



ALP-HORN

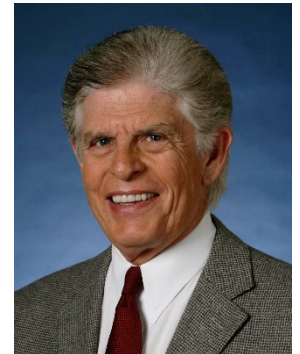
Summer
2018

Newsletter of the ADULT LEARNING PROGRAM

ANNUAL MEETING AND LUNCHEON

**TUESDAY, JUNE 5, 2018, 10:00 – 1:30PM
HERITAGE HALL & DINING ROOM, SEABURY**

Guest Speaker William DiBella
Chairman, Metropolitan District Commission



William DiBella was appointed as a Commissioner of The Metropolitan District Commission (MDC) in 1975 and has served continuously on the Commission for 43 years. He was elected Chairman of the Board from 1977-1980 and then again from 2004 until the present. The MDC, with a staff of approximately 500, is a non-profit municipal corporation chartered by the Connecticut General Assembly in 1929 to provide drinking water, wastewater treatment, mapping and other physical services to the Hartford region.

Mr. DiBella has a long history of service to the City of Hartford and State of Connecticut. He served on the Hartford City Council from 1970-1977, serving as Deputy Mayor from 1975-1977, and chaired numerous committees. At the state level, Mr. DiBella served as a State Representative from 1980-81 and a State Senator from 1981-1996. During that time, he served as both the Majority and Minority Leader, and the Senate Chairman of the Energy & Technology, Transportation, Finance Revenue & Bonding, and Government & Administration & Election Committees.

A native of Hartford, Mr. DiBella holds a Bachelor of Science degree in History & Political Science from Central Connecticut State University. He served his country in the United States Marine Corps from 1966-1968.



KUDOS

If you have a favorite class (or two) that you really enjoyed, we'd like to hear about it. If you e-mail your kudos to Bob Ellis (oldbob2@comcast.net) your comments will get published in this newsletter to help other members decide what courses to take in the future. Collectively, the kudos will also provide an endorsement of ALP's curriculum to help non-members decide to join us. Here's one recently submitted kudo; there are others scattered throughout this issue.

*"Kudos to Tom Condon for his presentation: **Is Connecticut Ready for Regional Government.** Most of us in the audience had no idea how much regionalization has already occurred for certain specific governmental functions in our state. After 40 years of journalism, Condon's knowledge of Connecticut politics is extraordinary. I hope he will offer more ALP courses, e.g. on the political history of the state.*

-Tom P.

ANNUAL MEETING PARKING



Because of the limited parking space **for this event**, we must all park at the Chinese Baptist Church just west of Seabury at 160 Wintonbury Avenue **Please park to the rear of the parking lot.**

Seabury will provide shuttle service from and to the church's parking lot beginning at 9:30am. The shuttle will be available until after the Annual Meeting has concluded, and for anyone who needs transportation back to the parking lot during the event.

ANNUAL MEETING AGENDA

- 10:00 Registration for Luncheon
(see *LUNCHEON* notes below)
- 10:30 Keynote Speaker - Heritage Hall
- 11:30 Business Meeting - Heritage Hall
- 12:15 Luncheon – Dining Hall

DON'T FORGET TO WEAR YOUR NAME TAGS!!!

LUNCHEON

Our buffet Luncheon will begin at 12:15 pm Tuesday, June 5 in the Seabury dining room. Attendees must prepay by May 29, then pick up their verification-of-payment stickers at tables outside Heritage Hall on June 5th before the morning speaker and meeting. If attending **only** the luncheon, a verification-of-payment sticker can be obtained outside the dining room starting at 12 noon.



To make your reservation for lunch, please complete this form and send it with your check for \$13.50 per person (payable to ALP) to the ALP office: Adult Learning Program, Hartford County Extension, 1796 Asylum Avenue, West Hartford CT 06117-2600 (Attn: Bertina Williams). **Your reservation must be received before Tuesday, May 29.**

PLEASE PRINT

Name(s) _____

Phone Number _____

What do Alexander the Great and Kermit the Frog have in common?

A: Their middle name.

Our Thanks to Our Generous Members

"Generosity" is the unselfish act of giving something without the expectation of receiving anything in return. While that holds true with those ALP members who donate their money to our organization to ensure its viability, we hope this recognition of their generosity gives them some pleasure in knowing their gesture is appreciated. We also hope that they receive some of the benefits provided by the curriculum and comradeship we're able to offer because of their support. On behalf of the Board of Directors and all members who reap the benefits of ALP, THANK YOU!!

Stuart Babcock
Ellen Bancroft
Jackie Brown
Miriam Butterworth
Pete Cruikshank
Diane Edell
Debbie and Dan Feingold
Carol G. Fine
Louise Fisher
Joy Floyd

Eileen Katz
Miriam Katz
Tobie Katz
Eleanor Kepler
Ursula Korzenik
Nancy Kramer
Judith and Dick Martindale
Shirley Morrison
Martha Reingold
Zellene Sandler

Muriel Sherman
Joan Smith
Kathy Steinwedell
Marilyn and Edward Stockton
Eleanor Sulston
Joanne Taylor
Margaret Tustin
Susan Watson
Phil Will

Welcome to New Members The Lifeblood of Our Academic Community

Cheryl Berger
Caryl Blum
Martha Colton
Helen Cross
Carolyn Flint
William Fuller
Pamela and Jack Gregory
Nancy Grover
Meredith Heuer
David Hickox
Alice and David Hild

Elizabeth Horlitz
Peter Hufstader
Katherine and Martin III
Eleanor and Ed Kepler
Nat and Buck Lawton
Stephanie Levine
George Linbrunner
Joan McVey
Anne Morris
Cynthia Murawski

Brenda Pfeiffer
Maryann Pilon
Martha Reingold
Benjamin Sachs
Muriel Sherman
Karen Sprout
Betsy and Russ Tonkin
Margaret Tustin
Eleanor Walsh
Sally Williams
Betsy Woodard

ALP – A PROGRAM OF EXPANDING INTEREST

A Note from the Editor

Ever wonder how far your fellow ALPers have to travel to attend one of our fabulous classes? Me neither, but it's kind of interesting to discover how much our ongoing education appeal is expanding to areas beyond our original expectations. While our publicity and promotion of the ALP program is aimed at retirees in and around Bloomfield, the word has certainly reached beyond that target area.

Predictably, a little more than half of our members live in Bloomfield with the vast majority of those being Seabury residents. A good number also live in the accessible neighborhood towns of West Hartford, Windsor, Hartford, Simsbury and Avon. But a surprising number travel from the not so convenient towns of East Hartford, Granby, Farmington, Newington and Manchester. We even have members travelling from Enfield, Middletown, Tolland, Burlington and Bristol who have to make roundtrips of 40-50 miles just to attend one of our classes.

Surprising huh? We must be doing something right. It's probably the newsletter but I suppose it could be the curriculum, or our website, or ALP's leadership or the membership's willingness to help.

Thank You Shirley Morrison



After serving as ALP's Communication Committee Co-Chair for the maximum four years, Shirley Morrison is reluctantly "retiring" from her duties. Responsible for the publicity and promotion ALP needs for ongoing viability, she ensured that informative material was relative and up-to-date for distribution as handouts to potential members visiting libraries, town halls and other public locales in the area. She also implemented a major change to ALP's promotional efforts. Rather than hoping retirees would read our ads in community newspapers, she took it directly to the people by personally participating in annual health fairs conducted by local senior centers. Handing out ALP material and talking to attendees, she and her committee successfully "recruited" many new ALP members. She's now looking forward to getting involved with another committee to help others enjoy the ALP experience – after a long awaited vacation to Spain. Thank you Shirley for a job well done.

NOMINATIONS 2018-2019

The following slate of nominees to the Board of Directors for the coming academic year is to be voted upon by the membership attending the Annual Meeting. All elected nominees may serve a maximum of two 2-year terms in their position.

POSITION	CONTINUING IN OFFICE	TO BE ELECTED
ALP Co-Chairs	Bob LaPorte	Phil Will (2 nd 2yr term)
Communication Comm. Co-Chairs		Tobie Katz (2 nd 2yr term) Maura Nemirow (1 yr term)
Membership Comm. Co-Chairs	Dan Heuer	Ann Winship (2 nd 2yr term)
Curriculum Comm. Co-Chairs	Agnes Pier	Libbie Merrow (2 nd 2yr term)
ALP Horn Editor	Bob Ellis	
Webmaster	Donna Cote	
Secretary		Bertina Williams (2 nd 2yr term)
Treasurer	Bob Hewey	

MEANDERING MUSINGS OF A MUTANT MIND

(Chapter 3)

- Do Lipton employees take coffee breaks?
- If a person with multiple personalities threatens suicide, is it considered a hostage situation?
- Why didn't Noah swat those two mosquitoes?
- If a word in the dictionary was misspelled, how would we know?
- How much deeper would the ocean be if sponges didn't live there?
- What do you do when you see an endangered animal eating an endangered plant?



WRITING PROSE and POEMS WITH PROS

Both Leta Marks and Dorothy Sterpka are West Hartford residents, both are long time educators, both are authors of published works, and for more than 10 years, both have been offering their advice to ALP members looking to improve their writing skills. Long time facilitators of two different writing courses in ALP's curriculum, their classes have the same basic objective and are attended by many of the same members. Incredibly, despite all their commonality, Leta and Dorothy have never met.



Leta Marks came to us to teach Memoir Writing after teaching English to Bloomfield High School students for 20 years and English Literature to University of Hartford students for 13. She also coached the Bloomfield girl's tennis team. The mother of four children, 11 grandchildren and five great grandchildren, she is the author of Times Tapestry, a creative non-fictional story of her family life in New Orleans where she was born and raised. Her educational background includes a BA from Connecticut College, two Masters Degrees from Trinity College and a PhD from UCONN. Besides her interest in educating retirees about writing, she spends time educating the general public about art. Leta serves as a docent for The Wadsworth Atheneum and at an age when most of us prefer the couch to the gym, she continues to provide weekly tours of the entire Wadsworth facility. Although not an artist herself, she has extensive knowledge about the artists, their work and their techniques. Asked why she continues her association with ALP, Leta responded *"I am continually blown away by the stories and the ability of ALP members attending my class. Before every semester, I think of retiring, and then I remember how much fun I had the previous semester."*

Dorothy Sterpka also does not intend to "retire." Ever. Using her Masters Degree in English, she spent more than 40 years serving as an Adjunct Professor of English at UCONN and Central CT State University (CCSU) and continues teaching two English Composition courses on a part-time basis at CCSU. Working part time, however, doesn't mean she gets to loaf part time. Besides serving as ALP's Creative Writing instructor, she has composed and published a collection of uplifting sacred and secular poems entitled A New Song and, for the last 15 years, has used her Masters Degree in Social Work to serve as a member of COVE (Connecticut's support group resource) to help grieving children overcome the loss of loved ones. While that work is extremely important to Dorothy, it's teaching that's the love of her life. *"Teaching is an art form requiring a creative mind to be successful. Helping people understand that what they have to say is important and giving them the tools to express their ideas gives me a sense of self-worth. The more I teach, the more I learn how to do it better. I need my students to help me grow as a teacher and as a person. Thank you ALP for giving me that chance."*



*"There were many good courses on the ALP menu in 2017, but the most impressive course to me was **Transformational Big Data**. We learned how the emerging new technologies enable the rise of companies like Amazon or Uber and how some groups or nations are using social media to manipulate public perception to further their goals. The best part for me was the showing of interesting presentations by TED.com with the likes of Laura Galante and Brene Brown. All that with a sense of class, camaraderie and a high level of Q&A. I look forward to ALP's next semester of courses."*

- George S.

FALL SEMESTER FEAST

by Libbie Merrow



Lovers of Learning, this fall we have a feast for you! We have so many course offerings by so many of our popular presenters, it is

impossible to choose which to highlight. They will satisfy many interests: poetry, art appreciation, music, science, technology, religion, entertainment, creativity, travel. Our academic explorations will cover the most ancient of beginnings to the latest policies.

Your next Alp Horn, due around August 20th, will have the full menu of courses for the fall. Come! Join the feast!

DID YOU KNOW THAT

According to the International Journal of Neuroscience, the smell of peppermint provides the optimal environment for advanced thought and problem solving by stimulating blood flow to the brain?

In his later years, Winston Churchill designed greeting cards for Hallmark?

You can borrow a DVD from a brand new collection of over a hundred DVDs now available in the ALP Administration Office at Seabury? This is in addition to the library of DVDs already available at Duncaster. There are too many topics to list here but you can check out the titles of all the available DVDs on our website at alp.uconn.edu. If you're interested, just call Bertina Williams at the ALP office (860-380-5038). If you are a resident of Seabury or Duncaster or a member of ALP scheduled to attend a class at either venue, Bertina can deliver the DVD to you!!

IDEAS/SUGGESTIONS NEEDED

by Dan Heuer

Do you have ideas or suggestions regarding ALP events? Would you like to have input regarding who will be our featured speakers at ALP events?

If so, please consider joining the ALP Membership Committee. That's what we do. We meet five times per year to plan and coordinate the bi-annual Preview Meetings and select the key note speakers for them. We also arrange the popular Fall Social event that brings old and new ALPers together and we organize the annual end-of-year luncheon meeting and coordinate nominations for new officers. Our current committee members are: Dan Heuer, Ann Winship, Linda Bodnar, Ginny Edelson, Jean Ensling, Kate McLean, Polly Ellis, Rosemarie Hargrave, and Errol Matzke. Please ask any one of us if you have questions about the Membership Committee. We welcome you to join us.

SIGNS OF THE TIMES

Sign over a Gynecologist's Office:
"Dr. Jones, at your cervix."

In a Podiatrist's office: *"Time wounds all heels."*

On a Plumber's truck: *"Don't sleep with a drip. Call your plumber."*

At a Towing company: *"We don't charge an arm and a leg. We want tows."*

On a Maternity Room door: *"Push. Push. Push."*

At an Optometrist's Office: *"If you don't see what you're looking for, you've come to the right place."*

At a Chicago Radiator Shop: *"Best place in town to take a leak."*



*"What I enjoyed about the **Heroes and Heroines of the Biblical Tradition** class is that it discussed these familiar stories not just from their Biblical tradition but also in comparison with other stories from the ancient Near East, such as Gilgamesh, so that the similarities and differences became readily apparent. I think one's appreciation of both traditions was enhanced through this process."*

- Bob L.

WISDOM

by Ivan Backer



“Three score years and ten” – the Biblical assignment of years for those who have acquired wisdom in old age conjures up an old man with a heavily creased face, sagging jowls covered by a white beard, and a partially bald pate fenced by white hair of differing lengths. His life companion covers her graying hair, often wearing a scarf and her slightly bent smaller frame is crowned by an equally creased brow above her deeply set brown eyes. The elderly couple’s countenances bear witness to years of endurance, but does what they have experienced automatically translate into the vaunted wisdom of storied old age?

Looking back from a vantage point of many years myself, I question the assumption that wisdom frequently accompanies old age. I see myself in a different light. To begin with, I don’t feel that old – not that I know what an old person is supposed to feel. My days seem just as full as before with all the essentials of life: cooking, shopping, cleaning, exercising, keeping up with the news, paying bills, interacting with friends and others, listening to music, and enjoying cultural events. Where is this wisdom I should have acquired through the years?

I am firmly set in my habits, patterns of living, pleasures to enjoy and situations to avoid. My basic outlook on politics, social problems, sports and culture has changed little through the years. I feel separated by a gulf from younger people enamored with their newest technology and the need to acquire the latest smart phone. I support musical innovation but can’t see the appeal of music that lacks subtlety in favor of an incessant beat, mumbled words, or repetition of uninspired melodies. Today’s taste for violent action and a new thrill a minute turn me off. I sometimes view myself as a throwback to an earlier era who prefers the company of older friends with whom I can have interesting conversations and seniors who make the effort to enrich their lives by attending educational and cultural offerings.

But as for wisdom I am unaware of having much and don’t consciously aspire to achieve it. I believe one can possess wisdom regardless of age, sex, or ethnicity and geographical origin. To me, regardless of the source, wisdom is authenticated by its recognition as wisdom by others.

So why is wisdom automatically attributed to older folks? While it is indisputable that we seniors have lived through many events and acquired a set of personal convictions from these experiences, few of us spout maxims that are accepted as wisdom. Instead, we limit ourselves to reflections of, “that reminds me when ...” variety and repeat story details that may be already familiar to the listener. Such remembrances may in fact contain wisdom but seldom develop into meaningful wisdom nor communicated effectively. To me the essential quality of wisdom is that it be recognized, distilled and articulated; and if it is expressed in a memorable manner the insight it imparts may then be termed “wisdom.”

Speaking of Insight . . .

Remembering my youth, I suddenly realized that I now have everything that I wanted as a teenager, only 60 years (or so) later: I don’t have to go to school or work, I get an allowance every month, I have my own pad, I don’t have a curfew, I have a driver’s license and my own car, I don’t have acne and the people I hang around with are not scared of getting pregnant!!



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ADULT LEARNING PROGRAM

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E-mail: admin@uconnalp.org
Editor: Bob Ellis
Reporter: Gwen Sibley

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

The McAuley
275 Steele Rd.
W. Hartford, CT

ALP ANNUAL MEETING & LUNCHEON

TUESDAY, JUNE 5, 2018

10:00AM – 1:30PM

**Heritage Hall and Main Dining Room
Seabury**

***Shuttle Service from the Chinese Baptist Church
(previously the Beth Hillel Synagogue)
160 Wintonbury Ave., adjacent to Seabury***

GUEST SPEAKER

William DiBella

Chairman, Metropolitan District Commission