

Lifetime Learners Institute at NCC 2020 Winter Catalog



Welcome to Lifetime Learners Institute's 2020 Winter Session!

Brighten up your winter days with some stimulating courses offered during our Winter 2020 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, Thursday, and **new this year, Friday mornings** 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 mornings, open to current members on a first-come, first-served basis. Topics include poetry, music, literature, marketing, storytelling and local landmarks. 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. You can also check Channel 12 News for a list of closings or www.lifetimelearners.org. Because the winter term is a short four-week block, we are unable to offer our 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: NCC policy requires that all persons on campus 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 2020 Winter Class Calendar **Updated**

www.Lifetimelearners.org



FREE CLASSES Monday 1:10-2:50pm Room W103	FREE CLASSES Tuesday 1:10-2:50pm Room W208	PAID Courses Wednesday 1:10-2:50pm	PAID Courses Thursday 1:10-2:50pm	PAID Course Friday <u>10:10-11:50 am</u>	Friday - FREE CLASSES + Lunch & Learn 10:10-11:50am – Free Class, Room W129 12:15-1:00pm – L&L Refreshments WCafe 1:00-2:15pm – Lunch & Learn Presentation W121
Jan 13 Joe Utterback <i>Jacques Brel: Master of the French Chanson</i>	Jan 14 Art Gang <i>Literature, Theatre, Law & Society</i>	Jan 15 Jan 22 Jan 29 Feb 5	Jan 16 Jan 23 Jan 30 Feb 6	Jan 17 Jan 24 Jan 31 Feb 7	Jan 17 David Pressler <i>The Library Suite</i> L&L: Dr. E. Schuster, <i>Live to 100</i>
Jan 20 NCC Closed <i>Martin Luther King Day</i>	Jan 21 Sandy Soson <i>The Poetry of Leonard Cohen</i>	Paid Courses: Mark Albertson <i>Current Events</i> ***	Paid Courses: Mark Albertson <i>Roadblocks to Republic</i> ***	Paid Course: Darby Cartun <i>Art Seminar</i>	Jan 24 Ben Steiz <i>Dante and the Modern World</i> L&L: J.Audevard, <i>Therapy Dogs</i>
Jan 27 Janeen Bjork <i>You Should Write A Book</i>	Jan 28 Frank Izzo <i>The Cannes Lions International Festival of Creativity</i>	CLOSED CLASS Darby Cartun <i>Art Seminar</i>	June Bird <i>Essentrics</i> *** Dr. Elissa Kaplan <i>Greatest Show on Earth</i>		Jan 31 Nina Lesiga <i>Ukulele for Everyone</i> L&L: A. Nicholls, <i>Africa-Dying Species</i>
Feb 3 Allen Despres <i>National Historical Sites in the Area</i>	Feb 4 Gary Lishnoff <i>Woodstock at 50- Three days of Peace, Love and Music</i>				Feb 7 Joshua Berrett Room Change <i>Gershwin's Golden Goose W101</i> L&L: N. Lesiga, <i>Untold Stories</i>

All Winter Courses are for current LLI members only.

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Paid Courses: Paid courses require advance registration and payment.

Art Seminar

Explore your taste in art and the reasons animating it! Those who have taken some of Darby's classes or have studied art will find this four-week interactive exploration very exciting. Each week, 25 artists and their works are discussed. The fourth week, we share our favorites as we follow a chronological format leading up to the 21st century. Learn about yourself through your choices in art!



Darby Cartun earned a BS from Syracuse University and MAT from Sacred Heart University. She hosts a talk show on Monday through Friday on 1490 WGCH 12:30-1:00. She is a passionate art lover.

CLOSED CLASS 4 sessions starting *Wednesday, January 15 at 1:10PM*

4 sessions starting *Friday, January 17 at 10:10AM*

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

Current Events

On a weekly basis, we discuss local, national and international issues that are newsworthy. Spirited participation and debate are encouraged among students wishing to participate and engage and suggest topics for discussion.



Mark Albertson is the historical research editor at *Army Aviation* magazine in Monroe, CT and the historical research editor for the Army Aviation Association of America. He has authored several books and, as an avid speaker, travels Connecticut and New York State lecturing on issues of history, politics and current events.

4 sessions starting Wednesday, January 15 at 1:10PM

Essentrics Movement

Essentrics is a dynamic, low impact, one-hour weight-free fitness program that strengthens the muscles in the elongated position, which creates a long, lean and rebalanced body. The unique fluid movement of Essentrics slenderizes and tones the abdominal muscles, 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 distributed and must be filled out on the first day of class.

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 the fact that it is fluid and "dance-like."

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

Roadblocks to Republic

A functioning system of representative government is not a birthright but a daily struggle to maintain. We highlight four examples in American history that deeply affected the course of America and/or threatened the viability of representative government:



- The Newburgh Incident
- Shays Rebellion
- The 1798 Alien & Sedition Acts
- Flirtation with Dictatorship: Abraham Lincoln and Jefferson Davis

Mark Albertson is the historical research editor at *Army Aviation* magazine in Monroe, CT and the historian for the Army Aviation Association of America. He has authored several books and, as an avid speaker, travels Connecticut and New York State lecturing on a variety of topics pertaining to history, politics and current events.

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

Greatest Show on Earth: History of the Circus

Our love affair with the circus has lasted for over 200 years. According to Ernest Hemingway, “The circus is the only ageless delight that you can buy for money. Everything else is supposed to be bad for you. But the circus is good for you. It’s the only spectacle I know that, while you watch, it gives the quality of a truly happy dream.” Let’s come together to share our circus experiences, grounded in circus history. Get your popcorn ready; the show is about to begin!



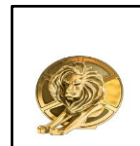
Dr. Elissa Kaplan earned a BA in German Language and Literature, an MA in Comparative Literature, an M. ED and a doctorate in Educational Leadership. Over a seventeen-year period, Elissa has served as Director of Education at four synagogues in Maryland and Connecticut. She is the founder and director of Growing Projects, an educational consulting company and currently is the President of The Jewish Historical Society of Fairfield County

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

FREE CLASSES

The Cannes Lions International Festival of Creativity – Free Class!

You've probably heard of the Cannes Film Festival. That gathering inspired leaders in communications and advertising to create The Cannes Lions International Festival of Creativity in 1954. Beat the Connecticut cold and join us on the sunny French Riviera, as we view the works that have won this prestigious award. We watch some of the funniest, most moving marketing and public service campaigns from across the globe and hear from the people who created them. French beach attire optional.



Frank Izzo began his copywriting career at Grey Advertising in the mid 70's, just as the creative revolution was winding down. Over the course of his career, he has been a student of the top awards shows in the world, inspiring his own creativity. Although he has never won a Cannes Lion, he has been a finalist in many shows, from the Clios to the Andy Awards.

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

Dante and the Modern World – Free Class!

Despite being one of the greatest writers to have ever lived, Dante Alighieri is spoken of with as much reverence and grandeur as Shakespeare, although his works remain less known to the general audience. In a time when the most fundamental roots of our concepts as a modern western culture are being questioned, it is important to understand how our culture was formed by the merging of two different worlds to create our modern worldview. We review and discuss *The Inferno* to show how Dante's unique hybridization created the fundamental axioms of the humanist revolution.



Benjamin Steiz, a graduate of Simon's Rock and Bard College, had a double major in creative writing and philosophy. Interested in history and philosophy from a young age, he is a Dante scholar.

1 session on Friday, January 24, at 10:10AM

Gershwin's Golden Goose – Free Class! Room Change W101

It was the night of Oct. 14, 1930. Ethel Merman, then a 21-year-old newcomer to show biz, introduced to the world one of the greatest showstoppers ever — George and Ira Gershwin's *I Got Rhythm*. Driving the crowd wild was also a hot band including Red Nichols, Benny Goodman, Gene Krupa and Glenn Miller, all in their twenties and at the beginning of their careers. Although the original show, *Girl Crazy*, has been largely forgotten, *I Got Rhythm* took on a life of its own as a musical golden goose. It inspired Gershwin's own variations for piano orchestra as well as over 200 other elaborations by the likes of Duke Ellington, Benny Goodman, Cab Calloway, Charlie Parker and many others. It was also the basis for The Flintstones theme song and Nat King Cole's *Straighten Up and Fly Right*. We explore the many facets of this *I Got Rhythm* story.



Dr. Joshua Berrett earned a BA from the University of Cape Town in South Africa, an MA from Columbia University, and a PhD from the University of Michigan. He studied at the Manhattan School of Music, Juilliard, and the Tanglewood Music Center. He is a Professor Emeritus at Mercy College, a freelance violinist and the author of many publications on music. With his wife, Lynne, he is co-founder of the non-profit Ageless Mind Project, Inc.

1 session on Friday, February 7, at 10:10AM

Jacques Brel: Master of the French Chanson – Free Class!

Remember Jacques Brel's well-known song, *If you Go Away*. We discuss the high points of some selected songs. Born in Brussels, Belgium in 1929, Brel began his career in 1953, establishing himself as a singer/songwriter, actor and director developing a cult-like following as a modern master of French chanson. English translations are given for the selected songs in this journey through the interesting and highly personal music of this master of French theatrical song style. Many of his best-known songs were presented in the 1968 off-Broadway revue, *Jacques Brel is Alive and Well and Living in Paris*. Dr. Joe plays this iconic music for us on a piano keyboard in his own creative style.



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 450 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 28 years. He has taught for 15 years at LLI and he continues to perform throughout the U.S. and around the world.

1 session on Monday, January 13, at 1:10PM

Literature, Theatre, Law and Society – Free Class!

Join us as we discuss two noted court cases. The first, *US vs. Ulysses*, examines the New York federal court decision holding that James Joyce's masterpiece did not violate obscenity laws. The second case, involving the law of torts, is presented through the film, "The Fortune Cookie," in which Walter Matthau portrays a personal injury attorney representing his brother-in-law, played by Jack Lemmon, in this satire involving a fraudulent lawsuit.

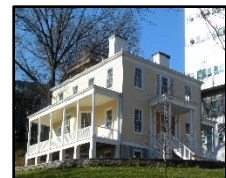


Art Gang graduated New York University with honors in English; received awards in Constitutional Law and Social Service from Brooklyn Law School; and Candidate, Masters in American Studies from Fairfield University. He practiced as an attorney for 40 years and lectures frequently on legal and insurance issues.

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

National Historical Sites in This Area and The History They Tell – Free Class!

Using the National Parks as a touchstone is very pertinent to many issues facing us today. Weir Farm, The Statue of Liberty, Ellis Island, Federal Hall, The African Burial Ground, Grant's Tomb, as well as Hamilton Grange, the Theodore Roosevelt birthplace and Castle Clinton are all within a 50-mile radius of the Norwalk Community College. All depict the history of the United States and how far it has progressed as a nation in some areas, and where it has failed, in others. These parks are fun places to visit as well.



Allan J Despres, a native of Fairfield County, loves history and has been able to live that love, working as a United States Park Ranger in many of the sites mentioned above. Allan has addressed groups visiting the national parks and has conducted outreach programs in surrounding communities. He developed art programs at the Statue of Liberty and did a full summer of lectures and discussions on civil rights at Grant's Tomb.

1 session on Monday, February 3, at 1:10PM

The Library Suite – Free Class!

The Library Suite is a coordinated series of musical jazz pieces composed by Mark Edinberg. Mark initiated the idea of composing a jazz work that celebrates libraries and enlisted local artist and library enthusiast Dave Pressler to provide the visual context. Dave will reprise it with a presentation of his artwork and photography to the recorded music of *The Library Suite*.



Dave Pressler earned a BFA in Industrial Design from the Rhode Island School of Design. He is a member of the Silvermine Guild Arts Center where he is a former trustee, an officer of the ArtPlace Gallery in Fairfield and is on the Curatorial Committee of the Bruce S. Kershner Gallery at the Fairfield Public Library. His artwork has been distributed throughout Connecticut and beyond.

1 session on Friday, January 17, at 10:10AM

The Poetry of Leonard Cohen – Free Class!

Why is it that Leonard Cohen receives the sort of reverence we reserve for only a few contemporary artists? Why have his songs, even three or four decades after their original release, graced the charts, blockbuster movie soundtracks and television singing competitions? Poet, novelist, and most famously a songwriter, Leonard Cohen has explored religion, politics, isolation, sexuality and romantic relationships through his art. Using video and audio clips and selected songs we examine the lyrics of some of Cohen's most famous songs, as well as how he developed as an artist in his final decades.



Sandra Soson graduated from University of Michigan and Wesleyan University. She retired from teaching English at Wilton High School in 2014. In recent years she has run the Poetry Out Loud program for local high school students, given writing workshops to adults and taught ESL as a Literacy Volunteer. Sandra has been passionate about poetry her whole life and enjoys sharing this love with others.

1 session on Tuesday, January 21, at 1:10PM

Ukulele for Everyone – Free Class!

The ukulele's popularity is trending because it's fun to play and it sparks feelings of well-being and happiness. Through a combination of lectures, demonstrations and music making, learn beginner ukulele songs as a group in a supportive, stress-free setting. There will be opportunities to sing along.



Nina Lesiga facilitates ukulele workshops at Lifetime Learners and at other venues, including UCONN Waterbury, Stratford Continuing Adult Education and the Sterling House Community Center. She has a passion for participatory music in public places where she brings ukuleles with her and gets people to play along for peacemaking and community building.

1 session on Friday, January 31, at 10:10AM

Woodstock at 50 - Remembering 3 days of Peace, Love and Music – Free Class!

It's been 50 years since the Woodstock festival, widely regarded as a pivotal moment in popular music history, became a defining event for an entire generation. With the help of award winning music videos and documentaries we revisit this famous event and replay many of the iconic music performances: Crosby, Stills, Nash & Young; Melanie; Joan Baez; Santana; The Who; The Grateful Dead; Creedence, Clearwater Revival; Mountain; Janis Joplin and, of course, Jimi Hendrix. Through photos taken by the instructor on visiting the famous site and the Woodstock Festival Museum at Bethel Woods, New York, we once again Remember Woodstock at 50.

Gary Lishnoff is a past president of LLI and has been an LLI instructor for a number of music, history and culture classes including Music of the 1950s and 1960s, American Jewish Identity, American Presidents, The Sixties and The British Invasion.

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

You Should Write a Book – Free Class!

Ever wonder what it takes to produce a long-form book? Do you want to know more about the process, the professional support you may need, and the options for printing your book? In September 2019, LLI genealogy instructor Janeen Bjork completed a 178-page heirloom-quality book that memorializes the lives and legacies of her 94-year-old client, his parents and eight siblings. She shares the lessons she learned in the year spent reviewing, organizing and editing the family's letters, diaries, documents and scrapbooks. Copies of the book will be available for viewing, but not for sale.



Janeen Bjork has combined 30 years of experience as a television researcher and presenter, editor and educator, with her love of family history. A question from one of her genealogy students, "Do you have any ideas for Christmas presents?" took her on an unexpected, challenging, heartfelt and year-long adventure.

1 session on Monday, January 27, at 1:10PM



Friday Lunch & Learn
12:15pm, Light Refreshments
1:00-2:00pm, Program Presentation
Location: NCC West campus Café and Dining Room (W121)



January 17 - How to Live to Be 100

What are the right steps to take to live healthily to 100? We know the obvious ones –exercise, eat properly and don’t smoke. But are there other things we should do? What medical tests should we take? What are the best foods to eat? Should we take supplements? If so, what kind? These and other questions are answered in this informative and lively presentation.



Dr. Edward Schuster is a cardiologist at Stamford Hospital with an interest in preventative cardiology. Over the years he has received many honors including Teacher of the Year at Stamford Hospital and US, Connecticut and Westchester Best Doctors.

January 24 - Therapy Dogs

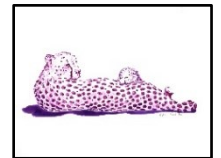
What process does a dog and its handler go through to become a therapy dog team? We gain an understanding of what kind of dog qualifies to be a therapy dog as well as what is the difference between service and an emotional support dog. The speaker presents videos of dogs at work, visiting hospitals, schools and libraries.



Judith P. Audevard and her therapy dogs have worked at various hospitals, assisted living facilities, and schools and colleges in New York and Connecticut. She participates in pre- and post-deployment yellow ribbon events for the military. She is Founder/President of the Hudson Valley Paws for a Cause Pet Therapy Group which was launched in September 2010. She currently supervises a group of over 100 volunteers and their pet partners.

January 31 - Art & Conservation – Working Together to Save Endangered Species

Artist Alison Nicholls discusses how she uses her art to raise awareness and funds for the conservation of endangered species in Africa. She talks about her Conservation Sketching Expeditions and how working with conservationists informed her opinions and changed her art. We learn how art and conservation can be used together, both in Africa and here in the US, to help conserve Africa’s iconic wildlife species.



Alison Nicholls is an artist inspired by Africa. She lived in Botswana and Zimbabwe for several years and returns regularly to sketch in the bush, work with conservation organizations and lead art safaris for Africa Geographic. She is a member of the Explorers Club and the Salmagundi Club and is a Signature Member of the Society of Animal Artists and Artists for Conservation. Visit her website www.ArtInspiredbyAfrica.com.

February 7, 2020 - Untold Stories--Lend Me Your Ear

Storytelling for adults is trending. Captivated audiences are flocking to live performances because listening to narratives makes them feel good. Stories transport listeners to another place, another time and transform perceptions about people, places and things. Stories have the power to spark beautiful new connections and enable learning that sticks. Nina Lesiga shares the “state of the art” in personal storytelling telling her true stories told without using any notes.



Nina Lesiga is a storyteller and a ukulelist. She’s performed at various festivals in New York City, Massachusetts, New Hampshire and Connecticut. Nina is one of the organizers of a visual storytelling event named PechaKucha Night Bridgeport. She began performing as a storyteller and a musician following a 30-year career as a corporate chemist.

MEMBERSHIP AND REGISTRATION ~ WINTER 2020

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 facilities.

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:

- **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

LIFETIME LEARNERS INSTITUTE AT NCC MEMBERSHIP & REGISTRATION FORM

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

Name _____ Please indicate: Male ___ Female ___

Address _____ City _____

State, ZIP _____ Preferred phone _____

Email _____ (for LLI communications only)

Birth Date _____ (Required by Norwalk Community College)

Alternate (only if closed out of above-listed course)

1st Course _____

2nd Course _____

3rd Course _____

4th Course _____

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

Total number of courses _____ x \$30.00 _____

Contribution to LLI General Fund _____

Contribution to LLI Scholarship Endowment Fund _____

Contribution to NCC Foundation General Fund _____

Total \$ _____

Please note: Credit cards are accepted for online registration only.

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

If you are a new member, how did you learn about LLI? _____

Mail completed form, with check, to: **Lifetime Learners Institute at Norwalk Community College**
Room W102, 188 Richards Avenue, Norwalk, CT 06854

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