

Our Mission: To inspire and facilitate the joy of lifelong learning, personal growth, and social connections for adults 50 and over.



Lifetime Learners Institute For People Over Fifty

Fall 2022 Catalog



Quercus rubra Dick. Raub 2016

ARTWORK BY DICK RAUH

Lifetime Learners Institute
at Norwalk Community College
188 Richards Avenue, Norwalk, Connecticut

Welcome to Lifetime Learners Institute's 2022 Fall Term!



We Are Back!

Dear Lifetime Learners,

Welcome back for the Lifetime Learners fall 2022 term. And we really do mean welcome back—to classes on the NCC campus. Finally! This fall most of our courses will be held in-person (barring any new surges of Covid) and several will run on Zoom.

While we have enjoyed and will continue to enjoy courses we've taken on Zoom, one of the major benefits of LLI is the social aspect—meeting new people and catching up with old friends. Speaking of socializing, our Brown Bag Lunch & Learn series is also back at NCC, beginning with our Open House on September 16th. We have a great lineup of L&L presenters, plus coffee and cookies are back.

Also...we are very pleased to announce that, beginning August 22nd, LLI members will once again be able to use the NCC Wellness Center/Gym, free of charge. Details are on the next page.

Hoping to see you all soon,

Jackie Barchilon
Frank Phillips
Co-Presidents

PS: Not a current member, or would you like to give a gift of membership?
Visit www.lifetimelearners.org and click on **Membership & Registration**



NCC WELLNESS CENTER ANNOUNCEMENT



On behalf of the NCC Exercise Science and Wellness Department I would like to take this opportunity to welcome the Lifetime Learners back to the Pitney Bowes Foundation Wellness Center. Both the pandemic and recent challenges with generating NCC IDs have resulted in the suspension of the use of the facility by LLI members. We understand your frustration over the past few years regarding this decision and recognize the importance of using exercise to manage our general health and well-being. We thank you for your patience and are pleased to share that the NCC Administration and LLI Office have agreed to the following terms for your use of the center.

Effective Monday August 22, 2022, all current members of Lifetime Learners will be able to use the Wellness Center, located on the ground floor of the Center for Health, Science and Wellness. To use the facility, you must have current membership with Lifetime Learners (which will be verified by a list provided by the LLI office), a photo ID (e.g., driver's license) and completion of our New Member Packet. Any member who does not appear on the official Lifetime Learners Member List will not be permitted into the facility. The New Member Packet can be downloaded by visiting the following link: <https://norwalk.edu/healthwellness/>. All New Member Packets will be reviewed by qualified NCC staff and in some instances may result in requesting medical clearance from your physician before using the Wellness Center. Our website will also include information on hours of operation for the summer and fall semesters.

To use the NCC Wellness Center, you must join LLI or renew an expired membership at least three days prior to using the NCC Wellness Center.

We look forward to seeing you soon!

Yours in health,
Dr. Paul M. Gallo, EdD, FACSM
Director of Exercise Science and Wellness
Norwalk Community College

Fall 2022 Course Schedule

6-Week Courses

except where noted otherwise

Registration Required

No Monday Classes on September 26

Drawing from Nature <i>Dick Rauh</i>	Monday <i>on Zoom</i>	<u>10:00 am – 12:00 pm</u> <i>2-hour Class</i>
History of Political Schism in America <i>Jordon Kolovson</i>	Monday <i>on Zoom</i>	<u>10:30 am – 12:00 pm</u> No Class on 10/10
Global Symbols in Mythology <i>Ben Steiz</i>	Monday <i>In-Person*</i>	<u>1:10 pm – 2:50 pm</u>
Around the World with Poetry <i>Sandy Soson</i>	Monday <i>In-Person*</i>	<u>3:10 pm – 4:50 pm</u>
Irving Berlin's Life and Music <i>Joe Utterback</i>	Monday <i>In-Person*</i>	<u>3:10 pm – 4:50 pm</u>

No Tuesday Classes on September 27

Current Events <i>Mike Davis, Vicenta Guerin, Fay Ruotolo</i>	Tuesday <i>on Zoom</i>	<u>10:30 am – 12:00 pm</u>
Contending Voices in U.S. History <i>Jean Hofheimer Bennett</i>	Tuesday <i>In-Person*</i>	<u>1:10 pm – 2:50 pm</u> No Class on 10/4
Elvis is Back & Everybody's Twistin' <i>Gary Carlson</i>	Tuesday <i>In-Person*</i>	<u>1:10 pm – 2:50 pm</u>

**A Look at China: Life,
Modern History, Politics &
Influences**

Gary Bischoff

Tuesday
In-Person*

3:10 pm – 4:50 pm

Let's Cook!!

Debi Rubel

Tuesday
on Zoom

5:30 pm – 7:00 pm

No Wednesday Classes on October 5

**Movie Soundtracks: Craft and
Cultural Memory**

Joshua Berrett

Wednesday
on Zoom

10:30 am – 12:00 pm

History of Ha-Ha!

Frank Izzo

Wednesday
on Zoom

1:10 pm – 2:50 pm

8-Week Course

**Shakespeare – The Problem of
Hamlet**

Bill O'Connell

Wednesday
In-Person*

1:10 pm – 2:50 pm

Essentrics

June Bird

Wednesday
In-Person*

3:10 pm – 4:10 pm

1-Hour Class

**Mixed Media Experimentation
in Art**

Beau Bardos

Wednesday
In-Person*

3:10 pm – 4:50 pm

Notable People in History

Mark Albertson

Wednesday
In-Person*

3:10 pm – 4:50 pm

5-Week Course

No class on 10/5, 10/12, 11/2 & 11/9

Brain Fitness

Toby Lazarus

Thursday
on Zoom

10:30 am – 12:00 pm

**American Awesome Wilderness
to Op Pop Skyscrapers**

Darby Cartun

Thursday
on Zoom

10:30 am – 12:00 pm

No Class on 10/20

<p>More Plays, Including the Great American Folk Opera! <i>Art Gang</i></p>	<p>Thursday <i>In-Person*</i></p>	<p><u>1:10 pm – 2:50 pm</u></p>
<p>Plato, Philosophy and the Politics Of Athens <i>Steven Phillips</i></p>	<p>Thursday <i>In-Person*</i></p>	<p><u>1:10 pm – 2:50 pm</u></p>
<p>Russo-Ukrainian War <i>Mark Albertson</i></p>	<p>Thursday <i>on Zoom</i></p>	<p><u>3:30 pm – 5:00 pm</u> <i>8-Week Course</i></p>
<p>Art, Culture and Civilization <i>Darby Cartun</i></p>	<p>Friday <i>In-Person*</i></p>	<p><u>10:10 am – 12:00 pm</u> <i>8-Week Course</i></p>
<p>Heartbreak Hotel: Tragic Heroes <i>Elissa Kaplan</i></p>	<p>Friday <i>In-Person*</i></p>	<p><u>10:10 am – 12:00 pm</u></p>

****To attend LLI on-campus events, NCC requires that you sign in as a visitor at security and be prepared to show a photo ID (like a driver's license); masks are optional. It is strongly suggested you arrive early to sign in with security.***

Fall 2022 Friday Brown Bag Lunch & Learn Schedule

All Programs are In-Person*

Refreshments at 12:15, Presentation at 1:00

BRING YOUR OWN LUNCH OR BUY LUNCH AT NCC CAFÉ
EAST CAMPUS FORUM

No Registration Required

Except for the September 16 Open House, Lunch & Learn programs are open to Members Only.

Sixty Years of Showtunes September 16

Open House - All are invited, Bring your friends and family who are 50 and over!

Senior Safety at Home September 23

The Glass House: Modern Architecture in the CT
Landscape September 30

The Merritt Parkway: History and Future of a National
Treasure October 7

Norman Ives: Constructions and Reconstructions October 14

Building One Community: Immigrant Training October 21

Bigelow Tea October 28

Attendees at Brown Bag Lunch & Learn programs should exercise care in walking to and from the seats in the East Campus Forum. Attendees who may have difficulty walking to and from the seats should identify themselves to the LLI members manning the entrance door, so that they may enter first and be safely seated at the top of the auditorium.

Please show your LLI ID at Lunch & Learn welcome table and obtain an entrance ticket. Tickets are distributed on a first-come, first-served basis. The number of tickets is limited to the maximum capacity of the auditorium.

**To attend LLI on-campus events, NCC requires that you sign in as a visitor at security and be prepared to show a photo ID (like a driver's license); masks are optional. It is strongly suggested you arrive early to sign in with security.*

Lifetime Learners Fall Courses – 2022

REGISTRATION IS REQUIRED FOR ALL COURSES DESCRIBED BELOW

Register early to avoid course cancellations or closures.

IN-PERSON COURSES

To attend LLI on-campus events you are required to sign in as a visitor at the security desk and be prepared to show a photo ID (like a driver's license).

It is strongly suggested you arrive early to sign in with security. Currently, masks are optional.

MONDAY IN-PERSON COURSES

No Monday Classes on September 26

Global Symbols in Mythology

September 19, October 3, 10, 17, 24, 31

1:10 pm - 2:50pm

We explore various recurring archetypes, symbols and stories from religions around the world and how these recurring but differently used elements reflect both various cultural understandings and our shared humanity.



Week 1: Archetypes in Mythology

Week 2: The First Humans

Week 3: War in Heaven

Week 4: The Flood

Week 5: Descent into the Underworld

Week 6: The Hero and the Dragon

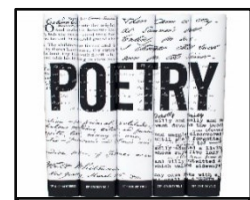
Benjamin Steiz graduated from Simon's Rock and Bard College with a double major in Creative Writing and Philosophy. Interested in history and philosophy from a young age, he is a scholar of Dante, having presented many times about the humanism of Dante's *Inferno*.

Around the World with Poetry

September 19, October 3, 10, 17, 24, 31

3:10 pm - 4:50 pm

Tired of sticking close to home because of the pandemic? Let's travel the world together through the poetry of different countries and cultures. After a brief introduction to the country, time period and poet, together we read several poems in translation and discuss the artistry of the poem, what it



reveals, and how it speaks to us. We look at poets from Chile, Ireland, Poland, Russia, India, Nigeria, Egypt, Israel and Japan. No experience with poetry is required.

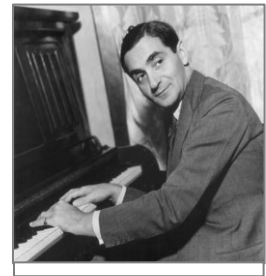
Sandy Soson had a long, fulfilling career teaching high school English. In recent years, she has run the Poetry Out Loud program for high school students, taught ESL as a Literacy Volunteer and taught several courses at LLI. Sandy loves poetry, theater and writing, and enjoys sharing these passions.

Irving Berlin's Life and Music

[3:10 pm - 4:50 pm](#)

September 19, October 3, 10, 17, 24, 31

Irving Berlin's long life and tremendous musical output covered a century of American history. We think of Berlin as a great "tunesmith." From *Alexander's Ragtime Band*, which launched his career as one of Tin Pan Alley's brightest stars, to *God Bless America*, *Easter Parade* and *White Christmas*, Irving Berlin managed to write some 1,500 songs. And, like Cole Porter, he wrote his own lyrics! As Jerome Kern said about America's most prolific, all-time favorite songwriter, "Irving Berlin is American Music." Dr. Joe shares fascinating stories and reviews the lyrics of many of Berlin's greatest songs before he plays them on a piano keyboard in his own creative style.



Dr. Joe Utterback has been a member of the faculty of Sacred Heart University for nearly 30 years. He has been Director of Music/Organist/Composer-in-Residence at First Congregational Church of Stratford for more than 25 years. He has been teaching classes for LLI since 2005 and continues to compose new music with the Leupold Company, part of the American Guild of Organists.

TUESDAY IN-PERSON COURSES

No Tuesday Classes on September 27

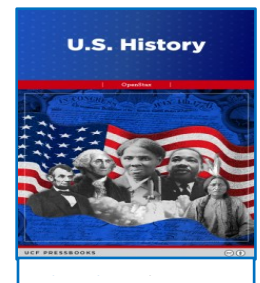
Contending Voices in U.S. History

[1:10 pm - 2:50 pm](#)

September 20, October 11, 18, 25, November 1, 8

We explore some of the great historical debates of U.S. history, including what led to the Salem witch trials, assessing the effects of manifest destiny, who freed the slaves, captains of industry or robber barons and the decision to use the atomic bomb.

Jean Hofheimer Bennett taught Advanced Placement United States History at Weston High School for 25 years and served as a Reader for the Advanced Placement Program for 10 years. She is the co-author of *Cracking the A.P. U.S. History Exam* published by the Princeton Review and also contributed to the 13th edition of *The American Pageant*, the most widely used textbook to teach A.P. U.S. history nationwide.



**Elvis Is Back & Everybody's Twistin':
The History of Rock 'n' Roll, Part 10: 1960-1962
September 20, October 4, 11, 18, 25, November 1**

[1:10 pm - 2:50 pm](#)

In this chapter of our ambitious *History of Rock 'n' Roll* course, we focus on the end of the 1950's and beginning of the 1960's, listening to the music, viewing newsreels and film clips, and discussing the real "movers and shakers" of that era—the performers, musicians, producers and personalities that helped to shape this exciting time. The order of topics and focus of each class may change.



Week 1: The "Golden Age of Rock 'n' Roll" gives way to a new decade with the accent on YOUTH. Welcome to the 1960's!

Week 2: Elvis is Back!

Week 3: Operatic Rockers — Elvis, Roy Orbison and Jackie Wilson

Week 4: Pioneers of Soul — Ray Charles, Sam Cooke and Etta James

Week 5: The Twist — from Hank Ballard to Chubby Checker (and Dick Clark!)

Week 6: The Twist as a (pre-Beatles) World-Wide Phenomenon

Gary Carlson, retired Professor of English at Norwalk Community College, has created and taught a wide variety of courses on writing, literature, film and pop culture. A published writer of fiction, non-fiction, film and music criticism, he has also hosted local radio programs on music history and was the founder and host of NCC's long-running "Movie-of-the-Month Film Series."

A Look at China: Life, Modern History, Politics and Influences [3:10 pm - 4:50 pm](#)
September 20, October 4, 11, 18, 25, November 1

We look at Chinese life in comparison with the U.S., modern history (the last 120 years), Chinese government and politics, China's worldwide influence and its relationship with the U.S.



Week 1: Overview and comparison with the U.S.

Week 2: History Part 1 — Boxer Rebellion, Opium Wars, Civil War, WWII

Week 3: History Part 2 — Cultural Revolution, Mao Zedong and the Great Leap Forward, Deng Xiaoping and economic reform

Week 4: Rise of Modern China — economy, migration, Belt and Road Initiative

Week 5: Chinese Government — Xi Jinping's rise to power, government structure

Week 6: Contemporary Issues — trade war, Thucydides Trap, threat of rising power, government suppression/censorship, freedom, Taiwan, Uyghurs

Gary Bischoff is a retired electronics engineer, business owner and former adjunct at SUNY New Paltz. He has been to China 18 times and speaks Chinese at an intermediate level. Gary talks regularly with colleagues in China about everyday life, government and politics, food, culture and Chinese and English languages.

WEDNESDAY IN-PERSON COURSES

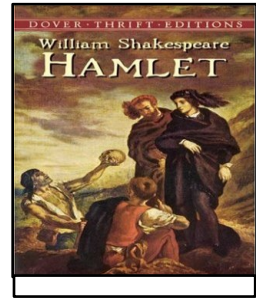
No Wednesday Classes on October 5

Shakespeare – The Problem of Hamlet

1:10 pm - 2:50 pm

September 21, 28, October 12, 19, 26, November 2

As opposed to most of Shakespeare's work, *Hamlet* is essentially "actionless." T.S. Eliot famously said that Shakespeare's play is a "failure," in the sense that it is a "revenge tragedy" that violates the conventions of the form. Eliot is correct in the sense that the play hasn't the action so often associated with revenge drama, but there is action that can be found in the brooding interior life of the hero. The subject of the play, then, is not so much based on revenge, as it is on the tempestuous mind of its hero, a mind ill-equipped for the task facing him and a mind that, as a result of that task, verges on madness.



Week 1: Critical receptions of the play

Week 2: Women as the centerpiece of Hamlet's psychology

Week 3: Hamlet's madness

Week 4: The hero's "delay"

Week 5: The theme of death in *Hamlet*

Week 6: Hamlet – the prototype of man

Bill O'Connell is the Chair of the English Department at NCC. He has taught Shakespeare, the primary area of his scholarship, for 40 years. He has lectured and written extensively on the playwright, and during his career has taught every Shakespeare play and sonnet.

Essentrics

1-hour class 3:10 pm - 4:10 pm

September 21, 28, October 12, 19, 26, November 2

Enrollment in this course is limited to 20 members

Essentrics is a dynamic, low-impact, one-hour fitness program that strengthens the muscles in the elongated position, which creates a long, lean and re-balanced 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 sent to all enrolled members and must be returned to the instructor.

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.

Mixed Media Experimentation in Art

[3:10 pm - 4:50 pm](#)

September 21, 28, October 12, 19, 26, November 2

Enrollment in this course is limited to 24 members

Join us to learn the fundamentals of mixed media techniques. We combine different materials such as charcoal, pastels, acrylic paints and acrylic inks. With a solid understanding of how each medium works, the participants have the opportunity to experiment and combine them while discovering which they prefer.



The materials required for this course are relatively inexpensive. Substitutions of materials are allowed and welcomed. Bring the following to the first class: a sketchpad (400 Series heavyweight drawing pad, 24 sheets medium), a mark-making tool (charcoal preferred) and an eraser (Prismacolor Kneaded rubber and/or Creative Mark White Stroke). A materials list is provided on day one.

Beau Bardos earned his BFA in Painting/Drawing from SUNY Purchase College. He is a painter and animator and currently resides in Fairfield.

Notable People in History

[3:10 pm - 4:50 pm](#)

September 21, 28, October 19, 26, November 16

We explore a cross-section of influential individuals—both known and unknown—who made their marks in a variety of endeavors. All were leaders in their particular pursuits.



Week 1: Edgar Allan Poe — a tragic individual but arguably America's greatest writer

Week 2: Susan B. Anthony — Abolitionist and suffragist, a tireless foe of

political inequality

Week 3: Fritz Haber — Nobel Prize-winning chemist and the father of modern chemical warfare

Week 4: Ernst Rohm — Nationalist Socialist revolutionary and invaluable aide to Hitler in his rise to power

Week 5: Humphrey Bogart — America's leading man and self-made actor whose popularity is timeless

Mark Albertson is the historical research editor at *Army Aviation* magazine in Monroe; and is the historian for the Army Aviation Association of America. He has authored six books, including, *On History: A Treatise*.

THURSDAY IN-PERSON COURSES

More Plays, Including the Great American Folk Opera!

[1:10 pm - 2:50 pm](#)

September 22, 29, October 6, 13, 20, 27

Beginning with Shakespeare, we examine and analyze a series of great theatrical classics. While not required, some familiarity with these plays would enhance this learning experience for all of us.

Week 1: *The Comedy of Errors*, William Shakespeare

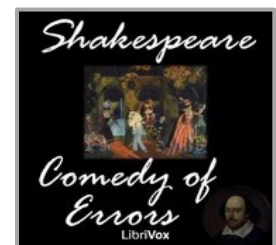
Week 2: *The Mikado*, Arthur Sullivan, W.S. Gilbert

Week 3: *The Seagull*; *Uncle Vanya*, Anton Chekhov

Week 4: *Waiting for Lefty*, Clifford Odets; *Waiting for Godot*, Samuel Becket

Week 5: *Ma Rainey's Black Bottom*; *The Piano Lesson*, August Wilson

Week 6: *The Heidi Chronicles*, Wendy Wasserstein



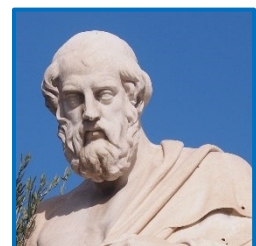
Art Gang is a retired attorney. He earned a BA in English with Honors from NYU, a JD from Brooklyn Law School and a Masters in American Studies from Fairfield University. His last position was associate general counsel and senior vice president at a Fairfield County reinsurance company. Art is passionate about theatre and literature.

Plato, Philosophy and the Politics of Athens

[1:10 pm - 2:50 pm](#)

September 22, 29, October 6, 13, 20, 27

If Western philosophy begins with Plato, Plato's turn to philosophy begins with Athens' defeat in the Peloponnesian War and the trial of Socrates, his beloved teacher and friend. Born into a prominent Athenian family, Plato expected he would follow them into political life. However, Sparta's victory and the execution of Socrates changed all that. For the next half century, Plato explored the most burning issues of his day: corruption in politics, bad faith in civic life, dishonesty in public speech, the duties of the citizen, the



purpose of education, religion and the state, the nature of love and the fate of the soul. We look at some of Plato's most famous dialogues and discuss how his engagement in the issues of his time, and his evolving depiction of Socrates, helped him frame questions we continue to struggle with today.

Participants are encouraged, but not required, to pick up a copy of *A Plato Reader: Eight Essential Dialogues*, edited by C.D.C. Reeve, published by Hackett, and available in print and as an e-book from Amazon and other sellers.

Week 1: *The Apology*

Week 2: *Gorgias*

Week 3: *Republic* Part I

Week 4: *Republic* Part II

Week 5: *Symposium*

Week 6: *Phaedrus*

Steven Phillips studied literature at the University of Chicago and filmmaking at NYU's Tisch School of the Arts. He spent the bulk of his career as creative director and partner of a production company for film, video, media installations, and staged productions. Since retiring, he has worked with community service, public humanities, and higher education nonprofits, as well as earning an MA in American Studies from Columbia University. At LLI, he regularly offers courses in philosophy, politics and American history.

FRIDAY IN-PERSON COURSES

Art, Culture and Civilization

10:10 am - 12:00 pm

September 23, 30, October 7, 14, 21, 28, November 4, 11

Art is dynamic and ever changing. The world around us influences our understanding of culture and civilization. Mores and morality shift with the trends of life. Art is not static. There are definite threads from different styles of art which appear in other decades. Let's take the adventure and perhaps we can come to some conclusion.



Week 1: 19th century — Greco-Roman grandeur and grace, Neoclassicism

Week 2: David and Ingres — classic, exotic and erotic

Week 3: The Industrial Revolution

Week 4: Romanticism

Week 5: French Influences

Week 6: German and Italian Influences

Week 7: English Influences
Week 8: American Imagination

Darby Cartun earned a BS from Syracuse University and an 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 every weekday afternoon, 12:30pm-1:00pm (www.wgch.com). She is also a curator for a small gallery in Stamford.

**Heartbreak Hotel: Tragic Heroes,
“So lonely, they could die”
September 30, October 7, 14, 21, 28, November 4**

10:10 am - 12:00 pm

Tragic heroes appear in ancient, classic, and modern literature worldwide. Unfortunately, they tend to end up in “Heartbreak Hotel” due to their individual characteristics or their particular choices. Although they demonstrate heroic qualities like courage, compassion, and integrity, nevertheless tragic heroes from Elvis Presley to King Saul to Macbeth to Scarlet O’Hara to Sirius Black, and others, are “so lonely they could die,” (and often do!). Come on this literary expedition to explore the ups and downs and ins and outs of tragic heroes. **Optional** readings are provided via email to enhance your experience.



Week 1: At the “Heartbreak Hotel” — Tragic Heroes in Pop Culture: Elvis Presley, John Lennon, Michael Jackson, Amy Winehouse and others

Week 2: At the Palace — Tragic Heroes in the Ancient World: King Saul of Israel and Oedipus Rex

Week 3: In Folio and Film — For the Love of Power: Macbeth and Anakin Skywalker

Week 4: In the American Dream — For the Power of Love: Jay Gatsby and Scarlet O’Hara

Week 5: In the Status Quo — Rules or Rebellion? Ned Stark, Elena Richardson, Sirius Black and Okonkwo

Week 6: In Flight — At Swan Lake and in Neverland: Odette, the Queen of the Swans, and Peter Pan

Dr. Elissa Kaplan earned degrees in German Language and Literature, Comparative Literature, Education, Judaic Studies, and a doctorate in Educational Leadership. She served as Director of Education at four synagogues in Maryland and Connecticut. Elissa is a board member of The Jewish Historical Society of Fairfield County, a featured guest speaker and a presenter at conferences on research in Jewish education. She is the founder and director of Growing Projects, an educational consulting company, whose vision is “leadership through critical thinking and compassionate choices.”

COURSES ON ZOOM

MONDAY ZOOM COURSES

No Monday Classes on September 26

Drawing from Nature

2-Hour Class [10:00 am - 12:00 pm](#)

September 19, October 3, 10, 17, 24, 31 Enrollment in this course is limited to 18 members

We emphasize drawing with flowers as a major subject, but we open this up to other natural forms, mainly based on season. We stick to black and white. The format of the class is a critique of the previous week's work, a short science background for the subject and then drawing along with the instructor of the chosen subject. We share participants' work in progress. Materials required are pencils 2H to 2B, a sketch pad 9x12 or 11x14, a kneaded eraser and an eraser pencil.



Dr. Dick Rauh came to botanical art late in life but has made the most of it. After retirement, he earned a Ph.D. in Plant Sciences in 2001 from CUNY and was awarded a Gold Medal from the Royal Horticultural Society in 2006. He has been teaching the science behind botanical art, as well as art classes, at The New York Botanical Garden for over 25 years and gives workshops throughout the country. During the pandemic he has continued to teach online. He has exhibited widely and had a solo show at the Brooklyn Botanical Garden in 2014. His artwork is in the collection of the New York State Museum, the Shirley Sherwood Collection and the Lindley Library in London.

History of Political Schism in America

[10:30 am - 12:00 pm](#)

September 19, October 3, 17, 24, 31, November 7

What are the origins of our political differences, and how did they expand to such a dysfunctional level today? The federal government seems paralyzed. Our representatives are unwilling to compromise. Instead, they find virtue in conflict. This course explores the reasons why. We begin with the story of how liberal and conservative ideals originated and how they impacted the thinking of the founding fathers as they compromised in structuring an "enlightened" government.

We consider the development of liberal and conservative ideals during the centuries as the inclusiveness of "We the People" expanded. We see how and why our political differences grew, and eventually transformed America from a culture that valued compromise to the present-day culture wars. Discussions focus on six key eras in our history.



- Week 1: Introduction: Late 19th century — Civil War through Early Progressivism
- Week 2: Late 19th/early 20th century — Progressivism and Teddy Roosevelt, the struggle for Women’s Suffrage
- Week 3: The Roaring 20’s to the Great Depression — FDR and the New Deal
- Week 4: The 60’s: Challenge to societal norms — civil rights, women’s rights, youth movement
- Week 5: LBJ and the Great Society through Ronald Reagan and the conservative resurgence
- Week 6: 21st Century tribalism — rise of “counter-enlightenment” and the “evil other”

Jordan Kolovson is a Senior Project Manager for RTi Research in Norwalk, CT. He earned a Master’s Degree in Political Science and an MBA in International Business from the University of Connecticut. A lifelong enthusiast of American political history. Jordan is an avid reader of historical analyses, with particular interest in the changing interpretations of events and leaders in U.S. history and new expectations of American leadership in a high-tech world.

TUESDAY ZOOM COURSES

No Classes on September 27

Current Events

10:30 am - 12:00 pm

September 20, October 4, 11, 18, 25, November 1

Join us for interesting and stimulating discussions on news issues and subjects of current interest. Each week, we examine three topics for 30 minutes each, led by one of the facilitators. After the first week we solicit subjects from class members for each of the following weeks.



Mike Davis, a graduate of Bucknell University, remains a loyal alumnus. After eight years with Price Waterhouse, he spent 28 years with US Industries before retiring 18 years ago from his last position as Controller. He has traveled the world extensively and volunteers for the Alzheimer's Association, Norwalk Hospital and other charitable entities.

Vicenta Guerin, a Stamford resident, is retired from her position as an account executive for Con Edison of New York, where she sold and managed energy efficiency projects to the federal government and others. She now enjoys travel, playing pickleball and LLI.

Fay Ruotolo, a former English teacher, president of the teachers’ union and Director of Human Resources for the Stamford and Norwalk Public Schools, is an avid reader, theatergoer, traveler, tennis player and news junkie. She has been an active member of LLI for eight years.

LET'S COOK!!

September 20, October 4, 11, 18, 25, November 1

5:30 pm - 7:00 pm

Join us to discover new ingredient combinations and enhance our cooking techniques. Prior to each class, students will receive recipes and a list of ingredients. You will leave the classes having made six unique meals and main dishes that you can fit into your everyday cooking or even a special dinner with friends and family! Emphasis is on seasonal fall vegetables.



Week 1: Shakshuka, a North African and Middle Eastern meal, with roasted carrots and yogurt sauce

Week 2: Fish sandwich and brown butter tartar sauce, apple and fennel slaw

Week 3: Thai grilled chicken, baby bok choy in miso and ginger dressing

Week 4: Short ribs with cinnamon and prunes, puree of butternut squash with burrata

Week 5: Chicken cutlets with chickpeas and dried fruits, sweet potato with lentils

Week 6: Pork chops with blueberry jalapeno salsa, cucumbers with feta cheese and dill dressing

Debi Rubel earned her degree from Northeastern University in sociology with a concentration in food. She has worked in top Connecticut restaurants and has done team-building cooking classes with many organizations. Debi has studied in culinary hot spots throughout the world, and her interests include sustainability, new culinary concepts and inspiring students to prepare these meals again.

WEDNESDAY ZOOM COURSES

No Classes on October 5

Movie Soundtracks: Craft and Cultural Memory

September 21, 28, October 12, 19, 26, November 2

10:30 am – 12:00 pm

It has been said that one doesn't see a movie as much as feel a movie; such is the power of a soundtrack. We discuss the craft of the movie composer, with John Williams as a prime example, and important antecedents in 19th century Wagnerian opera. In later classes we explore movie scores in terms of craft and cultural context. Composers featured are Leonard Bernstein, Richard Rodgers, Ennio Morricone, Alan Silvestri and Cole Porter.



Week 1: The craft of composing for the movies and its 19th century antecedents

Week 2: *On the Waterfront*

Week 3: *Victory at Sea*

Week 4: *The Mission*

Week 5: *Forrest Gump*

Week 6: *High Society*

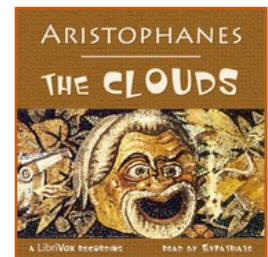
Dr. Joshua Berrett earned a BA from the University of Cape Town in South Africa, an MA from Columbia University, and a PhD from the University of Michigan. He has also studied at the Manhattan School of Music, Juilliard, and the Tanglewood Music Center. He is a Professor Emeritus at Mercy College, a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

The History of Ha-Ha!

[1:10 pm - 2:50 pm](#)

September 21, 28, October 12, 19, 26, November 2, 9 and 16

Take a deep dive into the origins of comedy in Western culture beginning with an overview of the Greco-Roman and Medieval roots of comedy. We then progress to how magazines, TV sitcoms, late-night TV, movies, stand-up comedy and political satire have all shaped America's funny bone. To quote Henny Youngman, the instructor quips, "Take my course...please!"



Week 1: Origins of comedy — Aristophanes, Shakespeare and Moliere

Week 2: Physical Humor — prat falls/banana peels and slap sticks

Week 3: Sit-coms — from the Honeymooners to Seinfeld and beyond

Week 4: Movies — Mel Brooks/*National Lampoon's Vacation*

Week 5: Parody — *Mad Magazine*, Johnny Carson

Week 6: The Comedy of Oppression — Jews, Blacks and a Ukrainian

Week 7: Political Satire — *Saturday Night Live*

Week 8: Open Mike — tell your funniest joke or story

Frank Izzo spent over 40 years on Madison Avenue writing radio and TV ads, most of which were humorous. He is a regular contributor of humorous pieces to *Sound Watch Magazine* in coastal Fairfield County. Frank is also a member of Theatre Artists Workshop, which has held staged readings of his latest work-in-progress, inspired by a Henny Youngman joke.

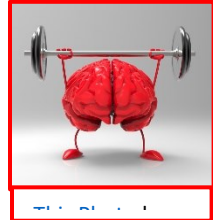
THURSDAY ZOOM COURSES

Brain Fitness

10:30 pm – 12:00 pm

September 22, 29, October 6, 13, 20, 27

Ever have a word on the tip of your tongue, but you can't remember it? Or forget why you walked into a room or where you placed your keys? Want to stimulate your brain power? This course can help. Memory, problem-solving, attention and language skills are some of the cognitive functions that can decline with age. Brain Fitness works to engage the brain in innovative ways in a variety of cognitive areas and can help increase mental acuity. We discuss how your brain works as well as tips to improve your skills. Wordplay, puzzles, memory games and problem-solving activities are employed to enhance your brain power. You are never too old or too young to stimulate your brain.



Week 1: Memory - verbal and visual
Week 2: Visual-Spatial
Week 3: Language
Week 4: Problem-solving
Week 5: Attention
Week 6: Perception

Dr. Toby Lazarus graduated Phi Beta Kappa from Johns Hopkins University. She went on to receive her Ph.D. from The University of Chicago, where she specialized in neuropsychology. Currently, she is the Director of the Brain Fitness Program at Schoke Jewish Family Services in Stamford, CT.

American Awesome Wilderness to Op Pop Skyscrapers

10:30 pm – 12:00 pm

September 22, 29, October 6, 13, 27, November 3

Come and enjoy some highlights of these artistic periods. We look at the Hudson River School, Homer and Eakins, Cos Cob Impressionists, the Art Deco period, the Modernists and finish with Op/Pop Art. Come with opinions and willingness to share your thoughts.



Week 1: Hudson River School
Week 2: Homer and Eakins
Week 3: Cos Cob School Impressionists, Twachtman, Weir and others
Week 4: Art Deco
Week 5: Modernists
Week 6: Wrap Up

Darby Cartun earned a BS from Syracuse University and an 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 every weekday afternoon, 12:30pm-1:00pm (www.wgch.com). She is also a curator for a small gallery in Stamford.

The Russo-Ukrainian War

3:30 pm – 5:00 pm

September 22, 29, October 6, 13, 20, 27, November 3, 10

The Russo-Ukrainian War is the largest conventional conflict in Europe since World War II. It is the product of many aspects of history: the Russian desire to dominate Eastern and Central Europe, the endless alterations of borders, centuries of political changes, unending wars and the deaths of countless millions. But the Great Game is still being waged today--the quest by modern great powers for control of resources, financial primacy and political dominion. The war in Ukraine is merely a cog in this conflict.



The competitors are the United States, the European Union, Russia, India, Japan and, of course, China. The major protagonists are Washington and Beijing. A duel of doctrines - the former represents the neo-liberal corporate capitalism and privatization of government versus communist China's use of state capitalism/socialism.

Week 1: Ghost of Budapest — The demise of the USSR left Ukraine as the third largest nuclear weapons power. . . but Kiev gave up the nuclear option. A mistake?

Week 2: To Have and to Hold — Beginning with Kievan-Rus (880 AD), the history of the Russo-Ukraine relationship

Week 3: Stalin-Lite — Vladimir Putin: From Leningrad to dictator

Week 4: 2014 Year of Decision — A Pandora's Box of change: foreign and domestic issues with Ukraine

Week 5: Ukraine — A political, economic and social briefing

Week 6: The Russian Federation — A political, economic and social briefing

Week 7: The Great Game — Ukraine as an arena for competition for the Great Powers

Week 8: Ukraine and Modern War — Ukraine as a laboratory for modern war and its chilling effects

Mark Albertson is the historical research editor at *Army Aviation* magazine, in Monroe and is the historian for the Army Aviation Association of America. He has authored six books, including *USS Connecticut: Constitution State Battleship*. He is an avid speaker, presenting more than 200 times each year.

Fall 2022 Friday Brown Bag Lunch & Learn Series

All Programs are In-Person*

Refreshments at 12:15, Presentation at 1:00

BRING YOUR OWN LUNCH OR BUY LUNCH AT NCC CAFÉ
EAST CAMPUS FORUM

No Registration Required

Except for the September 16 Open House, Lunch & Learn programs are open to Members Only.

September 16 - Sixty Years of Showtunes

Open House - All are invited, bring your friends and family who are 50 and over!



Since its inception in the late 1800s, Broadway has attracted people from around the world to its 41 stages in New York City. Sixty Years of Showtunes tracks the evolution and recent history of musical theater, with performances from many of Broadway's most iconic and beloved shows, including *Funny Girl*, *Les Miserables*, *Dear Evan Hansen* and more. From tender ballads to all-out showstoppers, join us for a musical tribute to the best of Broadway.

Encore is a group of singers, all NCC students, who share a love for musical theater and performing. The mission of Encore is to bring the joy of music to the stage through vocal performances, from Broadway to today's pop music. Encore performs at various venues throughout Fairfield County.

September 23 - Senior Safety at Home



Falls are the primary cause of fatal and non-fatal injuries in Americans over the age of 65. Fall prevention is an important topic to consider as we get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. While falls are a leading cause of injury among older adults, fear of falling doesn't need to rule your life.

Mark Basler brings over 15 years of experience in non-medical home care to Always Caring of Connecticut. He served at Home Care, as Director of Business Development and Managing Director, which led him to open Always Caring of Connecticut in 2018. The organization provides

personal care and services for clients with vastly different needs, and is dedicated to providing the best possible care with their team of caregivers."

September 30 - The Glass House: Modern Architecture in the Connecticut Landscape



Enjoy a virtual visit to one of Connecticut's most innovative architectural environments, The Glass House in New Canaan. This former home of architect Philip Johnson, first built in 1949, but later expanded over decades, is now a center for art, architecture and culture. It features examples of some of the most important movements in 20th-century architecture as well as a significant collection of post-war American art. Now a site of the National Trust for Historic Preservation, The Glass House continues to preserve a nearly 50-acre landscape that is as much a part of the visual design as the architecture itself.

Hilary Lewis is the Chief Curator and Creative Director at The Glass House. She is co-author of two books on the architect, *Philip Johnson: The Architect in His Own Words* and *The Architecture of Philip Johnson*. She is the recipient of the AIA International Book Award and was a Visiting Scholar at the American Academy in Rome. She earned her undergraduate degree from Princeton and her graduate studies were at MIT and Harvard, where she also taught both undergraduate and graduate students.

October 7 - The Merritt Parkway: History and Future of a National Treasure



Learn the story of the origin, design and construction of the Merritt Parkway's unusual bridges and pastoral landscape, the parkway's impact on American highway design, how it has been revitalized after coming close to losing its park-like character, recent bridge restorations and the challenges it faces to ensure its future as a safe and beautiful drive.

Wes Haynes, Executive Director of the Merritt Parkway Conservancy, has practiced in the field of historic preservation since 1980. The Conservancy is a nonprofit, member-supported organization working to protect, revitalize and be stewards of Connecticut's largest historic district since 2002.

October 14 - Norman Ives: Constructions and Reconstructions



Prepare to be dazzled by the work of Norman S. Ives, mid- 20th century master of graphic design. Join author, graphic designer and photographer John T. Hill as he discusses Ives's breakthrough use of symbols, color, shapes, letterforms and typography. Ives and Hill both taught at the Yale School of Art, along with an impressive group of other faculty, including Paul Rand and Walker Evans. Hill discusses highlights from recent Ives's exhibitions. As Ives's student, friend and later, colleague, Hill provides unique insights into his body of work, as well as his impact on the entire community of graphic designers.

John T. Hill is a graphic designer and photographer from the Yale School of Art. He is the author of a book on Norman S. Ives, mid-20th century graphic design master. He co-founded Yale's Department of Photography and was its first director of graduate studies and has published six books on Walker Evans.

October 21 - Building One Community: Immigrant Training



Learn about Connecticut's immigrants and how Building One Community, the Center for Immigrant Opportunity (B1C) assists immigrants and their families. B1C is a welcoming point of entry where Stamford area immigrants connect with their new community and access a complete array of wraparound services in four critical areas – education, employment, empowerment and engagement. Since its inception it has served over 13,000 immigrants from 115 countries who speak 43 different languages, using an array of research-based programs proven to accelerate their integration and success.

Don Strait is the Deputy Director of the non-profit Stamford organization Building One Community (B1C). From 1992 to 2017, Don was Executive Director of the Connecticut Fund for the Environment (CFE), a nonprofit organization promoting environmental advocacy.

October 28 - Bigelow Tea



Bigelow Tea was founded by Ruth Campbell Bigelow in 1945. At that time, the only tea available in the U.S. was black tea. A friend gave Ruth an old colonial tea recipe whose ingredients included black tea, orange rind and sweet spice, and Ruth spent weeks perfecting the blend in her kitchen. The tea was an instant success, garnering rave reviews from folks who had sampled the brew at a social function. A friend later told Ruth that her tea caused nothing but constant comments. Today, Constant Comment is still the number one selling flavored black tea in the country. Betty tells us a brief history of tea, how tea is processed, and the latest health information associated with drinking tea. Lastly, she tells us how to make the perfect cup of tea.

Betty Johnson has been associated with Bigelow Tea, located in Fairfield, for the past 25 years. The first 12 years she was the Customer Service Manager as well as speaking about tea throughout the state. Now she exclusively does tea presentations.

Attendees at Brown Bag Lunch & Learn programs should exercise care in walking to and from the seats in the East Campus Forum. Attendees who may have difficulty walking to and from the seats should identify themselves to the LLI members manning the entrance door, so that they may enter first and be safely seated at the top of the auditorium.

Please show your LLI ID at the Lunch & Learn welcome table and obtain an entrance ticket. Tickets are distributed on a first-come, first-served basis. The number of tickets is limited to the maximum capacity of the auditorium.

**To attend LLI on-campus events, NCC requires that you sign in as a visitor at security and be prepared to show a photo ID (like a driver's license); masks are optional. It is strongly suggested you arrive early to sign in with security.*

Lifetime Learners Film Club

Free

For Members Only

No Registration Required!

Monthly meeting details and Zoom links will be sent to all members via the Weekly Tuesday Update Email.



The LLI Film Club meets on Zoom on the 2nd Thursday of most months from 7:00-8:15 pm and is free to LLI members. Films are to be watched in advance by members in the comfort of their homes. At the meetings we discuss themes, characters, cinematography, screenplay, cast, director, music, reviews and much more. Moderators rotate among the club coordinators and the Film Club members, who take turns doing research on some of these topics regarding a particular film and sharing what they've learned with the group.

All films are available via streaming services such as Amazon, Netflix, and YouTube, with an occasional inexpensive rental cost (usually \$2.99 or \$3.99) or through local libraries that provide either CD lending or online free access.

Club Coordinators:

Vicenta Guerin, Elinore Kaplan, Sandi Sacks



Course Registration and Zoom Information

To register for an online or in-person LLI course:

- Go to www.lifetimelearners.org
- On the left-hand margin click on “**Click here for Membership & Registration**”
- Use the online registration form to select your courses, renew your membership if necessary, or both. Dues are \$50 per membership year and the fee for each course is \$30.
- You may also give the gift of an LLI membership and courses to friends and family, age 50 and older, by clicking on the “Yes” under Gift Membership.

For in-person courses, you will receive a hardcopy, mailed confirmation from LLI with the NCC classroom number. For Zoom courses, you will receive a hardcopy, mailed confirmation from LLI, and at least one day before the first class, you will receive an email with the Zoom link to the course. You should save this email with the Zoom course link. The link will look like <https://zoom.us/j/9090909090>. You will use this link for all weeks of the course. Click on the Zoom link ten minutes prior to your class start time.

Refunds

- Membership dues are not refundable.
- Course fees are refundable if a course is (1) not attended at all and the refund is requested before the end of that term, or (2) canceled by LLI.

Important General Information

Guests - Guests, whether members or non-members, may attend one in-person or Zoom class during the fall 2022 term if space is available or unless otherwise announced. Please do not forward the Zoom links for courses to anyone. Every course registration is for one person only; if there’s another person in your home who would like to participate, he or she must be also an LLI

member and must register for the course. We do encourage forwarding this catalog to friends and family age 50 and over.

No Recording/Reproductions by Members or Guests – Course and Lunch & Learn material may be subject to copyright protection. In order to comply with intellectual property requirements, recordings or reproductions of course and Lunch & Learn material by members or guests are strictly prohibited.

Photographs and Videos by LLI – Photographs and/or video and audio recordings of LLI events may be taken by LLI. These images and, where applicable, voices may be posted on the LLI website; included in LLI communication and promotional materials - whether in print, online, in videos, on Zoom or in any other medium - including in catalogs, brochures, newsletters and presentations and on social media; and used, edited, distributed and displayed by LLI and/or the photographer/videographer for any other lawful purpose. By attending an LLI event, you consent to your image and voice being photographed and/or recorded at such event and used for any of the foregoing purposes, unless you inform the photographer/videographer before or at the beginning of the event that you do not wish to be photographed or recorded.

Conduct – Lifetime Learners prides itself on the excellence of its instructors, who come from many diverse backgrounds and bring to the classroom a broad spectrum of views to explore. Members may not agree with some of the views expressed by instructors or other participants, and discussion of our differences is both healthy and encouraged. Nonetheless, we must disagree agreeably. Inappropriate language, raised voices and *ad hominem* arguments, will not be tolerated.

Lifetime Learners Institute is a guest of Norwalk Community College. NCC allows us to use the classrooms, Wellness Center, auditoriums and library, but our members must follow the NCC rules and policies regarding access and safety and must conduct themselves with appropriate decorum. This includes, but is not limited to:

- showing identification and/or signing in when requested
- completing any required forms for access to campus resources
- showing respect to NCC students and staff and to other LLI members and LLI instructors
- complying with any COVID restrictions in effect at the time
- complying with classroom and auditorium maximum capacity limitations
- not bringing food into classrooms or auditoriums
- not entering classrooms until all NCC students and teachers have left the room

Failure to adhere to the NCC rules and policies, or acting inappropriately toward NCC staff or students, other LLI members or LLI instructors, may result in the suspension or revocation of LLI membership.

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1. In your Internet browser, open your Amazon Account
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3. Under “Current Charity” (on the right-hand side of your screen), click [Change charity](#) and select Lifetime Learners Institute (Norwalk, CT)

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LLI Mission Statement

To inspire and facilitate the joy of lifelong learning, personal growth
and social connections for adults 50 and over.

LLI Core Values

Core Values

Core values are the deeply held beliefs of how we go about pursuing our mission. They support the practices we use (or should be using) every day in everything we do. They reflect how we want our organization to resonate with and appeal to members and the external world.

Stimulate the Mind, Body, and Spirit

We provide opportunities for continuous learning through a wide array of courses and individual presentations in academic subjects, the arts, wellness, and social engagement.

Volunteerism

We are an independent volunteer organization that relies on the commitment of its members to contribute their time and expertise in all areas of administration and leadership.

Community Building

We build a network of social connections to form a community of friends as well as have an impact on the surrounding community.

Adaptability

We are a flexible organization that evolves to meet the needs of our members and the demands of changing times.

Inclusion

We are committed to offering programs that acknowledge and strive to enhance the diversity of our membership and respect the values of all.