



ALP Horn

Newsletter of the UCONN Adult Learning Program
A Place for Lifelong Learners

Spring
2026



Welcome to the ALP Spring Semester

By Beth Horlitz, Curriculum Committee Chair

Get ready for another exciting season of learning and discovery. Once again, ALP offers a wide variety of fascinating classes—and as always, no two are scheduled at the same time, so you can enjoy them all.

Your one-time fee of just \$65 for the semester gives you access to every class. Take your pick—or take them all.

Our presenters are college professors, scientists, authors, and other experts in their fields, ready to share their knowledge and passion with you.

Here's a glimpse of what's in store this spring:

- Anne Parmenter will share the thrilling story of her Mount Everest climb.
- Zellene Sandler will introduce us to the Spring Migration of Warblers and Bobolinks.
- Nick Bellantoni will take us on a journey to Connecticut's Revolutionary War sites.
- Judge Carl Schuman will delve into the Connecticut Constitution.
- Joan Ray and Jana Milbocker will bring Jane Austen's world to life.
- Leslie Desmangles will explore the depth of Buddhism and Hinduism.
- Stuart Brown will highlight the brilliant career of Richard Rodgers.
- Al Boehm will inspire us with Life After Lift-Off & Space Art.

Enjoy browsing the curriculum pages of the ALP Horn—you're sure to find classes that spark your curiosity. Then, **join other ALP members on January 8 for our Preview Meeting** to kick off the Spring semester together.

Let's make this a season of learning, laughter, and connection at ALP.

**Spring
Preview
Meeting**

Thursday, January 8, 2026; 9:30 – 11:30 a.m.
Seabury's Bishops' Chapel
200 Wintonbury Ave., Bloomfield, CT.

Presenters will be available to introduce their course.
Questions will be answered.
Refreshments and friends will be available.
We hope to see you there!

Bob Ziegenhagen Loves Chaos!

by Carol Simpson

Bob Ziegenhagen has joined the club of retirees using their interests and skills to serve their community, and he is *"grateful for having something productive to do"*. His hobby is computer projects which allows him to *"socialize with other people and work on interesting things."*



Bob's computer work with ALP over the last four years included managing the Website, (where we pay for our membership by credit card and get up-to-date information on courses), formatting the ALP Horn newsletter, and co-producing a video to introduce newcomers to ALP (check it out on the Website).

Bob learned to use computers in the early 70's as a student at the Wharton School. He loved the logic of programming. It enabled him to create a computer program analyzing data for his Master's Thesis. He says, "I like chaos! I love the challenge of straightening things out." At S.C. Johnson Wax company, the manufacturers of Pledge, Windex, and Glade, he worked in Marketing as Brand Manager and preferred to do his own word processing.

Now people beat a path to Bob's door to give him something productive to

do. At Seabury, where he and his wife Carolee live, the New Residents' Team asked him to make a digital map of the main building. This was a challenge, since the building has six levels and is about a quarter of a mile wide. Bob researched various

mapping programs, learned to use Mapped In, and spent nearly one hundred hours over several months creating *SeaburyEmap.com*, which can be used on a smartphone or computer. The map shows every room in the main building as well as elevators, and outside doors. It serves as a Seabury GPS system.

Then others asked him to map the Seabury grounds, highlighting the many varieties of trees and the extensive trail system surrounding the campus. At first Bob produced two tri-fold paper brochures, and he has now created an App for use on a phone, with enhanced information on each tree and trail.

Bob Ziegenhagen exemplifies ALP's goal of Lifelong Learning, using his time and skills to learn and serve his community.

*Thank you for
all you do, Bob!*

Spring 2026 Multi-Session Classes

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

SS-01 Movie Buffs

Instructor: James Hanley, Retired Co-Director of Cinestudio

When: Wednesdays 2/4, 3/4, 4/1 from 10:30-12:00

Where: 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.

SS-02 Movies with Don

Instructor: Don Werner, Retired Headmaster and English teacher and coach

Where: Westminster School

When: Fridays 2/6, 2/13, 2/20, 2/27 from 1:00-4:00

Where: 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

SS-03 The Career of Richard Rodgers

Instructor: Stuart Brown, President of the Connecticut Critics Circle & Playwright

When: Mondays 2/9, 2/16 from 10:00-12:00

Where: Seabury Chapel

Richard Rodgers is one of the most iconic composers in Broadway history. This course will examine his three distinct careers, starting with his collaboration with Lorenz Hart. Next, his most well-known association with Oscar Hammerstein, and then we will look at his post-Hammerstein work, both as a solo act and with other collaborators. <https://stuanbroadway.blogspot.com/>

Spring 2026 Multi-Session Classes, cont'd**SS-04 Jane Austen's Lifelong Interest in the Royal Navy & "Persuasion"**

Instructor: Joan E. Ray, Professor Emerita, English and President's Teaching Scholar, Univ of Colorado; the only 3-term President of the Jane Austen Society of North America

When: Thursdays 2/12, 2/19 from 10:00-12:00

Where: Seabury Heritage Room

Our first meeting will be a lecture, illustrated with PowerPoint, about Austen's life and the Royal Navy: two of her brothers entered the navy at age 12 and fought the French at sea. The second session will be a lecture on her final novel, "Persuasion", in which naval characters play a key role. Participants should read "Persuasion" before the 2nd class meeting.

SS-05 The World's Religious Traditions: Buddhism & Hinduism

Instructor: Leslie Desmangles, PhD. Professor Emeritus, Trinity College

When: Wednesdays 3/11, 3/18, 3/25 from 1:00-3:00

Where: Seabury Heritage Room

The study of religious traditions other than our own often deepens our faith as it allows us to look at what we believe from different perspectives. These sessions review aspects of two of the world's oldest religious traditions: Hinduism and Buddhism. Hinduism is more than 4,000 years old, and Buddhism's founder was Siddhartha Gautama, a Hindu who in the 6th century B.C.E. sought to reform Hindu thought. These sessions emphasize these religions' teachings by examining portions of their sacred writings, by exploring their philosophical precepts regarding enlightenment, spiritual maturity, and mankind's place in the moral universe.

SS-06* Creative Writing

Instructor: Kim Hunt, Ret. Attorney, Author & Poet

When: Mondays 3/30, 4/6, 4/13, 4/20, 4/27, 5/4 from 1:00-3:00

Where: 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.

Spring 2026 Multi-Session Classes, cont'd

SS-07 Hikes

Instructor: Kevin Gough & Paula Jones, Traprock Ridge Land Conservancy
When: Fridays 4/10, 5/1, 5/15 from 9:30-12:00
Where: Offsite/Other

We will visit hiking trails within a 20-mile radius of Bloomfield which have been recommended or 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.

SS-08 Geography for Armchair Travelers

Instructor: Steve Law, Ph. D. and ALP Member
When: Tuesdays 4/21, 4/28, 5/5, 5/12, 5/19 form 1:00-3:00
Where: Seabury Heritage Room

What place fascinates you most? Learn about your dream location's climate, landscape, culture, and population. Together we learn about the climates of the world, then you go online to explore the climate of the place that intrigues you. Then, in the context of world geography, explore the population, setting, and culture on your favorite device, or we can provide you the online tools. This course will be the ideal blend of fun and learning. Actually, traveling to your location is not included.

Donors

In addition to regular dues, we received donations totaling \$4,500 this year. We extend our sincere gratitude to the following member donors for their vote of confidence in the ALP Program.

Dori Albert, Catherine Banbury, Kit Beatty, Ingrid Boelhouwer, Diane Brainerd, Anne Brock, Marian Brusberg, Ruth Budlong, Elizabeth Burke, Courtney Carey, Carolyn & Ian Clark, Martha Colton, Peggy Creese, Alice Cruikshank, Howard & Shirley Delong, Ann Drahos, Shirley Dudley, Julie Fewster, Louise Fisher, Austra Gage, Glenda Garlo, Deirdre & Terry Gilbert, Constance Grandy, Thomas Gworek, Wendy Haller, Bette Hardersen, Jane Harris, Frank Haviland, David Hild, Elizabeth Horlitz, Diana Hughes, Katherine Ill, Christine Johnson, Nancy Johnson, Janet Jones, Sonja Jones, Tobie Katz, Carolyn & Mark Korber, Ursula Korzenik, Natalie Lawton, Stephanie Levine, Paula Lucafo, David Lund, Rachel Markowitz, Lisa Marti, Judith Martindale, Suzanne Maryeski, Carol & Errol Matzke, Hugh McLean, Joan McVey, John Mitman, Marian Moore, Clifford Morin, Joyce Morin, Jane Newpeck, Borden Painter, Juliana Peck, Joan Phelps, Agnes Pier, Barbara Price, Mary Procyk, Joan Ray, Nancy Reed, Carol Rizzotti, Zellene Sandler, Susan Sappington, Lynn & Sharon Scull, Jean Smith, Alan & Rosalind Spier, Kathy Steinwedell, Janet Stott, Penelope Sullivan, Eleanor Sulston, Sheila Sweeny, Barbara Taylor, Robert Titus, Betsy Tonkin, Pauline Topazian, Sally Tresselt, Janet Valencis, Richard Wenner, Diane Whitney, Karen Will, Ann Winship, Marie Woodring, Betsy Woodward, Nancy Wright, Carolee Ziegenhagen

Spring 2026 Single-Session Classes

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

SSS-01 The Kellogg Brothers: The History Behind an Empire

Instructor: Mallory Howard, Assistant Curator, Mark Twain House and Museum
When: Friday 1/23 from 1:00-3:00
Where: Zoom Teleconference

Kellogg is a name synonymous with healthy, good tasting cereal, but the history behind the family and the start as an empire is lesser known and fascinating. We will take a dive into their beginnings, rise to prosperity, their competition, and how they're still very relevant today!

SSS-02 Food Insecurity in our Community

Instructor: Kathryn Mastandrea, Senior Director of Strategic Giving
When: Monday 2/2 from 1:00-3:00
Where: Zoom Teleconference

This will be a one-time presentation to demystify the prevailing misconceptions about hunger in Connecticut, inform participants of the current rising need for food assistance, and demonstrate how Connecticut Foodshare and other local organizations are serving neighbors with urgency and dignity.

SSS-03 The Garden World of Jane Austen

Instructor: Jana Milbocker, Designer & Author of The Garden Tourist books
When: Monday 2/23 from 1:00-3:00
Where: Seabury Chapel

Jane Austen loved gardens. She had a keen interest in flowers and kitchen gardening, and described gardens in her novels and letters. Learn about the flowers and gardens of Jane Austen's world-- from her personal cottage garden to the grand estates that she visited and wove into her novels.

SSS-04 Connecticut Constitution

Instructor: Judge Carl Schuman, UConn School of Law, Judge Trial Referee, Connecticut Superior Court
When: Wednesday 2/25 from 1:00-3:00
Where: Seabury Chapel

Why is Connecticut the Constitution State given that its state Constitution was not enacted until 1818, well after most other states in the Union had enacted their own? More substantively, the lecture will address cases in which the Connecticut appellate courts have agreed -- or declined -- to expand individual rights under the Connecticut Constitution beyond the federally-guaranteed minimum. The subject area will include both civil issues, such as freedom of speech, the right to education, equal protection of the laws, and the right to bear arms, and criminal matters, such as search, seizure, and arrest, jury selection, and the death penalty.

Spring 2026 Single-Session Classes, cont'd

SSS-05 An Ironic Cause of Liver Disease – Hemochromatosis & Travel Log

Instructor: George Wu, MD, Ph.D. Professor of Medicine Emeritus, UCONN

When: Monday 3/23 from 1:00-3:00

Where: Seabury Heritage Room

An Ironic Cause of Liver Disease - Hemochromatosis & Travels of Syria and Anatolian Turkey

SSS-06 CLIMBING MT. EVEREST: A personal Journey

Instructor: Anne Parmenter, Head Field Hockey Coach/Director of Physical Education, Trinity College

When: Tuesday 3/24 from 10:00-12:00

Where: Seabury Chapel

This session will tell my personal story of 2 different expeditions and 1 successful ascent of the North Face of Mt. Everest back in 2005 and 2006. While the expedition faced expected logistical difficulties of moving people, food and equipment up the mountain in extreme weather and altitude, many unexpected problems posed the greatest challenges to success. All of those will be discussed at length in addition to the lessons that were learned and taken away.

SSS-07 American Impressionism and Realism in Images & Words

Instructor: Carol Lacoss, New Britain Museum of American Art (NBMAA) Docent

When: Thursday 4/9 from 1:00-3:00

Where: Seabury Chapel

Carol will link seven Impressionist paintings from an exhibit at the NBMAA to the American writers Stephen Crane, Willa Cather, Edith Wharton and F. Scott Fitzgerald. Attendees will each have a script of the excerpts from the novels, and these will be read out loud by a second presenter. The excerpts reflect the same imagery and themes as the paintings which will be viewed as a Powerpoint.

SSS-08 Geographies of Africa

Instructor: Steven Law, Ph. D., and ALP Member

When: Tuesday 4/7 from 1:00-3:00

Where: Seabury Chapel

We think of Africa-- apart from its Mediterranean coast-- as a country, but it's far more than that. It's a continent of stark contrasts, over fifty countries, countless ethnic groups, and more human diversity than any other continent. Why are there so many more game parks in Africa than on other continents? In search of an answer, we look at the soils, climates, flora and fauna, and human migrations across the continent.

Spring 2026 Single-Session Classes, cont'd

SSS-09 Life After Lift-Off & Space Art

Instructor: Al Boehm, Chief of Preliminary Design & Co-Chair of Human Safety Committee of Constellation Program

When: Wednesday 4/22 from 1:00-3:00

Where: Seabury Chapel

Life After Liftoff: The discussion will describe how the human body adjusts to the lack of gravity. Three major adjustment happens in the first three days. Stomach awareness is similar to sea sickness. You may feel you have a cold coming on due to extra fluid shifting to your head. You will find that your comfort posture looks awkward from your earth based posture. We will use the Space Lab program of 1972-73. We will move on to eating, moving, sleeping, etc.

SSS-10 Spring Migration: Warblers and Bobolinks

Instructor: Zellene Sandler, Past President of the Hartford Audubon

When: Wednesday 5/6 from 10:00-12:00

Where: Seabury Chapel

The birds are coming! We will view a video of the warblers, nature's avian gems, and learn about where they winter, why they migrate, how they navigate and where they spend the summer. We will also discuss Bobolinks which travel from Argentina to our very own Seabury meadows. Prepare to be awed by these incredible journeys.

SSS-11 The Birds & Wildlife of the Galapagos Islands

Instructor: Bert Sirkin, Technology evangelist, educator & photographer

When: Thursday 5/7 from 10:00-12:00

Where: Seabury Chapel

Journey with me to the Galapagos Islands! We'll explore the fiery volcanic origins and fascinating human history of this remote archipelago. Discover how a cold-water current shapes a world of incredible marine life, creating a unique paradox at the equator. Through my captivating photographs, you'll meet the incredible wildlife that call these enchanted islands home. Prepare to be inspired by one of the planet's most fascinating natural laboratories.

New ALP Members

Welcome

Joanne Brazalovich
Linda Ciborowski
Ann Policelli Cronin
William Cronin
Gary Dewitt
Lorraine French

Brigid Frost
Meredith Heuer
Geoff & Diane Mather
Alyson Mills
Carol Rizzotti
Rita & Milton Rosenberg

Jeff Rudikoff
David Wadhams
Nancy Wagner
James Warner
Don Wilmot

ALP MEMBERSHIP REGISTRATION FORM -- Spring 2026

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: <https://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

_____ 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, 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 -- Spring 2026

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 (860-785-5609) 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: <https://alp.uconn.edu>.

Multi Sessions

- ___ SS-01 Movie Buffs
- ___ SS-02 Movies with Don
- ___ SS-03 The Career of Richard Rodgers
- ___ SS-04 Jane Austen
- ___ SS-05 Buddhism and Hinduism
- ___ SS-06* Creative Writing
- ___ SS-07 Hikes
- ___ SS-08 Geography for Armchair Travelers

Single Sessions

- ___ SSS-01 The Kellogg Brothers
- ___ SSS-02 Food Insecurity in our Community
- ___ SSS-03 The Garden World of Jane Austen
- ___ SSS-04 Connecticut Constitution
- ___ SSS-05 An Ironic Cause of Liver Disease
- ___ SSS-06 Climbing Mt. Everest
- ___ SSS-07 American Impressionism & Realism
- ___ SSS-08 Geographies of Africa
- ___ SSS-09 Life After Lift-



“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.”

– Henry Ford

Course Listings by the Day of the Week

Spring 2026

MONDAY

SS-03	The Career of Richard Rodgers	10:00-12:00	2/9, 2/160
SS-06*	Creative Writing	1:00-3:00	3/30, 4/6, 4/13, 4/20, 4/27, 5/4
SSS-02	Food Insecurity in our Community	1:00-3:00	2/2
SSS-03	The Garden World of Jane Austen	1:00-3:00	2/23
SSS-05	"An Ironic Cause of Liver Disease"	1:00-3:00	3/23

TUESDAY

SS-08	Geography for Armchair Travelers	1:00-3:00	4/21, 4/28, 5/5, 5/12, 5/19
SSS-06	CLIMBING MT. EVEREST	10:00-12:00	3/24
SSS-08	Geographies of Africa	1:00-3:00	4/7

WEDNESDAY

SS-01	Movie Buffs	10:30-12:00	2/4, 3/4, 4/1
SS-05	Buddhism and Hinduism	1:00-3:00	3/11, 3/18, 3/25
SSS-04	Connecticut Constitution	1:00-3:00	2/25
SSS-09	Life After Lift-Off & Space Art	1:00-3:00	4/22
SSS-10	Warblers and Bobolinks	10:00-12:00	5/6

THURSDAY

SS-04	Jane Austen	10:00-12:00	2/12, 2/19
SSS-07	American Impressionism & Realism	1:00-3:00	4/9
SSS-11	Galapagos Islands	10:00-12:00	5/7

FRIDAY

SS-02	Movies with Don	1:00-4:00	2/6, 2/13, 2/20, 2/27
SS-07	Hikes	9:30-12:00	4/10, 5/1, 5/15
SSS-01	The Kellogg Brothers	1:00-3:00	1/23
SSS-12	Connecticut Archaeology	1:00-3:00	5/8

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“Develop a passion for learning. If you do, you will never cease to grow.”

– Anthony J. D'Angelo

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ADULT LEARNING PROGRAM INC.

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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. ALP is associated with the Department of Extension at the University of Connecticut. It is one of more than over 400 Lifelong Learning Institutes (LLIs) affiliated with Road Scholar across the United States.

We Meet at Seabury

200 Seabury Dr., Bloomfield, CT 06002
<https://alp.uconn.edu>

Check out the ALP website!

You might think of the ALP website (<https://alp.uconn.edu>) as just a place to make payments for 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.



<https://alp.uconn.edu>

PREVIEW MEETING AGENDA

Thursday, January 8, 2026 9:30 a.m.

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|----------|---|
| 9:30 am | Socialize in the Terrace Room (just outside the Bishops' Chapel)
Beverages and pastries by Seabury. |
| 10:00 am | Presenters for fall semester courses will be introduced and will briefly describe their course. Members are invited to ask questions of the presenters. |
| 11:30 am | Raffle for a possible free semester! |