



Newsletter of the UCONN ADULT LEARNING PROGRAM

ANNUAL MEETING AND LUNCHEON !

Tuesday, June 7th, 10AM-1:30PM, Seabury Chapel and Main Dining Room

For the first time in three years, ALP members will be able to attend ALP's Annual Meeting in person and partake of a tasty luncheon provided by the Seabury staff. For those of you who are not Seabury residents, the following protocol must be followed to attend the meeting and/or the luncheon (*see page 2 for information on how to make your luncheon reservation*).



- **Parking will be directed by Seabury staff at the entrance to the Seabury grounds.**
- **The pedestrian entrance will be through the front main foyer; identification and body temperature will be verified.**
- **All attendees must wear their Covid masks until sitting down for the luncheon.**

If you are unable to attend in-person, you can still attend the meeting and hear our guest speaker by using the Zoom platform. E-mail invitations with the Zoom Link will be sent to the entire membership. Among the business matters to be discussed and voted on during the meeting will be the new 2022-2023 budget and the election of new members joining our Board of Directors.



SUSAN CAMPBELL TO BE GUEST SPEAKER. Susan is a Pulitzer Prize-winning journalist, widely-read newspaper columnist, and author of three books. Anyone who follows her knows that she is funny, intelligent and irreverent, serious about the world's issues, but doesn't take herself too seriously. She has worked across the media landscape as an award-winning print journalist, a regular commentator on WNPR, and a guest on CBS' "Sunday Morning," the BBC, WTNH-TV, and the local news show

"Face the State." She was also part of the Connecticut Health Investigative Team, an award-winning health and safety website.

Her work at *The Hartford Courant*, where she was a staff writer and columnist for 25 years, was recognized by the National Women's Political Caucus, the New England Associated Press News Executives, the National Society of Newspaper Columnists, and the Society for Professional Journalism among numerous other organizations. She has also written for *Connecticut Magazine*, *Salon.com*, the *Ms. Foundation* blog, and *Patheos.com*. She currently writes a weekly column for Hearst newspapers in Connecticut.

ANNUAL MEETING AGENDA

Tuesday, June 7, 2022

Attendance may be in-person or via Zoom

10:00 Registration for Luncheon

(see *LUNCHEON notes below*)

10:30 Keynote Speaker – Seabury Chapel or Zoom

11:30 Business Meeting – Seabury Chapel or Zoom

12:15 Luncheon – Main Dining Room

LUNCHEON

Our luncheon will begin at 12:15 pm in Seabury's Main Dining Room. To help defray the cost of the luncheon, there will be an \$11 per person fee that **must be pre-paid by May 31**. Please pick up your verification-of-payment sticker at one of the tables outside the Chapel before the meeting begins at 10AM. If you are attending only the luncheon, you can obtain your verification-of-payment sticker outside the main dining room starting at 12 noon.

To make your reservation, please **go to the ALP Website (alp.uconn.edu), select "Special Events" from the drop down menu under Registration, click on "Annual Meeting Luncheon" and follow the instructions to submit your payment.** You may also make a reservation by completing this form and sending it with your check (payable to ALP) to the ALP office: Adult Learning Program, Hartford County Extension Center Exchange Building – Suite 262, 270 Farmington Ave., Farmington, CT 06032 (Attn: Jenny Gaines). **Using either method, your reservation and payment must be received before Tuesday, May 31.**

PLEASE PRINT

Name(s) _____

Phone Number _____

Please check here if driving to event _____

LUNCHEON MENU

Select your choice of first course and entree

First Course:

_____ Local Asparagus, Radish, Fresh Peas, Crumbled Goat Cheese, and Toasted Pistachios with Lemon Thyme Vinaigrette

OR

_____ Spring Pea Soup with Lemon Crema

Entrée:

_____ Seared Salmon with a Pineapple Salsa

OR

_____ Grilled Chicken Paillard topped with Arugula and Tomato Salad

DEVOTED DONORS

Although ALP is a non-profit organization run by volunteers who selflessly contribute their time and energy to the success of our program, we also rely on the "generosity of others" to keep us afloat with financial contributions that help pay for our operating expenses. The following is a list of those "others" to whom we are very grateful. During the spring semester, they contributed a total of \$2,327.50 and we thank them.

Dori Albert
Paul Bayliss
Ingrid Boelhouwer
Anne Brock
Joan Brundage
John Buckey
Ruth Budlong
Liz Burke
Courtney Carey
Caroline & Ian Clark
Martha Colton
John Condon
Donna Cote
Davida Crabtree
Helen Cross
Shirley Dudley
Polly & Bob Ellis
Julie Fewster
Sally Foster
Austra Gaige
Harriet & Phil Gardner
Dierdre & Terrence Gilbert
Sylvia Gengras-Baker
Toni Gold
Barbara Goodwin
Jack Gregory
Thomas Gworek
Rosemarie Hargrave
Leo Harrington
Jane Harris

Florence Havens
Beth & Carl Horlitz
Katherine III
Christine Johnson
Nancy & Ted Johnson
Janet Jones
Hedy Korst
Ursula Korzenik
Nancy Kramer
Ruth Leggett



Stephanie Levine
Billie Levy
Paula Lucafo
David Lund
Mary & Jack Martin
Judith Martindale
Carol & Errol Matzke
Kate & Hugh McLean
Paula Meachen
Gloria Meltz
John Merrill
Peggy Miller
Marian Moore
Joan Morach

Shirley Morrison
Doris Nussbaum
Nancy Pappas
Wendy Peterson
Brenda Pfeiffer
Margaret Quigley
Cynthia & Ralph Redman
Bernice Robertson
Zellene Sandler
Anthony Santonicola
Phyllis Satter
Edward Savage
Anne Schenck
Sharon & Lynn Scull
Sandra Slipp
Karen Sprout
Judith Stearns
Betsey Stevens
Eleanor Sulston
Barbara Taylor
Joanne Taylor
Ellie Tener
Mary Ann Watson
Richard Wenner
Ann Winship
Sue Zeiner
Richard Zimmerman
Patricia Zwerling

NEW MEMBERS

We also rely on new members to keep the ALP Program alive and well. Despite the everyday restrictions and inconveniences caused by the Covid virus, the following individuals managed to find their way to ALP this last semester. We welcome them with open arms and hope they will continue to enjoy their ALP experience.

David Blume Stanley Kemmerer Carol Lennig
Nancy Pappas Ian Rickard Linda Rickard

STATE OF THE ALP

A Glance at the Past and A Promise for the Future

by Kim Hunt and Tom Gworek
Curriculum Committee Co-Chairs



Tom Gworek

Thanks to our mates on the Curriculum Committee who scoured the bushes to find courses, we had a great session this spring. Things became more interesting as

we slowly returned to in-person sessions while continuing Zoom presentations. We had a few "flat tires," but overall, things went very well.

Our programs included something for those interested in art history, music, theatre and science. We would have had dancing clowns if we could find them! Through these efforts, 200 people have increased their knowledge, satisfied some of their curiosities and have been able to carry on conversations about more subjects at cocktail parties.

We assure that the fall semester is a spectrum of luminously mind expanding stimulants, offered in a mixed blend of hybrid, in-person and Zoom presentations.

Secured commitments range from Professor Richard Woodring's

assessments of trash disposal to Dr. George Wu's clinical address of "foreign body ingestion." Jana Milbocker's "Gardens of Cornwall and Devon" offers contrast with Tom Gworek's synergized accounting of Abstract Art's emergence from Realism.

The fall semester hosts an eclectic spectrum which encompasses Ed-Jonetta Miller's "Unique Quilts"; Halloween and the History of Witches; Judge Moukawsher's decision to disbar a lawyer for persistent fraudulent assertions of fact; Bob Ellis's continued history narrating "The World of Stand-Up Comedy"; "The Practice of Neonatology"; and Professor Jared Day's introduction to the educative benefits of "Critical Race Theory."

The fall semester will continue providing its core courses involving "Hikes," "Movie Buffs," and "Creative Writing."

The foregoing is a "teaser" rather than an exhaustive listing. ALP continues as a bulwark against the assailing effects of torpor, ennui, and despond.



Kim Hunt

Thank You, Marilyn Stockton

by Carol Simpson

My first impression of Marilyn Stockton was her energy! Marilyn is currently the Duncaster Representative on the ALP Board of Directors and is finishing her term this year. She has been a member of ALP for over twenty years, having heard about it from her friends in the League of Women Voters after she moved to Connecticut. She served on the ALP Curriculum Committee for over ten years, has been a presenter of several programs including a History of Governor Ella Grasso and The Connecticut Women's Hall of Fame and most recently served five years on the ALP Board. Marilyn loves the variety of courses she finds in ALP, highlighting the *"fabulous courses on the Industrial Revolution, taught by Richard Woodring and Memoir Writing with Leta Marks"*. She comments that she has "met many old friends" in her ALP courses.



Marilyn was born in Cincinnati, Ohio, *"during the Depression,"* graduated from the University of Cincinnati where she met her late husband, Ed Stockton. When Ed took a position at United Technologies they moved to Connecticut and became long-term residents of Bloomfield. They are the parents of two children, two grandchildren, and three great-grandchildren. Marilyn taught pre-school in West Hartford for twenty years *"and loved every minute of it."* Later, she and her husband had a business called ECONNomics, working with international companies planning to locate in our state. She and Ed moved from their home to the Duncaster Retirement Community five years ago. Two and a half years ago, during the height of the Covid epidemic, Ed passed away after 67 years of their happy marriage.

Marilyn is active in the Duncaster Residents' Association, including participation in drumming and line-dancing classes. She has made many new friends there. She is in good health both mentally and physically, and will be travelling to see family members this spring in Washington, D.C. Although she is stepping back from the ALP Board, she quickly assured me that *"I'm retiring from the BOARD, but not from ALP."* She still expects to be learning and growing with the rest of us until she is *"VERY old."*

Guilt by Association



It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me.

"Is that a dog you got back there?" he asked.

"It sure is!" I replied.

Puzzled, the boy looked at me and then towards the back of the van. Finally he said, *"What'd he do?"*

WE COULD HAVE TOLD THEM...

by Carol Simpson



Have you ever seen a happiness survey? Over the past decade, social science researchers have been studying happiness because, *although we know it when we feel it, what IS happiness?*

I recently stumbled across a column by Arthur C. Brooks* called How to Build a Life. Mr. Brooks is a Happiness Expert, and I read with interest a section in his column called "Where Age Equals Happiness." I'll highlight his conclusions.

When they were young, the happy-well senior citizens tended to have accumulated certain resources and habits in their Happiness 401(k)s. Some of these are difficult for each of us to control: having a happy childhood, descending from long-lived ancestors, and avoiding clinical depression. But some are, to varying degrees, under our control and these can teach us a great deal about how to plan for late-life happy-wellness.

1. *Don't smoke—or if you already smoke, quit now.*
2. *Watch your drinking.*
3. *Maintain a healthy body weight.*
4. *Prioritize movement in your life by scheduling time for it every day.*

5. *Practice your coping mechanisms now... avoid excessive rumination (worry), unhealthy emotional reactions, or avoidance behavior.*
6. **KEEP LEARNING.** *More education leads to a more active mind in old age, and that means a longer, happier life. That doesn't mean that you need to go to Harvard; you simply need to engage in lifelong, purposive learning. For example, that can mean reading serious nonfiction as part of a routine to learn more about new subjects.*
7. *Do the work to cultivate stable, long-term relationships now.*

It seems that the Adult Learning Program is the perfect way to prioritize Happiness Habit number six. And since you are reading this in the ALP Horn, you must agree! "WE COULD HAVE TOLD THEM," right?

* Arthur C. Brooks is a contributing writer at *The Atlantic*, the William Henry Bloomberg Professor of the Practice of Public Leadership at the Harvard Kennedy School, and a professor of management practice at the Harvard Business School. He's host of the podcast series *How to Build a Happy Life* and the author of *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life*.



A Tribute to Bob Ellis

by Carol Matzke

Most of you know that Bob Ellis has been an active and integral member of ALP for a long time. Soon after he joined ALP in 2011, Bob was elected to the Board of Directors where he has continued to serve in various capacities including two years as Communications Committee Co-Chair, three years as Webmaster and five years as the Editor of the ALP-HORN.

He also served as the Presenter of the Connecticut Forum program for 3 semesters and, although recently "retiring" as the Horn's Editor, he continues to serve as its Design Editor, supporting our new Managing Editor, Carol Simpson.

You may not know, however, that among his personal list of lifetime achievements, Bob is especially proud of winning 3rd place in a World War II paper drive contest or that he played for and managed a U.S. Army baseball team that won the 5th Army championship in 1959. He has also given 10 gallons of blood to the Red Cross and has written a "How To" manual for the Taiwan Air Force on the subject of maintaining a Pratt & Whitney aircraft engine (*which, according to Bob, explains why Taiwan has never been a military threat to anyone*).

Born and raised in Omaha, Bob studied journalism at the University of Missouri and put his knowledge to good use editing and producing the ALP-HORN in a very professional manner. Bob is well known for his comedic nature as evidenced by the space-filling items he included in the ALP-HORN, such as his "*Meandering Musings of a Mutant Mind*" column, jokes, cartoons, tidbits of little-known facts and his own thoughts on irrelevant topics like "*August Needs a Holiday*."



Even more illustrative of Bob's devotion to humor and to the ALP program are the ALP courses he has developed and presented: The Good Old Days of the 40's and 50's, The True Meaning of Nursery Rhymes, and The History of Comedy. He is currently working on a supplement to the comedy program called the World of Stand-Up Comics to be presented in the fall.

Bob lives in Windsor with his wife, Polly who also has been an active ALP member and serves as Bob's conscience in a sometimes futile effort to keep his sense of humor under control.



FANTASY MEETS REALITY

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs.

One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "*The tooth fairy will never believe this!*"



ADULT LEARNING PROGRAM INC.

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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

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Tuesday, June 7, 2022

10:00AM – 1:30PM

Seabury Chapel and Main Dining Room

**An opportunity to socialize with old friends, make new friends
and enjoy lunch together for the first time in 3 years.**

GUEST SPEAKER SUSAN CAMPBELL

Distinguished Author, Journalist, Media Expert and Lecturer