2019 FALL COURSES

The Institute for Learning in Retirement, Inc.
at Albertus Magnus College

ILR Membership & Registration:
website: ilralbertus.org
email: info@ilralbertus.org
mail: PO Box 1156, Orange, CT 06477

Check the website for up-to-date course descriptions, registration and room numbers

Hi Members,

We’re still celebrating our 30th Anniversary with this 2019 Fall Semester catalog. It is chock full of new courses and some old favorites which will keep your mind active, your palates satisfied, and your wanderlust fulfilled.

Another exciting new development is that this semester we will have a new registration vendor, ProClass. This change was prompted by your requests for features that were not available from our previous vendor. The redesigned registration portal will provide easier access to view classes and offer a shopping cart, a feature high on our wish list. So it’s all good.

We want to thank you as always for your continued support and hope you enjoy this semester. We look forward to seeing you all in class this fall.

Keep learning,

Susan Vallillo
President
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curriculum@ilralbertus.org
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volunteers@ilralbertus.org
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registrar@ilralbertus.org

TECH TASK FORCE
info@ilralbertus.org
Robin Lewis  Joan Murphy  Susan Vallillo

List of Courses

MONDAY
F19-01  Comanche & His Captain: The Warhorse and the Soldier of Fortune* - Janet Barrett
F19-02  American Artists Abroad: Mary Cassatt and John Singer Sargent - Irene Sommers PhD
F19-03  The Amazing Huntingtons: Their Contributions to the Arts* - Wendy Swain BA
F19-04  An Italian Idyll* - Wendy Swain BA
F19-05  Creative Writing for Beginners - Nini Munro-Chmura ME
F19-06  Women in Politics - Ann Froines EdD
F19-07  Silver Sneakers Exercise Class - Suzanne Leonard
F19-08  Basic Bridge, Level 1 - Harold Miller
F19-09  Aging with Grace: Lifestyle Alternatives - Trish O'Leary PhD

TUESDAY
F19-10  Bus Trip: Masonic Hall NYC, The High Line and The Shed* - Marcia Jamron
F19-11  Dante's Inferno - Jim Rhodes PhD
F19-12  Myth and Society In Aeschylus’ The Oresteia and Prometheus Bound - Joel Feimer PhD
F19-13  What Works in Urban Education - Kelly O'Leary EdD
F19-14  Formation: A Woman's Memoir of Stepping out of Line* - Ryan Leigh Dostie MFA
F19-15  US Current Events: US Economy vis-à-vis the World Economy - Mito Mardin PhD
F19-16  Current Events in the Middle East - Mito Mardin PhD
F19-17  Making a Collage - Mary Lou Horan
F19-18  The Lessons of King Lear - Joel Feimer PhD
F19-19  The "Me" Decade: the 1970s - Lewis House  PhD
F19-20  Discovering Opera - Charlotte D’Aniello
F19-21  The Maestro Returns* - Alasdair Neale

WEDNESDAY
F19-22  Virginia Woolf: Two Novels - Harriet F. Bergmann PhD
F19-23  Connecticut in the Civil War: Soldiers’ Perspectives - Jon Purmont PhD
F19-24  Reading the Psalms - Joel Feimer PhD
F19-25  Fictionalizing Your Memoir or Family Stories* - Matilda (Jerre) Dumbrill
F19-26  More Bible Verses Your Sunday School Teachers Hoped You Wouldn't Notice* - Rabbi Alvin Wainhaus
F19-27  Wednesday Lunching Adventures - Debbie McKeever & Edith Carlson
F19-28  Exploring Children's Picture Books: High Art, Deep Meanings - Susanne Murphy
F19-29  Deaccessioning: How to Get Rid of Your "Stuff"* - Sheila Rostow
F19-30  Music of the Big Band Era - David Chevan PhD
F19-31  William H. Seward Symposium (continued) - Gustave Davis MD
F19-32  Bridge: Competitive Bidding - Rita Brieger
F19-33  Fall Film Series - Marcia Goodman
F19-34  Major Advances in Cancer Care* - Jeffrey Orell MD
### List of Courses

**THURSDAY**

| F19-35 | Waterbury Palace Theater Trip* - Marcia Jamron |
| F19-36 | Understanding DNA* - Joe Petti BSME, MSIE, MBA, PE |
| F19-37 | Short Hikes in the Greater New Haven Area - Leo Cristofar |
| F19-38 | Cardiology in the 20th and 21st Centuries* - Lawrence S. Cohen MD |
| F19-39 | The Life of the Majestic Osprey* - Nick Maiorino PhD |
| F19-40 | Music and the Brain - Nick Maiorino PhD |
| F19-41 | Post-Impressionism: Lautrec, Gaugin, Van Gogh and More - Michael Stein PhD |
| F19-42 | Computer Power and Human Flourishing: Are They a Good Fit? - Frances S. Grodzinsky PhD |
| F19-43 | Woodworking Project #1: Cranberry Scoop* - David Bennett |
| F19-44 | Woodworking Project #2: Accent Shelf* - David Bennett |
| F19-45 | Tour of the New Haven Superior Court* - Caroline Fargeorge LLB |
| F19-46 | Thursday Lunching Adventures - Debbie McKeever and Edith Carlson |
| F19-47 | Coping with Bipolar Disorder* - Barbara Abrams |
| F19-48 | Jerusalem: Ancient and Beloved by Jews, Muslims and Christians* - Sydney Perry |
| F19-49 | Russia: Adversary or Partner to the US* - Dr. Sergei Kambalov |
| F19-50 | Music Mends Minds* - Judy Larkin Nicolari |
| F19-51 | A Concise History of Mathematics from Babylonian Times to the Present Day - J. Philip Smith PhD |
| F19-52 | Time, Place and the Human Heart - Hedda Kopf PhD |
| F19-53 | Leafcutter Ants: The Planet’s Oldest Farmers - Cooperative Societies with a Lot to Teach Us* - Barbara Beitch PhD |

**FRIDAY**

| F19-54 | A Few Nursery Rhymes and a Little History* - Jack Lawson MD |
| F19-55 | Introduction to Mindfulness* - Kenneth Steller MS, MA |
| F19-56 | American Pies: A Regional Exploration* - Adrienne Kane |
| F19-57 | The Wine Lover’s Daughter* - Anne Fadiman |
| F19-58 | Brexit and the EU: A New UK Prime Minister and a new EU Commission President - Mitro Mardin PhD |
| F19-59 | Align Your Posture - Ease Your Pain* - Alan Franz MS, C-JAYT, PAS |
| F19-60 | Yale and the Human Brain* - Terry Dagradi |
| F19-61 | Ghost Town, New Haven Industrial Heritage Trails: A Walking Tour* - Elihu Rubin PhD |
| F19-62 | Just How Does a Nuclear Power Plant Work?* - Earl (Bud) Page BS MS |
| F19-63 | The Craft and Science of Memory - Trish O’Leary PhD |
| F19-64 | Introduction to Beginning Watercolor - Audrey Galer |

**SATURDAY**

| F19-65 | Tour of Grove Street Cemetery: Notable African Americans Gravesites* - Lisa Beth Hill PhD |
| F19-66 | The Philosophy of Mind - Sharif I. Kronemer |

*One-time only courses

### Monday

**F19-01 Comanche and His Captain: The Warhorse and the Soldier of Fortune**

- **Study Group Leader:** Janet Barrett
- **Monday:** 10:30am-12noon
- **Location:** Woodbridge Library
- **Maximum:** 60
- **Course Fee:** $5

**October 21**

Against the fury of the Civil War and the challenges of securing the frontier, the intertwined stories of the tough mustang Comanche and the courageous soldier of fortune Captain Myles Keogh, move toward a climax that spells the end for one and a beginning for the other. Keogh was one of the many Irishmen whose profession was soldiering but who would not fight under the English flag and took their talents elsewhere: Keogh coming to America to fight, first for the Union in the Civil War and then with the newly formed Seventh Cavalry.

At Fort Leavenworth in Kansas, the captain saw the horse he wanted among a shipment of mustangs just in from Indian Territory and took the unusual step of buying Comanche with his own money. The two rode together for the next eight years, a partnership that took them to the Battle of the Little Bighorn. Not one of the 210 men under General Custer’s command survived that fight. But the Indians remembered Keogh. They said he was the last to die, the bravest man they had ever seen. He was killed as he crouched under Comanche’s front legs, firing his final shots. In death he continued to hold his horse’s reins. The Indians left them be, Comanche standing alone on a battlefield covered with the dead.

It was 1876, America’s 100th anniversary. As grand July 4th celebrations began, news of the Little Bighorn massacre sent shock waves across the country, yet people took comfort in knowing that the brave Comanche had survived. The soldiers brought him back to Fort Abraham Lincoln, tended his wounds and nursed him back to full health. He became the most famous horse in America, the Second Commanding Officer of the Seventh Cavalry, his presence helping to restore the cavalry’s image of strength and courage.
**F19-02 American Artists Abroad: Mary Cassatt and John Singer Sargent**

Study Group Leader: Irene Sommers  
Monday: 10:30AM-12NOON  
Sessions: Three  
Location: UNH Orange  
Room: M146  
Maximum: 40  
Course Fee: $10

**October 28; November 4, 11**  
Although John Singer Sargent and Mary Cassatt were Americans by birth, they spent most of their lives in Europe. Now, in the 21st century, they are well known and well respected, but that was not always the case. Sargent, famous for his portraits of the rich and famous, was never given the recognition he deserved for his virtuoso brushwork and insights into the psyche of his sitters. Cassatt, on the other hand, was more well known, but often dismissed as a "woman artist" who liked to do paintings of mothers and their children. Together we will discuss the myths and realities of these two Americans abroad. (No prior knowledge of art history is necessary.)

**F19-03 The Amazing Huntingtons: Their Contributions to the Arts**

Study Group Leader: Wendy Swain  
Monday: 1-2:30PM  
Location: UNH Orange  
Room: M122  
Maximum: 40  
Course Fee: $5

**October 21**  
Anna Hyatt Huntington and Archer Milton Huntington were a power couple who loved the arts. Their story will unfold in this powerpoint presentation highlighting her sculptures and their founding of 14 museums across the United States.

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**F19-04 An Italian Idyll**

Study Group Leader: Wendy Swain  
Monday: 1-2:30PM  
Location: UNH Orange  
Room: M146  
Maximum: 40  
Course Fee: $5

**November 18**  
Starting on the Amalfi Coast and wending our way north to Milan and Lake Como, this slide presentation will emphasize the beauty of Italy, the food and the culture.

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**F19-05 Creative Writing for Beginners**

Study Group Leader: Nini Munro-Chmura  
Monday: 1-3PM  
Sessions: Six  
Location: Woodbridge Library  
Maximum: 8  
Course Fee: $10

**October 7, 21, 28; November 4, 18, 25**  
Come learn how to be creative in the genre you love. It’s not too late to tap into your right creative brain to write creatively. What about a memoir, a story that needs to be told, something whimsical, a poem or whatever turns your right brain to be creative? Discover how metaphors and images can help your writing come alive. Find out how to make your words flow.
**F19-06 Women in Politics**

Study Group Leader: Ann Froines  
Monday: 1-3pm  
Sessions: Four  
Location: Jewish Community Center  
Maximum: 30  
Course Fee: $10

**October 28; November 4, 11, 18**  
Are women in the US finally overcoming the barriers to launching political campaigns, winning elections, and wielding power? In what ways does gender make a difference in public policy formation given that women are involved in politics across the political spectrum - from very liberal to very conservative? These questions and others emerge in documentary films about women in politics, for example, Shirley Chisholm, who ran a campaign for president in 1972, and Ella Grasso, governor of Connecticut from 1975 to 1980. In 2018, significant numbers of women candidates were elected to Congress. In each of our sessions we will view a film and discuss social and cultural issues of gender in electoral politics.

**F19-07 Silver Sneakers Exercise Class**

Study Group Leader: Suzanne Leonard  
Monday: 1:15-2pm  
Sessions: Six  
Location: Jewish Community Center  
Maximum: 30  
Course Fee: $10

**October 28; November 4, 11, 18, 25; December 2**  
Created with the use of chairs, light weights, tubing and small exercise balls, this workout will take you through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

**F19-08 Basic Bridge: Level 1**

Study Group Leader: Harold Miller  
Monday: 2-4pm  
Sessions: Four  
Location: Jewish Community Center  
Maximum: 16  
Course Fee: $10

**October 21, 28; November 4, 11**  
A continuation of the Bridge for Beginners course that was taught last spring. Participants must have taken the first course or have some knowledge and experience of their own. The course is limited to 12 students but may increase to 16 if there is enough demand.

**F19-09 Aging with Grace: Lifestyle Alternatives**

Study Group Leader: Trish O’Leary  
Monday: 2:30-3:30pm  
Sessions: Four  
Location: Jewish Community Center  
Maximum: 40  
Course Fee: $10

**November 4, 11, 18, 25**  
The older we get, the more likely it is that we will need some help from others in managing our activities. This course features four presenters examining four different patterns of assisted independent living:

1) Home Haven - Fred O’Brien, president  
2) Ashlar Village - Kristin Dahl, director of sales and marketing  
3) Thrive at Home - Michelle Pandolfi, executive director  
4) Coachman Square at Woodbridge - Sara Malaspina, executive director
F19-10 Masonic Hall NYC, The High Line & The Shed

Study Group Leader: Marcia Jamron
Tuesday
Maximum: 54
Course Fee: $110, including registration

October 29
If the roots of Freemasonry go back to King Solomon’s Temple, if the famous 18th century English architect Christopher Wren, most of the United States presidents, Buzz Aldrin, Carl Sagan, Mozart, Beethoven, Shakespeare, David Sarnoff, Lewis and Clark, Buffalo Bill and my uncles Harry, Morris, Jim and David were all members, WHAT AM I TALKING ABOUT??!!!

Many people are curious about this fraternal order. It is not a cult, contributes to many philanthropic endeavors, and is for men only. Women can belong to its sister organization, the Eastern Star.

The historic Masonic Hall in New York City is ILR’s destination. We will hear about the Freemasons and tour the magnificent building with a docent and discover a fascinating twist.

To top off a very interesting day, we will have lunch, take a short walk on the High Line, and visit Hudson Yards where we will investigate the now famous Shed.

Sign up online or send a check for $110 made payable to ILR to:
Marcia Jamron, 229 Karen Drive, Orange CT 06477

Day-of-trip instructions will be sent within 2 weeks prior to October 29.

For more information, call (203) 795-4444 or email: jam922922@gmail.com

F19-11 Dante’s Inferno

Study Group Leader: Jim Rhodes PhD
Tuesday: 10-11:15AM
Sessions: Eight
Location: Daniel Sullivan Education Center
Our Lady of Mt. Carmel Church
Maximum: 30
Course Fee: $10

October 1, 8, 15, 22, 29; November 5, 12, 19
Dante was very much a man and poet of his age. He is also very much a transcendent poet who speaks to us today. Our approach to The Inferno will be in accord with Dante’s belief that the practice of moral virtue is the proper end and purpose of human beings in this world. His poetry focuses on human beings in a new way: first by incorporating into his poetry all of the stirrings of human beings for earthly autonomy and, second, by letting earthly destinies and earthly passions with all their tragic conflicts live on within the divine order. The Inferno is probably the most accessible of the three parts of the Comedy for the new or general reader and offers the reader many challenges as well as pleasures of the text. We will use The Divine Comedy of Dante Alighieri: The Inferno translated by Allen Mandelbaum and published by Bantam Books (tan book with Dante and Virgin heads on cover).

F19-12 Myth and Society in Aeschylus’ The Oresteia and Prometheus Bound

Study Group Leader: Joel N. Feimer PhD
Tuesday: 10-11:30AM
Sessions: Five
Location: Jewish Community Center
Woodbridge
Maximum: 25
Course Fee: $10

October 29; November 5, 12, 19; December 3
Aeschylus is the earliest of the Greek (Athenian) tragedians with whom drama effectively begins in the west. He has the only extant trilogy, The Oresteia. It presents the tragic events of the House of Atreus and traces the course of social thought from vengeance to justice, culminating in the triumph of reason over violence. The slaying of the mother by her child to avenge her murder of her father reveals the impossibility of employing revenge as an agent of justice and necessitates a divine intervention to establish a new system founded on reason and the rule of law. Prometheus Bound is the only complete surviving text of another reputed trilogy by Aeschylus. In this play, the Titan, Prometheus, suffers the consequences of assuming the role of champion and protector of the human race in the face of the brutal indifference of the Ruler of Gods and Men, Zeus. In these plays, Aeschylus presents the comparative roles of men and divinities in shaping social values.
F19-13  What Works in Urban Education

Study Group Leader:  Kelly O’Leary EdD
Tuesday and Thursday:  10AM-12NOON
Sessions:  Two
Location:  Tuesday Course-Albertus Magnus
Thursday Tour- 208 Columbus Avenue, New Haven
Maximum:  20
Course Fee:  $10

October 22 (Albertus Magnus)
October 24 (Saint Martin de Porres Academy)

Despite having one of the highest per capita incomes in the United States, child poverty in Connecticut continues to grow. A recent study undertaken by the New Haven Trauma Coalition found that 91 percent of local children screened report having experienced an average of seven traumatic events. Nationwide norms are closer to 50 percent of all children experiencing one traumatic event.

Saint Martin de Porres Academy (SMPA) is a local, independent, faith-based middle school that provides a tuition-free, extended day (10 hours), extended-year education for underserved girls and boys from low-income families in the New Haven area. SMPA has the challenge of privately fundraising its entire $1.7 million-plus operating budget to provide each student with a full scholarship.

The Academy’s unique emphasis on experiential learning coupled with a 12-year commitment to each student helps to break the cycle of poverty, one precious child at a time. It is estimated that nearly all of SMPA’s children have been exposed to several traumatic events in their short lives, including community or family violence, incarceration of a family member, homelessness, or separation from a loved one. The effects of trauma on children are highly deleterious and impact learning as well as social and emotional development. SMPA is a shining example of a trauma-sensitive school and what works in urban education.

F19-14  Formation:
A Woman’s Memoir of Stepping Out of Line

Study Group Leader:  Ryan Leigh Dostie
Tuesday:  10:30AM-12NOON
Location:  Jewish Community Center
Maximum:  40
Course Fee:  $5

October 8
Cheryl Strayed’s Wild meets Anthony Swofford’s Jarhead in this powerful military memoir of a young Army recruit driven to prove herself in a man’s world. Raised by powerful women in a restrictive, sheltered Christian community in New England, Ryan Dostie never imagined herself on the front lines of a war halfway around the world; but then a conversation with an Army recruiter in her high school cafeteria changed the course of her life. Hired as a linguist, she quickly had to find a place for herself in the testosterone-filled world of the Army barracks, and had been holding her own until the unthinkable happened: she is raped by a fellow soldier. Struggling with PTSD and commanders who don’t trust her story, Dostie finds herself fighting through the isolation of trauma amid the challenges of an unexpected war. What follows is a riveting story of one woman’s extraordinary journey to prove her worth, physically and mentally, in a world where the odds are stacked against her.

F19-15  US Current Events:
US Economy Vis-a-Vis the World Economy

Study Group Leader:  Mito Mardin PhD
Tuesday:  10:30AM-12NOON
Sessions:  Three
Location:  Jewish Community Center
Maximum:  60
Course Fee:  $10

October 15, 22, 29
We will be reviewing current global events and their repercussions on US policies, as well as the current status of the global economy vis a vis the US economy.
F19-16 Current Events in the Middle East
Study Group Leader: Mito Mardin
Tuesday: 10:30AM-12:00PM
Sessions: Three
Location: Jewish Community Center
Maximum: 60
Course Fee: $10
November 5, 12, 19
We will be reviewing significant geopolitical shifts currently occurring in the region due to new developments in Turkey and Iran.

F19-17 Making a Collage
Study Group Leader: Mary Lou Horan
Tuesday: 10:30AM-12:30PM
Sessions: Four
Location: Private home, directions to be sent
Maximum: 6
Course Fee: $10
October 1, 8, 15, 22
Collage is a French word meaning "to glue." Collage materials may include family photos, newspaper clippings, paper, used greeting cards, portions of other art work, found objects, ribbon, paint, tissue paper and interesting sayings. Bring materials if you want and let your ideas flow! We will experiment with different items and techniques.

F19-18 The Lessons of King Lear
Study Group Leader: Joel N. Feiner PhD
Tuesday: 12:00PM-1:30PM
Sessions: Five
Location: Jewish Community Center, Woodbridge
Maximum: 25
Course Fee: $10
October 29; November 5, 12, 19; December 3
Shakespeare's masterwork, King Lear, defies Aristotle's advice concerning unity of plot to weave together the tragic endings of two octogenarians, Lear and Gloucester. Their respective experiences demonstrate stark lessons concerning the fragility of the human condition. The blended tragedies of the two protagonists present lessons concerning the significance of sovereignty, lessons of love and loyalty, lessons learned in the crucible of madness, and lessons learned when wisdom enhances folly and the fool speaks wisely. We will witness the mimesis of these lessons as we explore the play in the context of Shakespeare's dramaturgy, including Titus Andronicus and Hamlet.

F19-19 The "Me" Decade: the 1970s
Study Group Leader: Lewis House PhD
Tuesday: 1-2PM
Sessions: Four
Location: Woodbridge Library
Maximum: 60
Course Fee: $10
October 1, 8, 22, 29
Author Tom Wolfe dubbed the 70s the "Me Decade." It started with war but ended with hope of peace. Changes in attitudes were so different from the 60s. More women worked outside of the home, life was looking rosy and yet the 70s saw the fuel embargo, Watergate, Nixon, SALT. The decade also introduced America to Laverne & Shirley, Kojak, Colombo and the first e-mails. Let's discuss, together, ten years of "ups and downs" in the 1970s.

F19-20 Discovering Opera
Study Group Leader: Charlotte D'Arniello
Tuesday: 1:30PM
Sessions: Three
Location: Jewish Community Center
Maximum: 40
Course Fee: $10
October 29; November 5, 19
Further explorations into the wonderful art form Opera - The Voices:
Class 1: Those Divine Divas - A look at the many styles and types of female operatic voice.
Class 2: The Men of Opera - Same as above for the gentlemen of opera.
Class 3: Operatic Group Therapy - Some of the greatest opera music is written for duets, trios, quartets, and larger groups. A look at the ensemble writing in opera.
F19-21  The Maestro Returns

Study Group Leader: Alasdair Neale
Tuesday: 1-2:30PM
Location: Jewish Community Center
Course Fee: $5

November 12
Come meet Alasdair Neale, the 11th and newest Music Director of the New Haven Symphony Orchestra. He will outline the pieces of music that he will be conducting at the concert on Thursday, November 14th, featuring Beethoven’s Seventh Symphony, Schumann’s Piano Concerto in A Minor, and John Adams’ The Chairman Dances.

Learn about each composer and the decision-making behind grouping these three pieces of music together. Maestro Neale will also hold an extended question and answer session during which members can ask about conducting, classical music in general, and what the difference is between being a conductor and being a music director.

Course attendees have a special opportunity to further their learning from Tuesday’s program by purchasing discount tickets and attending the actual concert on November 14th in Yale’s Woolsey Hall. See Page 34 for information on buying tickets.

F19-22  Virginia Woolf: Two Novels

Study Group Leader: Harriet F. Bergmann
Wednesday: 10-11:30AM
Sessions: Four
Location: Private Home
Directions to be sent
Maximum: 25
Course Fee: $10

October 2, 16, 23, 30
We’ll read To the Lighthouse and Mrs. Dalloway by Virginia Woolf. We’ll focus on Woolf’s prose and characterization, and on what is modern and experimental in these two great novels.

F19-23  Connecticut in the Civil War: Soldiers’ Perspectives

Study Group Leader: Jon Purmont PhD
Wednesday: 10-11:30AM
Sessions: Three
Location: UNH Orange Room: M122
Maximum: 30
Course Fee: $10

October 23, 30; November 6
The Civil War had a major impact on the State of Connecticut. We will examine letters written by Connecticut soldiers who fought in the Civil War and consider their views on the war, Abraham Lincoln, their families, and on death itself (“as soldiers should”).

F19-24  Reading the Psalms: Covenant and Consolation

Study Group Leader: Joel Feimer PhD
Wednesday: 10-11:30AM
Sessions: Five
Location: Jewish Community Center Woodbridge
Maximum: 25
Course Fee: $10

October 30; November 6, 13, 20; December 4
The Psalms are traditionally attributed to King David and there is some validity to the assumption that this folk hero/king composed one, or more, of these ecstatic lyric poems. The Book of Psalms is also called The Psalter and, under this variant of its title, appears in a number of manuscripts and printed editions. The Psalms are examples of a lyric genre. They are brief, ecstatic evocations of an intense emotional state. Many are variations on the related themes of covenant and consolation. The covenant is God’s “contract” with his chosen people that, if they are faithful in their worship of Him, He will protect them from their enemies and cause them to flourish and prosper as a people. The consolation of the Psalms derives from the faith of the psalmist that God will honor his contract. The Psalms contain many figural themes, characters, and events that bind them to both other works of the Bible and secular literature.
**F19-25  Fictionalizing Your Memoir or Family Stories**

Study Group Leader: Matilda (Jerre) Dumbrill  
Wednesday: 10:30am-12noon  
Location: Woodbridge Library  
Maximum: 40  
Course Fee: $5

**November 6**  
The class will challenge the popularity of memoir writing and genealogical research with a question, “To what further purpose?” Within every family there is a story. We will consider how to mine imaginative perimeters by extending realities discovered in remembering and research to create a work of fiction. We’ll analyze how a family event can become the central idea of a novel as well as how and where to find characters to support and enhance the plot. Drawing from her own experience of a family trauma, Matilda will highlight the strategies of planning and plotting a memory into a work of fiction.

**F19-26  More Bible Verses Your Sunday School Teachers Hoped You Wouldn’t Notice**

Study Group Leader: Rabbi Alvin Wainhaus  
Wednesday: 11am-12noon  
Location: Congregation Or Shalom  
Maximum: 75  
Course Fee: $5

**November 27**  
So... ummm... Adam & Eve didn’t eat an apple? Moses was the child of a forbidden marriage? The Bible permits slavery? Grasshoppers are Kosher? King David committed adultery? Jews once knelt to pray? There were prostitutes in the Holy Temple? REALLY?

Back in Sunday School, many of us had questions about the Bible we were reluctant to pose to our rabbis and priests. Indeed, we may even continue to ponder such questions as adults. Rabbi Wainhaus has compiled a list of such questions that people have asked him over the years. The questions above, and others, will be the subject of his session. Please bring your own questions!

**F19-27  Wednesday Lunching Adventures**

Study Group Leaders: Debbie McKeever & Edith Carlson  
Wednesday: 12:30-2:30pm  
Sessions: Four  
Locations: TBA  
Maximum: 15  
Course Fee: $105

**October 23; November 6, 20; December 4**  
With the familiar goal of introducing you to new cuisines, out-of-the-mainstream eateries, and companionable fellow adventurers, we’ve tested and selected four different lunching spots for your enjoyment this semester. The name and address of the first restaurant will be sent to participants before the first session.

**F19-28  Exploring Children’s Picture Books: High Art, Deep Meanings**

Study Group Leader: Susanne Murphy  
Wednesday: 1-2:30pm  
Sessions: Three  
Location: UNH Orange Room M133  
Maximum: 15  
Course Fee: $10

**October 2, 16, 23**  
Remember Little Golden Books? Things have changed in many ways and not so much in others. We’ll explore the integration of words, images, and format in this most sophisticated of genres. How do talented artists use and break the conventional boundaries among characters, texts, authors, illustrators, and readers as they make meanings and communicate ideas?
**Wednesday**

**F19-29 Deaccessioning: How to Get Rid of Your "Stuff"**

Study Group Leader: Sheilah Rostow  
Wednesday: 1-2:30PM  
Location: Woodbridge Library  
Maximum: 40  
Course Fee: $5

**October 16**  
Are you thinking about downsizing to a smaller place but the idea of tackling the accumulation of a lifetime keeps you stuck where you are? Are you worried about leaving a mess behind for your heirs to deal with? Do you just have too many things? Regardless of age or circumstance, too much stuff can paralyze and frustrate you. If this is where you are, then this discussion will help by focusing on where the resources are in this area to get rid of "stuff." It doesn't focus on what to choose to keep or throw away but on what to do with all the stuff you already decided to get rid of with special attention paid to disposing of things as environmentally responsibly as possible. Come with your questions about particular items and we will discuss solutions. Come with some of the solutions that have worked for you and share them with others. Let's talk "stuff."

**F19-30 Music of the Big Band Era**

Study Group Leader: David Chevan  
Wednesday: 1-2:30PM  
Sessions: Three  
Location: Jewish Community Center  
Maximum: 40  
Course Fee: $10

**November 6, 13, 20**  
The Big Band Era is considered the time period when jazz was at its peak of popularity. We will focus primarily on the music and musicians related to two Big Band leaders, Duke Ellington and Count Basie. We will also spend at least one class exploring some of the other major Big Band leaders and their music.

**F19-31 William H. Seward Symposium (continued)**

Study Group Leader: Gustave L. Davis MD  
Wednesday: 1-2:30PM  
Sessions: Two  
Location: UNH Orange, Room M146  
Maximum: 30  
Course Fee: $10

**December 4, 11**  
President Chester A. Arthur & the Richest Woman in America  
President Chester A. Arthur is one of the six 19th century Union College alumni associated with the Alaska Purchase. Arthur Avenue in the Bronx NY was named after him by an admirer, Catharine Lorillard Wolfe, once the richest woman in America. In 1872 she endowed a $50,000 scholarship at Union College in her father’s memory and was a major benefactor of New York’s Metropolitan Museum of Art and Grace Episcopal Church. Dr. Davis will discuss the Wolfe, Arthur, Union College connection in New York’s Gilded Age.

Theodore S. Dimon, MD, Seward Family’s Auburn NY physician  
Dimon, a Fairfield CT native, Yale (1835) and Penn/MD 1838 graduate went west to Auburn NY to become a Republican Party stalwart and the Seward family physician. He spent three years in California during the Gold Rush and later served as regimental surgeon under Lt. Colonel W.H. Seward Jr. during the Civil War, writing about the horrors of battle. He was instrumental in the creation of the Gettysburg National Cemetery, returning to Auburn after the war where he was physician at the Auburn State Prison and the State Mental Hospital and attended Seward during the latter’s final days.

**F19-32 Bridge: Competitive Bidding**

Study Group Leader: Rita Brieger  
Wednesday: 1-3PM  
Sessions: Three  
Location: Jewish Community Center  
Maximum: 16  
Course Fee: $10

**October 16, 23, 30**  
Learn requirements to make an overcall and a takeout double. Learn how to respond to them and how to continue to compete against them. This class on competitive bidding will be taught on an advanced beginner/intermediate level.
**F19-33 Fall Film Series**

Study Group Leader: Marcia Goodman  
Wednesday: 1-4PM  
Sessions: Eight  
Location: Connecticut Women’s Consortium  
Maximum: 75  
Course Fee: $15

There is a new location for the film series this fall: The Connecticut Women’s Consortium located in an office building at 2321 Whitney Avenue at the corner of Dixwell Avenue in the center of Hamden, just off the Wilbur Cross Parkway. Adjacent to this building is a free parking garage.

The lineup of films for the fall includes American and international thought-provoking films. The four main themes are:

<table>
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<tr>
<th>Through a Child’s Eyes:</th>
<th>Dark/Quirky Comedy:</th>
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<td>10/2 Beasts of the Southern Wild</td>
<td>11/6 Bernie</td>
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<td>10/16 Whole Rider</td>
<td>11/13 Being John Malkovich</td>
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<th>French New Wave:</th>
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<td>10/23 La Pointe Court</td>
<td>11/20 The Florida Project</td>
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<td>10/30 400 Blows</td>
<td>12/4 Moonlight</td>
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After each movie is discussion. A handout with analyses and interviews with the filmmaker is distributed before the movie. To receive a brief description of each movie now, send an email to: marciagoodman@comcast.net

**F19-34 Major Advances in Cancer Care**

Study Group Leader: Jeffrey Orell MD  
Wednesday: 2-4PM  
Location: Jewish Community Center  
Maximum: 35  
Course Fee: $5

**November 6**  
Care for cancer patients is rapidly changing. This course is designed to update participants (in English, not medical-speak) on the latest advances in treatment.

**F19-35 A Tour of Waterbury’s Palace Theater**

Study Group Leader: Marcia Jamron  
Thursday: Time TBD  
Maximum: 54  
Course Fee: $55, including registration

**November 7**  
Back in the early 1920s, Sylvester Z. Poli, the famous New England theater impresario, opened the Waterbury Palace Theater after investing $1,000,000 in its opulent decor. This theater is a mix of Roman, Arabic, Greek, and Federal motifs. It features a grand lobby and ornate dome ceilings - definitely a setting for a king and a queen!

Be ILR’s king or queen for a day on Thursday, November 7! Come and tour this exquisite state-of-the-art theatrical facility that has seen silent films, Big Bands, concerts and plays. While we are there we will get to observe the Broadway show The Play that Goes Wrong being set up for that evening’s performance, see all the stars’ dressing rooms, and learn about the Department of Technical Direction covering 5 floors of rich history, front-of-house management, box office, wardrobe, carpentry, and props. Discover the magic behind the curtain! Let’s learn, view the stunning architecture and experience backstage magic!  
A special lunch will be served in the Poli Club, the Poli’s private dining room, high above Main Street! Day-of-trip instructions will be sent within 2 weeks prior to November 7.

Sign up online or send a check for $55 made payable to ILR to:  
Marcia Jamron, 229 Karen Drive, Orange, CT 06477

For more information, call 203-795-4444 or email: jam922922@gmail.com.

**F19-36 Understanding DNA**

Study Group Leader: Joe Petti  
Thursday: 9:30-11AM  
Location: UNH Orange  
Room: M146  
Maximum: 40  
Course Fee: $5

**October 17**  
As a result of many requests, we are again presenting the previous DNA presentation for those who were unable to attend. This basic, simplified and informative presentation will cover what DNA is, what it does, how it works, and why it’s called the “Instructions for Life.”
F19-37  Short Hikes in the Greater New Haven Area
Study Group Leader: Leo Cristofar
Thursday: 9:30-11:30AM
Sessions: Four
Locations: To be sent
Maximum: 20
Course Fee: $10

October 10, 17, 24, 31
Hikes of about two to three miles are held over varying terrain. Participants should be in good physical shape and wear sturdy footwear with nonslip soles (no sandals or flip flops). Specific directions will be sent.

F19-38  Cardiology in the 20th and 21st Centuries
Study Group Leader: Lawrence S. Cohen MD
Thursday: 10:30AM-12NOON
Location: Woodbridge Library
Maximum: 40
Course Fee: $5

November 7
Although great advances have been made in the fight against cardiovascular disease, it is still the number one cause of mortality in this country. This presentation will chronicle the advances made in the past century and will discuss the major problems all of us face as we age such as hypertension, atrial fibrillation, and heart attack.

F19-39  The Life of the Majestic Osprey
Study Group Leader: Nick Maiorino PhD
Thursday: 10:30AM-12NOON
Location: UNH Orange
Room: M146
Maximum: 40
Course Fee: $5

October 3
The osprey is one of North America's most magnificent birds of prey and has long been admired by naturalists. John James Audubon said "The habits of this famed bird differ so materially from those of almost all others of its tribe that an accurate description of them cannot fail to be interesting to the students of nature." This course will depict the story of this awesome bird including its rise from near extinction to its natural history, biology, nesting, mating habits, and migration as well as how the bird is monitored by Audubon volunteers to track its habits and developments as it makes its annual visit to its nesting sites in Connecticut.

F19-40  Music and the Brain
Study Group Leader: Nick Maiorino PhD
Thursday: 10:30AM-12NOON
Sessions: Three
Location: UNH Orange
Room: M146
Maximum: 40
Course Fee: $10

October 10, 17, 24
"Music Hath Charms to Soothe the Savage Breast," a line penned by William Congreve in 1697 has more meaning now than ever before. Today, neuroscience has learned much about the effect music has on our brain and how this phenomenon has given rise to new and exciting connections between the cultural and scientific worlds. This course will explore not only how music affects our most important organ, but also how it affects the listener’s behavior, attitude, and emotions. In addition, participants will discover how their musical preferences affect their personalities. Finally, we will examine how music is now being used as a therapeutic strategy to assist in treating neurological disorders such as autism and Alzheimer’s Disease.

F19-41  Post-Impressionism: Lautrec, Gaugin, Van Gogh and More
Study Group Leader: Michael Stein
Thursday: 10:30AM-12NOON
Sessions: Three
Location: UNH Orange, Room: M146
Maximum: 40
Course Fee: $10

October 31; November 7, 14
Most people can recognize the components of a French Impressionist painting: outdoor settings, dappled light, and pretty women in windswept dresses. In contrast, the artists who followed the Impressionists are not as easy to categorize. Seurat worked in tiny dots, Lautrec sketched can-can dancers, and Van Gogh, when not trimming his ear, worked magic with his thick swirls of vibrant colors. The one commonality these artists shared is strong emotion. Instead of giving the viewer a window on the world, they provided a window into the artists’ minds and souls.
F19-42  Computer Power and Human Flourishing: Are They a Good Fit?

Study Group Leader: Frances S. Grodzinsky  
Thursday: 10:30am-12noon 
Sessions: Two  
Location: Jewish Community Center  
Maximum: 20  
Course Fee: $10

November 7, 14  
Computer and Information Ethics is a field that emerged in the 1990s and has evolved as more emerging technologies have become embedded in society.

Session One will discuss how this field emerged and the controversy among philosophers as to whether it was a new field or just ethics applied. Is more technology necessarily good technology? What kinds of ethical questions do we ask as we try to decide how much and in what way technology should impact policy and laws? What are the benefits and risks of emerging technology and how do we balance them with human flourishing? What are the challenges that new technologies present and how does this affect us as end users?

Session Two will look at privacy as a central and overriding ethical issue that impacts all technologies. Who has control of our information? What is “opt in” and “opt out”? How much privacy are we willing to exchange for perceived security? How do new technologies involved with social media, artificial intelligence and surveillance challenge our notions of privacy? Who can we trust online?

Note: If people are interested in these topics and wish to explore further, I can plan to give two more sessions in the spring on specific technologies.

F19-43  Woodworking Project #1: Cranberry Scoop

Study Group Leader: David Bennett  
Thursday: 11am – 12noon  
Location: Jewish Community Center, Room: MakerSpace  
Maximum: 12  
Minimum: 5  
Course Fee: $5  
Materials Fee: $20

October 17  
Join us for an introductory hands-on woodworking class which will utilize the new JCC MakerSpace, an area that allows users to explore, build, and tinker with a variety of materials. The participants will be constructing a pre-cut vintage wooden Cape Cod cranberry scoop to be used as a magazine/mail holder. The artisans will be involved in sanding, gluing, hammering and nailing. In the end they will have a functional and unique homemade project that harkens back to an old-fashioned Cape Cod agriculture industry. The $20 fee covers the cost of ordering, delivering, and cutting materials. Because materials must be ordered in advance, no refunds will be given after October 9.

F19-44  Woodworking Project #2: Accent Shelf

Study Group Leader: David Bennett  
Thursday: 11am – 12noon  
Location: Jewish Community Center, Room: MakerSpace  
Maximum: 12  
Minimum: 5  
Course Fee: $5  
Materials Fee: $20

October 24  
Join us to build an accent shelf that can hold keys, glasses and knick-knacks. The artisans will be involved in sanding, gluing, hammering and nailing. In the end they will have a functional and unique homemade project. The basics will be designed by the MakerSpace but personal touches will be provided by the builder. The $20 fee covers the cost of ordering, delivering, and cutting materials. Because materials must be ordered in advance, no refunds will be given after October 16.
F19-45 Tour of the New Haven Superior Court

Study Group Leader: Caroline Fargeorge
Thursday: 12:30-1:30pm
Location: Corner of Elm & Church Streets
Maximum: 20
Course Fee: $5

October 24
For more than 100 years, the New Haven Superior Court at 121 Elm Street has presided over the New Haven Green. This fine example of Beaux Arts architecture is listed in the National Register of Historic Places and houses both a beautiful atrium and several lovely murals. It has been the scene of several notable trials, including Griswold v. Connecticut which, in 1965, after it found its way to the US Supreme Court, recognized that married women have a right to birth control.

We will be touring the stately courthouse that sits on the corner of Elm Street and Church Street, right next to the New Haven Public Library. Please join us for a docent-led tour of this elegant building. Car pooling and lunch can be arranged.

F19-46 Thursday Lunching Adventures

Study Group Leaders: Debbie McKeever & Edith Carlson
Thursday: 12:30-2:30pm
Sessions: Four
Locations: TBA
Maximum: 15
Course Fee: $105

October 10, 24; November 7, 21
With the familiar goal of introducing you to new cuisines, out-of-the-mainstream eateries, and companionable fellow adventurers, we’ve tested and selected four different lunching spots for your enjoyment this semester. The name and address of the first restaurant will be sent to participants before the first session.

F19-47 Coping with Bipolar Disorder

Study Group Leader: Barbara Abrams
Thursday: 1-3pm
Location: Jewish Community Center
Maximum: 20
Course Fee: $5

October 17
This course offers an overview of bipolar disorder, formerly known as manic depression. Bipolar disorder is a treatable mental health condition defined by extreme changes in mood, thought, energy, and behavior. Stigma negatively affects the diagnosed person as well as the family. Open dialogue, knowledge and understanding of any mental illness is necessary for that person to feel accepted, rather than humiliated and ashamed. Various treatments for bipolar mania and depression will be explored including medications, talk therapy, support groups, ECT (electroconvulsive therapy) and, more recently, TMS (transcranial magnetic stimulation). The significant use of lithium, still the go-to medication, will be discussed. The Study Group Leader, having been diagnosed with bipolar disorder at the age of twenty six, will share her personal experience of coping with this illness. There will be time for questions throughout the presentation.

F19-48 Jerusalem: Ancient and Beloved by Jews, Muslims & Christians

Study Group Leader: Sydney Perry, Moderator
Thursday: 1-3pm
Location: Jewish Community Center
Maximum: 125
Course Fee: $5

November 21
Jerusalem is a "must" on many people's list of places to visit once in their lives; but few make the trip due to the unrest in this part of the world. Jerusalem is many cities past and present – Jewish, Christian, Muslim and secular. It is a tiny space that has been the ultimate prize of empires and the object of longing for so many different cultures over the years.

We will view the amazing movie Jerusalem produced by National Geographic focusing on three young women representing three different faiths. The intent of the film is to promote co-existence among the three Abrahamic faiths. After the movie Sydney Perry will moderate a panel discussion featuring three members of the clergy -- Imam Omer Bajwa, Reverend Suzanne Wagner, and Rabbi Michael Farbman.
F19-49  Russia: Adversary or Partner to the US

Study Group Leader:
Dr. Sergei Kambalov
Thursday: 1:30-3PM
Location: Jewish Community Center
Maximum: 40
Course Fee: $5

November 7
Russia and the United States are members of the Security Council
"Permanent 5" at the United Nations. Their history has been both col-
laborative and conflictual. In the age of Putin, Crimea, the Syrian Civil
War, the Iran Nuclear Agreement, cyber security and sanctions, what
opportunities and challenges await us? Dr. Kambalov, having served
at the UN in various posts for more than 20 years, brings his expertise
to explore this subject and will welcome your questions and try to an-
swer them.

F19-50  Music Mends Minds

Study Group Leader:
Judy Larkin Nicolari
Thursday: 2-3PM
Location: Jewish Community Center
Maximum: 15
Course Fee: $5

October 3
"Music Mends Minds" is a non-profit organization that creates musical
support groups (choral and instrumental) for people who struggle with
Parkinson’s, dementia, traumatic brain injury, stroke and PTSD. The
group fosters a sense of community between musicians and singers as
well as their caregivers, friends and family. "Music Mends Minds" also
shares the latest scientific findings regarding the benefits of music by
means of its online website —musicmendsminds.org. If you enjoy mu-
sic, here is a way to enjoy it and help others.

F19-51  A Concise History of Mathematics
from Babylonian Times to the Present Day

Study Group Leader: J. Philip Smith PhD
Thursday: 2-3:30PM
Sessions: Four
Location: Woodbridge Library
Maximum: 40
Course Fee: $10

October 3, 10, 17, 24
This course traces the development of mathematical concepts from
Babylonian and Egyptian times through the Middle Ages and Renais-
sance, culminating in insights gained for the first time in the 19th and
20th centuries. Our evolving understanding of such concepts as
"number," "infinity," and "proof" are examined. Mathematical heroes
and scoundrels will be summoned before us out of the murky past! No
mathematical background is required for registration. (This could even
be the first mathematics course you ever enjoyed!)

F19-52  Time, Place and the Human Heart

Study Group Leader: Hedda Kopf
Thursday: 2-3:30PM
Sessions: Three
Location: Jewish Community Center
Maximum: 26
Course Fee: $10

November 7, 21; December 5
Post WWII Hungary, post-Soviet Russia, post-Brexit England – our three
novels explore the lives of citizens during these political and social tran-
sitions. We will consider how the political is personal and how relation-
ships are shaped by the time and place in which they endure and even
flourish. Iza’s Ballad by Magda Szabo (11/7); The Tsar of Love and Tech-
no by Anthony Marra (11/21); and Autumn by Ali Smith (12/5) all grapple
with what is constant despite upheavals and change: one’s capacity to
create art and to love.
**Thursday**

**F19-53  Leafcutter Ants:**
The Planet's Oldest Farmers-
Cooperative Societies with a Lot to Teach Us

Study Group Leader: Barbara Beitch PhD
Thursday: 3-4:15pm
Sessions: Three
Locations: Albertus Magnus
Yale Peabody Museum
Maximum: 15
Course Fee: $10

**October 10 and 17  Albertus Magnus**

**October 24  Yale Peabody Museum**

During two in-class lecture/discussion sessions and one two-hour field trip to the Yale Peabody Museum to study the Discovery Room's leafcutter colony, we will cover the following topics:

1. Cooperation within and between animal societies
2. Insect societies
3. Genetic and environmental determiners of caste on leafcutter ants
4. Ecology of leafcutter ants:
   a) Ecological relationships (mutualism, parasitism, and more)
   b) Symbiotic relationship between leafcutters ants and fungi
   c) Leafcutter’s ecological roles in the rainforest

Bonus: a personalized tour of the special Mesopotamian exhibit at the Yale Peabody Museum, right after our visit to the Discovery Room led by Richard Yanowitz, PhD.

Field trippers should be able to find parking (for a charge) on the street or in the parking lot near the Peabody Museum.

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**Thursday/Friday**

**The New Haven Symphony In Concert**

![Concert Poster]

Thursday, November 14, 7:30-9:30pm
Woolsey Hall, Yale University

The New Haven Symphony Orchestra, under the baton of Maestro Alasdair Neale, performs Beethoven’s magical 7th Symphony, John Adams’ The Chairman Dances, and is joined onstage by Orion Weiss for Schumann’s Piano Concerto in A Minor.

A 20 percent discount to this concert is available to ILR members by using the code BEETHOVENILR. The discount cannot be combined with other offers or applied to previously purchased tickets.

There is a block of seats in the orchestra ($40) and another block reserved for ILR members in the balcony ($24). For preferred block seating with other ILR members, call the NHSO box office before October 31st at (203) 787-4282 with the code and a representative will help you determine your seating preference. Carpooling to be arranged.

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**Friday**

**F19-54  A Few Nursery Rhymes and a Little History**

Study Group Leader: Jack Lawson MD
Friday: 10-11:30am
Location: Jewish Community Center
Maximum: 40
Course Fee: $5

**October 11**

Nursery rhymes are not only folklore in verse but often an oral history of contemporaneous events. However, because of colloquialisms, euphemisms, local slang, and changes in the meaning of words, the original message of the rhyme may have been obscured. We will see how many of these simple rhymes are a record of Tudor and Stuart history.
F19-55 Introduction to Mindfulness
Study Group Leader: Kenneth Steller
Friday: 10:00AM-12:00NOON
Location: Albertus Magnus
Maximum: 30
Course Fee: $5

October 18
Mindfulness is a form of meditation that over the past 40 years has been increasingly used as a secular approach to manage stress and to enhance health and well-being. Individuals as well as numerous business, government, academic and non-profit organizations, have been including mindfulness practices as a key component of their stress management programs, as a way to promote mental and emotional well-being. There is scientific evidence to support the benefits of practicing mindfulness. Research conducted by the National Institutes of Health, the University of Massachusetts Medical School, Harvard University and others indicates that the practice of mindfulness provides numerous benefits, including reduced stress, increased cognitive function (focus, concentration, memory, learning ability), and improved mental and emotional well-being. The Introduction to Mindfulness seminar will enable you to 1) understand mindfulness concepts and techniques; 2) practice mindfulness; and 3) incorporate mindfulness practices in your daily life.

F19-56 American Pies: A Regional Exploration
Study Group Leader: Adrienne Kane
Friday: 10:00AM-12:00NOON
Location: Gateway Community College
Maximum: 40
Course Fee: $5

October 25
Did you ever wonder why we eat pumpkin pie around Thanksgiving, or just which apples will make the best apple pie? What is a pie plant? And what region of the United States bakes with this vegetable cum fruit?

Pie is the true American dessert. From the standard to the more obscure, in this course, you will learn it all! Focusing on the four regions of the country (the Northeast, the South, the Midwest and the West), this class will explore the unique baking traditions of each place. Learn the history of home-baking, ingredients, and even tips to help you become a world-class pie aficionado! This “American Pie” session will appreciate the life-long cooking skills of the participants and add to their repertoire of pie-making. Details about free parking to follow after you register for the session.

F19-57 The Wine Lover’s Daughter
Study Group Leader: Anne Fadiman
Friday: 10:30AM-12:00NOON
Location: Albertus Magnus
Maximum: 40
Course Fee: $5

November 8
Anne Fadiman, Yale’s Francis Writer-in-Residence, will talk about the experience of writing The Wine Lover’s Daughter, her recent memoir about her father, the critic and radio host Clifton Fadiman. The book – an exploration of love, wine, class, and family – was an NPR and Library Journal Best Book of the Year. Those taking part in this session are encouraged but not required to read the book before the class meets.

F19-58 Brexit and the EU: A New UK Prime Minister and a New EU Commission President
Study Group Leader: Mito Mardin PhD
Friday: 10:30AM-12:00NOON
Sessions: Three
Location: Jewish Community Center
Maximum: 60
Course Fee: $10

November 15, 22; December 6
British Prime Minister Boris Johnson and Ursula von der Leyen, the president of the European Union Commission as of November 1, will have a full agenda with which to deal. We will be reviewing the outcome of the Brexit Halloween deadline and the new EU Commission president’s political program for the next couple of years. The saga (or shall we say the political soap opera?) on the other side of the pond continues!
Friday

F19-59 Align Your Posture – Ease Your Pain

Study Group Leader: Alan Franz
Friday: 11AM-12:30PM
Location: Jewish Community Center Gym
Course Fee: $5

October 4
This informational talk and gentle movement experience will explore how chronic pain, physical stress, balance challenges or movement limitation may all indicate a lost connection with the most optimal postural alignment and ways to move in our bodies.

Learn how repetitive stress injury, back pain, tennis elbow, bursitis, arthritis, low energy, dizziness and a full array of other chronic conditions can all have postural misalignment as their root cause.

Discover how the body functions as a unit and how employing the postural approach to recovery can be the missing piece in overcoming difficult cycles of pain and movement problems.

Enjoy simple movements and gentle exercise that can have a remarkable effect on recovering and enhancing comfort, ease and lost abilities to move well.

Wear loose comfortable clothing to participate in optional simple movement demonstrations that will shed light on your posture and how to begin the process of healthful change.

F19-60 Yale and the Human Brain

Study Group Leader: Terry Dagradi
Friday: 11AM-12:30PM
Location: Yale Medical Library
The Cushing Center
Maximum: 25
Course Fee: $5

October 25
Some of the world’s hidden wonders sit quietly in jars in a custom-built room at Yale’s Medical Library. Housed in the Cushing Center which opened in June 2010 are approximately 450 jars of tumors and brains specimens as well as photographs of some of the first patients of pioneering neurosurgeon Harvey Cushing who graduated from Yale in 1891. ILR is privileged to have the Cushing Center Curator lead this tour in which she will describe the fascinating history of the collection and the importance of Dr. Cushing’s research to modern neurology practice.

F19-61 Ghost Town New Haven
Industrial Heritage Trails: A Walking Tour

Study Group Leader: Elihu Rubin PhD
Friday: 11AM-1PM
Location: Hamilton & Chapel Streets
Maximum: 20
Course Fee: $5

October 4
Dr. Rubin will lead us on a tour exploring New Haven’s industrial past, its factories, coal-fired power plants, railroads and trolleys. Some of the buildings we will see have been adapted and reused. Others remain dormant. Some are threatened by neglect. And, in some cases, the buildings are gone but have left traces of “ghosted” landscapes. Dr. Rubin will discuss what these buildings have meant in the past, and the future possibilities. What are the creative ways of remaking these older facilities and keeping alive their original uses? We will meet at the corner of Hamilton and Chapel Streets. There will be a fair amount of walking on the tour.

F19-62 Just How Does a Nuclear Power Plant Work?

Study Group Leader: Earl (Bud) Page
Friday: 1-2:30PM
Location: UNH Orange Room M146
Maximum: 40
Course Fee: $5

November 22
The neutron was discovered in 1932 and uranium fission in 1939, followed by the first man-made nuclear chain reaction in 1942. Fifteen years later saw the first commercial nuclear production of electricity in Shippingport, Pennsylvania. Now we have about 20 percent of our electric power coming from some 100 nuclear power plants. Just how do they incorporate those fundamental discoveries to convert the latent energy of the uranium atom to produce electricity for public consumption? We will take a simplistic look at a complex machine and, of course, touch on some of the important issues of nuclear safety and waste disposal.
**F19-63 The Craft and Science of Memory**

Study Group Leader: Trish O'Leary PhD  
Friday: 1-2:30PM  
Sessions: Three  
Location: Albertus Magnus  
Maximum: 20  
Course Fee: $10

**November 1, 15, 22**

Trish O’Leary is the facilitator for three sessions with guest physicians from the Yale School of Medicine Alzheimer Research Group and professors of medical literature knowledgeable about the memory aids used in classical and medieval times when books were hard to come by and a sharp memory was a necessity for advancement in society.

**F19-64 Introduction to Beginning Watercolor**

Study Group Leader: Audrey Galer  
Friday: 1:30-3:30PM  
Sessions: Six  
Location: Home Studio  
Directions to be sent  
Maximum: 8  
Course Fee: $10  
Materials Fee: $50

**October 4, 11, 18, 25; November 1, 8**

Participants will learn the basics of watercolor and what makes this medium unique. No knowledge of drawing is required. We will paint several 5x7 pictures, each advancing the basic techniques.

There is a $50 fee (paints, brushes, watercolor paper and printed materials) that should be paid directly to the Study Guide Leader.

Mats for each painting completed will be offered for $3 apiece.

**F19-65 Tour of Grove Street Cemetery: Notable African Americans’ Gravesites**

Study Group Leader: Lisa Beth Hill PhD  
Saturday: 10-11:30AM  
Location: Grove Street Cemetery  
Maximum: 25  
Course Fee: $5

**October 12**

Participants will take a guided tour of the Grove Street Cemetery to explore the lives and works of famous African Americans buried there. Part of the time will involve a treasure hunt of sorts. Participants will be given names of certain people and they will be asked to identify particulars about them with clues provided on the assignment sheet. The course will include personalities such as Jedidah Ashmun, the first Governor of the African Colony of Liberia, and Dr. John Bassingame, a full professor of history and Director of African American Studies at Yale between 1970 and 1999. Dr. Cortlandt van Rensselaer Creed was a Yale physician who owned an apothecary in the Wooster Square area and had a thriving medical practice in the 19th century. Of particular interest in the cemetery is the marker dedicated to the survivors of the Amistad slave ship whose trial brought international acclaim and attention. This course focuses on African Americans and others who contributed to the special history in the New Haven area. Comfortable walking shoes and appropriate attire for outdoors is recommended. If time permits, participants will also view the monument dedicated to the Amistad captives located near the New Haven City Hall.

**F19-66 The Philosophy of Mind**

Study Group Leader: Sharif I. Kronemer  
Saturday: 10:30AM-12NOON  
Sessions: Two  
Location: Albertus Magnus  
Maximum: 40  
Course Fee: $10

**October 5, 12**

For thousands of years the world’s greatest thinkers have debated the essence of self, personhood, and consciousness. What does it mean to be you and when do you become someone or something else? Is consciousness a necessary criterion for ethical value? How do we determine if someone is conscious? This course will explore all of these questions and more, challenging our notion of what it means to be a conscious being.
Barbara Abrams is a retired school and language pathologist. She has worked with students from preschool to high school. Currently she is a volunteer reader for two classes of four-year-olds at the YMCA. She also reads to the seniors in the Alzheimer’s group at the Milford Senior Center. After struggling with bipolar depression for many years, her focus turned to educating people to look at mental illness in the same way as physical illness. She is a certified facilitator for NAMI (National Alliance on Mental Illness). She is also strongly in favor of other support groups such as DBSA (Depression and Bipolar Alliance).

Imam Omer Bajwa is the Director of Muslim Life in the Chaplain’s Office at Yale. He earned his Graduate Certificate in Islamic Chaplaincy from Hartford Seminary. He received his MA in Near Eastern Studies, with a specialization in Islamic Studies, from Cornell University. He also earned a MS in Communication from Cornell, and a BA in English Literature and Rhetoric from Binghamton University. He regularly lectures at campuses, congregations, and in communities across the country.

Janet Barrett was raised in New York, graduated from Indiana University with a BS in Communications, and now lives in Connecticut with her husband and two cats. She remembers her father first telling her about Comanche when she was about eight years old, a simple story then about a horse that survived a battle. When she revisited it as an adult a few years ago, she found an intriguing, complex story of a horse and rider whose legacy grew beyond anything that was apparent in their lives. With the success of They Called Her Reckless about the warhorse Reckless and her fellow marines in the Korean War, Barrett knew it was time to go back to that earlier era and tell the whole story of the tough mustang that brought fame to himself, his rider, and the U.S. Cavalry.

Barbara Beitch PhD is no stranger to ILR. She has led courses on classical and molecular genetics, bizarre reproductive strategies in the animal kingdom, human sexuality in the mature years, the history of the Sleeping Giant, and most recently (teammg with her husband Richard Yanowitz) an overview and challenges of climate change. The impetus for this course on leafcutter ants comes from her weekly volunteering as a docent in the Discovery Room of the Yale Peabody Museum, where she has come to appreciate why some scientists choose to spend their entire lives crawling around in the forest with a magnifying glass, probing ant secrets from diverse ant species.

David Bennett is the JCC MakerSpace Coordinator. He has designed and built two MakerSpaces, including the one at the JCC. David taught science and math for 30 years. Along the way, he ran his own remodeling business and flipped houses before that practice became a TV phenomenon. A lifelong woodworker, Dave recently remodeled his house after taking a direct hit from the tornado of May 2018.

Harriet Bergmann PhD retired in 2002 as a Professor of American Literature at the Naval Academy in Annapolis, MD. She then moved to New Haven and taught creative writing as an adjunct at Yale for 14 years.

Rita Brieger has been teaching bridge in the New Haven area for 35 years. She is a Bridge Life Master, which is the highest ranking you can achieve in bridge, and is also an accredited American Contract Bridge League teacher.

Edith Carlson is a retired high school English teacher who finds the questions “Hungry? Ready for Lunch?” silly, when the answers are obviously “yes.”

David Chevan PhD has a passion for music and a love of playing the bass that led him to explore a wide range of musical realms from singing in synagogue to playing bass in gospel groups. As an educator he directs and arranges for various ensembles and has developed a series of college level applied courses to teach improvisation for musicians of all abilities and skill levels. In addition to performing duos with pianist Warren Byrd and co-leading the Afro-Semitic Experience, he directs, plays bass, composes and writes arrangements for the Nu Haven Kapelye, and Bassology, his swinging jazz group. With the Afro-Semitic Experience he has brought people together to share the nexus of music and culture in synagogues, churches, clubs, colleges and at jazz festivals.

Lawrence S. Cohen is the Ebenezer K. Hunt Professor of Medicine (Emeritus) and former Chief of Cardiology at Yale School of Medicine for four decades. His early research explored the diagnosis and therapy of patients with coronary artery disease. He later became a leader in clinical trials. He has treated thousands of patients at Yale and taught decades of Yale medical students.

Leo Cristofar has led hikes in and around Connecticut for over 25 years.

Terry Dagradi is the Coordinator/Curator of the Cushing Center at the John Hay Whitney Medical Library at the Yale School of Medicine.

Charlotte D’Aniello is a graduate of the University of Toronto and the Royal Conservatory of Music with degrees in music and piano. She taught piano for 36 years and continues with a few special students. In addition, she has taught adult education classes in classical music and opera in Branford, and for Road Scholars at the Mercy Center. Charlotte gives frequent lectures and presentations on opera at Branford’s Blackstone Library and for the Schiller Shoreline Institute for Lifelong Learning. She is passionate about opera and has had season tickets to the Metropolitan Opera since 1961.

Gustave L. Davis MD, a NYC native, received a BA (Humanities) from Union College, an MD from SUNY Upstate Medical University, Syracuse and trained in pathology at Barnes Hospital Washington University in St. Louis. He served as USAF Captain at the Armed Forces Institute of Pathology, and then rejoined the Washington University Medical School faculty. He chaired the Bridgeport Hospital Pathology Department (1981-2000) and has since retired as Clinical Professor of Pathology, Yale Medical School. Since a trip to Alaska, he has become obsessed with William H. Seward (Union College 1820).

Ryan Leigh Dostie MFA is a novelist turned soldier turned novelist. As an Army Persian-Farsi/Dari Linguist in Military Intelligence, she was deployed to Iraq during Operation Iraqi Freedom, where she translated very little because they mostly speak Arabic in Iraq. After being wowed by the brilliant efficiency of the Army, Ryan left the military world for academic pursuits. She holds an MFA in fiction writing and a bachelor’s degree in history from Southern Connecticut State University.
Matilda (Jerre) Dumbrill MA enjoyed an illustrious and long career as a designer/dressmaker. After living in Arizona and Massachusetts, she moved to Connecticut, returned to her writing and published two books: Mokhorka: The Green Cigarette, based on the events of her life, and My Bare Ladies and a Few Clad Men, chronicling the lives of her clients.

Anne Fadiman teaches writing at Yale and is the author of four books, including Ex Libris, which has been or will be translated into 16 languages, and The Spirit Catches You and You Fall Down, winner of the National Book Critics Circle Award. She is a member of the American Academy of Arts and Sciences.

Rabbi Michael Farbman was born in Vitebsk, Belarus. He received his semicha (rabbinic ordination) at the Leo Baeck College, Reform Rabbinical Seminary in London. He holds a BA and MA in Hebrew and Jewish Studies, as well as Master of Sacred Theology from the Yale Divinity School. Prior to coming to Temple Emanuel in Orange in 2009 he served communities in the UK, Russia and Washington DC. Rabbi Farbman is on the board of the Jewish Federation of Greater New Haven and is an active member of the Orange Interfaith Clergy group. He is currently pursuing a master’s in sacred theology at Yale Divinity School.

Caroline Fargeorge LLB was born and raised in New Haven and graduated from Providence College with a degree in Political Science. After college, she moved back to New Haven. She graduated from UConn Law School in 1998. Immediately after graduating, she started her legal career with the Judicial Branch. In 2017, she was promoted to Deputy Chief Clerk for GA Matters at the courthouse.

Joel N. Feimer PhD taught undergraduate and graduate level English Literature and Composition at Mercy College in Dobbs Ferry, New York from 1967 to 2010. He earned a PhD in Comparative Literature from the City University of New York in 1983. He has published several essays on topics in Medieval and Modern Literature and co-edited a text for composition with his former colleague at Mercy College, Howard Canaan. He began teaching for ILR in the spring of 2015 and currently serves as Executive Vice President on his Board of Governors.

Alan Franz MS, C-IAYT, PAS has over 25 years’ experience as a Yoga and Movement Therapy practitioner. His specialized individual therapeutic work centers on Posture Alignment Therapy and Movement Re-patterning to address the root causes of musculoskeletal pain, imbalances and other movement challenges.

Ann Froines EdD was a founding director of the Women’s and Gender Studies Program at the University of Massachusetts, Boston and taught in the field for 30 years. She was very active in the peace and women’s liberation movements of her era.

Audrey Galer pursued the study of watercolor with several instructors after retiring from teaching. She fell in love with the beauty of the medium. She volunteered to teach a group for ILR after she found she had a talent for sharing her enthusiasm for watercolor. She has been conducting classes for 20 years including many of her original ILR students. She started the Art in the Library Program in Orange where her group organizes a monthly exhibit for area artists.

Marcia Goodman LLB has a master’s degree in Library Sciences and a law degree. She has a wide range of experiences — from President of the Board of Police Commissioners in Bridgeport in the 80’s to Director of the nonprofit bill-drafting office of the Connecticut Legislature until retiring in 2006. She has always had a great interest in film, typically researching good movies, including scholarly analyses and interviews with filmmakers. She created a film discussion group in Norwalk in the 80s that still meets monthly, and loves hearing the viewpoints of others during discussions following each film.

Frances S. Grodzinsky PhD is Professor Emerita Computer Science and Information Technology at Sacred Heart University in Fairfield and Past Co-Director of the Hershey Institute of Ethics.

Lisa Beth Hill PhD MA BA is the Chair of the Department of History and AP Coordinator for US History and US Government at Hamden Hall Country Day Preparatory School. She received her degrees from Emory University and her BA from the University of Maryland. She served as Program Coordinator at Elizabeth City State University, was Interim Dean and Chair, Department of History and Political Science at Tuskegee University, is the author of numerous publications, and has presented lectures on diverse subjects of Black history.

Mary Ann Horan has been a watercolor artist for many years, painting florals, animals, city scenes and abstract art. She loves experimenting with different materials.

Lewis House PhD is a graduate of New York University and a Professor Emeritus of Southern Connecticut State University. He is the published author of several books and many articles. Currently he is a Consultant to Educational Testing Service. He is a veteran of the US Military.

Marcia Jamron has been fascinated by travel since early childhood. Colleges, followed by family duties, have not dulled the anticipation of a new place to see and learn all about. She applies this urge to look for new and different places to the ILR bus trips she plans and conducts.

Dr. Sergei Kambalov retired from the United Nations in 2010. His last position was as the Executive Coordinator of the UN Global Alliance for Information and Communication Technologies and Development. He joined the UN in 1989 as a member of the author team of the World Economic and Social Survey. In 1997-2009 he worked in the Office of ECOSOC Support and Coordination of the Department of Economic and Social Affairs where in 2005-2009 he was Chief of ECOSOC and Inter-organizational Cooperation Branch. Prior to the UN, he was a First Secretary in the Ministry of Foreign Affairs of the USSR, and before that worked in academic research on international economic relations. He has several academic publications, including a book on economic sanctions as a tool of foreign policy. Born in Riga, he grew up in Novosibirsk. He has graduated magna cum laude from the Department of Economics of the Moscow State University and has a PhD in International Economics from the Diplomatic Academy, Moscow. Currently, he teaches a graduate course as an Adjunct Professor, Global Development and Peace Program, University of Bridgeport.
Adrienne Kane is the author of the cookbooks *United States of Pie*, *United States of Bread*, and the memoir *Cooking and Screaming*. She is a food writer, recipe developer, food photographer, and culinary instructor whose work has appeared in *Natural Health, Prevention, Women's Day, Yankee Magazine* and on *Chow* and *foodandwine.com*. She teaches Artisan Bread for the Culinary Arts and Professional Baker program at Gateway Community College.

Hedda Kopf PhD taught literature and gender studies at Quinnipiac University for more than three decades. She continues to develop and lead book discussions at ILR as well as at several public libraries and other institutions in Connecticut. Hedda volunteers as a reading mentor in a New Haven public school and is the author of *Understanding Anne Frank’s The Diary of a Young Girl: A Student Casebook to Issues, Sources and Historical Documents*.

Sharif Kronemer is a PhD candidate at Yale University studying the neural mechanisms of consciousness using functional magnetic resonance imaging (fMRI), scalp/intracranial electroencephalography (EEG), and pupillometry in the lab of Hal Blumenfeld MD, PhD. Sharif’s primary interests include neuroscience, neuroethics, the philosophy of mind and consciousness. Sharif is also active in science communication and outreach.

Jack Lawson MD is an Emeritus Professor of Radiology and Biomedical Imaging at Yale University. Born in England, he obtained his medical degree at the University of Manchester and has lived in Connecticut for over 50 years. He reads with first graders in the New Haven Public School system.

Suzanne Leonard is a certified Silver Sneakers instructor.

Nick Maiorino BS, MS has been presenting ILR courses for the last five years. He is a former high school and university instructor whose teaching experience spans more than 50 years. His main area of expertise is science and he has taught courses on several aspects of weather, the human brain, and the aging brain. He is currently serving on the Board of Directors of ILR and is a member of the Curriculum Committee. For the past three years he has been a volunteer with the Connecticut Audubon Society as an osprey nest monitor.

Mithat “Mito” Mardin PhD was born in Istanbul, Turkey and is a graduate of the German High School there. He received a PhD in Organic Chemistry, Physics and Microbiology from the University of Gottingen. He worked as a senior high school teacher for physics and chemistry during his dissertation. He joined Bayer Pharmaceuticals in 1977 and worked there through the end of 2010 in various positions starting as laboratory head and retiring as VP. He has worked on three continents: Europe, Japan/Asia Pacific and the US. Since 2012, he has been President of the Japan Society of Fairfield County, served as ILRP president for three terms and followed his passion for political sciences. He enjoys being a study group leader and sharing his knowledge of the European Union, US economy, Islam and current world affairs in general.

Debbie McKeever is a self-proclaimed foodie. She experiments with new recipes. She also loves to explore different locations to experience all types of delicious cuisine. For the past five years, she has searched for interesting and different menus through “Lunching Adventures,” paired with enjoying a meal with friends, old and new. As Julia Child noted, “people who love to eat are always the best people.”

Harold Miller, Bridge Life Master, is a retired CPA and native of New Haven and teaches the basics of bridge for beginners.

Nini Munro-Chmura ME has a Masters in Guidance and Counseling, and a Sixth Year in Counseling. She was an original Head Start teacher in New Haven, and a high school guidance counselor. She has led flora and fauna walks for Audubon, Sierra, and Appalachian Mountain Clubs.

Susanne Murphy has degrees in English and Education from Fordham, Yale, and Southern Connecticut State University. She has been the Director of Student Teaching and Lecturer in Children’s Literature, Critical Literacy, and Human Communication at both the graduate and undergraduate levels at the University of New Haven since 2004. Prior to that, she worked in a variety of PK-12 districts as both a teacher and administrator and retains her strong interest in issues of equity and social justice. Past publications include essays on Spenser’s poetry, the education of the academically talented, the integration of technology into classroom practice, and issues of plagiarism in a re-tweeting world. Recent work focuses on postmodernism in picture books, multimodal storytelling, and the interaction of humanity and “artificial” intelligence.

Maestro Alasdair Neale is the 11th Music Director of the New Haven Symphony Orchestra. He is also the Music Director of the Sun Valley Summer Symphony (SVSS) and the Marin Symphony. In his 24 years as Music Director of the SVSS, Mr. Neale has propelled the festival to national status.

Judy Larkin Nicolai knows the power of music in helping people with dementia first-hand. She has seen her sister, who deals with Alzheimer’s, come to life when singing with others.

Dr. Kelly O’Leary, EdD has dedicated her entire professional career to breaking the cycle of poverty through education and opportunity. She has been a school administrator in New Haven for the past 11 years and is confronted daily with the incredible shadow that poverty casts on the lives of her students and their families. Her doctoral research further highlighted the need for holistic trauma-informed education. Dr. O’Leary teaches several educational leadership graduate courses at the University of Notre Dame and Sacred Heart University.

Trish O’Leary has an MA in literature and completed PhD course work with an emphasis on medieval literature. She enjoys learning about memory’s role as viewed in scientific study and in liberal arts.

Jeffrey Orell MD is an Assistant Professor of Clinical Medicine at Yale University School of Medicine.

Earl Page received a BS in physics from the University of North Carolina and an MS in Nuclear Engineering from North Carolina State College in 1957. NC State was the first college in the world to offer a Nuclear Engineering curriculum (circa 1950) and the first with a non-classified nuclear reactor. Following design and support work for the Enrico Fermi Fast Breeder Reactor in Michigan, he served as Senior Safety Engineer for much of his career at Detroit Edison in support of the Fermi 2 boiling water reactor. The latter portion of his Fermi 2 support involved the application of probabilistic safety assessment (PSA) techniques to ascertain the level of accident risks for the Fermi 2 plant.
Sydney Perry served as the Director of the Department of Jewish Education for the Jewish Federation of Greater New Haven for 18 years. During her tenure she developed many programs for all ages, including starting a very popular evening high school, adult education lectures and programs, and led six trips to Poland and Israel. She became the CEO of the Federation, developing relationships between the Jewish and civil community for 10 years, before retiring three years ago. She currently serves on many boards and committees, teaches, and is President of JFACT, the 7 Jewish Federations of Connecticut association.

Joe Petti BSME MSIE MBA PE retired from Cadbury Schweppes as Vice President of Manufacturing and Engineering and has been instructing in the master’s program in the Business and Engineering Departments at UNH.

Jon Purmort PhD is Emeritus Professor of History at Southern Connecticut State University, received his PhD from Teachers College, Columbia University, and has led a number of ILR courses on various aspects of Connecticut history. He currently heads the West Haven Historical Society.

Jim Rhodes PhD graduated from Holy Cross College as a philosophy major and earned his PhD from Fordham University specializing in Medieval Literature and the works of James Joyce. He taught for many years in the English Department at Southern Connecticut State University and is the author of the book Poetry Does Theology: Chaucer, Grosseteste, and the Pearl Poet.

Sheilah Rostow is retired from Bank of America where she was a corporate fiduciary for 32 years. Part of her responsibilities for 13 years was settling the estates of clients of the bank and she is a veteran deaccessioner. She has been retired from Bank of America for 10 years and is constantly getting rid of “stuff.”

Dr. Elihu Rubin is Associate Professor of Urbanism at the Yale School of Architecture, with a secondary appointment in American Studies. His work focuses on the buildings of the 19th and 20th centuries, history and city planning, urban geography, culture, transportation, architectural preservation, and the social life of urban space.

J. Philip Smith PhD retired in 2006 from Southern Connecticut State University where over a long career he held positions as Professor of Mathematics, Mathematics Department Chairperson, Dean of Arts and Sciences, Vice President Academic Affairs, and Acting President. He is currently a Visiting Professor at Columbia University’s Teacher’s College in the Program in Mathematics.

Irene Sommers PhD is a retired Associate Professor of Humanities from Housatonic Community College in Literature, Film and Art History. Her specialty is Art History—particularly the Italian Renaissance. During her time at HCC she led student tours to museums throughout the United States, as well as to France, Italy, and the former Soviet Union. As a result, her presentations will include practical tips for museum visits such as where to find an inexpensive restaurant, the location of the nearest Metro stop or taxi stand, and, the most important, where the best restrooms are located. She was the Administrative Editor for The New York Times magazine division and manager of public policy for Bayer Pharmaceutical Corporation.

Michael Stein PhD on his first trip to Paris in 1965 fell in love with the art, architecture (and food) of the capital of France. During more than 30 subsequent visits he photographed the monuments, churches, museums (and pastries) of Paris to supplement his lectures. For more than five decades Professor Stein taught both studio art and art history at Kent State University, The Cleveland Institute of Art, Wilkes University, and Housatonic Community College.

Ken Stellar MS, MA has 30-plus years’ experience as counselor, trainer, facilitator and mediator. He has designed and delivered training programs for individual and organizational development for a wide variety of organizations. He has worked with highly diverse audiences at all levels in the US and internationally on programs that cover stress management, team building, project management, conflict resolution, supervisor development, diversity, process improvement, performance management, mental fitness, resilience and mindfulness.

Wendy Swain BA has been sculpting in various mediums for the last 20 years. She is a studio member of the New Canaan Sculpture Group and has participated in several juried shows with the Society of Connecticut Sculptors, the Carriage Barn Gallery, the Case Memorial Library and the Lyme Art Association. Wendy is the past President of the Society of Connecticut Sculptors. (Her work is on the website tcssculptors.org.) Wendy had a 23-year career as a teacher of French and Spanish in Fairfield, CT, Tennessee; and Stratford. She has always had a keen interest in art, and her degrees from Boston University and the University of Arizona include art history as her minor.

Reverend Suzanne E. Wagner was ordained into the United Church of Christ in 2002 after earning her Master of Divinity degree from Andover Newton Theological School in Newton Center, MA. She recently ended a six-year ministry at Orange Congregational Church as Senior Redevelopment Pastor after serving three other area UCC churches. Currently she is a part-time chaplain at the Veterans Affairs Hospital and has just earned her fourth unit of Clinical Pastoral Education (CPE) at Yale New Haven Hospital, St. Raphael’s Campus, in preparation for Board Certification. In addition, Rev. Wagner lived in Jerusalem for a year in 2007-08.

Rabbi Alvin Wainhaus, son of Holocaust survivors, was raised in an Orthodox environment in Brooklyn, NY. A Brooklyn College graduate with a degree in philosophy, he earned a Master of Education degree from NYU and was ordained in Tel Aviv, Israel in 1972. He served congregations in Yarmouth, Nova Scotia, and in Manhattan before becoming the spiritual leader of Congregation Or Shalom in Orange in 1981. Rabbi Wainhaus has immersed himself in the Jewish and secular life of the community and is highly regarded as a spiritual leader, educator, and lecturer on a wide range of religious and secular issues. His involvement in inter-faith activities throughout Greater New Haven has earned him the respect and admiration of Jews and non-Jews alike.

1989 to 2019
THIRTY and THRIVING!
**Directions to Albertus Magnus**

**Albertus Magnus Campus**
700 Prospect Street, New Haven

**Winchester Avenue**

**Prospect Street**

**Directions to University of New Haven**

**UNH Orange Campus**
584 Derby Milford Road, Orange

**From Interstate 95 Northbound or Southbound:** Take Exit 38 for Route 15/Merritt Parkway. Follow the connector to the end, to the Route 15/Merritt Parkway Northbound exit, follow route 15 Northbound instructions below.

**From Route 15 Northbound:** Take exit 56 for Orange Route 121/Grassy Hill Road. At the traffic light at the end of the ramp turn left on Route 121. Immediately after crossing over Route 15, turn left on Turkey Hill Road just before the entrance to Route 15 southbound. At the next stop sign, turn right on Turkey Hill Road, follow to end (approximately 1/2 mile). At the next stop sign, turn left on Derby Milford Road. Drive 0.6 miles and the entrance to the UNH Orange Campus will be on your right, immediately before passing over Route 15 at 584 Derby Milford Road.

**From Route 15 Southbound:** Take exit 56 for Orange, Route 121/Grassy Hill Road. After turning up the hill from the off-ramp, turn left on Turkey Hill Road. Follow to end (approximately 1/2 mile). At the stop sign, turn left at Derby Milford Road. Drive 0.6 miles and the entrance to the UNH Orange Campus will be on your right, immediately before passing over Route 15 at 584 Derby Milford Road.

**Coming from Hamden:**
Take Exit 61 off Route 15 Parkway. Go south on Whitney Avenue for 3.6 miles. Then go right on Huntington Street for .4 miles, taking a right onto Prospect Street. Then a quick left onto Goodrich Street. Then take an immediate left into the Goodrich Street lot.

**Coming from Orange and other points South:**
Take Route 15 Parkway to exit 60 (Dixwell Avenue). Go right at light onto Dixwell. Follow Dixwell to Morse Street. Go left on Morse. Then go right onto Prospect and a quick right again onto Goodrich Street. Immediately take another left into the Goodrich parking lot.
**Semi-Annual Meeting & Holiday Gathering**

*Tuesday, December 10*

1:30 to 3:30pm

*Race Brook Country Club*

246 Derby Avenue, Orange

Come join our holiday celebration! After a brief business meeting we will enjoy a light buffet of finger sandwiches, muffins, scones, fresh fruit, mini desserts, coffee and tea.

Some members of Silk’n Sounds, an award-winning women’s a cappella chorus, will perform four-part harmony in the American barbershop tradition and in other musical styles.

The ILR board of directors is hosting this event which is free to ILR members. There is a $24 charge for non-member guests. Members will be contacted by email or phone with RSVP instructions.

*Please Note: Race Brook Country Club has a strict no-jeans policy.*