

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 2024 Catalog

Classes Start September 16th

 **Lifetime Learners Institute**

CT STATE COMMUNITY COLLEGE NORWALK



Lifetime Learners 2024 Fall Term

Dear Members and Friends of LLI,

Are you ready for cooler temperatures and new ways to feed your curiosity? LLI is ready for you to choose from 27 different courses, some in person, some on Zoom and some with a hybrid choice. From Astronomy to Zentangle and everything in between you will be challenged, entertained and mystified. The Curriculum Committee has exceeded its own high standards to find new content, additional instructors and out-of-the-box thinking.

I look forward to seeing you at our September 13th Open House. We will be back in the Forum on the East Campus. There will be music and sweet treats to kick off a season of learning that will amaze you and make you smile. Your talents and engagement are what makes LLI so extraordinary!

Please come to the Open House and bring a friend who may be considering membership. There is room for everyone who gets a kick out of discovering something new.

Best Regards,

Fay Ruotolo, President
Lifetime Learners Institute

PS: Would you like to give a gift of membership? Please see our website and use the button "Click Here for Membership & Registration."

Lifetime Learners Institute
at CT State Community College Norwalk
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Norwalk CT 06854
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www.lifetimelearners.org
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Fall 2024 - Course Schedule

Registration is required in advance

Hybrid courses are held both in person and via Zoom ([see page 30](#))

To attend LLI on-campus events, CT State Community College Norwalk (formerly NCC) requires that you sign in as a visitor at security 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.

MONDAY

Chinese Culture, Part 2 <i>Gary Bischoff and Wang Wei</i>	Zoom	9:30 am to 11:10 am
Paint a Masterpiece a Day <i>Connie Manna</i>	Zoom	10:30 am to Noon
The Politics of Sports Business <i>Evan Weiner (No Class Sept. 30)</i>	In-Person	1:10 pm to 2:50 pm
History of Presidential Elections <i>Jordan Kolovson - Starts Sept. 30</i>	Hybrid	1:10 pm to 2:50 pm
The Hollywood Revolution 1965-1975 <i>Joe Meyers</i>	In-Person	3:10 pm to 4:50 pm

TUESDAY

Dream Worlds of Chagall and Dali <i>Darby Cartun</i>	Zoom	10:10 am to 11:50 am
Current Events <i>Maria Petti and Fay Ruotolo</i>	Zoom	10:30 am to Noon
Short Story Discussion Group - 1 hr. class <i>Carroll Stenson - Starts Sept. 24</i>	Zoom	10:30 am to 11:30 am
The Girl Group Sound – Part 3 <i>Gary Carlson</i>	In-Person	1:10 pm to 2:50 pm
Computers: How to Get More from Your Computer <i>Gary Bischoff and Doug Fine</i>	In-Person	1:10 pm to 2:50 pm

D is for Dementia: A Caregiver's Journey In-Person 1:10 pm to 2:50 pm
Nancy Berkowitz

The Conquest of Distance - 2 hr. class
Bill Preinitz - Starts Sept. 24 Hybrid 3:10 pm to 5:10 pm

WEDNESDAY

Devils, Witches and the Supernatural in Music
Joshua Berrett Zoom 10:30 am to Noon

How Old Are You Now: Poems about the Stages of Our Lives
Sandy Soson Zoom 10:30 am to Noon

Watercolor Exploration In-Person 1:10 pm to 2:50 pm
Louise Flax - Starts Sept. 25

American Transcendentalists Hybrid 1:10 pm to 2:50 pm
Steven Phillips

Discover Your Remarkable Energy! Hybrid 1:10 pm to 2:50 pm
Elissa Kaplan

The Great Game: Quest for Empire 1756-2024
Mark Albertson Hybrid 3:10 pm to 4:50 pm

Essentrics: Release, Rebalance, Restore Limited enrollment/1 hr. class
June Bird In-person 3:10 pm to 4:10 pm

THURSDAY – No Classes on Oct. 3

True Crime Fiction Writing Zoom 10:30 am to Noon
Kim Kovach

Zentangle – 1 hr. class Zoom 10:30 am to 11:30 am
Kathy Shapiro

The Russia-Ukraine War and Global Security
Olena Lennon In-Person 1:10 pm to 2:50 pm

The Art of the Short Story In-Person 1:10 pm to 2:50 pm
Art Gang

Empire of Reason
Mark Albertson

Hybrid

3:10 pm to 4:50 pm

FRIDAY– No Classes on Oct. 4 and Oct. 11

Intersection of Artist and Architect - CLOSED In-Person
Darby Cartun

10:10 am to 11:50 am

Shakespeare Discussion Group In-Person
Diane Lowman - Meets on Sept. 27, Oct. 18, and Nov. 8

10:10 am to 11:50 am

Are We Alone in the Universe? - 2 hr. class In-Person
Bill Preinitz - Starts Sept. 27 (No Class Nov. 29)

10:10 am to 12:10 pm

LLI's 2024 Annual Meeting – May 10th



Fall 2024

Free Friday Brown Bag Lunch & Learn Schedule

All Programs are In-Person
12:15 pm - Cookies, tea and coffee
1:00 pm – Presentation
East Campus Forum Auditorium

To attend LLI on-campus events, CT State Community College Norwalk (formerly NCC) requires that you sign in as a visitor at security 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.

No Registration Required
Open to members only, except for September 13th Open House

Sept. 13 - **Open House – Bring a Friend!**– John Coperine – Singer/Entertainer

Sept. 20 - Norwalk River Valley Trail – Andrea Gartner

Sept. 27 - Danbury Museum & Historical Society – Brigid Guertin

Oct. 4 - **No Lunch & Learn**

Oct. 11 - **No Lunch & Learn**

Oct. 18 - Treating Balance Disorders – John Chiang and Mike Tu

Oct. 25 - 3-D Printing – Vladimir Mariano

Nov. 1 - Global Volunteers and Teaching English – Dianne Flagello

Nov. 8 - Music Theater of CT – Kevin Connors

Nov. 15 - Global Health as a Security Issue – Patrick W. Kelley

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 room.

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.

Fall 2024 Course Descriptions

Members are encouraged to register as early as possible for courses due to limited classroom seating. Early registration helps avoid the possible cancellation of courses due to low enrollment the week before the beginning of the term.

MONDAY COURSES

Chinese Culture, Part II

Sept. 16, 23, 30, Oct. 7, 14, 21

Zoom

9:30 am – 11:10 am

China is increasingly influencing the world and daily life, so learning more about China, its language and culture has importance. Any society or culture is made up of language, religion or philosophy, food, the arts and the people. The more we know about the China of the past, the more we can understand and appreciate the China of the present. We present an opportunity to learn more about China's culture and history with two instructors—one local and one in Nanjing, China. This course is a continuation of the Spring 2024 Chinese Culture course. However, each class stands by itself, and students who did not take the previous course are welcome.



Week 1: Tea Culture

Week 2: Chinese Philosophers, Confucius, Sun Tzu, Laozi, and from the modern era, Sun Yat-Sen and Mao Zedong

Week 3: Chinese Art

Week 4: Four great Chinese inventions: Compass, Gunpowder, Printing, Paper making

Week 5: Some Famous People such as The Soong Sisters, Hu Shih, Cixi, Puyi and more

Week 6: Chinese Entertainment Industry: Movies, TV and Theatre

Wang Wei, was born and raised in Nanjing, China, where she still lives with her husband and daughter. Wang Wei has a BA in English from Nanjing Normal University. She works in the certification industry which requires frequent travel throughout China. She is skilled in photography and calligraphy.

Gary Bischoff has a MS in Electronics Engineering and Computer Science from Columbia University, and is a retired electronics engineer and business owner. He was an adjunct professor at SUNY New Paltz. Gary has taught several courses including courses on Electronics, Current Events, China-US Geopolitics and Chinese Culture. He has traveled to China 19 times, speaks enough Chinese to get by, and is very interested in the relationship between China and the West as well as Chinese culture.

Paint a Masterpiece a Day

Sept. 16, 23, 30, Oct. 7, 14, 21

Zoom

10:30 am – Noon

Paint a Masterpiece a Day is a painting program that uses actual masterpieces as inspiration for anyone interested in learning to paint in acrylics. With positive encouragement and only five colors of paint, each participant will learn how to mix colors and complete a painting in each lesson.



Supply list:

- Stretched canvas 16" x 20" preferred (11" x 17" will work, but no smaller)
- 1 flat brush, size 10 (brush sizes are approximate, use whichever feels comfortable)
- 1 round brush size 6 or 8
- Acrylic paint in: Phthalo Blue, Alizarin Crimson, Titanium White, Burnt Sienna and Cadmium Yellow Medium
- Palette paper or disposable plate, disposable cup for water, paper towel sheets

Connie Manna earned her BFA from the School of Visual Arts. She is an illustrator and teaching artist and many of her original paintings are held in private collections. She has had several solo shows and participated in group shows on the east coast. As a freelance artist, she has worked for book publishers, medical magazines, advertising agencies and software companies, as well as private commissions.

The Politics of Sports Business

In-Person

1:10 pm – 2:50 pm

Sept. 16, 23, Oct. 7, 14, 21, 28 (No class Sept. 30)

For the sports business to operate successfully, there are three absolute needs: government backing, money from television and corporate support. It really does not matter if a sport is headquartered in the United States or in China. Municipalities plan to spend billions of dollars for new or renovated facilities:



Major and Minor League Baseball stadiums, National Basketball Association and National Hockey League arenas and National Football League stadiums. "Shamateurism" in American college sports was a major controversy, as college sports leaders want to keep so-called "student-athletes" under their collective thumbs.

Week 1: Football in America, The Beginnings: The NFL began as a mom & pop store operation.

Week 2: Pro Football and the "Jerk:" In the late 1950's, with television exposure and network money, the NFL was transformed into the modern era.

Week 3: California, Where Sports Changed: Los Angeles saw the end of the NFL color barrier, Los Angeles and San Francisco became major league cities with the move of the Brooklyn Dodgers and New York Giants. Athletes became stars and movie stars became owners.

Week 4: The Olympics and Germany: Some people in Germany want to see Berlin bid for the 2036 Summer Olympics to mark the 100th anniversary of the Hitler-Nazi Games. Proponents believe it could be a teachable time for the world, to show how propaganda was used to promote the Games and the Nazi regime. Germany has hosted two Summer Olympics, in 1936 and 1972. There was turmoil at both athletic competitions.

Week 5: Baseball In The American Culture: Established in mid-1800's, by 1880's rose to prominence in the culture at large—the poem *Casey At The Bat*, song *Take Me Out To The Ballgame*, Abbott and Costello's biggest routine "Who's On First." Baseball has been a subject in books, on vaudeville stages, in a Broadway play, in song, in movies and television. Baseball cards played a role in kids growing up.

Week 6: Athletes And Protests: There is a long history of athletes taking a stand and using the playing field as a public stage, yet spectators don't always want to hear them. In 1936 Jesse Owens went to the Berlin Olympics, much to the chagrin of Hitler. In 1965, 21 African American players boycotted the AFL All-Star game in New Orleans because of draconian Jim Crow laws. Muhammad Ali refused to enter the military because he was against the Vietnam War, and in 1968, Tommie Smith and John Carlos raised the Black Power Salute at the Olympics to send a clear message about many issues, including black pride, solidarity with blue collar workers, and human rights issues.

Evan Weiner is an award-winning journalist, author, public speaker and recognized global expert of the "Politics of Sports Business." He has a daily video podcast of the same name. He has been a radio commentator and TV pundit on MSNBC, and ABC, as well as a regular on BBC radio. In 2007, Evan was selected by the US State Department to speak at Texas A & M, to explain how the American government partners with sports, addressing foreign nationals. He won the 2010 Ronald Reagan Media Award from the United States Sports Academy. In 2015, Evan was featured on the documentary, "The Sons of Ben" about the economic fall of Chester, Pennsylvania and how the city thought a soccer team would be a key to economic revival.

History of Presidential Elections

Sept. 30, Oct. 7, 14, 21, 28, Nov. 4

Hybrid

1:10 pm – 2:50 pm

In this course we learn about the Presidential elections that most affected American history. For each election, we look at the events leading up to the election, the candidates running for president and why that election was so important. We have a little fun speculating about what if the losing candidate had won, and how American history might have changed. We end with a look at this year's election and discuss present day trends. Your thoughts and questions will always be welcomed.



Week 1: Overview: What voters look for in a President and how a President is elected

1796/1800 - Adams/Jefferson - Precedents for peaceful transitions

Week 2: 1824/1828 - Andrew Jackson - Rise of the first populist President

1860/1864 - Lincoln - Disunion and Re-union

Week 3: 1912/1916 - Wilson and WWI - Positioning America to be a world power

1932 - FDR - Federal govt as public protector

Week 4: 1948 - Truman's surprise win

1960 - Kennedy - Path to the Great Society and Vietnam

Week 5: 1968 - Nixon - 1960's division and Watergate

1980 - Reagan - Re-establishing conservative government

Week 6: 2008/16 - Obama/Trump - Cultural tolerance and grievance

2020/24 - Biden/TBD - Rise of the 'evil other' and the future of Democracy

Jordan Kolovson earned an MA in Political Science and an MBA in International Business from the University of Connecticut. Now retired, he worked as a Senior Research Manager for RTi Research, a market research company in Norwalk. A lifelong enthusiast of American political history, Jordan is an avid reader of historical analyses, with particular interest in learning different perspectives of events and leaders in U.S. history.

The Hollywood Revolution: 1965 - 1975

Sept. 16, 23, 30, Oct. 7, 14, 21

In-Person

3:10 pm – 4:50 pm

We cover the huge shift in Hollywood filmmaking during its stormiest decade, 1965 - 1975. Roughly, this includes the shift from 'The Sound of Music' to 'Midnight Cowboy' and 'Easy Rider.'



Week 1: How the Sound of Music's huge financial success almost destroyed Hollywood, when it launched a wave of expensive musical flops

Week 2: The first black superstar, Sidney Poitier, who became the top box office star of 1967

Week 3: The creation of the first movie rating system in 1968 makes much more mature filmmaking possible with the R and X ratings.

Week 4: The low budget blockbuster Easy Rider destroys the existing studio model in 1969

Week 5: The changing of the guard in 1970 - Midnight Cowboy wins best picture Oscar despite its X rating, and John Wayne finally earns a best actor Oscar just as his style of movie ceases to exist

Week 6: The 1970's and the rise of fiercely independent directors like Robert Altman, Martin Scorsese and George Lucas

Joe Meyers earned his BA from Penn State, with a major in journalism and minor in film. He is currently Director of Programming for the Focus on French Cinema Film Festival in Connecticut and is co-host of the Spotify podcast 'Now a Major Motion Picture!' Meyers has written about movies, theater and books for more than 30 years for the Hearst Connecticut Media Group and other publications. In the 1970's, Meyers ran the first (and only) art house on the Delmarva Peninsula—the Lewes Cinema. In 2012, the Mystery Writers of America awarded Meyers the Ellery Queen Award for his writing on crime fiction.

TUESDAY COURSES

Dream Worlds of Chagall and Dali

Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5

Zoom

10:10 am – 11:50 am

Come explore and enjoy a deeper dive into the art of these two geniuses. The two artists used their dreamscapes to animate their art. Dali was a truer Surrealist but Chagall blended personal memories, fantasies and dreams. *A previously offered LLI course.*



Week 1: Chagall – Youth and influences

Week 2: Paris and Bella

Week 3: Dali – Early works, family and religion

Week 4: Comparison of works by Dali and Chagall

Week 5: Chagall - Lovers

Week 6: Chagall – Jerusalem Windows

Week 7: Chagall – Jerusalem Windows

Week 8: 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 the founder of Museum Comes to You, which services senior centers, men's and women's groups and assisted living residences in Connecticut and New York.

Current Events

Sept. 17, 24, Oct. 1, 8, 15, 22 **Zoom** **10:30 am – Noon**

Join us for interesting and stimulating discussions on news issues and subjects of current interest. Each week, we discuss two topics for 30 minutes each, led by one of the facilitators, and then have an open discussion of current events. Class members are asked to suggest topics for discussion.



Maria Petti is a graduate of Fairfield University and Brooklyn Law School. She has been practicing corporate law with an emphasis on governance for the past 25 years. Maria has been a local publicly elected official and enjoys travel and reading.

Fay Ruotolo earned a BS in English at Hood College and holds multiple graduate degrees in educational leadership. She is an avid reader, theatergoer, traveler, tennis player and news junkie, Fay has been an active member of LLI for ten years. She is the current LLI President, as well as a member of the Marketing Committee.

Short Story Discussion Group **1 hr. class**

Sept. 24, Oct. 1, 8, 15, 22, 29 **Zoom** **10:30 am – 11:30 am**

This course offers reading enthusiasts an alternative to the standard book group. For those readers who do not have the time or energy for longer fiction, the short story provides the same exhilaration and joy of reading as any other literary genre – particularly in a discussion setting. This course includes authors from the Western Canon (e.g., Joyce, Hemingway, Wharton, *et al*) as well as foreign and contemporary authors. Each story, which is usually less than ten pages, will be emailed the week before class allowing participants to absorb the content and fully engage in the discussion. While we explore the various literary devices of the story (e.g., theme, plot, characters) the primary element for discussion will be our personal and diverse opinions of the story. All new stories each week!



Carroll Stenson has a BA in English Literature from Yale University, and an MA from Southern New Hampshire University. Carroll is a retired insurance executive and former Connecticut resident. She has led literary discussion groups for over twenty years at various venues including libraries, senior residences, adult education classes and private book group meetings.

The Girl Group Sound: Part 3 (1962-1966)

Sept. 17, 24, Oct. 1, 8, 15, 22, 29, Nov. 5 In-Person 1:10 pm – 2:50 pm

We pick up with famed producer Phil Spector, his group The Crystals, and arguably his finest singer, the legendary Darlene Love. From there we will continue our deep dive into the “Girl Group Era,” covering such artists as Dee Dee Sharp, Little Eva, The Orlons, The Cookies, Mary Wells, The Chiffons, Little Peggy March, The Ronettes, Lesley Gore, Dionne Warwick, Martha and the Vandellas, Dusty Springfield, The Dixie Cups, The Shangri-La’s, The Supremes, Nancy Sinatra, and more! Along the way we will continue to focus upon many of the noteworthy songwriters, producers, and personalities of the sound and the era. We expect more fun and illumination, as The Girl Group Sound runs smack into The British Invasion!



- Week 1: Phil Spector, The Crystals and Darlene Love.
- Week 2: The Orlons, Dee Dee Sharp, Little Eva and Mary Wells
- Week 3: The Cookies, The Chiffons
- Week 4: Little Peggy March, Ruby and The Romantics
- Week 5: Lesley Gore, The Ronettes and Barbara Lewis.
- Week 6: Martha and the Vandellas, Dionne Warwick, Dusty Springfield
- Week 7: The Dixies Cups, The Shangri-Las and Nancy Sinatra
- Week 8: The Supremes—The Beatles of the Girl Group Sound

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 and non-fiction, including film, theatre, and music criticism, he also hosted several local radio programs on music history and was the founder and host of NCC’s long-running “Movies-of-the-Month” Film Series.

Computers: How to Get More from Your Computer

Sept. 17, 24, Oct. 1, 8, 15, 22 In-Person 1:10 pm – 2:50 pm

This is a “hands on” class dealing with computers. Each class is divided into two parts, first a presentation and discussion of the topic, then a practical session with each participant practicing and working hands-on with their new knowledge. Students should bring their own laptops, portable computers or tablets. Students can bring either Windows/PC systems or Apple/Mac computers or tablets. A limited number of Windows/PC laptops is available at the college, for use by students who cannot bring their own computers to the school.



We cover basic applications of computers, tailored to our audience. Students who are familiar already with a specific topic or application can gain advanced knowledge. This is an opportunity for students to learn new tips and tricks to become more effective with a computer and to practice with instructors available to answer questions. The syllabus is flexible and changes can be made based on class interest. *As described above, students should bring in their own laptop, portable computer or tablet to class. If a student cannot bring a laptop, portable computer or tablet, there are a limited number of school laptops available.*

- Week 1: Getting online: how to connect to the internet. Discussion of browsers and search engines. Effective use of search engines Google, Bing, etc. Navigating web sites.
- Week 2: Navigating your computer: What is the “Desktop,” how to organize folders, store files, delete files, find long lost files, etc. Calendar programs.
- Week 3: Email: Which email programs are available. Organizing, saving and syncing emails on phone and computer. Minimizing junk emails. Explanation of the Cloud.
- Week 4: Word processing: How to create, print, save and retrieve documents. Which word processors are available as well as advantages and disadvantages.
- Week 5: Spreadsheets: Fundamentals of spreadsheets and typical applications.
- Week 6: Artificial Intelligence: How to use ChatGPT and Gemini. We will cover how to register, use effectively, subscribe (free vs. paid subscriptions) and ask questions. Limitations and cautions when using AI.

Gary Bischoff has an MS in Electronics Engineering and Computer Science from Columbia University. He is a retired electronics engineer and business owner. He was an adjunct professor at SUNY New Paltz teaching electronics and microcomputers. Gary has taught several courses including courses on Electronics, Current Events, China-US Geopolitics and Chinese Culture.

Doug Fine is a retired finance executive and CPA. Doug was LLI’s President (2020—2022) and recently completed his fifth year on LLI’s Board of Directors. He was an early adaptor of home computing, starting out with a KayPro computer and using CompuServe for venturing online. He has been a PC and Mac user for many years. Early in his career he taught numerous internal courses for his employer, a major national CPA firm.

D is for Dementia: A Caregiver’s Journey through Despair and Depression to Determination, Dignity, and Duty to Self

Sept. 17, 24, Oct. 1, 8, 15

In-Person

1:10 pm – 2:50 pm

Have you ever felt angry, despondent, hopeless or helpless in a given situation where you question your own purpose in life? Someone who is caring for a loved one who has dementia may answer a resounding “yes” to this question. Dementia is a cruel and menacing disease. It can be described in a multitude of words that begin with the letter D: Degenerative, Disheartening, Disabling to name a few.



We examine how dementia differs from just getting older, what causes memory loss and the progression of the disease. We explore the burden of decision making, the meaning of “ambiguous loss” and the turning of fear into freedom. Most importantly, we question how to regain and maintain resilience in the face of psychological decline. Learning the importance of “duty to self” reigns supreme in embracing this disease rather than resisting it.

- Week 1: Understanding dementia: What is it? How it differs from aging, how testing for dementia works, causes of memory loss
- Week 2: Dealing with emotions: Exploring unresolved grief, learning to walk in their shoes, developing new relationships, what does “ambiguous loss” mean?
- Week 3: Understanding the various stages of dementia and the need for decision making: Caring smarter not harder, dealing with other family members, dealing with finances, taking away the car keys

Week 4: Turning fear into freedom, dealing with problem behaviors, developing a caregiver toolbox, the myth of closure, learning resilience in the face of dementia

Week 5: Duty to self: The importance of self-care, what about you? Support groups, balancing control with acceptance, creating a network of support, imagining new hopes and dreams

Nancy Berkowitz obtained her BS and MS degrees in Community Counseling from the University of Bridgeport. She became the director of counseling and a counseling advocate for the Domestic Violence Crisis Center (DVCC) in Norwalk and Stamford. In addition, she became an adjunct professor at University of Bridgeport, teaching counseling and developing an undergraduate course in domestic violence. During the past two years, Nancy has dedicated herself to being a caregiver 24/7 for her husband, who has Vascular Dementia. Her experiences have led her to a life of determination and resilience, along with a desire to share her knowledge and perhaps lessen the load for others.

The Conquest of Distance: US Naval Strategy in the Pacific 1941-45 - 2 hr. class

Sept. 24, Oct. 1, 8, 15, 22, 29, Nov. 5, 12 Hybrid 3:10 pm – 5:10 pm

In the early 1920's a territorially aggressive Japan sought to be recognized as a first-tier world power. To achieve this goal, however, it faced two daunting challenges. The first was a severe lack of natural resources, particularly oil, to fuel its military and economic expansion. The second was an armed forces strong enough to seize and exploit these resources. Fifteen years later Japan was firmly ensconced in China. The US Navy had meanwhile devised a comprehensive and revolutionary plan to fight a multi-year war across the vastness of the Pacific. It consisted of an integrated and balanced force that could operate at full capacity regardless of the distance from its national base. It would project overwhelming power across the sea, over land, and in the air. It would bring or make whatever it needed and would overwhelm any who sought to interfere.



This is an American story of foresight, planning, ingenuity, commitment, leadership and execution. It was a truly unique historical accomplishment. This series will present an overview of the historical challenges of long-distance operations, the national capacity of Japan vs. the United States to conduct distant warfare, and the six components of US strategy leading to complete victory.

Week 1: The Effects of Distance Upon Military Operations - This presentation analyzes the attenuating effect of distance on military operations as it pertained to the US vs Imperial Japanese (IJ) naval grand strategies in the Pacific Ocean WW2 campaigns.

Week 2: Short War Strategy vs. Long War Strategy - Imperial Japan planned a Short War strategy of both limited duration and limited goals. Conversely the US elected a Long War strategy whose unlimited duration would force an unconditional surrender.

Week 3: Submarine Forces - A key element of the US Long War strategy was the USN submarine force. After a year of overcoming peacetime inertia and equipment failures it would emerge as the most efficient submarine force of WW2.

Week 4: Forward Logistics and Mobile Basing - The Long War strategy envisioned high intensity fleet operations across thousands of miles. The USN, therefore, developed a unique mobile logistical network that provided for its every need!

Week 5: Sea Based Airpower - Aircraft Carrier Task Forces - Building from the base of the Two Ocean Naval Act of 1940, by 1943 multiple Carrier Task Forces would emerge. These aircraft carriers and their escort ships would drive the IJN from the seas, destroying it completely.

- Week 6: Thunder From the Sea – Amphibious Warfare - Looking for a niche to expand their role, the USMC would become amphibious warfare specialists. With a sophisticated doctrine it met even the most challenging battles of the 1940's Pacific conflict. *Semper Fidelis!*
- Week 7: *Construimus, Batuimus* – The Sea Bees. The role of the Construction Battalions, CB's, was to exploit the success of the USMC. Carving operational airbases out of raw material, often in days instead of months or years. Their motto above, *We Build! We Fight!* was true indeed!
- Week 8: Long and Very Long-Range Airpower - With the capture of the Marianas Islands the USAAF were within range of the IJ Home Islands. Using the new long-range bomber/fighter B-29/P-51 aircraft, paired with area incendiary attacks, the Long War came to an end.

Bill Preinitz grew up in Chicago and has been a Weston resident for the last 44 years. He currently lectures on military and general history, archeology, anthropology, astronomy/astrophysics, and paleontology. He attended Northern Illinois University at DeKalb, graduating with a BS in Finance. Immediately after graduation he served in the U.S. Army. Returning to civilian life, he completed an MBA with a specialty in operations research and computer simulation. He later moved to NYC and began a career on Wall Street in the Investment Banking industry in 1980. He retired in 2008 and published two books through Wiley & Sons, on financial analytics and modeling.

WEDNESDAY COURSES

Devils, Witches and the Supernatural in Music

Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6 Zoom 10:30 am – Noon

Going as far back as Virgil's *Aeneid* for source material, we explore how composers and musicians far and wide have been inspired by the subversive forces of devils, witches and the supernatural. Learn how sorcery, Faustian bargains, devilish fiddling, challenges to divine judgment and more have broken many barriers from 1689 to the 21st century. We begin with the time of the Salem witch hysteria and the witchcraft in Henry Purcell's opera, *Dido and Aeneas*—a work created for Josias Priest's girls' boarding school outside of London. Devilish fiddling and visits with Mozart and Beethoven follow. Faustian bargains and the selling of a bluesman's soul come next, together with how it impacted Mick Jagger and The Rolling Stones. Then learn how Sportin' Life's signature number from *Porgy and Bess*, *It Ain't Necessarily So*, set a new standard in blasphemy. We round out the course with challenges to divine judgment, soundtracks to movies *The Shining* and *The Exorcist*, the music of Dukas and Ravel, and selections from the Broadway musical *Wicked*.



- Week 1: Salem witch hysteria and witchcraft in an opera performed at a girls' boarding school
- Week 2: Fiddling with the devil
- Week 3: Mozart and Beethoven and the supernatural
- Week 4: Faustian bargains in the worlds of Berlioz, Gounod, and Liszt
- Week 5: Robert Johnson sells his soul and inspires Mick Jagger. Sportin' Life blasphemous
- Week 6: Divine judgment challenged; creative juices pour forth
- Week 7: Movie soundtracks of *The Shining* and *The Exorcist*
- Week 8: Maurice Ravel's naughty boy, Paul Dukas' *The Sorcerer's Apprentice*, *Wicked* selections

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 University, a violinist, and the author of many publications on music. He has appeared on NPR, 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.

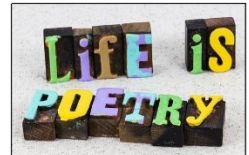
How Old Are You Now: Poems About the Stages of our Lives

Sept. 18, 25, Oct. 2, 9, 16, 23

Zoom

10:30 am – Noon

From the time we are little children, we are conscious of our age. A birthday is a time for celebration, sometimes anxiety, and often reflection. How do poets capture the different stages of our lives? What does it mean to turn 10? 30? 70? What does each age bring to us in terms of new abilities, achievements, questions, and realizations? Come join us as we explore a wonderful selection of poems from an array of contemporary poets. The class is primarily discussion oriented, with all participants—regardless of experience with poetry—encouraged to comment and ask questions.



Sandy Soson has a BA in English from the University of Michigan and an MA from Wesleyan University. She has taught high school English for her entire professional career. In recent years she has run the Poetry Out Loud program for local high school students, facilitated writing workshops for adults, taught ESOL as a Literacy Volunteer, as well as taken and taught courses at Lifetime Learners. She is passionate about poetry and enjoys sharing her love of poetry with others.

Watercolor Exploration

Sept. 25, Oct. 2, 9, 16, 23, 30, Nov. 6, 13

In-Person

1:10 pm – 2:50 pm

Join us to explore watercolor. Whether you're a beginner, intermediate or advanced level, there will be opportunities to experiment and learn. We will experiment with the techniques below and may make changes as desired.

Supplies - Students should bring to class: two containers for water (or a double watercolor bucket), towels/rags, newspaper, brushes, junk paper and real watercolor paper (140 lb.). The instructor will bring some supplies to the first class, then discuss recommended materials for subsequent classes.



Week 1: Introduction: The nature of the paints, exploring the possibilities. Using shapes and abstract composition to explore hue, value and intensity, chroma, and washes.

Week 2: Washes and dark color to make a landscape

Week 3: Washes to make clouds and sunsets

Week 4: Sparx and watercolor powders

Week 5: Masking

Week 6: Trees: mixed media

Week 7: Shaded objects—forms—circles or abstractions—cubism

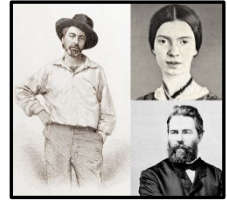
Week 8: Free choice or student request—maybe mixed media or collage

Louise Flax earned a PhD in Art Education. She has taught art and photography in Norwalk public schools for 38 years. She loves making and teaching art.

American Transcendentalists – The Visionaries: Whitman, Dickinson, Melville

Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6 Hybrid 1:10 pm – 2:50 pm

“Poetry was all written before time was,” Emerson declared in his essay *The Poet*, and the transcriptions made by those few who heard and tried to capture the ancient music, he continued, “though imperfect, become the songs of the nations.” For Emerson and the circle of radical thinkers and writers he inspired, only a new poetry for a new American nation could fulfill the true promise of Transcendentalism and its ideals. When those poets finally arrived, however, they were quite different from what anyone expected. We explore how the Transcendentalists’ revolutionary ideas about nature, philosophy, religion, politics and the individual set fire to the writing of three visionaries whose radical breaks with convention shaped an unprecedented national literature and a new, enduring American self.



In this course on American Transcendentalism, we now focus on literary rather than philosophical expression. No prior experience with the writings of Emerson, Thoreau and others is necessary, just an enthusiasm for the American Imagination. Class materials will be provided via email by the instructor. However, students are encouraged to have a copy of Whitman’s final (“Deathbed”) edition of *Leaves of Grass* (rather than the original 1855 edition).

Week 1: “I celebrate myself” – Emerson and Whitman

- Emerson’s *The Poet* and the shock of *Leaves of Grass*
- Excerpts from *Song of Myself*

Week 2: “I am large, I contain multitudes” – Whitman

- The immensity and inclusiveness of Whitman’s America
- The Civil War and the Death of Lincoln

Week 3: “Democratic Vistas” – Whitman

- The prophetic Whitman in youth and old age
- Whitman on the corruption of American democracy

Week 4: “I’m Nobody, who are you?” – Dickinson

- Dickinson’s poetry of introversion
- Nature as symbol and sacrament

Week 5: “A maelstrom with a notch” – Dickinson

- Poems of madness, revelation, despair, and yearning
- The fate of Emily Dickinson’s poetry

Week 6: “The harps of heaven and dreary gongs of hell” – Melville

- Melville the Civil War poet of “Battle Pieces,”
- Melville the mystic in excerpts from *Clarel, A Journey to the Holy Land* and other writings

Week 7: “Call me Ishmael” – Melville

- The poetic and prophetic in *Moby Dick*
- The late writings and the fate of Melville’s work

Week 8: “The best minds of my generation” – Beats and others

- The legacy of literary Transcendentalism
- Selections from early modernism and the Harlem Renaissance to the Beat Generation and beyond

Steven Phillips has graduate degrees in literature from the University of Chicago and in filmmaking from NYU. 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 offers classes in philosophy, politics, and American history and culture.

Discover Your Remarkable Energy!

Sept. 18, 25, Oct. 2, 9, 16, 23

Hybrid

1:10 pm – 2:50 pm

Each of us has some kind of remarkable energy inside us. The question is, where is it, and how can you find it? If you do discover your energy, how can you use it? Writings and practices go back to antiquity. We look for energy possibilities in Numerology, Kabbalah, Dream Interpretation, Feng Shui, seances and spirit communication, and chakras and auras. Join us if you think these discussions will be beneficial or just to have some fun. You may be surprised!



Week 1: Numerology: History; calculation of life path, expression, soul urge numbers; implications of numbers in your life

Week 2: Kabbalah: and the Big Bang Theory, the Tree of Life and its spheres (sephirot), spiritual traditions

Week 3: Dream Interpretation: Significance, techniques for recall and interpretation, common dream symbols and their meanings

Week 4: Feng Shui: History, bagua map and uses, application to living spaces

Week 5: Seances and Spirit Communication: history and famous users, how to prepare and conduct seances, discovering what is useful for spirit communication

Week 6: Chakras and Auras: chakra system and uses, balancing and healing, recognizing auras and determining their meaning

Elissa Kaplan earned a BA in German Language and Literature at Valdosta State College, an MA in Comparative Literature at the University of Colorado, an MEd at the University of North Carolina and an EdD in Educational Leadership from The George Washington University. She is the founder and director of Growing Projects, an educational consulting company, whose vision is "leadership through critical thinking and compassionate choices." Elissa has served as Director of Education at four synagogues in Maryland and Connecticut, and she is the immediate Past President of The Jewish Historical Society of Fairfield County.

The Great Game: Quest for Empire, 1756-2024

Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6

Hybrid

3:10 pm – 4:50 pm

The term "The Great Game" was coined in 1840 by Arthur Connolly, a captain in the British Army. The term became popular when Rudyard Kipling's book, *Kim*, was published in 1901.



The Great Game, played by the Great Powers, was played for centuries, long before Captain Connolly invoked it. We confine ourselves to the modern era, beginning with Spain, Portugal, the Netherlands, Britain, France and Russia. We trace the changes to

the club of imperialist powers, in the 19th into the 20th century, with Spain, Portugal and the Netherlands becoming non-players as they were replaced by Italy, Germany, Japan and the United States, followed in 1945 by the Soviet Union. Now the United States and China are the major players in a multipolar world.

We get to know personalities of the era—Metternich, Talleyrand, Castlereagh, Mackinder, Beveridge, Spykman, Kennan, Kissinger and Brzezinski and others. The Great Game is played for strategic position since land is an overriding concern, along with resources and financial primacy, all of which translate into domination.

Week 1: World's First World War: The Seven Years War, 1756-1763, the Great Powers jockey for position

Week 2: Hercules in a Cradle: Growth of the United States, 18th through 19th century

Week 3: Changing of the Guard: Spain, Portugal and Netherlands receding; Germany, Italy, Japan and United States on the rise

Week 4: The Mackinder Effect: Halford Mackinder, British historian and foreign policy guru

Week 5: The Great War: There is no World War I and World War II, only The Great War, 1914-1922; 1931-1945.

Week 6: *Le Grand Jeu*: 1945-1991: Tenuous balance of power, United States and Soviet Union

Week 7: Crude Reality: Oil and the Great Game

Week 8: The Grand Chessboard: 21st century and the evolving nature of the Great Game

Mark Albertson is the historical research editor at *Army Aviation* magazine in Monroe and the historian for the Army Aviation Association of America. He has authored several books and articles in newspapers and magazines. He works in many venues, presenting on a wide spectrum of topics. In May 2005, Mark was presented with a General Assembly Citation by the Connecticut legislature for his work commemorating the centennial of the battleship *Connecticut*.

Essentrics: Release, Rebalance, Restore - 1 hr. class/Limited enrollment

Sept. 18, 25, Oct. 2, 9, 16, 23, 30, Nov. 6 In-Person 3:10 pm – 4:10 pm

Essentrics is a gentle full body workout, aimed at improving your mobility while building strength, loosening joints, improving posture and reawakening the power of your muscles.



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 medical screening form will be distributed by the instructor.

June Bird earned an MA 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.



THURSDAY COURSES – No Classes on Oct. 3

True Crime Fiction Writing

Sept. 19, 26, Oct. 10, 17, 24, 31

Zoom

10:30 am – Noon

Imagination meets investigation as participants are inspired to write fiction stories based on actual cases each week. Have fun doing some armchair sleuthing and writing stories from any point of view: a neighbor, co-worker, reporter, victim or the accused. After the first class, members will write a short story each week, to be read aloud in class.



Week 1: The popularity of “True Crime” books, movies, podcasts; in-class writing assignment inspired by one recent incident

Week 2: True Crime case from Oregon 2018

Week 3: True Crime case from Long Island 1961

Week 4: True Crime case from 1927 NYC

Week 5: True Crime case from South Carolina 2022

Week 6: True Crime case from Chicago 2012

Kim Kovach graduated from Queens College with a BA Degree in Creative Writing and worked in education and public relations. She teaches writing classes, including fiction, creative writing and personal stories. Kim writes a newspaper column and has authored six books of fiction. Her short story, *Gretel’s Regret*, was published in the 2023 anthology, *Whatever Happened to Hansel and Gretel?*

Zentangle: Intro to Mindful Drawing

Sept. 19, 26, Oct. 10, 17, 24, 31

Zoom

10:30 am – 11:30 am

Zentangle is a fun, easy-to-learn mindful drawing practice. In the guided drawing classes, students learn to create structured patterns with simple lines and curves. Coupled with meditative principles, students learn to enhance their creativity, confidence and calm. No formal art background needed.

Supplies needed: Fine tip black pen, sharp pencil, rolled paper smudge or Q-tip.

Syllabus:

- Zentangle: The Basics - Explore the steps of the Zentangle method and create artworks using structured patterns, “tangles.” Discover how simple strokes become three-dimensional magic in no time.
- Exploring contrast: Explore pattern types, organic grid border tangles, and discover how juxtaposing contrasts make the art pop!
- String Thing: Discover the comfort in small divided sections of the “string.” Working in small areas, find an endless variety of opportunities inside and outside the lines.
- Shading technique: Explore how simple strokes of the pencil and rolled paper smudger create surprising dimension, depth, and emphasis, where 2-D will become 3-D in a few strokes.



Kathy Shapiro is a certified Zentangle teacher. She has spent most of her career producing Broadway and off Broadway theater and developing innovative arts programs for community engagement. She’s the founder of Magic Me, the leading intergenerational arts program in the United Kingdom. Teaching Zentangle is a natural integration of her love of arts and community connection.

The Russia-Ukraine War and Global Security

Sept. 19, 26, Oct. 10, 17, 24, 31

In-Person 1:10 pm – 2:50 pm

Russia's large-scale invasion of Ukraine in February 2022 has set off the deadliest armed conflict since WWII, sending shockwaves around the world. We explore how and why the war came to be, its immediate and long-term impacts, and potential resolution scenarios. We analyze how different International Relations theories explain the causes, conduct and consequences of the war, as well as the emphasis each theory places on identity, culture, security, international law and power. Throughout the course, we reflect on how the war has changed the world order as we knew it, and the way we think about human rights and security.



Week 1: Key historical events in the making of Ukraine and Ukrainians

Week 2: Russia's and Ukraine's contested historical narratives

Week 3: Ukraine's and Russia's regime divergence in the post-Soviet experience

Week 4: Foundations of Putin's personalized authoritarian regime

Week 5: Regional and global consequences of Russia's war against Ukraine

Week 6: Potential scenarios for the war's resolution

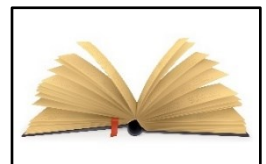
Olena Lennon, PhD, is an Adjunct Professor of National Security at the University of New Haven, where she teaches such courses as the U.S. Foreign and Defense Policy, International Relations and U.S. National Security. An Eastern Ukraine native, she also serves as an election observer with the Organization for Security and Cooperation in Europe (OSCE) and has completed several election observation missions in the region. Formerly a Fulbright scholar and most recently a Title VIII Scholar at Woodrow Wilson Center's Kennan Institute in Washington, DC, Olena has dedicated her research to domestic and international politics of Ukraine, as well as Eurasian geopolitics and security writ large. Dr. Lennon also serves on Freedom House's team of Ukraine experts that produces a yearly "Freedom in the World" report focused on assessing Ukraine's domestic political environment. She has also conducted Ukraine country studies training for U.S. advisors to Ukraine's Ministry of Defense, under the auspices of the United States European Command (EUCOM) Office of Defense Cooperation (ODC).

The Art of the Short Story

Sept. 19, 26, Oct. 10, 17, 24, 31

In-Person 1:10 pm – 2:50 pm

"With a novel, which takes perhaps years to write, the author is not the same man he was at the end of the book as he was at the beginning. It is not only that his characters have developed -- he has developed with them, and this nearly always gives a sense of roughness to the work: a novel can seldom have the sense of perfection which you find in Chekhov's *The Lady with the Dog*." (Graham Greene)



We conduct an in-depth exploration of more than a dozen great short stories for their substance, impact, resonance, relevance, as well as the degree to which they attain the "perfection" noted by Graham Greene. We look forward to stimulating and interactive discussions and analyses. It is suggested that class members read the short stories ahead of each class. After all, they are short stories!

Week 1: *The Lady with the [Pet] Dog*, Anton Chekhov; *I Spy* and *The Root of all Evil*, Graham Greene

Week 2: *The Overcoat* and *Diary of a Madman*, Nikolai Gogol; *Bontsche The Silent*, I.L. Peretz

Week 3: *Young Goodman Brown* and *The Minister's Black Veil*, Nathaniel Hawthorne; *Eve's Diary*, Mark Twain; *Bartleby The Scrivener*, Herman Melville; *A Hunger Artist*, Franz Kafka

- Week 4: Selections from *Hitting a Straight Lick with a Crooked Stick*, Zora Neale Hurston; *The City of Refuge*, Rudolph Fisher
- Week 5: Selections from *Bliss*, Katherine Mansfield; *A Good Man is Hard to Find*, Flannery O'Connor; Irwin Shaw; John Cheever and Alice Munro
- Week 6: *Tenth of December* and *Liberation Day*, George Saunders; *Defender of the Faith*, Phillip Roth; *For Relief of Unbearable Urges*, Nathan Englander

Art Gang graduated from NYU with Honors in English, writing a thesis on the poetry of Gerard Manley Hopkins. After graduating from Brooklyn Law School, he practiced law for 40 years. He earned a Masters in American Studies from Fairfield University, writing a thesis on the plays of Tony Kushner. He is the president of the Fairfield County Chorale, has served on the Westport Library fiction book selection committee and served as a docent for the Arthur Szyk exhibit at the Fairfield University Museum.

Empire of Reason

Sept. 19, 26, Oct. 10, 17, 24, 31, Nov. 7, 14 Hybrid 3:10 pm – 4:50 pm

Our original American Republic continues to exist, but arguably in form only. The Constitution, the blueprint for government, together with the attendant Bill of Rights, the citizens' protection against the infringements of government, may no longer apply to the extent necessary for America to have a functioning system of representative government.



We showcase the original Republic—an effort in limited government based, at the outset, on restricted suffrage, by which only white male property owners could vote. As such, the basic founding principle was economic liberty, without which civil rights, political rights and human rights could not exist. We examine the Founders as they attempted to forge a nation coming off a civil war (that internecine clash between Patriotic Colonists vs. Tories/Loyalists) followed by revolution against the British crown. We also address the effect of Shay's Rebellion in 1785.

The framers of this nation were hardly the glorious founders of that Shining City on the Hill, as they have been routinely characterized. Quite the opposite, since they were, in reality, enlightened authoritarians. They were distrustful of the "common herd," that unpredictable and sometimes turbulent mass which could not be trusted to run a country; which at the same time, had to be included in any governmental structure. *A previously offered LLI course.*

Week 1: Enlightened Authoritarians: A realistic look at the Founding Generation

Week 2: The Horizontal Determinism of History: The Founders' consultation of history

Week 3: Property, Politics and, . . . *Power!* Land as a determinant for power. Those who control land, control power.

Week 4: Articles of Confederation: First attempt at central government

Week 5: Shay's Rebellion. Again the farmer class falls prey to the privileged

Week 6: Meeting of the Minds: The Great Men meet in Philadelphia to hammer out a Republic

Week 7: Post-Convention Date: The ongoing debate for the Republic following from September, 1787 to August, 1788.

Week 8: Empire of (Un)Reason: Instructor's closing: Today, the Republic exists merely in form.

Mark Albertson is the historical research editor at *Army Aviation* magazine in Monroe and the historian for the Army Aviation Association of America. He has authored several books and articles in newspapers and magazines. He works in many venues, presenting on a wide spectrum of topics. In May 2005, Mark was presented with a General Assembly Citation by the Connecticut legislature for his work commemorating the centennial of the battleship *Connecticut*.

FRIDAY COURSES – No Classes on Oct. 4 and Oct. 11

Intersection of Artist and Architect - CLOSED

Sept. 20, 27, Oct. 18, 25, Nov. 1, 8, 15, 22 In-Person 10:10 am – 11:50 am

Art and architecture have their similarities but also their unique differences. Influencing factors of design include politics, religion, fashion and tastes of the times. Let's explore this together.



Week 1: Europe- Paris World's Fair, reaction to Spanish Civil War, Picasso, Miro and others

Week 2: Hofmann Walls of Color, facades

Week 3: Benton, Davis and Pollack

Week 4: WPA and Harlem Renaissance

Week 5: Rothko Chapel

Week 6: Muralists

Week 7: American buildings inside and out

Week 8: Then and Now 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 the founder of Museum Comes to You, which services senior centers, men's and women's groups and assisted living residences in Connecticut and New York.

Shakespeare Discussion Group

Sept. 27, Oct. 18 and Nov. 8 In-Person 10:10 am – 11:50 am

William Shakespeare is arguably the most famous writer in the English language. Join us to engage in a lively discussion of *Hamlet*, *Much Ado About Nothing* and *Richard III* led by Shakespeare scholar Diane Meyer Lowman. Please note: this is not a lecture series; participants should have some familiarity with each play. Participants should read and/or watch a film of the play prior to class and bring a copy of the play to each class.



1st Class, September 27th – *Hamlet*

2nd Class, October 18th – *Much Ado About Nothing*

3rd Class, November 8th – *Richard III*

Diane Lowman received her MA in Shakespeare Studies from the University of Birmingham's Shakespeare Institute in 2017. She is an award-winning essayist, memoirist and poet, and served as Westport's inaugural poet laureate from 2019-2022. Diane's essays and theatrical reviews have appeared in various academic publications.

Are We Alone in the Universe? - 2 hr. class In-Person 10:10 am – 12:10 pm

Sept. 27, Oct. 18, 25, Nov. 1, 8, 15, 22, Dec. 6 (No Class on Nov. 29)

The first serious attempt to formulate a science-based answer to the above question was promulgated by Frank Drake, at the first SETI conference in 1961. The Drake equation was a very simple set of terms that required seven relatively straightforward inputs. They are:



- 1 – The current rate of star formation in our galaxy.
- 2 – Percentage of stars that have at least one planet.
- 3 – Percentage Earth-like planets. (ELP).
- 4 – Percentage of ELP where life does emerge.
- 5 – Percentage of ELP + Life = Intelligence
- 6 – Percentage of #5 develop interstellar communications.
- 7 – Length of time #6 sends signals into space.

Using Drake's original inputs, the equation yielded an answer of 55,000,000 civilizations. Several years later Enrico Fermi, an émigré from Italian Fascism was discussing Drake's estimate and remarked *Well if there ARE that many why don't we see them?* He then, with the help of his three lunch friends, posited ten reasons no aliens were immediately visible. While this at first seemed whimsical and arbitrary, the Equation and Paradoxes would spark countless debates. Together they triggered critical thinking that would redefine astronomy and astrophysics. This is that story.

Week 1: Are We Alone? The Drake Equation – The Drake Equation was the first attempt to quantify the probability of intelligent life beyond our Solar System. Its promulgation triggered a wide-ranging holistic inquiry which is still ongoing over 60 years later.

Week 2: The Search for Habitable Exoplanets – How many planets can support life? Can we find, analyze and categorize these potential life rafts in the sea of the Milky Way Galaxy?

Week 3: The Fermi Paradoxes – The original Drake Equation predicted the existence of 55 million intelligent alien civilizations. Enrico Fermi asked *If that is true, where are they?* Well, let's find out!

Week 4: The Fermi Paradoxes – Set #1 Our Rare Earth - We may be alone if the conditions on Earth and in its immediate astronomical neighborhoods are rare or even extremely rare! We examine these conditions and others that have allowed humans to emerge.

Week 5: The Fermi Paradoxes – Set #2 The Great Filters Hypothesis - Great Filters may be the simplest set of factors restricting the development of alien civilizations across the Milky Way. What are they and how can we avoid them?

Week 6: The Fermi Paradoxes – Set #3 Time & Distances Are Too Great - Cosmic distances are immense. Even when moving nearly the speed of light we may never discover another civilization. Why are these two barriers potentially so effective?

Week 7: The Fermi Paradoxes – Set #4 The Great Silence Hypothesis - *Silence is golden* states an age-old proverb. Could silence, either imposed, unintended, or voluntary stand in the way of contact with alien civilizations? The value of silence may be golden in unexpected ways.

Week 8: The Challenges to Interstellar Travel – The challenges of interstellar travel are daunting in so many ways. But are they insurmountable? One approach entitled “A Man, a Can, and a Plan” will provide us with a comprehensive picture of what space travel may look like.

Bill Preinitz grew up in Chicago and has been a Weston resident for the last 44 years. He currently lectures on military and general history, archeology, anthropology, astronomy/astrophysics, and paleontology. He attended Northern Illinois University at DeKalb, graduating with a BS in Finance. Immediately after graduation he served in the U.S. Army. Returning to civilian life, he completed an MBA with a specialty in operations research and computer simulation. He later moved to NYC and began a career on Wall Street in the Investment Banking industry in 1980. He retired in 2008 and published two books through Wiley & Sons, on financial analytics and modeling.



Fall 2024

Free Friday Brown Bag Lunch & Learn Descriptions

No Registration Required - Open to members only, except for the Open House

All Programs are In-Person, East Campus Forum Auditorium

12:15 pm - Cookies, tea and coffee

1:00 pm – Presentation

September 13 - Singer/Entertainer

OPEN HOUSE – All are invited - Bring a friend!

A musician (guitar, piano and banjo) and singer, John Coperine plays several of his original songs about love, life and loss, family (and sometimes politics). His songs are sometimes silly, and he performs favorite singalongs, encouraging all to join in. The goal is to entertain you while also touching your heart, and leave you smiling, feeling connected and inspired by the power of music.



John Coperine spent nearly 30 years as a teacher and administrator in public and private schools. As a musician, John started young in rock and roll, became a singer/songwriter during the coffeehouse era, played at weddings and corporate functions with all occasion bands, recorded an album of original songs, and now performs for his favorite audiences ever—seniors!

September 20 - Norwalk River Valley Trail

Discover all about one of the community's most beloved assets, the Norwalk River Valley Trail. We include an overview of the history, current state, and future of this regionally significant, universally accessible, transmodal, outdoor recreational project. Learn how projects of this size get funded and built.



Andrea Gartner is the Executive Director of the Norwalk River Valley Trail. Committed to projects that encourage residents to build sustainable and thriving communities, Andrea's professional and volunteer efforts have impacted projects regionally. In addition to her volunteer affiliations, Andrea is an elected official and Majority Legislative Leader on Danbury's City Council.

September 27 - Danbury Museum & Historical Society

Learn about the history of Danbury, the Danbury Museum's place in the community and the historic buildings located on its Main Street. Danbury was the home to some renowned people and notable events. We discuss what the histories of Danbury and Norwalk have in common.



Brigid Guertin has a BA in History from Marymount College in Tarrytown, and an MA in Museum Studies from George Washington University. She is Executive Director of the Danbury Museum and Historical Society and is the Danbury City Historian. She is a member of the Danbury Garden Club and Chairs its Scholarship committee. She is involved with many other committees and boards in the community.

November 8 - Music Theater of CT

Join us for a discussion about successful professional theatre outside New York City. Learn about the challenges of founding a professional company, selecting the works for an annual season, the casting process, producing a show and developing an audience. Hear about the positive impact of regional theatres, both culturally and economically across the country, and why communities with thriving cultural organizations enjoy a much richer quality of life. A special guest will make an appearance, so this is an event you don't want to miss!



Kevin Connors is an accomplished director and composer with a rich theatrical career spanning Off-Broadway and regional productions. Kevin has also taught at prestigious institutions including The Hartt School of Music/University of Hartford and Musical Theatre Works in NYC. He is a Broadway World Award winner for Best Director and a Connecticut Critics' Circle Best Director recipient multiple times. His Off-Broadway credits include *Play Like a Winner* (NYMF award-winner), *Prime Time Prophet*, and *Jukebox Saturday Night*. He has directed over 150 MTC Equity Main Stage productions, including acclaimed shows like *Next to Normal*, *Ragtime*, and *Cabaret*.

November 15 - Global Health as a Security Issue

Explore the impact of transnational threats to health such as pollution and climate change, infectious disease emergence and pandemics, our dependence on imported health care workers and medical supplies. As well, we examine the importance of global health governance elements, such as the World Health Organization, global finance mechanisms such as the World Bank, and global information networks for disease surveillance and knowledge sharing. The objective is to illustrate that, in global health, the failure of one country is a shared global failure and investing in global health saves lives and advances the common good.



Patrick W. Kelley, MD, DrPH, is a Director in the Fairfield University College of Arts and Sciences. He has lectured in over 20 countries and authored or co-authored more than 80 scholarly papers. Dr. Kelley served in the US Army for more than 23 years and retired as a Colonel. He founded and directed the Department of Defense Global Emerging Infections Surveillance and Response System.



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 room.

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.



Free - For Members Only **No Registration Required!**

Meetings: 2nd Thursday of the Month (with rare exception) on Zoom 7:00 - 8:15 p.m.
Zoom link is sent to all members via the weekly Tuesday email.

September 12th: Victor/Victoria

At each session, members are informed as to the film to be viewed for the next session. Films are watched in advance by members in the comfort of their homes. At the meetings, we discuss some aspects of filmmaking — the screenplay, themes, characters, cinematography, cast, direction, music, reviews, and 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 share 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.

Film Club Coordinators: Vicenta Guerin, Elinore Kaplan and Sandi Sacks

CT State Norwalk Pitney Bowes Foundation Wellness Center



All current members of Lifetime Learners are allowed to use the Wellness Center, located on the ground floor of the Center for Health, Science and Wellness in the West Campus (H003). To use the facility, you must have currently active membership with LLI—which will be verified by a list of current LLI members, provided by the LLI office—a photo ID (e.g., driver's license) and complete the New Member Packet. Any person who does not appear on the current LLI 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/>. Please print the packet, complete it, and bring it to the Wellness Center.

All New Member Packets will be reviewed by qualified exercise professionals and in some instances may require medical clearance from your primary healthcare provider before using the Wellness Center. The College's website will also include information on hours of operation.

To use the Wellness Center, you must be a current LLI member—either join LLI or renew an expired membership at least three days prior to using the Wellness Center.

We look forward to seeing you soon!

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

What is a Hybrid course?



LLI now offers some courses in a Hybrid course format—which means simultaneously in-person and online (via Zoom). Hybrid courses expand LLI’s community by reaching out to a wider audience and also provide members with a choice of how they wish to participate.

Please note: to register for any hybrid course, you must select either the in-person or the Zoom option. Due to restrictions on classroom capacity, those who register for the Zoom option will only be able to participate in that course online.



Course Registration and Zoom Information

To register for a LLI course:

- Go to www.lifetimelearners.org
- On the left-hand margin of the website click on the button that says **“Click here for Membership & Registration”**
- Use the online registration form to (a) select your courses, or (b) renew your membership if necessary, or (c) both select your courses and renew your membership. Dues are \$60 for one full year and the fee for each course is \$30.
- [You may also give the gift of an LLI membership and/or courses to friends and family, 50 years and older, by clicking on the “Yes” under Gift Membership.](#)
- **In person and online learners:** For all courses, you will receive a hardcopy, mailed confirmation from LLI. In the case of in person learners, the confirmation will include the College’s classroom number.
- **Online learners:** For Zoom-only courses and hybrid courses, at least one day before the class you will receive an email from LLI with the Zoom link. Save this email with the Zoom course link. The link will look like <https://zoom.us/k/909090>. Click on the Zoom link ten minutes prior to your class start time. You will use the same link for all weeks of the course.

Important General Information

Guests - Guests, whether members or non-members, may attend one session of one course during the Fall 2024 term, if (in the case of in-person courses) space is available, unless otherwise announced. Please do not forward to anyone the Zoom links for the Zoom-only and hybrid courses. Friday Lunch and Learn programs during the Fall 2024 term (except for the September 13th Lunch and Learn) are open to members only. 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 an LLI member and must register for the course. Forwarding this catalog to friends and family age 50 and over is strongly encouraged.



No Recording/Reproductions by Members or Guests - Course material may be subject to copyright protection. In order to comply with intellectual property requirements, recordings or reproductions of course 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 are not to be tolerated.

Lifetime Learners Institute is a guest of CT State Community College Norwalk (CT State). CT State supports LLI, providing access to the classrooms, Wellness Center, auditoriums, and library, and more. Our members must follow the CT State 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
- complying with any COVID restrictions
- showing respect to all: CT State students and staff, other LLI members and LLI instructors
- complying with classroom and auditorium maximum capacity limitations
- not bringing food into classrooms or auditoriums
- not entering classrooms until all CT State students and teachers have left the room

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

Refunds

- Membership dues are not refundable.
- Course fees are refundable if a course is (i) not attended and the refund is requested before the end of that term, or (ii) closed when the member's registration is received, or (iii) canceled by LLI.

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 Definition

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.



Lifetime Learners Institute

CT STATE COMMUNITY COLLEGE NORWALK