

SHORELINE INSTITUTE OF LIFELONG LEARNING



Elderhostel Institute Network Affiliate

WINTER 2010 COURSE CATALOG

Telephone: (203) 453-8086 & (203) 245-5627

E-mail: sill8899@gmail.com

Website: www.guilfordparkrec.com or
www.madisonct.org/Depot/depothome.htm

Sponsored by:
Guilford Parks, Recreation & Seniors
Madison Senior Services

Initiated by:
The Guilford Foundation
The Madison Foundation

Shoreline Institute of Lifelong Learning

Steering/Curriculum Committee

Virginia Czaplicki	Lois Meyers
Kathy DeBurra	Wendy Oberg
Jean Fischer	John Petonito
Constance Fusco	Robert Raines
Julie Harris	Dorothy Ricker
William (Bo) Huhn	Paula Schiller
JoAnn Kautz	Onik Tahtakran
Phyllis Leonardi	Lucille Thomas
Janet Lindsley	Robert Trupin
Paul Mei	Gregory Viscomi
Patricia Melady	Barbara Zekala
..... David Melillo	

Please call or write us if you would like to teach a course, suggest programs for future trimesters, or serve on a committee.

Call (203)453-8086 or (203) 245-5627 if you are interested in volunteering.





Mission

Our primary mission is to offer meaningful intellectual programs to retired and semi-retired citizens of Guilford and Madison, who share a love of learning. However, membership is open to all adults who would enjoy a few hours of intellectual stimulation and socializing. Interested residents from other communities are also welcome.

Affiliated with the *Elderhostel Institute Network*, we offer daytime academic programs designed to suit varied interests. All instructors and team leaders are unpaid volunteers. Our objective is to offer college level classes without concern for credit, grades, or prerequisites. No previous level of high school or college education is required. All we require is your interest and enthusiasm.

Membership & Cost

You must be a member in order to sign up for multi-week classes or one-time presentations. Membership fee for this academic year ending August 31, 2010 is \$25. All classes are free for members unless otherwise noted.

Note: See the Senior Center Director (Guilford or Madison) for confidential financial assistance.

Registration

You may sign up by mail or in person at Guilford or Madison Senior Services. Class size is limited by instructor preference and room size. Classes are filled on a first-come/first-served basis. Register early to assure a seat. *If you sign up for a class and find you are unable to attend, please contact us ASAP so that others on the Wait List will have an opportunity.* No refunds unless your place is taken by someone on the Wait List.

Inclement Weather

In cases of inclement weather, please call 453-8086 or 245-5627 to check whether the class is being held as scheduled.

Welcome to the winter term of the 2009-2010 academic year! Once again we offer an eclectic mix of classes presented by a diverse and dynamic group of experts.

Beginning this semester, only members will receive our catalog by mail. The catalog will no longer be enclosed in the Senior Center newsletters.

If you sign up for a class and find you cannot attend, please let us know as soon as you know you have a problem. We recognize that as time goes by you may find you have a scheduling conflict, a health problem or some other challenge that prevents you from attending a class after you have registered. However, if you don't let us know that you won't be attending, we end up with two unfortunate issues:

- 1) Members who are on the Wait List miss their opportunity to attend the class.*
- 2) We may not meet the minimum number of people requirement that some of our presenters expect. Our presenters generously offer their time at no compensation. Meeting their expectations is very important to us.*

A special note to individuals on the Wait List or who never registered: You may wish to take a chance to arrive at the class and see if there is room for you. Seats will be filled in the following order:

- 1) Registered, 2) Wait List, and 3) Walk-Ins.*

SPIRITUAL DISCERNMENT AND CONFLICT RESOLUTION

Wednesday, 1/20

1:30 – 3:00 PM

Program Number:

Guilford Community Center

Maximum:

This class will offer participants a chance to explore practical ways of resolving conflicts based on methods and techniques that are consistent with and connected to a person's core values. The methods that will be presented can be used in work, community, and family situations.

Presenter: Donald Mick works as a management consultant to both profit and non-profit organizations. He often helps organizations deal with organizational conflict. Don is a practicing Quaker and has a Masters of Divinity Degree. He is the author of *Using Technology to Achieve Change* as well as numerous articles on Organizational Development and Innovation.

THE AMERICAN REVOLUTION

Thursday, 1/21

1:30 – 3:00 PM

Program Number:

Madison Senior Depot

Maximum:

The American Revolution commenced a series of intellectual, political, and social shifts in early American society and government. The development of republicanism in the United States was particularly significant, including installation of a representative government responsible to the will of the people, thus rejecting the traditional social hierarchy of the inherited aristocracies in Europe. Sharp political debates broke out over the level of democracy desirable in the new government, with a number of Founders fearing mob rule. Learn about the birth of the ethic that has formed a core of our political system.

Presenter: Charles Fischer has been a popular guest lecturer for SILL and other civic groups. A veteran of 36 years teaching at Daniel Hand High School, he received an AB in History from Bates College, was a UCONN COE fellow, pursued American Studies at Yale University and received a CAS in history from Wesleyan University.

MINDFULNESS BASED STRESS REDUCTION

Wednesday: 1/27

1:30 PM - 3:00 PM

Program Number:

Guilford Community Center

Maximum:

We all know about resting our bodies when we are tired, but we may have trouble setting our minds at ease. Through mindfulness based stress reduction, learn tools to deal with the stresses of aging, illness, and everyday life. Learn ways of being in your life in the present instead of worrying or being preoccupied with the past or future. Focus on ways that can lead to improved health and happiness.

Presenter: Kate Mitcheom is the Department Chair of the Nurse Midwifery Service at Fair Haven Community Health Center in New Haven and a Clinical Instructor at the Yale School of Nursing. Kate earned a MSN. from Yale University School of Nursing. She studied Mindfulness Stress Reduction at the Omega Institute for Wholistic Studies in Rhinebeck, N.Y. and Teacher Development Intensive at the UMASS Medical Center. She is also a registered Yoga teacher and Reiki trainer. Kate presently teaches Yoga for Stress Reduction and MBSR, and Prenatal Yoga at Raven's Yoga in Branford.

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

MAKING A CASE FOR GREEN HOMES, NEW AND REMODELED

Wednesday, 2/3

1:30 PM – 3:30 PM

Program Number:

Guilford Community Center

Maximum:

This class explores the process and options in developing a green home. Financial incentives and a new public awareness have accelerated the development of green design allowing extreme efficiency without compromising comfort or value. Different approaches will be weighed in relation to market value, energy savings, owner health, and benefits to the environment and community while returning to the simple core principles of durability and practical design that have shaped New England architecture for centuries. Thoughts on the next decades and how economics and technology will influence housing will also be considered.

Presenter: Russell Campaigne, AIA, LEED AP Homes in partnership with his wife, Mary Jo Kestner, has established a vibrant residential architectural practice in Guilford, CT focusing on green design. More information can be found at:

<http://www.ck-architects.com>.

IBM: THE EVOLUTION OF THE PC

Thursday, 2/4

3:00 – 4:30 P.M

Program Number:

Madison Senior Depot

Maximum: 20

This presentation will trace the beginnings of the personal computer industry at IBM from the late 1970's to the mid 1990's. It will focus on the development of both the early desktop and portable/laptop models. A discussion of both hardware design and the operating system software will be given. Actual vintage IBM computers and software will be displayed and demonstrated.

Presenter: Fred Schoenbrun is a former supply chain manager at Unilever Home and Personal Care, North America focusing on design and implementation of both the early desktop and portable laptop models, many of which are still in use today. Fred currently provides logistics consulting services to small businesses and teaches part-time at local schools. Fred holds a BA degree in history from Hobart College and an MBA degree from NYU.

PART 1

BLOOD AND SOIL: GENOCIDE IN WORLD HISTORY

Monday, 2/8

1:30 pm – 3:00 PM

Program Number:

Location: ???

Maximum: N/A

This illustrated lecture examines the ideologies behind outbreaks of mass violence from the classical era to the present, focusing on worldwide colonial exterminations from the Caribbean to Korea, and the twentieth-century case studies including the Nazi Holocaust and genocides in Cambodia, Rwanda, and Darfur. He will identify the connections, patterns and recurring features that often provide early warning of the catastrophe to come: racism or religious prejudice, territorial expansionism, and cults of antiquity and agrarianism. A range of historical evidence will be offered as telltale signs for predicting and preventing future genocides.

Presenter: Ben Kiernan is the A. Whitney Griswold Professor of History, Professor of International and Area Studies, and Director of the Genocide Studies Program at Yale University. He is the author of *How Pol Pot Came to Power* (1985) and his recent book *Blood and Soil: A World History of Genocide and Extermination from Sparta to Darfur* (2007) won the 2008 gold medal for the best work of history, awarded by the US Independent Publishers' Association.

PART 2

HAVING FAITH CAN TAKE YOU PLACES

Thursday, 2/25

2:00 -3:30 PM

Program Number:

Guilford Community Center

Maximum:

A young Rwandan refugee talks about his experiences in Rwanda during the 1994 Genocide and about how he has been able to move on with life after all he went through as a child.

Presenter: Daniel Ndamwizeye was born and raised in Rwanda. He came to the United States in 2005 when he was 15 years old and is presently a sophomore at Southern CT State University majoring in Business with a concentration in Finance. He recently has begun a nonprofit organization called *The D-Trust* to help other orphans around the world.



BEST SELLING BOOKS OF THE MIDDLE AGES

Wednesday, 2/10

Guilford Community Center

1:30 – 3:00 pm

Program Number:

Maximum: N/A

Books of Hours were the earliest mass-produced, personal books of the fourteenth and fifteenth centuries in Europe. These personal prayer books became so popular that they were mass-produced by many artists in large workshops, working with poisonous materials that produced vivid pictures. This presentation will be a display and discussion of the art and craft of the many decorative illustrations which make each book unique and an art form in itself. The illustrations range from intricate, interlaced designs to devotional material to realistic paintings of flowers, insects, plants, and animals. They give us a vivid and realistic picture of life in the Middle Ages with its tournaments, banquets, farming and hunting, and accurately portray dress and activities of that period.

Presenter: Phyllis Leonardi received her doctorate in Medieval Literature from the University of Ottawa and her library degree from the University of Western Ontario. This presentation developed from her two fields of interest, books and the Middle Ages along with a dollop of art appreciation.

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.



MUSICAL FILM TREASURES

Thursdays, 2/11, 2/18, 3/4, .3/11

12:30 – 2:30 PM

Program Number

Guilford Community Center

Maximum:

Escape the winter doldrums with some delightful and groundbreaking musical film treasures. Attendees will receive some background information about each film including cast, trivia and media reviews. A brief discussion will take place after viewing each film.

2/11 *Love Me Tonight (1932)*—Considered by some critics to be one of the best musicals ever made. Maurice Chevalier plays a tailor who falls in love with a princess (Jeanette MacDonald). Along the way they get to sing Rodgers and Hart's "Lover," "Mimi," "Isn't It Romantic? The staging of "Isn't It Romantic?" was revolutionary for its time, combining both singing and film editing, as the song is passed from one singer (or group of singers) to another, all of whom are at different locales.

2/18 *42nd Street (1933)*—A lively backstage musical that was very successful at the box office and was nominated for an Academy Award. In 1980, it was made into a hit Broadway stage musical with the same name: Ailing director Warner Baxter puts everything into what may be his final show, and then leading lady Bebe Daniels twists her ankle! Good thing Ruby Keeler's on hand. Harry Warren and Al Dubin songs include the title tune, "Young and Healthy," "You're Getting to Be a Habit with Me," "Shuffle Off to Buffalo." Busby Berkeley's groundbreaking production numbers are sensational.

3/4 *Swing Time (1936)*--Considered to be Fred Astaire and Ginger Rogers' best dance musical, featuring four dance routines that are each regarded as masterpieces of their kind. "Never Gonna Dance" is often singled out as the partnership's and collaborator Hermes Pan's most profound achievement in filmed dance, while "The Way You Look Tonight" won the Academy Award for Best Original Song and went on to become Astaire's most successful hit record. Jerome Kern's score, the second of three he composed specially for Astaire, contains three of his most memorable songs.

3/11 *Yankee Doodle Dandy* (1942)--A biographical musical film about George M. Cohan, the actor-singer-dancer-playwright-songwriter-producer-theater owner-director-choreographer known as "The Man Who Owns Broadway." James Cagney won an Academy Award for his rare song-and-dance performance.

3/18 *On the Town* (1949)--Three sailors have 24 hours to take in the sights and sounds of NYC. Music by Leonard Bernstein and Roger Edens; book and lyrics by Betty Comden and Adolph Green; directed by Gene Kelly and Stanley Donen: stars Kelly, Frank Sinatra, Ann Miller. Notable for its combination of studio and location filming, as a result of Gene Kelly's insistence that some scenes be shot in New York City itself, including at the American Museum of Natural History, the Brooklyn Bridge, and Rockefeller Center. The movie was an instant success and won the Academy Award for Best Music, Scoring of a Musical Picture. Screenwriters Comden and Green won the Writers Guild of America Award for Best Written American Musical. Highlight: "New York, New York."

Presenter: Ronald A. Rubel is a lifelong movie buff, starting with seeing Errol Flynn in "The Adventures of Robin Hood" three times in one sitting at age seven. Ron graduated from Columbia University and earned his doctorate in Managerial Economics at Harvard University. He spent most of his career designing computer systems for health care providers including Blue Cross Blue Shield of Massachusetts and Kaiser Permanente. Now retired, he has more time to suggest great movies to his four grandchildren.



THE BIG BANG AND THE CREATION OF OUR SOLAR SYSTEM: COSMIC CONSIDERATIONS IN THE EVOLUTION OF MAN

Wednesday: 2/17

10:00 AM – 12:00 noon

Madison Memorial Town Hall
(located at the Town Green)

Program Number:

Maximum: N/A

This Power Point presentation will cover the creation of our Universe including stars, galaxies, and our solar system. The presenter will discuss data from satellites that provided substantiation of our theories of how matter was created and how our universe is evolving as well as why we believe dark matter and dark energy exist and what that means. The evolution of the earth, early life forms and a summary of how man evolved will be covered. The presentation will end with information on the evolution of human consciousness. Other than $E=MC^2$ this program will not deal with equations or complex mathematics but will deal more with concepts.

Presenter: Don Rankin received his BA degree in Chemistry from Colgate University, MD from the University of Rochester School of Medicine and Dentistry, and surgical training at Yale New Haven Hospital. He is a docent at Meigs Point Nature Center and gives talks on Native American Culture and History, the geology of Connecticut and topics in general science.

Special Note: *This is a special presentation open to the general public. Invite your friends to join you and see firsthand a fascinating SILL program!!*

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.



BOOK DISCUSSION: *THREE CUPS OF TEA*

BY Greg Mortenson and David Oliver Relin

Wednesday, 2/24

10:00 – 11:30 AM

Program Number:

Guilford Community Center

Maximum: 20

This highly recommended book is about “one man’s mission to promote world peace...one school at a time” in Afghanistan. This class will be a discussion of that book led by a facilitator. It is necessary to have read the book before coming to this class and to come prepared to participate by contributing your thoughts and opinions.

Facilitator: Wendy Oberg taught elementary school for 22 years in Deep River and recently retired teaching reading in the middle grades. Holding a BS in Elementary Education and MS in Special Education, Wendy received special training three consecutive years at the Reading and Writing Project held at Columbia University Teacher’s College under the direction of well-known reading educator, Lucy Caulkins. Wendy serves on the Madison Senior Commission and is the founder and member of a local reading club that meets monthly.

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.



IRAN HUMAN RIGHTS DOCUMENTATION CENTER

Wednesday 3/3

10:00 – 11:30 AM

Program number:

Guilford Community Center

Maximum

This class will explore the work of the Iran Human Rights Documentation Center (IHRDC) which believes “The development of an accountability movement and a culture of human rights in Iran are crucial to the long-term peace and security of the country and the Middle East region.” Many of IHRDC researchers and historians were born in Iran--some left very recently. Offering a secure, confidential venue for sharing information, IHRDC has issued several documented reports on conditions in Iran, including one on its secret prison system and more recently a paper on the jailing and torture of journalists and bloggers

Presenter: Renee C. Redman, the Executive Director of IHRDC, is an experienced human and civil rights attorney. Prior to joining IHRDC, she practiced immigration law at New Haven Legal Assistance Association and served as Legal Director of the ACLU of Connecticut. Renee is an Adjunct Professor at Quinnipiac and University of Connecticut Schools of Law..

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

**KEEPING UP WITH THE TIMES:
A CURRENT EVENTS DISCUSSION GROUP**

Mondays 3/8, 3/15, 3/22

10:30 AM – 12:00 noon

Program number:

Guilford Community Center

Minimum: 10 Maximum: 30

Remember your “Current Events” class in school? This course is designed on this forum. Participants will bring to class any current issues, topics, or events that they would like to present for a healthy pro and con discussion. Ground rules will allow all to voice their opinions openly and amicably. This will be a fun, informative forum to share your views, ideas, and opinions with your friends. Dr. Connie Fusco will act as facilitator of the group discussions.

Facilitator: Constance Fusco received her Bachelor's, Master's and Certificate of Advance Studies in psychology from Springfield College and her Doctorate in Education Administration from the University of Massachusetts. Connie worked in public schools as a school counselor, school psychologist, Director of Special Education and retired as Assistant Superintendent of Schools in Madison.

ROBERT FROST

Thursday, 3/25

10:00 am – 12:00 noon

Program Number:

Guilford Community Center

Maximum:

Robert Lee Frost (March 26, 1874 – January 29, 1963) was a popular and often-quoted American poet. Honored frequently during his lifetime, Frost received four Pulitzer Prizes for Poetry. This lecture will explore the tumultuous life and delightful poetry of this renowned poet.

Presenter: Patrick L. McKiernan taught English and served as Program Chair at the Morgan School in Clinton. He has been a popular presenter for SILL in the past.

MEMBERS GET-TOGETHER

???, 2010

2:00 P.M.

GUILFORD COMMUNITY CENTER

Dear Members,

You are cordially invited to welcome spring and celebrate another successful year. Come visit and enjoy dessert at the Guilford Community Center.



Dessert, Fresh Fruit, Coffee, Tea, & Lots of Good Conversation!!!

2010 WINTER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/20 1:30 pm <i>Conflict Resolution</i> --GCC	1/21 1:30 pm <i>American Revolution</i> --MSD	
		1/27 1:30 pm <i>MindfulnessStress Reduction</i> -GCC		
		2/3 1:30 pm <i>Green Homes</i> --GCC	2/4 3:00pm <i>IBM: Evolution of PC</i> --MSD	
2/8 1:30 pm <i>Blood & Soil: Genocide</i> -GCC		2/10 1:30 pm <i>Best Selling Books Middle Ages</i> --GCC	2/11 12:30 pm <i>Musical Film Treasures</i> --GCC	
		2/17 10:00 pm <i>The Big Bang and Creation of Solar System</i> --MMTH	2/18 12:30 pm <i>Musical Film Treasures</i> --GCC	
		2/24 10:00 am <i>Book Discussion: Three Cups of Tea</i> --GCC	2/25 2:00 pm <i>Having Faith Can Take You Places</i> --GCC	
		3/3 10:00 am <i>Iran Human Rights</i> --GCC	3/4 12:30 pm <i>Musical Film Treasures</i> --GCC	
3/8 10:30 am <i>Current Events</i> --GCC			3/11 12:30 pm <i>Musical Film Treasures</i> --GCC	
3/15 10:30am <i>Current Events</i> --GCC			3/18 12:30 pm <i>Musical Film Treasures</i> --GCC?????	
3/22 10:30am <i>Current Events</i> --GCC			3/25 10:00 am <i>Robert Frost</i> GCC	

GCC: Guilford Community Center, 32 Church Street, Guilford
MSD: Madison Senior Depot, 9 Old Route 79
MMTH: Madison Memorial Town Hall--On the corner of Madison Green

CLASS LOCATIONS

Guilford

Guilford Community Center
 32 Church Street
 Guilford, CT 06437 Telephone: (203) 453-8086

Madison

Madison Senior Services
 9 Old Route 79 Depot
 Madison, CT 06443 Telephone: (203) 245-5627

Memorial Town Hall (**on Madison green**)
 8 Meetinghouse Lane, Madison Telephone: (203) 245-5627

Note: Parking is a challenge at all locations.

Guilford: Look for additional parking around the Green or in the large parking lot behind St. George's Church

Madison Senior Depot: Look for additional parking at the building directly across the small street

Memorial Town Hall (Madison): Park around the town green or in the parking lot of First Congregational Church

REGISTRATION INFORMATION

You may register by mail or in person at Guilford or Madison Senior Services at the above addresses.

Please make all checks payable to *Guilford Parks, Recreation & Seniors* even if you are sending your registration to Madison or taking a course that is located in Madison.

Please be considerate: CALL IF YOU CANNOT ATTEND so that someone on the Wait List can take your place.

REGISTRATION FORM: WINTER 2010

Name _____ Phone _____

Address _____ Email _____

Course Selection (Check your Choices)	Program Number	Cost (Circle)
<input type="checkbox"/> Spiritual Discernment/Conflict Resolution		-0-
<input type="checkbox"/> American Revolution		-0-
<input type="checkbox"/> Mindfulness Based Stress Reduction		-0-
<input type="checkbox"/> Making a Case for Green Homes		-0-
<input type="checkbox"/> IBM: Evolution of the PC		-0-
<input type="checkbox"/> Blood and Soil: Genocide in History--Part 1		-0-
<input type="checkbox"/> Having Faith Can Take You Places--Part 2		-0-
<input type="checkbox"/> Best Selling Books of the Middle Ages		-0-
<input type="checkbox"/> Musical Film Treasures:		-0-
<input type="checkbox"/> The Big Bang and Creation of Solar System		-0-
<input type="checkbox"/> Book Discussion: <i>Three Cups of Tea</i>		-0-
<input type="checkbox"/> Iran Human Rights Documentation Center		-0-
<input type="checkbox"/> Keeping Up with the Times: Current Events		-0-
<input type="checkbox"/> Robert Frost		-0-
<input type="checkbox"/> MEMBERSHIP: September 1, 2009 – August 31, 2010 (Members who joined in September, do not pay this)		\$25.00
Total Fee Due		

All checks payable to: *Guilford Parks, Recreation & Seniors*
32 Church Street
Guilford, CT 06437

I agree to hold the Guilford Parks, Recreation & Seniors Commission and the Madison Senior Services Commission and any person connected therewith and the Towns of Guilford or Madison, their employees, and those associated with *SILL* programs, harmless from any and all claims for bodily injury, negligence and property damage arising from the use of facilities or Town equipment during the course of *SILL* sponsored activity.

Signature _____ Date _____

Presorted
Standard
US Postage Paid
Permit #247
Guilford, CT 06437

Shoreline Institute of Lifelong Learning
 Guilford Parks, Recreation, & Seniors
 32 Church Street
 Guilford, CT 06437

