

Lifetime Learners Institute at NCC 2019 Winter Catalog



Welcome to Lifetime Learners Institute's 2019 Winter Session!

Brighten up your winter days with some stimulating courses offered during our Winter 2019 Session. Back by popular demand, and a perfect antidote to those winter blues, Lifetime Learners Institute has scheduled both free and paid classes. So, bundle up and pack your brightest smiles, and join your fellow Lifetime Learners for a stimulating and thought-provoking Winter Session. We look forward to welcoming you!

- Paid courses are offered on Wednesday and Thursday, with some of your favorite returning LLI instructors. These consist of four consecutive weeks of two-hour sessions on a single theme. Each paid course is \$30, advance registration and payment required.
- Free courses are single two-hour sessions on Monday, Tuesday and Friday, open to current members on a first-come, first-served basis. Topics include poetry, music, philosophy, advertising, genealogy, and cellphone photography. And of course, Lunch & Learn events are held on Fridays.

In the event of weather cancellations, only paid classes will be made up. Any cancelled free classes will not be made up. Because the winter term is a short four-week block, we are unable to offer our customary one free session for this term. So regretfully, guests are not permitted in any winter classes. All Winter courses are for current LLI members only.

Not a current member? See the registration page at the end of this catalog.

*** Please note:** *a change in NCC policy now requires that all persons on campus must wear their NCC Photo ID with current sticker visible at all times.*



Lifetime Learners Institute at Norwalk Community College, 188 Richards Avenue, Norwalk, CT 06854
www.Lifetimelearners.org



Lifetime Learners Institute at NCC 2019 Winter Class Calendar



FREE CLASSES Monday 1:10-2:50pm Room W101	FREE CLASSES Tuesday 1:10-2:50pm Room W101	<i>PAID</i> Courses <i>Wednesday</i>	<i>PAID</i> Courses <i>Thursday</i>	Friday - FREE CLASSES + Lunch & Learn 10:10-11:50am – Free Class, Room W105 12:15-1:00pm – L&L Refreshments 1:10-2:50pm – Lunch & Learn Presentation
Jan 14 Sandy Soson <i>Poetry of Bob Dylan</i>	Jan 15 Utterback <i>Music of Stephen Sondheim</i>	<i>Jan 16</i> <i>Jan 23</i> <i>Jan 30</i> <i>Feb 6</i>	<i>Jan 17</i> <i>Jan 24</i> <i>Jan 31</i> <i>Feb 7</i>	Jan 18 Miggs Burroughs <i>From Time Covers to T-shirts</i> L&L: Jim Cameron <i>Connecticut's Transportation Crisis</i>
Jan 21 NCC Closed Martin Luther King Day	Jan 22 Nikolai Omelchenko <i>Philosophy of the Human Being</i>	<i>Paid courses:</i> Mark Albertson <i>Revolt of the Planters</i> Darby Cartun <i>Artist & Muse</i>	<i>Paid Courses:</i> Mark Albertson <i>Current Events</i> Darby Cartun <i>Artist & Muse</i>	Jan 25 Byron Matthews <i>Carol Lawrence Hosts The Bell Telephone Hour</i> L&L: Joseph Williams <i>Sunken Gold</i>
Jan 28 Stephen Keogh <i>Estate and Long-Term Care Planning</i>	Jan 29 Frank Izzo <i>The Real Mad Men and Women</i>	Elissa Kaplan <i>Science Fiction of Olivia Butler</i>	June Bird <i>Essentrics</i>	Feb 1 Nina Lesiga <i>Ukulele Musical Adventure</i> L&L: Richard Frisch <i>Speech: Grunts to Tweets</i>
Feb 4 Janeen Bjork <i>Genealogy with Online Newspapers</i>	Feb 5 Bernie Weiss <i>Cellphone Camera</i>			Feb 8 Ken Ormand <i>Humor in Relationships</i> L&L: David Shafer <i>Dorothy Parker & Algonquin Roundtable</i>

Rev. Dec 5

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www.Lifetimelearners.org

Paid courses: Paid courses require advance registration and payment.

Artist and Muse: Wife, Lover, Other

What turns the artist on? Many things can inspire and provide grist for an artist. We trace the influences and identify how the artwork either changed or remained constant. Come explore the art of these fascinating figures in art history. Different countries, backgrounds, cultures -- all have a profound effect.



Darby Cartun received a BS from Syracuse University and a MAT from Sacred Heart University. She is a passionate lover of the arts with a desire to share ideas and theories. Her radio talk broadcast is heard on 1490 WGCH weekdays, 12:30-1:00 pm (www.wgch.com).

4 sessions starting Wednesday, January 16 at 1:10 PM

4 sessions starting Thursday, January 17 at 1:10 PM

This course is offered on two different days. You may register and attend only one day.

Current Events

Framed by the week’s trending news, we rely on rigorous yet respectful debate to enhance our understanding of divergent viewpoints on current events. We discuss politics, gender, religion and other topics and their place in contemporary culture – issues that give life depth and meaning. Focusing on developing critical reasoning skills, we examine the preconceived biases that affect our personal objectivity.



Mark Albertson is the historical research editor at Army Aviation magazine in Monroe. He has authored several books, among them *On History: A Treatise*.

4 sessions starting Thursday, January 17 at 1:10 PM

Dream Architect: Octavia Butler’s Science Fiction

In her science fiction stories, Butler said she was creating dreams that would remain with you when you awoke. According to Mary von Aue, the weekend editor at the web site Inverse, Butler’s “dystopias reflected the social issues plaguing modernity while also absorbing readers into a new world of possibility.” Join us to see what the author has to say in her books and stories *Kindred*, *Bloodchild*, *Dawn* and *Parable of the Sower*.



Dr. Elissa Kaplan earned a BA in German Languages, an MA in Comparative Literature, an MED and a PhD in Educational Leadership. She is the founder and director of Growing Projects, an educational consulting company, and has served as Director of Education at four synagogues in Maryland and Connecticut. She is currently president of The Jewish Historical Society of Fairfield County.

4 sessions starting Wednesday, January 16 at 1:10 PM

Essentrics Movement

Essentrics is a dynamic, one-hour, low impact weight-free fitness program that strengthens the muscles in the elongated position, quickly creating a long, lean and rebalanced body. The unique fluid movement of Essentrics slenderizes and tones the abs, waist, thighs, arms and back, while improving posture, flexibility, agility and strength. Essentrics rapidly and safely conditions the full-body so that it can be done daily, helping you feel energized, positive, healthy and strong.



Please note: This is a one-hour class. **Participants must be able to get up and down from the floor unassisted. Persons with a disease or condition that might result in health issues when engaging in low-level movement**

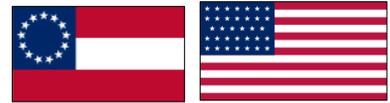
activity should not enroll in the course. A pre-participation medical screening form will be sent to all enrolled members and must be returned to our office one week in advance of the start date.

June Bird earned a master’s degree in dance and has been teaching it for more than 30 years. Her background is in ballet, tap, jazz and modern dance. She has taught dance movement in dance studios, after school programs, adult education, community colleges, nursery schools, public schools and assisted living communities. She chose to teach Essentrics as it offers great benefits to maintaining better health and wellness for adults and for the fact that it is fluid and “dance-like.”

4 sessions starting Thursday, January 17 at 1:10 PM

Revolt of the Planters

Known as the War Between the States or the War Between the North and the South, even the War of Brother Against Brother, the conflict which tore the Republic asunder within less than a hundred years of its founding is known popularly as...The Civil War.



While the above descriptions are true, there is another which captures the political, economic and social aspects of the conflict in a fashion decidedly more accurate -- the Revolt of the Planters. Such a description lends more to the Jeffersonian versus the Hamiltonian agendas for the future of America. The former enlists the agrarian agenda, while the latter showcases the desire to industrialize backed by a sound system of finance. The latter boasts of industrial production, commerce and banking, the former caters to the landed interests, a contradiction waged by the Southern aristocracy versus the burgeoning Northern capitalism.

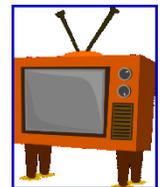
Mark Albertson is the historical research editor at Army Aviation magazine in Monroe. He has authored several books, among them *On History: A Treatise*.

4 sessions starting Wednesday, January 16 at 1:10 PM



Carol Lawrence Hosts *The Bell Telephone Hour* - Free class!

Join instructor Byron Matthews as he shares his knowledge of *The Bell Telephone Hour* television shows hosted by Carol Lawrence. The shows ran in the 1960s and are considered some of the greatest shows in television history. Carol sings, dances and performs comedy routines with many famous guests: Robert Goulet, Howard Keel, Larry Kert and many others who join in for the fun. Byron will also be telling us about his connections to Carol Lawrence. Not to be missed!



Byron Matthews was one of LLI’s most popular instructors for many years with his movie classes. He returns for this special presentation.

1 session on Friday, January 25 at 10:10 AM

Estate & Long-Term Care Planning - Free class!

Estate planning increasingly focuses on two aspects: planning for the distribution of one's estate at death and planning for incapacity during one's life. We aim to familiarize attendees with the basic principles, goals and vocabulary of both aspects of estate planning. We briefly discuss wills, living trusts, powers of attorney, living wills, appointments of health care representatives, conservatorships, income tax planning regarding capital gains as well as inherited retirement accounts.



Stephen B. Keogh practices law in Norwalk and the rest of lower Fairfield County. He concentrates his practice in the area of elder law, probate and trusts and estates. He is a frequent speaker to attorney and community groups on topics including estate planning, planning for incapacity, health care decision making, long-term care financing, Medicaid and conservatorships.

1 session on Monday, January 28 at 1:10 PM

From Time Covers to T-shirts - Free class!

Join us for a visual journey through Miggs Burroughs's almost 50-year career as an artist and designer. His work has covered a wide range of projects from *Time* covers to US postage stamps, to t-shirts for local road races and other events. His current passion is creating lenticular imagery, which allows a photograph to change or transition from one to another, as the viewer walks by. There will be lots of intriguing images to look at, with an equally engaging and candid commentary.

Miggs Burroughs, a graduate of the Carnegie-Mellon University Drama Department, has taught graphic design at Fairfield University and UCONN. He is a founding member of the Westport Artists' Collective at the Westport Arts Center and was the first Artist-in-Residence at the Westport Library. His acclaimed work with cutting-edge lenticular imagery has been exhibited in several one-man shows and is in many private collections. Miggs has designed hundreds of award-winning logos, websites and print material.

1 session on Friday, January 18 at 10:10 AM

Humor in Personal, Platonic and Professional Relationships - Free class!

Humor is the essence of all relationships. However, we all know that personal, platonic and professional relationships can have their ups and downs. Come and find the humor in all of them. Through class discussion, we focus on the humor that can be found in each day of our lives. Your wealth of experiences sheds light on the humor we enjoy every day with a spouse or companion. We even talk about the age-old question of whether or not men and women can be friends. Come join us.



Kenneth Ormand has been a classroom teacher for over 40 years with experience in peer mediation and facilitation in which students are helped to resolve personal conflicts in a positive manner. He specializes in using humor and interactive discussion to bring about a feel-good attitude that leaves participants with a smile.

1 session on Friday, February 8 at 10:10 AM

Seven Reasons Why Your Cellphone is Your Best Camera - Free class!

It's always with you; it's always "on" and ready to shoot; no fiddling around with special lenses, flash, filters; easy multiple photos; "Capture that Special Moment"; send/share your cell phone photos Now! It's 100% free (you already own it), nothing else to buy. Your phone also captures video and sound! And...you already know how to use your phone as a camera. You don't? Come to this one-session class. Bring your phone-camera to class. Learn how to "shoot" your spouse!



Bernie Weiss is an award-winning professional photographer based in Stamford. He's old enough to have used film and darkrooms in his youth, and young enough to understand, appreciate, and use new photographic technologies today.

1 session on Tuesday, February 5 at 1:10 PM

The Music of Stephen Sondheim - Free class!

Dr. Joe introduces Stephen Sondheim, a complex modern genius of musical theater, beginning with his role as lyricist in *West Side Story* (1957) and *Gypsy* (1959). Stephen Sondheim, like Irving Berlin and Cole Porter, was a composer and lyricist. His first major show *Anyone Can Whistle* in 1964 was followed by other truly great Sondheim musicals, including *Company*, *Follies*, *A Little Night Music* and *Into the Woods*. We listen to several recordings of Dr Joe's creative piano renditions.

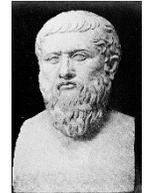


Dr. Joe Utterback earned his MA in Piano Performance from Wichita State University and his Doctor of Musical Arts from the University of Kansas. He has a total of 425 published jazz and classical compositions. Dr. Joe has been Music Director and organist of the First Congregational Church of Stratford for the past 21 years and has been teaching music at Sacred Heart University for 25 years. He has taught for 14 years at LLI, and he continues to perform throughout the U.S. and around the world.

1 session on Tuesday, January 15 at 1:10 PM

Philosophy of the Human Being - Free class!

This lecture is an overview of a philosophy course to be offered in the spring. Philosophers such as Plato, Epicurus, de Montaigne, Emerson and Sartre are introduced and briefly discussed. Philosophical reflection, subjectivity, creativity, free will and intentions are presented.



Dr. Nikolai Omelchenko graduated from the School of Philosophy at Lomonosov Moscow State University, Russia in 1978 and later earned two PhD's. He was a professor at Volgograd State University, Russia and a Fulbright Scholar-in-Residence at Mansfield University, Pennsylvania.

1 session on Tuesday, January 22 at 1:10 PM

The Poetry of Bob Dylan - Free class!

Many of us have listened to and loved Dylan's music for the last fifty years: *The Times They Are A-Changing*, *Blowing in the Wind*, *Like a Rolling Stone*. What is the power of Bob Dylan's song lyrics? Why is he regarded as one of the greatest songwriters of the 20th century? Why was he awarded the Nobel Prize for Literature, and thereby recognized as a poet? We explore some of the well-known and lesser-known song lyrics as poems, examining their verbal dexterity, wit, social commentary and adept handling of metaphor and rhyme. This is NOT a lecture, but rather a discussion of Dylan's lyrics. And yes, we listen to the songs as well!

Blowing in the Wind

Sandra Soson retired from teaching English at Wilton High School in 2014 after a long and fulfilling career. In recent years she has run the Poetry Out Loud program for local high school students, given writing workshops to adults, taught ESL as a Literacy Volunteer, as well as taken courses at NCC and Lifetime Learners. She has been passionate about poetry her whole life and enjoys sharing her love of poetry with others.

1 session on Monday, January 14 at 1:10 PM

The Real Mad Men and Women - Free class!

Return to the era of the real ad men and women that inspired the TV series *Mad Men*. Beginning with the advertising revolution of the 1960s, we hear from the men and women who changed the ad business forever—brilliant minds like George Lois, Bill Bernbach and Mary Wells. We discuss the way ads of the 60s reflected this revolutionary period. It was a time when the youth culture rejected the status symbols of their parents' generation and venerated the anti-hero in both popular culture and advertising. Learn how admen were able to sell a German car in a Jewish town, not long after World War II; how humor became the gold standard; how a chimp helped make Xerox a household word and more. The class concludes with what the instructor considers to be the 10 best ads of all time.



Frank Izzo began his copywriting career at Grey Advertising in the early 70s, just as the creative revolution was winding down. Luckily for him, the youth culture was revving up. At 29 he was made a vice president and the worldwide creative director at Grey, one of the largest agencies in the world. He spent over 40 years in the business, winning awards along the way doing ads with a few celebrities (including O.J. Simpson), while having a whole lot of laughs.

1 session on Tuesday, January 29 at 1:10 PM

Tracking Your Family in Online Newspapers - Free class!

Genealogy students explore many kinds of records as they research their ancestors. None of the resources bring as much color to genealogy as newspaper items do. LLI genealogy students have found unexpected accounts of their ancestors' lives that go well beyond marriage announcements and obituaries, the two most revealing accounts of peoples' lives. As an example, the most recorded event in the instructor's family, the 1894 murder of her great-great grandfather, William Strutz, has led Janeen to 140 different accounts found in online newspapers.



Janeen Bjork has combined 30 years as a TV researcher with looking for the many characters of her family via online newspapers since she began doing genealogy research in 2011. In her popular courses and presentations, she has shown the methodology she uses to uncover hard to find items. The thousands of newspaper stories she found range from the sacred (acts of heroism, not just sacraments) to the profane (a great aunt was committed to an insane asylum for laughing in church).

1 session on Monday, February 4 at 1:10 PM

The Ukulele as a Musical Adventure - Free class!

The ukulele with its four melodious strings is experiencing a renaissance. Also known as the Hawaiian guitar, the ukulele conjures up images of tropical paradise, carefree living and happiness. In this workshop learn about the ukulele through lecture and active participation. Whether you're thinking about learning the ukulele or curious about it, join us for a fun dose of ukulele appreciation. Participants in past beginner courses will play their favorite songs. The instructor provides demonstrations and the opportunity for a sing-along.



Two ukuleles are available for hands on experimentation and music making during the workshop.

Nina Lesiga is an artist, storyteller and ukulelist who makes learning the core ukulele skills achievable and fun. She teaches the ukulele at Continuing Education, Lifelong Learning and after school programs. Nina is passionate about community music making as a means of gifting kindness forward. Learn more about her at www.gottatravelsolo.com.

1 session on Friday, February 1 at 10:10 AM



Friday Lunch & Learn
12:15pm, Light Refreshments
1:00-2:00pm, Program Presentation
Location: NCC East campus Forum



January 18 - Connecticut's Transportation Crisis

Norwalk Hour newspaper columnist and commentator Jim Cameron joins us to talk about transportation's crucial role in our state's economy. The author of the weekly column "Getting There," Cameron writes about trains, trucks, rails, roads and air travel.



Jim Cameron is a former Peabody award-winning journalist at NBC News, where he served for 19 years on the Metro-North Commuter Rail Council, advocating for commuters. More recently he has been a strong advocate for tolls, gasoline tax increases and user fees to fund badly needed repairs on our roads.

January 25 - The Sunken Gold

On January 25, 1917, the British ship *HMS Laurentic* struck two German mines and sank off the coast of Ireland. The ship was carrying 44 tons of gold bullion to the still-neutral United States to help finance Britain's war effort. The Sunken Gold is the story of the covert mission by the British Navy to recover the sunken treasure. It is an exciting tale of maritime adventure, politics, espionage and the dedication and bravery of the Lieutenant Commander in charge of the operation.



Joseph Williams is a librarian, archivist and historian, with master's degrees in history and library and information science. He served as the Head of Collections and Assistant Director of the SUNY Maritime College's Stephen B. Luce Library, which specializes in nautical research. Currently, he is the Deputy Director of the Greenwich Library. He has published numerous articles in the fields of maritime history and librarianship. *The Sunken Gold* is his third book

February 1 - From Grunts to Tweets: The History of Human Communication

Have you ever wondered how and why speech arose? Why are we the only species to develop language? How much do you know about the written word and other more advanced forms of communication? We attempt to answer these questions and look at the science, speculation and popular myths that surround language. The most remarkable tool in our expanding toolkit is language, the primary instrument we use for communication. We cover the development of both spoken and written language, electric/electronic communication and the possibility of neural communication or telepathy.

Richard Frisch has been entertaining and teaching groups about technology-related topics for over a decade. He runs RHFTech, which provides tech guidance and support to small businesses and has over 30 years' experience in the financial services sector.

February 8 - The Algonquin Roundtable

We review the public life of Dorothy Parker, the famous 20th Century writer, poet, literary critic, journalist and overall wit of the 1930s era-and was especially famous for her one-liners while a member of the Algonquin Roundtable in New York City. She actually made her long lasting mark as a young woman writing advertising copy and came up with the line "brevity is the soul of lingerie." Ms. Parker became a successful Hollywood screenplay writer with popular movie credits such as *A Star is Born* and *Saboteur*. Utilizing photographic images, we review her celebrated life, which shows that in addition to being famous, she was a deeply depressed person and that her life had many tragic aspects.



David Shafer has been a popular LLI instructor on opera and a frequent Lunch & Learn presenter on a variety of other interesting subjects. He has a long career designing camera lenses, telescopes and microscopes, some of which have been on NASA's space flights.

LIFETIME LEARNERS INSTITUTE SELECTED TO RECEIVE SILVERSOURCE "C2C" CONTRIBUTION TO COMMUNITY AWARD



This award is in recognition of our significant contributions to the quality of life for older adults in this region and significant community enhancements that make this a great place to live and retire.

As Stamford's leading resource for older adults, Silver Source offers a range of services geared toward helping older adults from all walks of life to live more secure, independent and fulfilled lives.

www.Silversource.org

LLI Board President Leon Breault accepted the award on behalf of our more than 800 members.

Free Concerts Lumina String Quartet



Saturday, February 23
and
Saturday, May 4

2:00pm, NCC PepsiCo Theater, East Campus
A limited number of complimentary tickets
are available for LLI members and their guests.

**To request tickets please contact Barbara Cartsounis:
bcartsounis@norwalk.edu or 203-857-7302**

MEMBERSHIP AND REGISTRATION ~ WINTER 2019

To Join/Membership:

- You must be age 50 or older to join. Dues are \$50 per membership year. See below for payment.
- Membership includes four consecutive terms (one full year).
To check when your membership expires, see the LLI sticker on the back of your NCC Photo ID card.
- Your membership includes LLI catalogs, newsletters, invitations to special events, certain free winter programs, our free Friday Lunch & Learn series and access to the NCC Wellness Center and Library.

Registration & Payment:

- Course fees are \$30 per paid course.
- Free courses are first-come, first seated. When a class is filled, no further entry is permitted.
- All courses are for LLI current members only. **Your current NCC Photo ID must be worn visibly at all times.**
- **Online registration:** payment by credit card only. Go to www.lifetimelearners.org
See "Register here" button on left side. Visa, MasterCard and Discover accepted.
- **Mail in or drop-off registration:** Must be paid by check, payable to Lifetime Learners Institute.
Use the registration form on next page (form also available at www.lifetimelearners.org)

Send your mail-in registration form and check payable to Lifetime Learners to:

***Lifetime Learners Institute at Norwalk Community College,
Room W102, 188 Richards Avenue, Norwalk, CT 06854-1634***

- **Credit cards cannot be accepted by mail or in the office.**
- Course enrollment is on a first received, first enrolled basis, whether via internet or mail.
- Confirmation letters will be mailed (via US Mail) as registrations are processed.

For your Information:

- **Guests** are not permitted to attend LLI classes during summer or winter sessions.
- **Inclement Weather Closures:** Please see Channel 12 News or www.lifetimelearners.org
Any cancelled paid classes will be made up. Any cancelled free classes will not be made up.
- During LLI classes and events, photographs may be taken for promotional purposes.
If you do not wish to have your photograph taken, please alert the photographer directly.
- **Office Hours:** Monday thru Thursday, 10am--3pm, closed Friday.
- **Refund Policy:** Membership dues are not refundable.
Course fees are refundable if a course is:
 - Not attended, and the refund is requested before the end of that term—**or**—
 - Closed when the registration is received—**or**—Cancelled by LLI.All refunds are paid by check from the LLI office.
- Classes with insufficient enrollment will be cancelled, so please register early.

Lifetime Learners Institute at Norwalk Community College, 188 Richards Avenue, Norwalk, CT 068854
E-mail: info@lifetimelearners.org Phone: 203-857-3330 Website: www.lifetimelearners.org

LLI MEMBERSHIP & ENROLLMENT FORM – WINTER 2019

Lifetime Learners Institute at Norwalk Community College

www.Lifetimelearners.org

LLI Membership Dues: \$50.00 for four consecutive terms. Fee per course: **\$30.00**

Name _____ Male ___ Female ___
Address _____ City _____
State, ZIP _____ Preferred phone _____
Email _____ (for LLI communications only)

Birth Date _____ -- **Important! Required by Norwalk Community College**

1st Course _____ 2nd Course _____

Alternate 1 (if closed out of one choice) _____

Alternate 2 (if closed out of second choice) _____

Membership Dues (*ONLY* if not a current member): \$50.00 \$ _____

Total number of courses _____ x \$30.00 _____

Contribution to LLI Scholarship Endowment _____

Contribution to NCC Foundation General Fund _____

Please note: Credit cards are accepted for online registration only. Total \$ _____

____ I would prefer to receive future catalogs **only** via Email (earlier than US mail)

How did you learn about LLI? _____

Mail completed form with payment to:

Lifetime Learners Institute at NCC, Room W102

188 Richards Avenue, Norwalk, CT 06854

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www.Lifetimelearners.org



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2019 Winter Catalog

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