Fridays – Spring 2022
Zoom Lunch & Learn Series
12:30pm – Social Time
1:00pm – 2:30pm Program

No registration required
Zoom Links for the Friday Lunch & Learn program will be included in LLI’s weekly Tuesday email to members.
Except for the March 4 and March 11 Open Houses, Lunch & Learn programs are open to members only.

Open House March 4 -- Spring into Spring with Musician Jim Clark!
Members and Non-members are Welcome
Please invite your friends and family who are 50 and over.

Following the doldrums of winter and the Covid-19 virus, it seems a perfect time to enjoy a virtual concert of music and visuals about spring. This presentation features songs carefully curated by Jim Clark, with imagery and lyrics, that evoke the sights, sounds and feelings of this season.

Jim Clark, musician, composer and educator, is a world-class saxophonist and multi-instrumentalist. He leads his own groups, playing tenor, alto and soprano saxophones, and performs and records in a wide variety of musical settings and styles. Whether he is in the recording studio, performing in a small local venue or on stage at Carnegie Hall, his goal is the same – play from the heart with the highest level of musical excellence.

Open House March 11 -- Archaeology of the Rich & Famous of Connecticut
Members and Non-members are Welcome
Please invite your friends and family who are 50 and over.

We learn about the lives and remains of important past citizens of Connecticut, including the Bulkeley family, Henry Opukahaia and the explorer Peter Pond.

Dr. Nicholas F. Bellantoni serves as the emeritus state archaeologist with the Connecticut State Museum of Natural History at the University of Connecticut. He earned his
doctorate in anthropology from UConn in 1987 and was later appointed state archaeologist. He also serves as an Adjunct Associate Research Professor in the Department of Anthropology at UConn and is a former president of the Archaeological Society of Connecticut and the National Association of State Archaeologists.

March 18 -- Alzheimer’s 10 Warning Signs

Learn about the 10 Warning Signs for Alzheimer's disease, which include memory loss, challenges in solving problems, confusion, problem speaking and writing, misplacing things and more. An update on the latest research information including early diagnosis, prevention studies, drug therapy and other areas.

Robin Roscillo has been a volunteer with the Alzheimer’s Association, Connecticut Chapter, since 2007. She is a community educator, advocate, co-chair of Women ENDALZ and team captain for the annual Walk to End Alzheimer’s in honor of her parents and her sister. In 2015 she was selected for the inaugural class of Champions in the Fight to End Alzheimer’s – Women’s Campaign.

Kristen Cusato is the Director of Communications for the Connecticut Chapter of the Alzheimer’s Association and also a Research Champion for the New England Region. Her goal is to spread awareness of the disease, the services the chapter offers those with the disease and caregivers, and educate about research towards new treatments and a cure. She also shares her personal caregiver experience, as she lost her mother at the age of 65 to dementia.

March 25 -- Georgia O’Keeffe

Georgia O'Keeffe, a much beloved painter and a very strong personality, is a heroine to feminists because of her independent lifestyle and the long and productive years living life on her own terms. She was still active at 99 when she died. We view many gorgeous images of her paintings of flowers and the Southwest where she lived.

Over the years, David Shafer has taught numerous insightful courses on opera at Lifetime Learners Institute and the Fairfield Senior Center. He has also provided many interesting and humorous Friday Lunch & Learn presentations for us in a variety of subjects.
April 1 -- President Duterte and the Philippines

Rodrigo Duterte is concluding his controversial one, and only, five-year term as Philippine President. We review his triumphs and failures, twists and turns in four areas: drug suppression, the South China Sea controversy with China, insurgencies and Covid-19. We conclude with possible choices for the next president and vice-president.

**Paul Sarno** is a graduate of the University of Pennsylvania and the Columbia Law School. From his undergraduate days, he has nurtured a fascination with Southeast Asia. Through readings, 16 visits (most recently in 2019 to Indonesia) and membership in area societies, he has been engaged in teaching better understanding of these countries and their relationships with the superpowers. He has taught about Southeast Asia for more than fifteen years at LLI.

April 8 -- Spying in the American Revolution

George Washington -- first in war, first in peace and first in the hearts of his countrymen -- was America’s first spymaster. Spying may be the world’s second oldest profession, even recounted in the Old Testament. Unlike England, which already had a long tradition of the Great Game, George Washington had to make it up as he went along. Learn the how, and the who, of America’s first foray into intelligence gathering.

**Eric Chandler** was a land title insurance underwriter for over 30 years and for many years played saxophone in R&R and Blues bands. His likeness was used in a MAD Magazine cartoon. Since 1974 he has performed in Revolutionary War Living History reenactments. He served on the Norwalk Historical Commission, on the Norwalk Historical Society Board of Directors and as Lieutenant/Adjutant and on the Board of Directors for the re-established Sheldon’s Horse, The Second Continental Light Dragoons.

April 15 -- No Lunch & Learn

April 22 -- Grant’s Tomb

Grant’s Tomb is the largest mausoleum in the United States and burial place of the general who was called in his time the “the savior of the Union” who defeated the Confederacy and became the most important civil rights president between Lincoln and Lyndon Johnson. Now considered a very important president, whose desire to “Let Us Have Peace” was sincere, Grant
also fought for the rights of the newly freed African Americans as the Reconstruction president.

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

**April 29 -- Breathe Deeply Again**

Reclaim the essential function of healthy breathing for a vivacious life. If you find yourself holding your breath, learn how to take deep breaths by understanding how it happens. Learn helpful techniques to automatically breathe deeply again, as we once did naturally as babies. The calming force of the breath is a key to coordination, physical movement with ease and calming the busy stressed mind.

Originally trained as a flutist, **Vanessa Mulvey** stumbled into learning about how the body moves for music-making when she faced some physical playing challenges. Her curiosity led her away from the stage to activities from flying on the trapeze to coaching Parkour, an athletic training discipline. She loves to see people gain understanding of their bodies. One of her favorite interests to teach is breathing, because it is fundamental to everything we do. Breathe Deeply Again came about as she saw friends suffering from limited breathing due to Covid-19.

**May 6 -- The Wall That Heals: the Vietnam Veterans Memorial Replica**

*The LLI annual meeting of members will immediately precede this Lunch & Learn.*

We learn the history of Norwalk’s Advisory Military and Veterans Liaison Committee (A-MVLC) projects completed to date, future committee projects, a calendar of scheduled events for 2022 and the website to honor Norwalk’s veterans who died during wartime. The three-quarter size replica of the Washington, DC Vietnam Veterans Memorial will be setup and on display in Norwalk this June.

**Jeff DeWitt** graduated from Norwalk High School in 1980. He served on active duty with the U.S. Air Force from 1982 to 2008. He retired with the rank of Chief Master Sergeant – the top enlisted grade and only 1% of all enlisted airmen. He worked in various roles in operations and management. His assignments included Belgium, California, New Jersey, New York, South Korea and Georgia. He served one tour in Iraq in support of Operation Iraqi Freedom in 2007 at Ali Air Base. He serves as chairman of the A-MVLC.