



# ALP-HORN

Spring  
2018

## ***Newsletter of the ADULT LEARNING PROGRAM***

### **PREVIEW MEETING AGENDA**

Based on your positive response to our experimental Fall Preview Meeting format, we will continue with the same format for the Spring Meeting. **At 9:30AM**, the Presenters of our scheduled courses will be available in the Dining Hall to share information and answer questions while we socialize and imbibe in the pastries and coffee offered by the Seabury staff.

The Presenters will wear distinctive name tags with their course title and you can seek out any Presenter of interest or simply stay put and wait until the Presenter comes to you!

**At 10:30AM**, we will all adjourn to Heritage Hall for a short business meeting and to hear our guest speaker. **The meeting will conclude at noon.**

### **PARKING**

For this meeting, please park in the rear of the parking lot of the Chinese Baptist Church (previously the Beth Hillel Synagogue) adjacent to Seabury. Shuttle service to and from Seabury's Main Entrance will be available beginning at 9:00AM.

## **SPRING PREVIEW MEETING**

THURSDAY, JANUARY 18, 2018

9:30AM – Noon

HERITAGE HALL, SEABURY

### **GUEST SPEAKER**

**Min Jung Kim**

**Director, New Britain Museum of American Art**

In the fall of 2014, we were entertained and enlightened with an outstanding presentation by the Director of the New Britain Museum of American Art, Dr. Douglas Hyland, who has since retired. We now have the opportunity to hear an equally interesting presentation by his replacement, Min Jung Kim, as she talks about the museum's current displays and its ongoing growth.



Ms. Kim joined the museum in November 2015 as the institution's 6<sup>th</sup> Director, bringing more than 20 years of experience in the art museum field. She is the former Deputy Director for External Relations of the Eli and Edyth Broad Art Museum at Michigan State University, providing strategic planning and management, and establishing the operational infrastructure of the new museum.

Previously, Ms. Kim worked at the Solomon R. Guggenheim Foundation, New York, for more than 12 years, with a focus on a variety of international alliances and collaborative initiatives. Between her time at Guggenheim and the Broad MSU, Ms. Kim served as Managing Director of Exhibitions and Programming at the Global Cultural Asset Management Group in New York, where she was involved in developing new museums, collections, and operating programs primarily in Asia, Europe, and the Middle East.

Ms. Kim has an M.A. in Art History from the Courtauld Institute of Art, University of London and a B.A. in Art History from Wheaton College in Norton MA.

## KUDOS TO CONTRIBUTORS



In each issue of The Horn, we display kudos submitted by ALP members about their favorite ALP courses. Kudos should also be extended to members who submit financial donations that help us sustain the ALP program. Here's a list of those members who last semester believed strongly enough about ALP to put their money where their minds are.

On behalf of the Board of Directors and all members who reap the benefits of ALP, THANK YOU!!

Ingrid Boelhouwer  
Arlene Buckey  
Harold and Joyce Buckingham  
Miriam Butterworth  
Eleanor Caplan  
Elizabeth Carabillo  
Frances Carpenter  
John Condron  
John Delaney  
Shirley Delong  
Ruth Dorfman  
Edith Fein  
Joy Floyd  
Sally Foster  
Jane Harris

Florence Havens  
June Johnson  
Nancy and Theodore Johnson  
Eileen Katz  
Miriam Katz  
Elizabeth Kellerman  
Marion Kelliher  
Nancy Kline  
Ursula Korzenik  
Trudy Lovell  
Rachel Markowitz  
Anne Mayo  
Jean McClintock  
Joyce Merkin  
Birch Milliken

John and Marian Moore  
Don Noel  
Doris Nussbaum  
Valerie Orifice  
Zellene Sandler  
Orlene Spinney  
Eleanor Sulston  
Ralph and Bernita Sundquist  
Barbara Taylor  
Joanne and Ken Taylor  
Mary Ann Watson  
John Wilder  
Ann Winship  
Charles Woolsey  
Richard Zimmerman

## Welcome to New Members The Lifeblood of Our Academic Community

Don Albert  
Nancy Bancroft  
Austin Carey  
Courtney Carey  
Sue Carpenter  
John Delaney  
John and Betty Donner  
Mary Doolittle  
Alycia Evica  
Louise Fisher

Carolyn and John Flint  
Harriet and Paul Gardner  
Helen Hebert  
Penny and William Hedden  
Linda Isham  
Joyce Merkin  
John Merrill  
Jane Newpeck  
Marge Nye  
Valerie Orifice

Catherine Posteraro  
Lois Roberts  
Carol and Baker Salsbury  
Maryann Steele  
Margo and Robert Titus  
Sally and Tom Tresselt  
Dougie and Tom Trumble  
Jane Wright

### MEANDERING MUSINGS OF A MUTANT MIND (Chapter 2)

- Light travels faster than sound. This is why some people appear bright until you hear them speak.
- There are 2 theories to arguing with a woman and neither one works.
- He who laughs last, thinks slowest.
- God gave you toes as a device for finding furniture in the dark.
- Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.





## GETTING THE WORD OUT

by Shirley Morrison and Tobie Katz  
Communication Committee Co-Chairs

It's been a productive year for our Communication Committee, a group of volunteers dedicated to the recruitment of new members through the publicity and promotion of the ALP program. Besides distributing informational packets to public venues in all the Greater Hartford towns, we continue to generate interest in ALP at health fairs conducted by local senior centers. Apparently we've convinced some centers that ongoing education is a contributor to mental health, so they provide us with the space and tables needed to offer handouts to and answer questions from health fair attendees. We have purchased a lovely ALP engraved table cover to attract visitors and have purchased pens engraved with "Adult Learning Program (ALP)" as token handouts for people to remember us.

This last fall, we manned tables at both the Bloomfield and Windsor Health Fairs which were quite successful. The pamphlets and information we gave to those who stopped by added to our message and we were encouraged by the responses of those visitors hearing of our program for the first time. Several expressed genuine enthusiasm and indicated they intended to attend the Fall Preview meeting to learn more and hopefully take classes. Although no records are kept to identify how new members learn about ALP, we believe our efforts helped ALP establish its new record of 273 members for the fall semester.

We are a small group of volunteers, and invite others to join with us in expanding our efforts to spread the ALP word to the greater Hartford community.

### SIGN OF THE TIMES?

Mars One, a Dutch Company devoted to promoting commercial space travel, asked for volunteers to participate in a plan to fly four people on a one-way ticket to Mars in 2023 for the filming of a reality TV program.

Over 78,000 applicants from more than 120 countries responded.

### ALP GUEST COUPON

If you are undecided about becoming a member of the Adult Learning Program, you can use this coupon to attend one session of any class scheduled for our spring 2018 semester free of charge - as our guest.

Your name: \_\_\_\_\_

Home addr: \_\_\_\_\_

(please print)

### BODY TALK

- My goal for 2017 was to lose 10 pounds. I only have 15 to go.
- I don't mean to brag but I finished my 14-day diet food in 3 hours and 20 minutes.
- A recent study has found that women who carry a little extra weight live longer than men who mention it.
- If God had meant us to touch our toes, he would've put them on our knees.



## **SPRING 2018 MULTI-SESSION SEMINARS**

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

### **SS-01 Choral Music of Johannes Brahms: Sampler**

Howard Sprout, Baritone Soloist -- Mondays 10:00-12:00, 1/29, 2/5, 2/12, 2/19, 2/26 -- Seabury Heritage Hall

This course features several of the choral works of Brahms, including some of his earliest published works, the "Liebeslieder Walzer" (Opus 52) and, of course, the great oratorio "Ein deutsches Requiem". We will seek to answer such questions as: Who was Brahms really? What music influenced Brahms' composing style? What is a hemiola, anyway? There will be lots of listening, and word-for-word English translations will help us explore Brahms' mastery of setting text to music.

### **SS-02 Great Structures of the World II**

Richard Woodring, Professor of Civil Engineering, Emeritus, Drexel University -- Thursdays 10:00-12:00, 2/1, 2/8, 2/15, 2/22, 3/1, 3/15, 3/22 -- Seabury Heritage Hall

This course is a marvelous learning experience that takes you around the world and reveals the stories behind the most famous bridges, churches, skyscrapers, towers, and other structures from thousands of years of history. This course is a continuation of the Fall 2017 course.

### **SS-03\* Together to Music**

Debbie & Dan Feingold -- Thursdays 2:30-4:00, 2/1, 2/8, 2/15, 2/22 -- Seabury Community Activity Studio **Size Limit: 25**

This is International Folk Dance for seniors, but WAIT! Please do NOT think "dance". No partners, no competition, no stress. Think of a fun game of follow-the-leader in simple, repeating patterns to appealing music from many cultures. Studies show that regular folk dancing improves both short and long-term memory. It also improves balance and strengthens legs and ankles. But the pleasure comes from the music and feeling in sync with the group, enjoying movement that is a bit challenging but ultimately comfortable and fun. Shoes with soles neither slippery nor sticky recommended; no high heels!

### **SS-04\* The Play's the Thing**

Nancy Kramer -- Mondays 1:00-3:30, 2/5, 2/12, 2/19, 2/26 -- Seabury Garden View Room **Size Limit: 15**

We will be reading two plays. No acting skills are required. The presenter will give some information about the author, and then together we will read the play and discuss it.

### **SS-05 Health Across the World & Travelogue**

George & Kathy Wu, Professors of Medicine -- Fridays 2:00-4:00, 2/16, 3/2, 4/6, 5/4, 6/1 -- Seabury Heritage Hall

Dr Wu's series of five lectures will shine a spotlight on the clandestine and little understood ongoing lethal warfare we are routinely beset by but recognize only through the haze of perplexing medical labels like "hemochromatosis" (liver disease). The Doctors Wu (husband and wife research team) have spent their careers tracking and exposing the wiles of these pathogens. The depth of their clinical research has been substantiated through international travels, enhancing deeper perspective of the environments that play inadvertent host to the various forms of life threatening ailments.

## **SPRING 2018 MULTI-SESSION SEMINARS (cont'd)**

### **SS-06\* Three Irish Poets: Yeats, Hughes, Heaney**

Karl Mason -- Wednesdays 10:00-12:00, 2/28, 3/14, 3/28 -- Seabury Media Room **Size Limit: 23**  
A reading of the 3 poets: William Butler Yeats, Ted Hughes, and Seamus Heaney, with examination and discussion of their technique, their linguistic virtues, their themes and meanings as applicable or not.

### **SS-07 20th Century Artists II**

Ruthanne Hartzheim -- Mondays 10:00-12:00, 3/5, 3/12, 3/19, 3/26, 4/2 -- Seabury Heritage Hall  
A continuation of the Fall 2017 class with DVD presentations of 20th Century Artists to include such artists as Edward Hopper, Rene Magritte, Paul Klee, Georgia O'Keeffe, Jackson Pollock and Andy Warhol.

### **SS-08\* Writing Your Memoirs**

Leta Marks, Former Professor of Literature, University of Hartford -- Tuesdays 1:00-3:00, 3/6, 3/13, 3/20, 3/27 -- Seabury Garden View Room **Size Limit: 25**  
Each week we write short memoirs, bring them to the group to read, and delight in hearing one another's stories. You too can come and participate in writing, talking about good writing, and giving/receiving positive, constructive conversation about your piece so we all feel energized to write more.

### **SS-09 Movie Buffs**

James Hanley, Co-President of Cinestudio -- Thursdays 10:30-12:00, 3/8, 4/12, 5/10 --  
Duncaster Meeting Room  
Participants view films at Cinestudio on the campus of Trinity College or elsewhere, at a time of their choosing, and then discuss them in class with the knowledgeable Director of Cinestudio.

### **SS-10 Caribbean Stars: Vodou, Judaism, Rastafari**

Leslie Desmangles, Professor of Religious Studies, Trinity College -- Fridays 2:00-4:00, 3/9, 3/16, 3/23 -- McAuley Meeting Room  
The Caribbean is one of the ethnically and culturally diverse regions of the world. Its history is unique because of the immigration of diverse peoples from all parts of the world, some as early as the 16th century. Each of these people has contributed its own religious beliefs and practices to the cultures of the region. This course examines prominent religions in the Caribbean. These include: Vodou (Voodoo), Santeria, Hinduism, Rastafari and Sephardic Judaism. Special attention will be given to their contributions to the cultural and socio-economic aspects of the region and their current influences on the United States.

### **SS-11 Big Data II**

John McClintock -- Thursdays 10:00-12:00, 3/29, 4/5 -- Seabury Heritage Hall  
Big Data and "data analysis" may not be part of your everyday life or routine. Yet, there are ample examples of how "big data" and its use are truly changing our world and impacting us as individuals. This program is a continuation of the Fall course examining how data impacts our lives every day.

*"A calm and humble life will bring more happiness than the pursuit of success and the constant restlessness that comes with it." - A. Einstein*

## **SPRING 2018 MULTI-SESSION SEMINARS (cont'd)**

### **SS-12\* Creative Nonfiction**

Dorothy Sterpka, Adjunct Professor, CCSU -- Mondays 1:00-3:00, 4/2, 4/9, 4/16, 4/23, 4/30 -- Seabury Garden View Room **Size Limit: 15**

We will use free writing, meditation, and creative writing techniques to express our creativity in memoirs, stories, poems, and essays. Through this activity we will find self-knowledge that can transform us. "*Now write! Nonfiction*", Sherry Ellis's compilation of exercises, as well as models from other sources, will be used.

### **SS-13 George Orwell's 1984: It's Relevancy Today**

Ketti Marks, Retired NYC Teacher -- Tuesdays 1:00-3:00, 4/10, 4/17, 4/24, 5/1, 5/8 -- Duncaster Meeting Room

On January 24, 2017, George Orwell's "1984" became a best-seller after Kelllyanne Conway and Sean Spicer, Trump's first press secretary, made statements eerily reminiscent of Oceania, the dystopian world created by Orwell. This class will focus on how Oceania maintained control of its people through violence as well as through the rhetorical manifestations of its official language, Newspeak. It will also offer current examples of authoritarianism in government, and the dangers posed by flouting or disparaging such democratic principles as freedom of the press, the separation of powers, peaceful protest, and civil rights.

### **SS-14\* Robert Frost's Best Most Provocative Poems**

Don Werner, Teacher & Author -- Wednesdays 10:00-12:00, 4/11, 4/25, 5/9 -- Seabury Media Room **Size Limit: 15**

An examination of Robert Frost's Best: close readings of a dozen or so of Frost's most provocative poems, with commentary about their biographical and philosophical backgrounds.

### **SS-15 Hikes**

Kevin Gough & Jim Trail, Wintonbury Land Trust -- Fridays 9:30-12:00, 4/20, 5/5(**SAT**), 5/18 -- 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 1/2 to 3 miles over uneven terrain.

### **SS-16 Ancient Craft: Hand-Weaving Enriches Lives**

Hillary Swaim, Executive Director of the Weaving Center -- Tuesdays 10:00-12:00, 4/24, 5/1 -- Seabury Heritage Hall

This class will describe how the craft of hand-weaving can be used to enrich lives. Specifically, the talk will use the example of a program at the Hartford Artisans Weaving Center that teaches hand-weaving to area residents who are blind, visually-impaired, or senior in age. Attendees will learn why weaving is gratifying for our community members. The week after the lecture, we will convene at the Hartford Artisans Weaving Studio to experience weaving in action, and hear directly from the weavers. Attendees will be encouraged to try their hand at weaving during the 40 Woodland Street tour.

Believe it or not, there are two more outstanding multi-session seminars to consider.  
See page 7

## ALP REGISTRATION FORM – SPRING 2018

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

Please fill out this form, and mail it with your check, made out to UCONN/ALP, to:

Adult Learning Program  
Hartford County Dept. of Extension  
1796 Asylum Avenue  
West Hartford, CT 06117

For more information, call the ALP office: (860) 380-5038 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.  
\_\_\_\_\_ Check here if you prefer a black and white, rather than colored, version of the ALP Horn.

- \_\_\_\_\_ \$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 CAN 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 seminars and single-session classes.  
\_\_\_\_\_ 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 seminar or single-session class, or put us in touch with a possible presenter.

*(See other side for additional information and to identify in which courses you wish to enroll.)*

# ALP REGISTRATION FORM - SPRING 2018

(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. 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 a few weeks before it begins.

If you find you cannot participate in a seminar, please inform the ALP office at (860-380-5038) 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: <http://alp.uconn.edu>

## SEMINARS

_____	SS-01	Brahms: Sampler
_____	SS-02	Great Structures II
_____	SS-03*	Together to Music
_____	SS-04*	The Play's the Thing
_____	SS-05	Health & Travelogue
_____	SS-06*	Three Irish Poets
_____	SS-07	20th Century Artists
_____	SS-08*	Writing Your Memoirs
_____	SS-09	Movie Buffs
_____	SS-10	Caribbean Stars
_____	SS-11	Big Data II
_____	SS-12*	Creative Nonfiction
_____	SS-13	George Orwell's 1984
_____	SS-14*	Robert Frost
_____	SS-15	Hikes
_____	SS-16	Hand-weaving
_____	SS-17	Urban Walks
_____	SS-18*	Short Stories

## SINGLE-SESSIONS

_____	SSS-01	Nursery Rhymes
_____	SSS-02	Debate Presentation II
_____	SSS-03	Voyage of Edwidge Danticat
_____	SSS-04	Principles of Sentencing
_____	SSS-05	Usui Reiki
_____	SSS-06	Women as Engineers
_____	SSS-07	Temptresses
_____	SSS-08	Prison Uprising
_____	SSS-09	Witch Hunting
_____	SSS-10	Environmental Footprint II
_____	SSS-11	Herb Gardens and Medicine

### **DID YOU KNOW**

Did you know that if you're a registered ALP member, you can attend **any** class (*other than those with size limits*) regardless of whether you signed up for it or not? Yes you can.



# SPRING 2018 MULTI-SESSION SEMINARS (cont'd)

## SS-17 Urban Walks

Libbie Merrow -- Fridays 9:30-12:00, 4/27, 5/11, 5/25 -- Offsite TBA

There will be three strolls, guided tours along especially interesting, beautiful roads in Hartford. The first will feature the tulips and trees of Elizabeth Park; the second will be at Cedar Hill Cemetery, a classic 19th century site; lastly, we will walk along the Connecticut River, through the Lincoln Sculptures to East Hartford. If you can walk a mile, you can handle these strolls. They are supposed to be accessible as well as educational. \$5 charge at Cedar Hill. Car pools available.

## SS-18\* Short Stories

Carol Matzke -- Wednesdays 1:00-3:00, 5/2, 5/30 -- Seabury Media Room **Size Limit: 28**

At each session we will discuss two short stories (copies of which participants will receive approximately one month before the class). A brief background of each author will be given preceding our discussion. Suggestions from participants for stories to be discussed will be welcomed.

### DID YOU ALSO KNOW

Everybody knows that we are to use the North Parking Lot when we attend our ALP classes at Seabury. But, did you also know that if you're attending an ALP class and you're handicapped or otherwise find it difficult to walk from the North Parking Lot to the classroom, you may use the valet service at the main entrance? Yes you can – at least until the new chapel parking area is completed and made available to ALP members.



The “**Big Data**” seminar, which focuses on the huge amount of information about human behavior now routinely collected, has a great mix of video, information from the lecturer, and audience participation. From addressing world hunger to maximizing profits to planning for retirement, we looked at whether corporations, governments and individuals make better decisions when using these data, what they overlook by relying on it, and the privacy invasions and other risks that come along with this new reality. – Noreen C.

### RESOLUTIONS?

How many of us are making a new year's resolution to feel better about ourselves by getting our bodies in better shape? Right. Probably about 98%. And most of us will fail. It's hard.

A better resolution might be to become an ALP Volunteer. It's a lot easier but has the same result. Hmm? No, no, you probably won't be any skinnier but you'll feel better about yourself by knowing you've done your part to help ALP sustain its on-going educational program. It's also a nice way to meet new friends.

Our Membership, Communication and Curriculum committees could all use **your** help (*not every ALP member is as alert and altruistic as you*) and there will soon be positions opening up on our Board of Directors that need filling. To start the New Year right, contact Bertina Williams (380-5038 or [admin@uconnalp.org](mailto:admin@uconnalp.org)) for more information on how you can help



## Meet Carol Matzke

by Gwen Sibley



Over ten years ago, Carol Matzke heard about a course on legal issues being conducted by some organization called the Adult Learning Program. Being inquisitive and always interested in continual learning, Carol attended the course and "discovered" ALP - and ALP discovered Carol. During these past ten years, she has been an essential member of the ALP program having served as Co-Chairman of the Board of Directors, Co-Chairman of the Membership Committee and current member of the Curriculum Committee. She is also currently completing her tenth consecutive year of facilitating a class on Short Stories.

Carol grew up on a ranch in Montana. From the age of four, her father taught her to wrangle cows and ride horses. It was here she developed her love of nature and healthful living along with her drive to live life fully and meaningfully. Leaving the ranch at seventeen for college and to see the world, Carol received her Business Administration degree from the University of Hartford and entered the business world. She worked for the Boeing Company as well as a Business Forms company as their Operations Manager while she and her husband Errol raised their two sons in CT.

Carol has also been very active in volunteering for community service related projects. While living in Windsor Locks in the late 60's, Carol created an innovative playground for young children. She conceived the idea of building a playground made of castings of animals which could inspire children's imaginations as they climbed on the jungle animals. She co-chaired the project and produced a play to raise money for the playground.

Carol's many interests and hobbies revolve around her belief in aging gracefully, including healthful eating, walking, bird watching, reading and being an involved grandmother. Somehow, with all her ongoing interests and activities, she has managed to fit in her love of travel. She recently spent a month touring the Greek islands with her husband. They have also visited Antarctica, South America and the South Pacific Islands. She inspires her five granddaughters to travel and recently took one of them on a trip to the Galapagos Islands.

ALP is very fortunate to have Carol as she is truly a Renaissance Woman!

### POST-HOLIDAY TREAT

by Kim Hunt



The Adult Learning Program is delighted to herald a just published, 76 page book of poetry and short stories authored by past and present members of Dot Sterpka's writing program, Creative Non-Fiction. A limited number of the edition, "Struck by a Notion", will be available at a price of five dollars during the January registration session for the Spring 2018 classes.

Readers are advised to expect a mix of mind rinsing thought, soul soothing observation and subtly unsettling scenarios. Orders or further questions may be submitted to Carolann Purcell [01cnan@gmail.com] or Dot Sterpka [djcs@att.net].

## **SPRING 2018 SINGLE-SESSION CLASSES**

### **SSS-01 Nursery Rhymes - What Do They Mean?**

Bob Ellis -- Wednesday 10:00-12:00, 1/31 -- Seabury Heritage Hall

We all grew up learning nursery rhymes - without really knowing what they meant. We passed them on to our kids - with the same lack of explanation. Many of those nursery rhymes meant something to the people living in times when communication was limited and freedom of speech was discouraged. Coded social and political commentaries in the form of rhymes sometimes provided a way of avoiding severe punishment. This class offers a look back into the history of popular nursery rhymes and a glimpse at the social, religious and ruling conditions of those times when the rhymes were created.

### **SSS-02 Champion Debate Presentation II**

Ann Walsh Henderson, Executive Director, Westfield Academy of Debate, Model UN and Leadership -- Tuesday 3:30-5:00, 2/13 -- Seabury Heritage Hall

Westfield Academy of Debate and Model United Nations student debate - High School and Middle School students will present a debate in the format they use in competitions. They will know the topic beforehand, then debate both sides, with the possibility of audience participation. The process is explained by the debaters. This school was judged the top High School team in the world by the International Public Policy Forum and they represented America at the World High School Debate and Public Speaking competition.

### **SSS-03 Voice & Voyage of Edwidge Danticat**

Jane Barstow, Professor Emerita of English and Women's Studies -- Wednesday 1:00-3:00, 2/14 -- Seabury Heritage Hall

This lecture will be an introduction to the life and work of the Haitian-American author. Since her first publications, Danticat has used her art and imagination to articulate the pain of others and to bear witness against the institutions and individuals behind their suffering. "Fierce and haunting," "clear-eyed and compassionate," "heart-breaking yet filled with healing magic," these are typical of the glowing reviews her dozens of fiction and non-fiction works have received since the publication of her first novel, "Breath, Eyes, Memory" catapulted her into the ranks of America's most talented young writers.

### **SSS-04 Principles of Sentencing**

Carl Schuman, Superior Court Judge -- Wednesday 2:00-4:00, 2/21 -- Seabury Heritage Hall

This course will address the goals of a criminal sentence and the factors both mandatory and discretionary that a sentencing judge should consider in arriving at the appropriate sentence.

### **SSS-05 Traditional Usui Reiki Introduction**

Cheryl Case, Traditional Usui Reiki Master -- Monday 2:00-4:00, 3/5 -- McAuley Meeting Room

Traditional Usui Reiki is the original version of Reiki which is a healing technique that gives practitioners four attunements. This is the major difference between Traditional Reiki and other Reiki versions. This class will explore answers to questions such as: What is attunement, how does it work, what will I feel, when do I use it, who or what can I use it on, where do I put my hands, when does it stop? Amazing stories personally witnessed since 1999 will be related and discussed giving further clarity to this amazing healing technique used in hospitals and nursing homes.

## **SPRING 2018 SINGLE SESSION CLASSES (cont'd)**

### **SSS-06 Women as Engineers**

Paula Saaf, Professional Engineer -- Wednesday 1:00-3:00, 3/21 -- Seabury Heritage Hall

This class will explore finding the woman's place in the male-dominated field of mechanical engineering in the 1980's. Women who started college in the late 1970's or early 1980's were often raised by mothers who divorced their husbands and insisted their daughters read Ms. and Ourselves magazines. This encouraged them to seek careers that allowed them the freedom to choose their own path.

### **SSS-07 Tempresses through the Ages**

Walter Mayo, Retired Attorney -- Tuesday 10:00-12:00, 4/3 -- Seabury Heritage Hall

Origins and evolution of the concept of the femme fatale, from classical, myth and biblical sources through literature and artistic representations, including opera, to 20th Century film noir and recent cinema. Continuation and update of Spring 2017 Operatic Femmes Fatales Course (curtailed by weather cancellation).

### **SSS-08 The Politics of Prison Uprising**

Lee Bernstein, Professor of History -- Friday 2:00-4:00, 4/13 -- Seabury Heritage Hall

The political causes, goals and consequences of prison uprisings illustrated by the 1971 Attica and 1983 Sing Sing uprisings. Particular reference will be made to the influence provided by the sharp increase in prison populations during and after 1980.

### **SSS-09 Witch Hunting in CT River Valley 1647-1663**

Richard Ross, Professor Emeritus Trinity College -- Wednesday 10:00-12:00, 4/18 -- Seabury Heritage Hall

This course offers a fresh assessment of the first outbreak of witch accusations, trials and executions in the CT River Valley. We will discuss the witchcraft trials before Salem and the reasons for the continued hunting that led to the executions of convicted witches up to 1663. After 1663 the hanging of witches ended in CT. We will discuss why these executions ceased and how the local communities resolved the continuing conflict over witchcraft accusations in the face of a progressive magistracy. In addition, apotropaic magic will be examined with evidence linking some aspects to specific occupations.

### **SSS-10 Taking Measure of Environmental Footprint II**

David Laiuppa, Certified Soil Scientist -- Monday 10:00-12:00, 5/7 -- Seabury Heritage Hall

The unaccounted for presence of low frost weed, the unheard voice of the red salamander, the comings and goings of vernal pools, and the contamination and destruction of water courses - illustrate some of what is ignored, displaced, paved over, and otherwise corrupted in the promotion of expanding facilities for planes, trains, manufacturing, housing, and automobiles. This presentation will summarize the make-up and relevance of environmental site planning and how the appropriate governance of federal, state, and local regulations can come up against the limitations of money, politics, and available person power.

### **SSS-11 Early American Herb Gardens & Medicine**

Gordon Kenneson, Horticulturist -- Tuesday 10:00-12:00, 5/15 -- Seabury Heritage Hall

The course covers the history and practice of herbal medicine from the ancient civilizations to English Colonial America. The emphasis will be on herbs, practitioners of herbal medicine, physic gardens and more.

# COURSES BY DAY OF WEEK

## MONDAY

SS-01	Brahms: Sampler	10:00-12:00	1/29, 2/5, 2/12, 2/19, 2/26
SS-04*	The Play's the Thing	1:00-3:30	2/5, 2/12, 2/19, 2/26
SS-07	20th Century Artists	10:00-12:00	3/5, 3/12, 3/19, 3/26, 4/2
SS-12*	Creative Nonfiction	1:00-3:00	4/2, 4/9, 4/16, 4/23, 4/30
SSS-05	Usui Reiki	2:00-4:00	3/5
SSS-10	Environmental Footprint II	10:00-12:00	5/7

## TUESDAY

SS-08*	Writing Your Memoirs	1:00-3:00	3/6, 3/13, 3/20, 3/27
SS-13	George Orwell's 1984	1:00-3:00	4/10, 4/17, 4/24, 5/1, 5/8
SS-16	Hand-weaving	10:00-12:00	4/24, 5/1
SSS-02	Debate Presentation II	3:30-5:00	2/13
SSS-07	Temptresses	10:00-12:00	4/3
SSS-11	Herb Gardens and Medicine	10:00-12:00	5/15

## WEDNESDAY

SS-06*	Three Irish Poets	10:00-12:00	2/28, 3/14, 3/28
SS-14*	Robert Frost	10:00-12:00	4/11, 4/25, 5/9
SS-18*	Short Stories	1:00-3:00	5/2, 5/30
SSS-01	Nursery Rhymes	10:00-12:00	1/31
SSS-03	Voyage of Edwidge Danticat	1:00-3:00	2/14
SSS-04	Principles of Sentencing	2:00-4:00	2/21
SSS-06	Women as Engineers	1:00-3:00	3/21
SSS-09	Witch Hunting	10:00-12:00	4/18

## THURSDAY

SS-02	Great Structures II	10:00-12:00	2/1, 2/8, 2/15, 2/22, 3/1, 3/15, 3/22
SS-03*	Together to Music	2:30-4:00	2/1, 2/8, 2/15, 2/22
SS-09	Movie Buffs	10:30-12:00	3/8, 4/12, 5/10
SS-11	Big Data II	10:00-12:00	3/29, 4/5

## FRIDAY

SS-05	Health & Travelogue	2:00-4:00	2/16, 3/2, 4/6, 5/4, 6/1
SS-10	Caribbean Stars	2:00-4:00	3/9, 3/16, 3/23
SS-15	Hikes	9:30-12:00	4/20, 5/18
SS-17	Urban Walks	9:30-12:00	4/27, 5/11, 5/25
SSS-08	Prison Uprising	2:00-4:00	4/13

## SATURDAY

SS-15	Hikes	9:30-12:00	5/5
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*"I especially enjoyed the class on **Monet to Van Gogh – The Age of Impressionism**. The video presenter and our own Ruthanne Hartzheim included historical background so helpful in understanding the development of the art." - Ginny E.*



**ADULT LEARNING PROGRAM**

Hartford County Extension  
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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 a partnership 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 us at <http://alp.uconn.edu>.

**Meeting Places**

Seabury  
200 Seabury Dr.  
Bloomfield, CT

Duncaster  
40 Loeffler Rd.  
Bloomfield, CT

McAuley  
275 Steele Rd.  
W. Hartford, CT

**ALP FALL PREVIEW MEETING**

**THURSDAY, JANUARY 18, 2018**

**9:30AM – 12 NOON**

**Main Dining Room**

**Seabury**

***Shuttle Service from the Chinese Baptist Church***

***(previously the Beth Hillel Synagogue)***

***160 Wintonbury Ave., adjacent to Seabury***

**Your opportunity to learn about ALP's spring semester  
curriculum and hear our featured speaker**

**Min Jung Kim**

***Director, New Britain Museum of American Art***