



**Fall 2025**



## **Fall Preview Meeting**

**Tuesday, September 9, 2025**

9:30 – 11:30 a.m.

**Seabury's Bishops' Chapel**

200 Wintonbury Ave. Bloomfield, CT

### **A Note from Kim**

The onset of ALP's fall semester – in its 34th year of operation, and its 20th year of partnering with Seabury—continues our quest for insight. In a time when deep thinking is often confused with stubbornness, intelligence is reduced to data processing, and solutions are expected to be instantaneous, ALP offers both thoughtful reflection and intellectual nourishment.

We, who have the privilege of time for learning, can understand how our lives have been influenced by circumstances and unexpected luck. ALP honors that complexity by offering learning experiences that challenge assumptions and invite growth.

Thanks to the dedicated Curriculum Committee, this fall's program brings together 17 courses to clarify preconceptions, and to surprise, provoke and enlighten. Here is a smattering of examples:

- The connection between joy and labor in Gustav Stickley's Arts and Crafts movement
- Nutrient sovereignty through recycling pee
- Narratives from incarcerated people, exploring anger and forgiveness
- Cultural clashes reflected in the works of Margaret Atwood, Moby Dick, the Amistad Incident, and Native American rights.

Learning vitalizes life; it nurtures and fortifies democracy. ALP is your learning portal.

*Kimball Hunt, Co-Chair ALP Executive Committee*

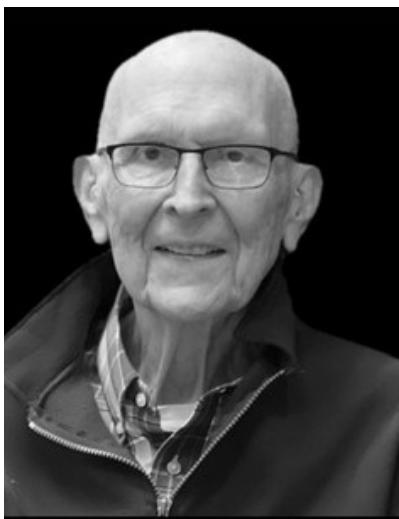
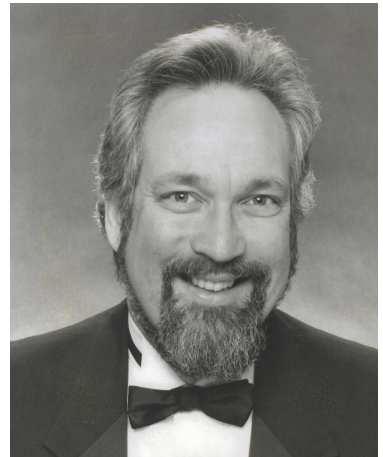


## IN MEMORIAM

**We remember with gratitude and fondness...**

by Agnes Pier

This spring ALP lost two very beloved presenters who, over the years, developed a substantial following for any program they were willing to present. The first who departed to a better place was ALP's much loved **Howard Sprout**. Howard, an accomplished professional baritone with the Connecticut Opera, brought classical music alive for ALP members, and we learned a great deal along the way. Howard began presenting for ALP in Fall 2018 because his mother-in-law, who lived at Seabury, wanted to hear him again. He continued presenting for ALP until the Fall 2024 term, presenting in both the fall and spring terms for seven years, 14 multi-session courses. Through Howard we learned tidbits about the great composers. He would decipher the music so that even the most unmusical of us would learn to love it. It was Howard, who, even in the middle of the pandemic, brought us stimulating and intriguing programs about the music he loved. Because these programs were on Zoom that he had video recorded in advance, ALP members could go back to listen again or get caught up on sessions they missed. We will miss the light and sound he brought to everyone who attended his programs.



Just a few months later we lost another beloved presenter and member. **Richard Woodring** became an ALP member in 2011 after an exemplary, distinguished and honored career as a professor at Drexel University. Richard immediately became involved in ALP administration. He served as Co-Chair of the Board of Directors and as a Curriculum Committee Co-Chair. But what he loved the most was teaching! Richard stood out as a presenter, with classes that often had over 100 ALP members participating. He began presenting for ALP in Spring 2013 and went on to present 27 programs (19 of them 6 session courses) with the last being a single session in Spring 2024. Richard was adept in many subjects from *Greek and Roman Technology* to *America after the Cold War*, but he excelled in bridges. Richard acted as tour guide with three field trips: first to the Slater Mill, then to the Brooklyn Bridge and finally to the Tappan Zee

Bridge. They were classes and trips that will never be forgotten!

## **Fall 2025 Single-Session Classes**

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

### **FSS-01 Geoarchaeology of Southern New England**

David Leslie, Ph.D. Anthropology, UCONN & Registered Professional Archaeologist  
Monday 1:00-3:00, 9/29 -- Seabury-- Chapel

Geoarchaeology of Southern New England

### **FSS-02 My Prison Program: Life Change Discussion Group**

Dick Sederquist, Writer/Author  
Friday 1:00-3:00, 10/3 -- Seabury Heritage Hall

Dick Sederquist developed a volunteer eight-session program called "Life Change Discussion Group" which he conducted for ten years, mentoring over 200 inmates in four different Connecticut prisons. Discussion topics include: what is within or out of our control; Anger, hate, blame, and forgiveness; Strategies for avoiding recidivism; and Support systems after release. In his presentation, he will guide us through the development of his program, its implementation, and personal stories and insights.

### **FSS-03 Post-Traumatic Stress Disorder**

Yanique Grant, LCSW --  
Thursday 10:00-12:00, 10/9 -- Seabury Heritage Hall

1. Define & identify trauma. 2. Define Post-traumatic stress disorder (PTSD) and its symptoms. 3. Learn various tools to treat trauma. 4. Understand common myths and facts about PTSD. 5. Action steps for assisting someone with PTSD.

### **FSS-04 Indian Rights: 7 Different Decisions by U.S. Supreme Court**

Stephen Pevar, Lecturer Yale Law School  
Thursday 10:00-12:00, 10/23 -- Seabury Chapel

This engaging and interactive presentation explores U.S. Supreme Court cases from the past 200 years that have shaped the legal rights of Native Americans and Tribal Nations. Professor Pevar will show new and different sets of court rulings into how Supreme Court decisions have defined tribal sovereignty, land rights, and the relationship between tribes and the U.S. government. For each case: the background and facts will be presented, the audience then predicts how and why the court ruled and then the actual decision will be revealed, explaining its legal impact.

### **FSS-05 Global Heating & Health: The Voice of a Generation**

Dr. Kirsten Ek, Asst Professor of Medicine, UConn Health Center --  
Monday 1:00-3:00, 10/27 -- Seabury Chapel

Climate disruption is expected to have an adverse impact on health. We will review a few points on basic climate science and discuss some of the public health consequences of not meeting international emissions and temperature targets. We will consider health effects specific to individual patients, giving special attention to adaptation strategies to protect the most vulnerable, and we will discuss health co-benefits of climate-friendly choices. We will review the evidence around communication techniques this important audience can use to engage with the public around this topic, in order to effectively advocate for health and sustainability.

## Fall 2025 Single-Session Classes

### **FSS-06 Responding To Dementia-Related Behaviors**

Carolyn DeRocco, VP of Programs and Education

Tuesday 1:00-3:00, 10/28 -- Seabury Chapel

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, as well as non-medical approaches to behaviors and recognizing when additional help is needed. This presentation will include heartwarming stories by John Scully (visitedmomtoday@gmail.com) as he shares from his book *Visited Mom Today: Conversations through the lens of Alzheimer's and Dementia*.

### **FSS-07 Bats: The Misunderstood Pollinator**

Zellene Sandler, Master Wildlife Conservationist

Wednesday 1:00-3:00, 11/12 -- Seabury Chapel

Bats have a bad image. They will not suck your blood or fly into your hair. Without bats, we would have no chocolate or tequila. Without bats, the Civil War may not have been won by the North. Learn about these fascinating creatures and the good work they do.

### **FSS-08 Stickley's Craftsman Farms: A Fresh Look at the Arts and Crafts**

Jonathan Clancy, Director of Collections & Preservation, The Stickley Museum at Craftsman Farms

Friday 10:00-12:00, 11/14 -- Seabury Heritage Hall

More than a century after it was built, Craftsman Farms – the 650-acre property that Gustav Stickley developed between 1908 and 1917—continues to teach us new things about Stickley, the Arts and Crafts movement, and the relationship between joy and labor that the movement sought to correct. In this session, Director of Collections, Jonathan Clancy, provides a fresh look at the Arts and Crafts movement by sharing discoveries they have made at the Stickley Museum, objects the museum has acquired, and the continued relevance of the movement in our lives today.

### **FSS-09 Pee the Change**

Julia Caviccho, Education Director, Rich Earth Institute --

Thursday 1:00-3:00, 11/20 -- Seabury Heritage Hall

Join the Rich Earth Institute for a webinar on peecycling—transforming human urine into a sustainable fertilizer for farms and gardens. By reclaiming urine, we can reduce nutrient pollution in the Connecticut River watershed, prevent harmful algal blooms, and promote healthy soils. Learn about the Institute's pioneering work in Vermont, explore opportunities to start local programs, and get step-by-step guidance for using urine in your garden. Free peecycling kits are available for participants. Together, we can "pee the change"!

## Fall 2025 Single-Session Classes

### **FSS-10 The Wonders of Artificial Intelligence**

Bert Sirkin, Technology evangelist, educator & photographer --

Friday 10:00-12:00, 11/21 -- Seabury Chapel

Discover the fascinating world of artificial intelligence (AI) in this engaging class designed for older adults. Learn about AI's history, its benefits in daily life, and how easy it is to use chatbots for useful and fun tasks. You will learn about free and simple AI tools you can start using immediately to make your life easier and more enjoyable. We will explore how AI is revolutionizing healthcare, speeding up drug development, and improving lives. By the end, you'll feel empowered to use AI as a helpful tool. No tech expertise needed--just curiosity!



### **Editor's Note**

Do you remember when you were asked to complete a feedback form at the close of each ALP class you took? We haven't been doing that for a while, but in this issue you will find testimonials from ALP members who enjoyed a class they took last spring. We hope they'll inspire you. If you take a class that is especially good, please feel free to write your own testimonial and share it with me or Jenny Gaines, ALP Administrator. Our contact information is on the last page of each ALP Horn issue.

### **Testimonials:**

- SS-12 Personalities of the Protestant and Catholic Reformations, expertly presented by Borden Painter, was an in-depth review of the events and personalities which were key to the developments of the Reformation period, the influences of which led up to today's Western religions. I look forward to Borden's next presentation. (*Errol Matzke*)
- As a distinguished Professor Emerita from the University of Colorado, Joan Ray gave us a highly entertaining and informative picture of the life and times of Jane Austen. She followed this with an in-depth analysis of *Pride and Prejudice*, providing us with many insights about the characters and the writing style of the author. (*Peggy Creese*)
- Linda and I thoroughly enjoyed the "Paintings and Poetry" ALP course. It was wonderfully presented and gave us a new perspective on the interaction of different areas of the Arts. The course was both entertaining and informative, and we look forward to future extensions of this course. (*Ian Rickard*)

## Fall 2025 Multi-Session Classes

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

### **FS-01 Movie Buffs**

James Hanley, Retired Co-Director of Cinestudio --  
Wednesdays 10:30-12:00, 10/1, 11/5, 12/3 -- 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.

### **FS-02 Margaret Atwood: The Early Years (poetry, short stories, first novels)**

Jane Barstow, PhD. Professor Emerita, University of Hartford --  
Mondays 10:30-12:00, 10/6, 10/13, 10/20 -- Seabury Heritage Hall

This three-week course will look at both the overall arc of Atwood's long career and the early fiction, poetry, and essays that launched it. We will focus on the short story collection *Dancing Girls* (1974), the novel *Surfacing* (1972), and *Selected Poems: 1965-1975*.

### **FS-03 The Rise and Fall of Adolf Hitler**

Borden Painter, Professor Emeritus, Trinity College --  
Tuesdays 1:00-3:00, 10/7, 10/14, 10/21 -- Seabury Heritage Hall

"The rise of Adolf Hitler from obscurity to leader of the Nazi Party that took power in 1933. His Thousand Year Reich lasted just twelve years as Germany went from conquest to defeat."

### **FS-04 The Truth about the White Whale or What Herman Melville Really Said**

Jane Newpeck, ALP Member and Educator --  
Wednesdays 1:00-3:00, 10/8, 10/15, 10/22, 10/29 -- Seabury Heritage Hall

Herman Melville was an omnivorous reader, a man of insatiable curiosity, and an adventurous soul. He poured all of that into his novel *Moby Dick*. I hope just a taste of life on the high seas, sailing with Ishmael and his memorable shipmates, to "see the watery part of the world" will inspire you to read the whole novel. You do NOT need to have read the entire novel already. We will read and explore snippets together.

### **FS-05 Hikes**

Kevin Gough & Paula Jones, Traprock Ridge Land Conservancy --  
Fridays 9:30-12:00, 10/10, 10/24, 11/7 -- 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. Carpooling will often be suggested. 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.

## **Fall 2025 Multi-Session Classes**

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

### **FS-06\* Creative Writing**

Kim Hunt, Ret. Attorney, Author & Poet

Mondays 1:00-3:00, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8 -- 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-07 Movies with Don**

Don Werner, Retired Educator

Tuesdays 1:00-4:00, 11/4, 11/11, 11/18, 11/25 -- Seabury Chapel

- Safety Last! - 1923 · Comedy/Thriller · 1h 13m
- A Night at the Opera- 1935 Comedy/Musical 1h 31m
- Monty Python and the Holy Grail- PG 1975 Comedy/Adventure 1h 29m
- The Odd Couple- G 1968 Comedy/Drama 1h 45m

### **FS-08 The Amistad Incident and its Reverberations**

Davida Crabtree, Rev. Dr.

Thursdays 10:00-12:00, 11/6, 11/13 -- Zoom Teleconference

We will tell the story of The Amistad Incident, with an emphasis on less 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.

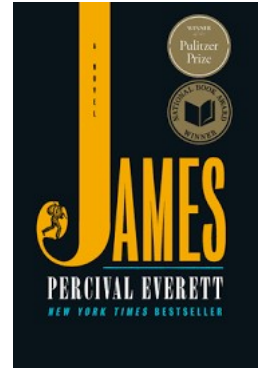
## BOOK REVIEWS

### **JAMES by Percival Everett**

Published 2024, Reviewed by Bob Hewey

Winner of the Pulitzer Prize and National Book Award

Percival Everett, a distinguished professor of English at the University of Southern California, describes himself as “pathologically ironic”, and Time magazine describes him as “challenging the literary canon”. In JAMES, Everett retells the classic Twain story of Huckleberry Finn from the perspective of the slave, Jim. The author follows Twain’s narrative as Jim and Huck flee the law – Jim as a runaway slave and Huck to avoid his brutal father – but with new twists. Readers will recognize key elements of the original story, but Everett adds characters and events to show Jim’s point of view.



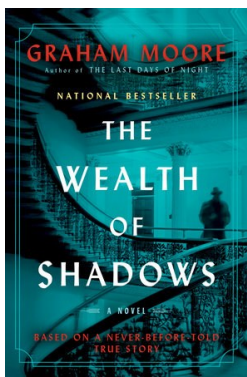
The slave Jim is revealed as a compassionate and intelligent person constructing plans for both his family and Huck, and commenting on the morality of the institution of slavery and the culture of the South. Yet throughout their trip down the Big River, Jim must maintain his role as a subservient, ignorant creature to conceal his identity from the white folk who wield the power of life and death.

This is a thought-provoking look at the hidden lives of enslaved people, and the way they were demeaned, even by the most benevolent masters. I enjoyed the fast-paced, often humorous narrative, and found the ending both shocking and satisfying.

### **The Wealth of Shadows by Graham Moore**

Published 2024, Reviewed by Bob Ziegenhagen

The Wealth of Shadows is a historical fiction account (mostly accurate) of how dedicated U.S. Treasury officials conducted economic warfare against Nazi Germany and then proceeded to re-shape the world’s economic system at the end of the war. It is a dramatic page-turner for sure, but it is also a fascinating exploration of the nature of money and the overwhelming power of financial markets to shape world events. This book both entertains and teaches.



In August 1939, Ansel Luxford, a small town tax attorney is horrified about the Nazi threat so, he approaches the U.S. Treasury Department with a plan to fight Hitler financially. Although America is supposedly neutral before Pearl Harbor, Luxford is hired to lead a secretive group of Treasury Officials to deprive Germany of foreign currency and block their attempts to import war materials. The book dramatizes the domestic and international political battles needed to do this.

As the war comes to completion, Luxford’s group wields the enormous financial power of the United States to make the Dollar the world’s reserve currency and to underpin the global economy with the World Bank and the International Monetary Fund. In telling their story, the author transforms Luxford’s cabal of bureaucrats and economists into real-world heroes. Who would have thought?



## ALP MEMBERSHIP REGISTRATION FORM -- Fall 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

\_\_\_\_\_ \$65 One-Semester Membership

\_\_\_\_\_ \$180 Institutional Member

\_\_\_\_\_ 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, and 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 class for us, or put us in touch with a possible presenter.

## ALP REGISTRATION -- Fall 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](http://www.alp.uconn.edu).

### Multi-Sessions

- \_\_\_\_ FS-01 Movie Buffs
- \_\_\_\_ FS-02 Margaret Atwood
- \_\_\_\_ FS-03 The Rise and Fall of Adolf Hitler
- \_\_\_\_ FS-04 Moby Dick a Novel
- \_\_\_\_ FS-05 Hikes
- \_\_\_\_ FS-06\* Creative Writing
- \_\_\_\_ FS-07 Movies with Don
- \_\_\_\_ FS-08 The Amistad

### Single-Sessions

- \_\_\_\_ FSS-01 GeoArchaeology of Southern New England
- \_\_\_\_ FSS-02 Life Change Discussion Group
- \_\_\_\_ FSS-03 Post-Traumatic Stress Disorder
- \_\_\_\_ FSS-04 Indian Law History
- \_\_\_\_ FSS-05 Global Heating & Health
- \_\_\_\_ FSS-06 Dementia-Related Behaviors
- \_\_\_\_ FSS-07 Bats: Misunderstood Pollinators
- \_\_\_\_ FSS-08 Gustav Stickley's Craftsman Farms
- \_\_\_\_ FSS-09 Pee the Change
- \_\_\_\_ FSS-10 The Wonders of AI

## Course Listings by the Day of the Week

### Fall 2025

#### MONDAY

FS-02	Margaret Atwood	10:30-12:00	10/6, 10/13, 10/20
FS-06*	Creative Writing	1:00-3:00	11/3, 11/10, 11/17, 11/24, 12/1 12/8
FSS-01	GeoArchaeology of Southern New Eng.	1:00-3:00	9/29
FSS-05	Global Heating & Health	1:00-3:00	10/27

#### TUESDAY

FS-03	The Rise and Fall of Adolf Hitler	1:00-3:00	10/7, 10/14, 10/21
FS-07	Movies with Don	1:00-4:00	11/4, 11/11, 11/18, 11/25
FSS-06	Dementia-Related Behaviors	1:00-3:00	10/28

#### WEDNESDAY

FS-01	Movie Buffs	10:30-12:00	10/1, 11/5, 12/3
FS-04	Moby Dick a Novel	1:00-3:00	10/8, 10/15, 10/22, 10/29
FSS-07	Bats: The Misunderstood Pollinator	1:00-3:00	11/12

#### THURSDAY

FS-08	The Amistad	10:00-12:00	11/6, 11/13
FSS-03	Post-Traumatic Stress Disorder	10:00-12:00	10/9
FSS-04	Indian Law History	10:00-12:00	10/23
FSS-09	Pee the Change	1:00-3:00	11/20

#### FRIDAY

FS-05	Hikes	9:30-12:00	10/10, 10/24, 11/7
FSS-02	Life Change Discussion Group	1:00-3:00	10/3
FSS-08	Gustav Stickley's Craftsman Farms	10:00-12:00	11/14
FSS-10	The Wonders of AI	10:00-12:00	11/21

**ADULT LEARNING PROGRAM INC.**

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

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860-785-5609 (Hours by appointment)  
E-mail: [admin@uconnalp.org](mailto:admin@uconnalp.org)

ALP Managing Editor: Carol Simpson  
[CarolCadwalladerSimpson@gmail.com](mailto: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, September 9, 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 fall 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!