  
**(side 2)**

**NAME: (Please print):** \_\_\_\_\_

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. A random selection will then 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 are enrolled in a course with limited size and you find you cannot attend, 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 of a multi-session course.

We will send you a list of your course selections. You can also create your personal calendar on our website: <http://alp.uconn.edu>

**MULTI- SESSIONS**

- \_\_\_\_\_ FS-01 Hikes
- Z** \_\_\_\_\_ FS-02 America's Founding Fathers
- Z** \_\_\_\_\_ FS-03 Movie Buffs
- IP** \_\_\_\_\_ FS-04 Paintings and Politics
- IP** \_\_\_\_\_ FS-05 12 Great Sonnets
- H** \_\_\_\_\_ FS-06 Housing and the Unhoused
- IP** \_\_\_\_\_ FS-07 The World of Stand-Up Comedy
- IP** \_\_\_\_\_ FS-08\* Appreciating Poetic Usages...AM
- IP** \_\_\_\_\_ FS-09\* Appreciating Poetic Usages...PM
- Z** \_\_\_\_\_ FS-10 Civil War & Reconstruction Era
- IP** \_\_\_\_\_ FS-11\* Tales, Trials, and Treats
- Z** \_\_\_\_\_ FS-12 Neonatology
- Z** \_\_\_\_\_ FS-13 Amistad
- Z** \_\_\_\_\_ FS-14\* Creative Writing
- IP** \_\_\_\_\_ FS-15 Uncommon Women Composers
- IP** \_\_\_\_\_ FS-16 What Were They Thinking

**SINGLE- SESSIONS**

- Z** \_\_\_\_\_ FSS-01 Critical Race Theory
- Z** \_\_\_\_\_ FSS-02 A Lawyer's Zealous Advocacy
- Z** \_\_\_\_\_ FSS-03 Wheeler v. Remington Arms
- IP** \_\_\_\_\_ FSS-04 Community Quilter
- Z** \_\_\_\_\_ FSS-05 The History of Witches
- IP** \_\_\_\_\_ FSS-06\* Composing the Photograph
- Z** \_\_\_\_\_ FSS-07 Greater Hartford Mobility Study
- IP** \_\_\_\_\_ FSS-08 Gardens of the Gilded Age
- H** \_\_\_\_\_ FSS-09 Foreign Body Ingestion & Egypt

<p><b>H</b> = Hybrid Course with In-Person and Zoom Options</p> <p><b>IP</b> = In-Person in Seabury Chapel or Heritage Hall</p> <p><b>Z</b> = Zoom Teleconference only</p>
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## FALL 2022 SINGLE SESSION CLASSES

### **FSS-01 Critical Race Theory for Beginners**

Jeffery Ogbar, Professor of History -- Thursday 1:00-3:00, 9/29 -- Zoom Teleconference

This presentation will explore the development and meaning of Critical Race Theory, as well as its critics.

### **FSS-02 A Lawyer's Zealous Advocacy**

Judge Moukawsher, Judge -- Friday 10:00-12:00, 9/30 -- Zoom Teleconference

Judge Moukawsher will address a Superior Court Judge's role in ensuring that minimally acceptable standards of ethical behavior are met by lawyers as "officers" of the Court. A lawyer's zealotry does not extend to the publication of reckless or intentional assertions incapable of substantiation. A lawyer is not licensed to promote occasions of mistrial or perjury. A judge must stand firm against the perception this errant conduct can be viewed as an acceptable stratagem. Acquiescence in this abuse would undermine the integrity necessary to effectively sustain the stabilizing presence of justice within our social compact.

### **FSS-03 Wheeler v. Remington Arms Co., LLC**

Josh Koskoff, Atty -- Tuesday 1:00-3:00, 10/4 -- Zoom Teleconference

Josh Koskoff sits within the Inner Circle of Trial Advocates, limited to 100 of the nation's top trial attorneys. Josh is the third generation of a near mythic line of lawyers tirelessly holding the abuses of privilege and power to account. Within his many successes are a 25 million-dollar recovery for the wrongful amputation of a woman's leg; and a wrongful-death verdict of 22.5 million dollars from a failure to diagnose coronary artery disease. Josh will address issues confronted and strategies employed in overcoming the near impenetrable immunity afforded by the 2005 Protection of Lawful Commerce of Arms Act.

### **FSS-04 Community Quilter**

Ed-Johnetta Miller -- Monday 10:00-12:00, 10/10 -- Seabury Chapel

Ed Johnetta Miller is a fiber artist, quilter, teacher, curator and lecturer, and is acknowledged to be one of the most creative and colorful improvisational quilt makers in the U.S. She will talk about her life as a quilter, her projects around the world, and learning how to deal with the pandemic.

### **FSS-05 If the Broom Fits...Halloween & History of Witches**

Velya & Ehris Urban -- Wednesday 10:00-12:00, 10/26 -- Zoom Teleconference

Have you ever wondered, especially on Halloween, why witches are depicted as riding on brooms through the nighttime sky? (It's a story you may find difficult explaining to the kids!) You're never going to look at sweeping the same way again. How did the benevolent image of a wise woman transform into the malevolent figure of the witch we know today?

### **FSS-06\* Photography (Learn the rules, then break the rules)**

Peter Glass, Owner, Peter Glass Photography -- Wednesday 1:00-3:00, 11/2 -- Seabury Heritage Hall Size Limit: 25

Specific rules of composition can be immensely helpful when getting ready to take a picture. But despite what's often written and taught, these rules are not set in stone. Ignoring them does not mean the photograph will turn out badly. In fact, blindly adhering to even the most accepted of these rules can keep the photographer from creating truly interesting and inventive images. The various rules of picture composition will be demonstrated, discussed, and dissected in class. This will be done using a variety of images, including those made by the students. A handout will be distributed to all.

## FALL 2022 SINGLE SESSION CLASSES (page 2 of 2)

### **FSS-07 CT DOT-- Greater Hartford Mobility Study**

Laura Parete, Project Manager of the Greater Hartford Mobility Study -- Thursday 10:00-12:00, 11/10 -- Zoom Teleconference

Connecticut Department of Transportation's (CTDOT) team will provide an overview of the study, progress, and how the study relates to the new infrastructure bill.

### **FSS-08 Gardens of the Gilded Age**

Jana Milbocker, Author -- Friday 1:00-3:00, 11/11 -- Seabury Chapel

The Gilded Age is famous for its ornate mansions and grand gardens built by the Roosevelts, Vanderbilts, and Carnegies. Transport yourself to the Gilded Age with an armchair tour of the gardens at the Newport Mansions, Kykuit, Vanderbilt Estate, Vizcaya, Untermyer Gardens, Nemours and others.

### **FSS-09 Foreign Body Ingestion & a Travelogue on Egypt**

Dr George Wu, PhD -- Tuesday 2:00-4:00, 11/29 -- Zoom & In-Person Seabury Chapel

Foreign body ingestion is a common medical problem and can lead to morbidity in 1% of patients, and up to 1500 deaths per year in the US. Foreign body ingestion is often accidental, but intentional ingestion, often by prisoners or psychiatric patients, has been reported. Objects should be removed from the stomach if they are sharp, are not likely to pass the small intestine, or are toxic. Objects larger than 2 cm in diameter are at risk for entrapment in narrow areas of the gut. Disc batteries may lodge in the gut and leak, resulting in direct caustic injury. Will be followed by my travels in Egypt.

## **CALLING ALL VOLUNTEERS!**

by Liz Burke and Sandy Slipp, Membership Committee Co-Chairs

The ALP Events and Member Support (Membership) Committee needs new members. Our committee is now active again after being virtual during Covid, and we would love for you to join us in planning for the "in-person" events scheduled for ALP's 2022-2023 academic year.

Committee meetings are tentatively scheduled four times per year and can be attended in person or through Zoom.

Why should you join? We believe that ALP offers so many fine courses at such a low cost that we all need to support the organization and its fine work. Maya Angelou said it best: *"When you learn, teach. When you get, give."*

If you'd like to volunteer or need more information, contact ALP's Administrator, Jenny Gaines at [admin@uconnalp.org](mailto:admin@uconnalp.org) or 860-785-5609.



# Do You Talk to Strangers?

Editorial by Carol Simpson



Did your parents ever warn you, *"Don't talk to strangers!"*? Did you tell your children? I recently read an article by Chris Bourn entitled *Why Talking to Strangers is the Best Thing You Can*

*Do for Your Mental Health*, and I think it is particularly appropriate as we emerge from years of greater isolation due to the pandemic.

When my husband and I moved to the Seabury retirement community, one of the most positive parts was meeting people who would greet us warmly every day. It wasn't necessarily meaningful interaction – maybe just *"Good morning! Nice day isn't it?"*-- but it was usually accompanied by a smile and often a follow-up such as *"Are you new here?"* It took the Covid epidemic for me to realize how much this casual interaction meant to me, and how much I missed this friendly sociability.

*"The benefits that I've shown in my research is that it's good for your mood,"* says Gillian Sandstrom, a social psychologist based at the University of Essex. *"If you're in a bad mood, the last thing you want to do is talk to someone,"* she says, *"but probably it's going to be super-effective at pulling you out of that bad mood. That's partly because we put our*

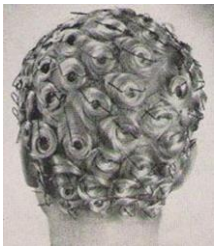
*best face forward when we're talking to someone we don't know; we're on our best behavior."*

According to the Bourn article, the mood-lifting effects of breaking social silences have been demonstrated in several experiments, and it was found that when people were asked to chat with strangers on trains or buses, they consistently underestimated two things: How glad to talk their fellow passengers would be, and how much more chipper a casual chat would make both people feel on the way to work. Their conclusion was that *"people could improve their own momentary well-being – and that of others – by simply being more social with strangers, trying to create connections where one might otherwise choose isolation."*

Today I struck up a conversation with our waiter at the restaurant where we had lunch. *"Would you settle a bet? At our age, most people look young to us, but we each have a different idea of how old you are."* He immediately grinned and responded, *"So what did you guess?" "I said 17, my husband says 23."* He replied, *"I just turned 18, so you win."*

I can't guarantee that all such interactions will be welcome. But the reward is greater than the risk. So, if you're one who was warned *"Don't talk to strangers!"*, you might rethink that advice.

## REMEMBERING THE "GOOD OLD DAYS"



# ALP as an Act of Patriotism

Food for Thought by Kimball Hunt



The response I have routinely given to those asking what ALP stands for may not be sufficiently complete, despite conforming to what the Executive Board has authorized. I have recently wondered if responding with “**Adult Learning Program**” may inadvertently gloss over a greater meaning. My own “toying” about in mind space led me to consider: “**Actualizing Larger Perspectives.**”

The commitment to learning is an admission of vulnerability—admitting that we do not know. Learning in an ALP program is an acknowledgement, through enrollment in a public forum, that we have a desire to learn, and it confirms that this desire is commonly shared.

ALP, fairly put, is an enlivening engagement with authentic speaking and listening. This occurs in an atmosphere of mutual respect. It is untainted by the fear of using the wrong word or phrase. It can be seriously and responsibly considered to be a patriotic celebration.\*

The Founders, for all their flaws, entrusted succeeding generations to fix what the preceding one was unwilling or unable to repair. Learning is what enables this. Learning is certainly at the core of the Founder’s belief that we could build a multi-racial, multi-ethnic, pluralistic democracy that extends the privilege of American identity to all. This is why the Founders worked to include the Ninth Amendment in the US Constitution (*Amendment IX. The enumeration in the Constitution of certain rights shall not be construed to deny or disparage others retained by the people.*) The Ninth Amendment makes clear that fundamental rights – such as the right to learn – that are not expressly enumerated in the first eight amendments, are protected from governmental infringement.

ALP underscores our common belief that what makes America great is not the fact of our perfection but our act of becoming more perfect. Learning builds bridges not walls. Learning steps away from sanctimony and certitude with a preference for humility, curiosity and empathy. Learning is turning toward each other. And by all that is sacred .... isn’t this a wonderful alternative to turning away or simply turning off.



*\*This thought was inspired by Darren Walker’s opinion in the July 4<sup>th</sup> edition of the NY Times, entitled “America is Worth Saving”.*



## MORE FOOD FOR THOUGHT

If you think it’s weird for grown men to put on wigs, heels, rouge and stockings, I have bad news for you about the founding fathers.

## COURSE LISTINGS BY DAY OF WEEK

### MONDAY

FS-08*	Appreciating Poetic Usages...AM	10:00-12:00	10/17, 10/24, 10/31, 11/7
FS-09*	Appreciating Poetic Usages...PM	1:00-3:00	10/17, 10/24, 10/31, 11/7
FS-13	Amistad	10:00-12:00	11/14, 11/21
FS-14*	Creative Writing	1:00-3:00	11/14, 11/21, 11/28, 12/5, 12/12, 12/19
FS-15	Uncommon Women Composers	10:00-12:00	11/28, 12/5, 12/12
FSS-04	Community Quilter	10:00-12:00	10/10

### TUESDAY

FS-02	America's Founding Fathers	10:00-12:00	9/27, 10/4, 10/11, 10/18, 10/25, 11/1
FS-05	12 Great Sonnets	1:00-3:00	10/11, 10/18, 10/25
FS-06	Housing and the Unhoused	1:00-3:00	11/8, 11/15
FS-12	Neonatology	10:00-12:00	11/8, 11/15, 11/22
FSS-03	Wheeler v. Remington Arms	1:00-3:00	10/4
FSS-09	Foreign Body Ingestion & Egypt	2:00-4:00	11/29

### WEDNESDAY

FS-16	What Were They Thinking	1:00-3:00	12/7, 12/14
FSS-05	The History of Witches	10:00-12:00	10/26
FSS-06*	Composing the Photograph	1:00-3:00	11/2

### THURSDAY

FS-03	Movie Buffs	10:30-12:00	10/6, 11/3, 12/1
FS-07	The World of Stand-Up Comedy	10:00-12:00	10/13, 10/20
FSS-01	Critical Race Theory	1:00-3:00	9/29
FSS-07	Greater Hartford Mobility Study	10:00-12:00	11/10

### FRIDAY

FS-01	Hikes	9:30-12:00	9/23, 10/7, 10/14
FS-04	Paintings and Politics	1:00-3:00	10/7, 10/14
FS-10	Civil War & Reconstruction Era	1:00-3:00	10/21, 10/28, 11/4
FS-11*	Tales, Trials, and Treats	10:00-12:00	11/4, 11/11, 11/18, 11/25, 12/3, 12/9
FSS-02	A Lawyer's Zealous Advocacy	10:00-12:00	9/30
FSS-08	Gardens of the Gilded Age	1:00-3:00	11/11



**ADULT LEARNING PROGRAM INC.**

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

Administrator: Jenny Gaines  
860-785-5609 (Hours by appointment)  
E-mail: [admin@uconnalp.org](mailto:admin@uconnalp.org)  
Managing Editor: Carol Simpson

**What Is ALP?**

ALP is a self-governing, 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. **Visit our website often at <http://alp.uconn.edu>.**

**Meeting Place**

Seabury  
200 Seabury Drive  
Bloomfield, CT 06002

**FALL PREVIEW MEETING**

**Tuesday, September 6, 2022**

**9:30–11:30**

**Seabury Chapel**

**"In Person" Attendance Only**

**Your opportunity to see old friends, greet new members and listen and talk to the Presenters of ALP's fall semester courses.**