

Lifelong Learning



INSTITUTE FOR
LEARNING IN
RETIREMENT

of Greater New Haven

Course Catalog

Fall 2024



**More than 45
Exciting
New Classes**

**News from ILR,
including a note
from President
Nick Maiorino**

**Registration
begins Sept. 9
Classes begin
Sept. 16**

Ready to register?

Ready to sign up for classes?

Here are some tips to help:

- Registration and instructions are online at www.ilrnh.org.
- You must be a member of ILR. If you're not sure of your membership status, check our website, www.ilrnh.org
- Registration starts Sept. 9 and classes fill very quickly
- If you're having a problem, see the website or call ILR at (203) 747-9675.

Venues

ACES, Hamden

205 Skiff St. Hamden
(203) 234-1344

Take the east driveway all the way to the back of facility. Follow the signs.

Annis Fusaris' Home

Address to be included in confirmation letter
Hamden
(203) 288-6093

Daniel Sullivan Educ Ctr

Our Lady of Mt Carmel Church
48 South New Road, Hamden
(203) 248-0141

Brick building behind and to the south of Our Lady of Mt. Carmel Church, 2819 Whitney Ave., Hamden.

Jewish Community Ctr

360 Amity Road, Woodbridge
(203) 387-2424

We use different rooms at the JCC. A class liaison will tell you which room to go to.

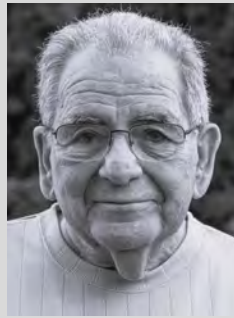
Congregation Or Shalom

205 Old Grassy Hill Road, Orange
(203) 799-2341

Woodbridge Town Library

10 Newton Road, Woodbridge
(203) 389-3433

New ILR leader looking forward to helping ILR grow



**By NICK MAIORINO
ILR President**

Knowledge: What is it? Simply defined by *Merriam-Webster Dictionary, Eleventh Edition*:

“1. Knowledge is understanding gained by actual experience, 2. Range of information, 3. Something learned and kept in the mind.”

Just how much knowledge can the mind store? And when do we stop learning?

Early theorists believed that the brain's capacity was finite, so when new “knowledge” was experienced, it was thought, something had to go! Today, we know the brain's capacity is infinite. And, learning never really ends.

From the time we are youngsters bent over textbooks, to well into our golden years, there is always something new to discover. For us seniors, the excitement of learning doesn't wane. It gets better with age. Senior education isn't just about filling time. Acquiring knowledge enriches our lives, connects us with others who share the same zest for learning, and keeps our minds sharp and active.

ILR fills this need for our members, who may already be well educated, but are stimulated to expand knowledge by varied course topics. In any given week, ILR members can tour the Yale Beinecke Library, take a course on global economics, learn about the fall of the Roman Empire, and to top the week off, discover how to make no-knead bread. We have something for everyone!

I have been a member of ILR for 10 years, serving as an instructor (SGL – Study Group Leader) of 17 courses, and as a member of several committees. In my first life, I was a teacher. I taught in public education and in a university master-level program. While my educational background is in the sciences, my interests are eclectic as evidenced by the topics of my courses. These include various science subjects as well as current issues, music, and history, among others. Several courses combine some of these topics such as my course, Music and the Brain.

Now, it is an honor and a privilege to serve as the president of this organization from which I have greatly benefitted. I look forward to contributing to the growth of ILR as we continue to offer a quality and varied program that will entertain and keep our brains healthy.

I hope to see you at our courses as we continue to expand our knowledge.

Thank you.

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Monday Classes

F24-01

Reading Poems About People

SGL: Don Barkin

Dates: Monday, Sept. 16, 23, 30, Oct. 7, 21, 28

Time: 11 a.m. to 12:30 p.m.

Sessions: 6 - Maximum: 15

Location: Jewish Community Center - Woodbridge

Course Fee: \$20

Poems about others stir up our judgments and sift the soil of our own nature. For instance, Yeats describes a woman's beauty and her "pilgrim soul." Her soul matters most, he says, but her beauty does too. Perhaps this is why the line, "How many loved her moments of glad grace," gathered like honey at his nib. In *The Glory Trumpeter*, Derek Walcott daubs a ravaged, old Caribbean jazz man: "Old Eddie's face, wrinkled with river lights, / Looked like a Mississippi man's."



We'll read poems about the old and young, people at work, people in love, and the dead. Poets will include Dickinson, Yeats, Hardy, Milton, Frost, Shelley, Ponsot, and Li-Young Lee.

F24-02

100 Years in 4 Sessions

SGL: Lewis House

Dates: Monday, Sept. 16, 23, 30, Oct. 7

Time: 1 p.m. to 2 p.m.

Sessions: 4 - Maximum: 45

Location: Jewish Community Center - Woodbridge

Course Fee: \$20

End of a century...U.S. World Leadership from WW I to Gulf War; Human Rights; Presidential Politics from JFK to Bill Clinton..."Holy Cow" - 100 years in four sessions! Sounds crazy? Come find out...

F24-03

Bridge for Advanced Beginners

SGL: Harold Miller

Dates: Monday, Sept. 16, 23, 30, Oct. 7

Time: 2 p.m. to 4 p.m.

Sessions: 4 - Maximum: 20

Location: Jewish Community Center - Woodbridge

Course Fee: \$20

Common bridge conventions and play of the hand.

F24-04

Constance Baker Motley, A New Haven Daughter

SGL: Constance Royster

Dates: Monday, Oct 7

Time: 11 a.m. to 12:30 p.m.

Sessions: 1 - Maximum: 100

Location: Stetson Branch Library, 197 Dixwell Ave, New Haven

Course Fee: \$10



Constance Baker Motley

Everyone should know the extraordinary story of Constance Baker Motley. She went from being a Hillhouse High School graduate to become the first Black female federal judge. She was born in New Haven to immigrant parents from the West Indies. She was Thurgood Marshall's associate counsel at the NAACP's Legal Defense Fund. She was an unsung heroine of the Civil Rights Movement. She was the first Black woman lawyer Southern judges and lawyers had ever seen. She won famous cases for Black students to enter Ole Miss, The University of Georgia, and Clemson College. Her historic impact was honored by the United States Postal Service with the issuance of a new beautiful Forever Stamp this year. She had many other callings and firsts. What were they? How did New Haven impact her success? How should her success impact New Haven? To get a better understanding, we will view photos, books and family items.

F24-05

Shining Light on Truth: Yale & Slavery

SGL: Tubyez Cropper

Dates: Monday, Oct 28

Time: 10:30 a.m. to 12:30 p.m.

Sessions: 1 - Maximum: 100

Location: Jewish Community Center - Woodbridge

Course Fee: FREE

Founded in 1701, Yale's past includes direct and indirect ties to slavery. That history cannot be remade. What can be done is



to reveal, share and learn from that history so we can strengthen our community and advance Yale and Connecticut's mission of education and research to create a better future.

We will discuss major events and figures that have greatly influenced race relations during the 18th, 19th and 20th centuries of Connecticut. We'll also examine how the state's outlook on slavery impacted the direction of race relations in the United States. Such events include the nation's first HBCU in 1831, the Amistad, the nation's only Civil War Memorial that celebrates the Union and the Confederacy, and much more!

F24-07

Great Decisions 2024, Part 2

SGL: Carolyn Starr

Dates: Monday, Nov. 18, 25, Dec. 2, 9

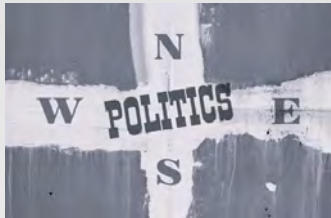
Time: 10:30 a.m. to Noon

Sessions: 4 - Maximum: 30

Location: Jewish Community Center - Woodbridge

Course Fee: \$20

Please join your fellow ILR members in discussing some of the global issues facing America today. This course is modeled on a program put together by the Foreign Policy Association and we'll use its briefing book.



Each week we'll read a section of the book and meet to talk about how the topic impacts America's foreign policy. This is our chance to engage with each other.

The topics for the fall are the United States and the Middle East; Understanding Indonesia; High Seas Treaty; and Pandemic Preparedness.

F24-22

The Influence of Japanese Art on French Impressionist and Post-Impressionist Artists

SGL: Irene Sommers

Dates: Monday, Nov 18

Time: 10:30 a.m. to Noon

Sessions: 1 - Maximum: 40

Location: Woodbridge Town Library, Woodbridge

Course Fee: \$10

We will discuss how the Parisian exposition of 1867, the first time Japan participated in a Western exhibit, influenced the most important French Impressionist and Post-Impressionist artists of the late 19th century. Nine million visitors saw examples of work by the most acclaimed Ukiyo-e Edo-period artists, including Japanese masters Hiroshige and Hokusai (The Wave).

Smitten by what they saw, French artists bought a number of

the prints for their own private collections. Monet, Degas, Gauguin, Lautrec, Mary Cassatt, and Van Gogh are just a few of the artists who quickly adopted the new Japanese style—big blocks of color, unusual angles, and flat surfaces—into their own paintings. The French Impressionists fell in love with Japan and Western art was the benefactor.

F24-28

American Immigration, Past and Present

SGL: Rachel Ranis

Dates: Monday, Sep 23, 30

Time: 10:30 a.m. to Noon

Sessions: 2 - Maximum: 35

Location: Jewish Community Center - Woodbridge

Course Fee: \$15

We will explore the history and the present issues related to the American immigration experience.

Tuesday Classes

F24-08

My Spouse Passed Away - Now What?

SGL: Stephen Archer

Dates: Tuesday, Sep 17

Time: 10:30 a.m. to 12:30 p.m.

Sessions: 1 - Maximum: 25

Location: Woodbridge Town Library, Woodbridge

Course Fee: \$10



When a spouse passes away, there are a number of tasks the surviving spouse must organize, including finances. This course will outline many of the things that should be addressed.

Take a great class...on the house!

With more than 50 classes listed in this catalog, it can be tough to pick out exactly which ones you want. It's like being a kid in a candy store, isn't it? How about a freebie to help you get started?

Check out class *F24-05, Shining Light on Truth: Yale & Slavery*.

It's a look at the events and people who impacted race relations and slavery at Yale and in Connecticut from the 1700s to the 1900s. This class highlights ILR's knack of finding experts who bring local history to life in an engaging manner.

And, it's a free class, although you must register. It'll be held at 10:30 a.m. Oct. 28 at the JCC in Woodbridge.

F24-09**The Story of the Greatest Opera Songs of All Time****SGL: Nick Maiorino****Dates: Tuesday, Sep 17, 24****Time: 10:30 a.m. to Noon****Sessions: 2 - Maximum: 10****Location: Jewish Community Center - Woodbridge****Course Fee: \$15**

An opera is a musical composition first composed in Italy in the 16th century. Operas use a combination of lyrics and music to tell a story. Within each opera there is a single musical solo, called an aria, sung by one of the main characters. The aria conveys the opera's theme and becomes the highlight of the composition. Because of their significance, these songs have been recognized as "The Best Opera Songs of All Time." This course will focus on the highlighted arias in operas by Verdi, Puccini, Rossini, and others.



A descriptive narrative of each aria and how it relates to the main theme of the opera will be related. Following the narrative, the aria will be played as it was performed so that the emotional rendition can be experienced.

F24-10**Open Studio****SGL: Annis Fusaris****Dates: Tuesday, Sep 17, 24****Time: 1p.m. to 3 p.m.****Sessions: 2 - Maximum: 8****Location: Annis Fusaris' Home****Course Fee: \$15**

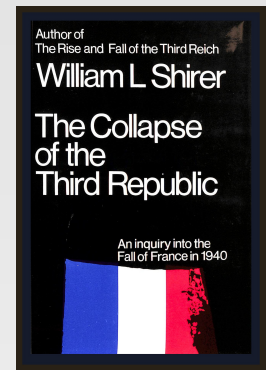
Spend some time with fellow ILR members creating art. Bring your materials of choice and share your imagination. A still-life setup will be provided as an option.

F24-11**Canasta for Beginners****SGL: Marie Musco****Dates: Tuesday, Sep 17, 24, Oct 1, 8, 15, 22****Time: 1 p.m. to 3 p.m.****Sessions: 6 - Maximum: 8****Location: Jewish Community Center - Woodbridge****Course Fee: \$20**

You will learn the basics of modern American Canasta according to the rules of The Canasta League of America. At the end of the course, you'll be able to play with friends or people with whom you're learning. Consider learning together with your own group!

F24-13**William Shirer on France in the 1930s and the Outset of World War II****SGL: Phillip Beard****Dates: Tuesday, Oct 1, 8, 15, 22, 29, Wednesday, Nov 6****Time: 1 p.m. to 2:30 p.m.****Sessions: 6 - Maximum: 25****Location: ACES Hamden****Course Fee: \$20**

William Shirer was one of the most famous American journalists of the mid-twentieth century. From the 1920s to the 1940s, he worked in France, India, and Germany, first as a newspaper correspondent and later as a broadcaster for CBS radio. He reported from Berlin in the late 1930s and covered, on site, the surrender of France to the Nazis in the spring of 1940. His book *The Rise and Fall of the Third Reich*, a history based partly on first-hand observations, became a best-seller in 1960. This course will study selections from his 1969 sequel to that book, a history of France from 1870-1944 called *The Collapse of the Third Republic: An Inquiry into the Fall of France in 1940*. We will read and discuss portions of the book which analyze France's sectarian and polarized politics in the 1930s, its propagandistic press elements, and the low morale and strategic incoherence affecting its responses to the Nazis before and after France declared on Germany in September 1939. Shirer's account rivals a good novel for drama, often offering surprising or debatable insights about France in 1939-1940; we will also occasionally check Shirer's views against other historians.

**F24-15****Knitting/Crocheting Circle: Beginners Welcome****SGL: Annis Fusaris****Dates: Tuesday, Oct 1, 8, 15, 22, 29****Time: 1:30 p.m. to 3 p.m.****Sessions: 5 - Maximum: 8****Location: Annis Fusaris' Home****Course Fee: \$20**

Knitting and crocheting are not only rewarding, but relieve stress and have proven health benefits. The motions and increased concentration necessary for the activity lower the heart rate, reduce stress hormones and induce a meditative state. Come, practice skills and have some laughs!



F24-16**Mah Jongg for Beginners and a Refresh****SGL: Karen Fenichel****Dates: Tuesday, Oct. 1, 8, 15, 22, 29, Nov. 12****Time: 3 p.m. to 4:30 p.m.****Sessions: 6 - Maximum: 12****Location: Jewish Community Center - Woodbridge****Course Fee: \$20**

What is American Mah Jongg? It is a game played with a set of tiles and a card. We play in groups of four. You can play with three, but it's more fun with four. Come and learn to play and bring a friend. Explore the basics of the game while making some new friends. I will order the current year Mah Jongg cards if you want one. Six sessions will get



you started playing on your own.

F24-17**Charles E. Ives, Connecticut's Composer Laureate****SGL: James Sinclair****Dates: Tuesday, Oct 8, 15****Time: 10:30 a.m. to 11:30 a.m.****Sessions: 2 - Maximum: 36****Location: ACES Hamden****Course Fee: \$15**

Charles Ives is a giant in the world of music and was a transformative leader in the business of insurance. His legacy lives on in many fascinating ways. We will inspect his life and his music.

F24-18**Short Hikes in Greater New Haven****SGL: Leo Cristofar****Dates: Tuesday, Oct 15, 22, 29, Nov. 12****Time: 9:30 a.m. to Noon****Sessions: 4 - Maximum: 20****Location: Other****Course Fee: \$20**

Short hikes of two to four miles over varied terrain are planned. Hiking boots or sneakers with a good tread are recommended. You also may want to bring a hiking stick. You may be walking over tree roots, stones and puddles. This is not a nature walk. Hike locations will be sent to registrants.

Nov. 19 will be a make-up day.

F24-19**Current National and Global Events****SGL: Mito Mardin****Dates: Tuesday, Nov 12, 19, 26, Dec 3****Time: 10:30 a.m. to Noon****Sessions: 4 - Maximum: 50****Location: Jewish Community Center - Woodbridge****Course Fee: \$20**

Review of geopolitical hotspots of the world as well as the outcome of the U.S. elections.

F24-20**Ethnic Cleansing, Genocide & Displaced Populations****SGL: Mito Mardin****Dates: Tuesday, Oct 15, 22, 29****Time: 10:30 a.m. to Noon****Sessions: 3 - Maximum: 50****Location: Jewish Community Center - Woodbridge****Course Fee: \$20**

Ethnic cleansing and displaced populations have a long history. From the expulsion of Jews and Muslims from the Iberian Peninsula to current wars in Ukraine and the Middle East, the concept of nation state building and “decolonization” have been great motivations for extreme nationalist movements. We’ll review the historically most consequential displacements of populations resulting from the rise and fall of colonial empires (Spain, Ottoman Empire, Austria-Hungary, and the British Empire).

The decline and ultimate disintegration of these empires as well as the expulsion of the Muslim population of the Ottoman Empire from the Balkans laid the groundwork for the Armenian Genocide and the Holocaust and enduring reciprocal displacements in the Middle East.

F24-21**The Changing Immune Response with Aging and the Importance of Vaccines****SGL: Heidi Zapata****Dates: Tuesday, Nov 12****Time: 11:00 a.m. to 12:30 p.m.****Sessions: 1 - Maximum: 50****Location: Zoom****Course Fee: \$10**

The class will discuss the ways we know that the immune response changes as we get older, and discuss how vaccines work, and why they are important.

Wednesday Classes

F24-24

The *Iliad*

SGL: James Rhodes

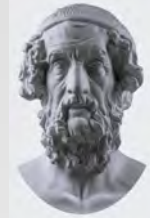
Dates: Wednesday, Sep 18, 25, Oct 2, 9, 16, 23, 30, Nov 6

Time: 10 a.m. to 11:30 a.m.

Sessions: 8 - Maximum: 25

Location: Daniel Sullivan Education Center - Hamden

Course Fee: \$20



Homer's *Iliad* is a rich and complex poem. It is not the typical story of heroes fighting against evil. Instead, it is about social division and its consequences. It is also about the nature of human suffering. Above all, it is the tragedy of Achilles, a great man who brought disaster upon himself in a conflict between personal integrity and social obligation, between honor and dishonor, and how a social order can be destroyed. Text: The *Iliad* translated by Emily Wilson, Norton Press.

F24-06

Orange: A CT Town's Transition of Farm & Families

SGL: Patricia O'Leary

Dates: Wednesday, Nov 13, 20

Time: 10:30 a.m. to Noon

Sessions: 2 - Maximum: 30

Location: Woodbridge Town Library, Woodbridge

Course Fee: \$15

Like many New England towns, Orange began as part of the Connecticut colony and was primarily a farming community. In 1822, when it separated from Milford, its inhabitants were primarily Yankees descended from British colonists. Gradually, waves of immigrants diversified the town's ethnic mix. By the end of WWII, the town's population increased and its economy expanded as returning veterans sought to buy homes and find ways to make a living. Today's Orange encompasses its farming history and its commercial corridor.

F24-25

Contemporary Literature Book Discussion

SGL: Nancy Abbey

Dates: Wednesday, Oct 16, Nov 13, Dec 4

Time: 10:30 a.m. to Noon

Sessions: 3 - Maximum: 15

Location: ACES Hamden

Course Fee: \$20

Sept. 18 - *Prophet Song* by Paul Lynch. A dystopian novel about a mother trying to save her family as Ireland slips into totalitarianism. Winner of the 2023 Booker Prize.

Oct. 16 - *The Promise* by Damon Galgut. A family saga spanning four decades, set in South Africa. Winner of the 2021 Booker Prize.

Nov. 13 - *Marriage Portrait* by Maggie O'Farrell. A fictionalized account of the life of Lucrezia di Medici, the subject of Robert Browning's poem "*My Last Duchess*."

F24-26

Creative Writing for Beginners

SGL: Nini Munro-Chmura

Dates: Wednesday, Sep 18, 25, Oct 2, 9, 16, 23, 30, Nov 6

Time: 10:30 a.m. to 12:30 p.m.

Sessions: 8 - Maximum: 6

Location: Woodbridge Town Library, Woodbridge

Course Fee: \$20

Become creative with the genre you love. It's not too late to tap into your right brain to write creatively. Write a memoir, a story that needs to be told. Something whimsical or a poem. Learn how to paint images with your written words. Learn how metaphors and images can help your writing come alive. learn how to make your words flow.



F24-27

Advanced Care Planning (ACP) Series

SGL: Becca Allen

Dates: Wednesday, Sep 18, 25, Oct 9, 30

Time: 1 p.m. to 2 p.m.

Sessions: 4 - Maximum: 12

Location: Woodbridge Town Library, Woodbridge

Course Fee: \$20

Advance Care Planning (ACP) involves thinking, discussing, and documenting an individual's healthcare preferences and decisions before serious illness strikes or end-of-life care is necessary. During this four-part interactive workshop, participants will learn about and discuss various aspects of ACP. We'll cover the roles of healthcare representatives, quality-of-life considerations, establishing healthcare preferences, tips to help you navigate the healthcare system, and the importance of effective communication with loved ones and healthcare providers.



The class will offer the tools to initiate advance care planning conversations and completion of corresponding advanced directives to share with healthcare representatives, loved ones, and local hospitals.

F24-29

Bridge: Basic Declarer Play & Defense

SGL: Rita Brieger

Dates: Wednesday, Oct 16, 23, 30

Time: 10 a.m. to Noon

Sessions: 3 - Maximum: 16

Location: Jewish Community Center - Woodbridge

Course Fee: \$20



Review your skills as declarer and defender. How to take tricks in notrump and suit contracts as well as working together as a partnership to take tricks on defense. Class taught at an advanced beginner's level. You must know the basic principles of bridge to take this class.

F24-30

Reimagining the Past: Recent American Fiction

SGL: Hedda Kopf

Dates: Wednesday, Oct 23, Nov 13, Dec 11

Time: 2 p.m. to 3:30 p.m.

Sessions: 3 - Maximum: 28

Location: Jewish Community Center - Woodbridge

Course Fee: \$20

North Woods by Daniel Mason, *James*, by Percival Everett, and *This Other Eden*, by Paul Harding invite us to reconsider what we know and think about America's cultural and racial history. These three powerful novels enchant us with their lyrical prose and challenge us with their incisive depictions of the American "myths" we live by.

F24-31

History and Culture of Croatia: A Personal View

SGL: Ira Kleinfeld

Dates: Wednesday, Nov 13, 20

Time: 1:30 p.m. to 3 p.m.

Sessions: 2 - Maximum: 45

Location: Jewish Community Center - Woodbridge

Course Fee: \$15

George Bernard Shaw wrote that on the last day of creation "God desired to crown his work" and so fashioned the Croatian coastline "out of tears, stars and breath." Anyone who has glimpsed that long, mountainous, island-studded coast would surely agree that its beauty is little short of divine. But, as if in compensation for its profuse endowment of natural beauty, Croatia's history has been more turbulent than such a relatively small country deserves.



This class will explore the history and culture of the country from the personal perspective of the SGL. He and his wife visited there in the autumn of 2023.

F24-32

From Noah To Abraham To Jonah: A Progression of Hope

SGL: Rabbi Alvin Wainhaus

Dates: Wednesday, Dec 4

Time: 11 a.m. to Noon

Sessions: 1 - Maximum: 100

Location: Congregation Or Shalom, Orange

Course Fee: \$10

The biblical stories of Noah, Abraham, and Jonah depict characters who have foreknowledge of a disaster about to occur in their vicinity. Each story conveys a message of hope to later generations. And each is progressively more hopeful about the human condition. Come and discuss these ancient messages and the light they shed on the issues of our own day.

F24-33

The Builder Book: Carpenters, Masons and Contractors in Historic New Haven

SGL: Susan Godshall

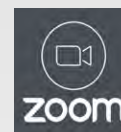
Dates: Wednesday, Dec 4

Time: 1 p.m. to 2 p.m.

Sessions: 1 - Maximum: 200

Location: Zoom

Course Fee: \$10



Recorded

Godshall will discuss her publication, *The Builder Book: Carpenters, Masons and Contractors in Historic New Haven*, highlighting some of the Elm City's notable architecture with illustrations and lively biographies of their builders. The presentation will celebrate the often-unknown men-- and one woman-- who built houses, commercial and academic buildings, and monuments in New Haven between 1810 and 1930.

The Builder Book offers details on the lives and accomplishments of builders such as Alice T. Washburn, who designed houses in New Haven, Hamden and Cheshire; Black entrepreneur William Lanson, who extended Long Wharf Pier in 1810 to make it the longest wharf in the country; and James Edward English, a carpenter who went on to become a state and national political leader.



The project was funded by a grant to the New Haven Preservation Trust from the State Office of Historic Preservation. Godshall hopes the presentation will help attendees develop curiosity about buildings they pass every day and become more observant of the historic architecture of New Haven.



Thursday Classes

F24-12

Talking Sports with NBC Connecticut's Matt Finkel

SGL: Matt Finkel

Dates: Thursday, Sep 19

Time: 10 a.m. to 11 a.m.

Sessions: 1 - Maximum: 100

Location: ACES Hamden

Course Fee: \$10

Get to know NBC Connecticut's Matt Finkel and his day-to-day duties as a sports reporter at a local TV station. Matt is a multimedia journalist, meaning he is responsible for all aspects of the sportscast including filming, editing, writing and producing. Learn what goes into producing a sportscast, scheduling, filming, writing and presenting new material on air and online daily. Matt will also share his most memorable moments from his years covering sports at MLB Network and in Ohio and Maryland.



F24-23

The Roman Arena

SGL: Byron Nakamura

Dates: Thursday, Dec 5

Time: 11 a.m. to 12:30 p.m.

Sessions: 1 - Maximum: 40

Location: Jewish Community Center - Woodbridge

Course Fee: \$10

This is a historical overview of the phenomenon known as the Roman Arena. It will include the role of the gladiatorial games, beast shows, and criminal executions in the Roman Empire in its political, cultural and religious dimensions.

F24-34

Jim and James

SGL: Harriet Bergmann

Dates: Thursday, Sep 19, 26

Time: 10:30 a.m. to Noon

Sessions: 2 - Maximum: 25

Location: Zoom

Course Fee: \$15



We'll read Mark Twain's *Adventures of Huckleberry Finn* and Percival Everett's new novel *James*. We'll talk about Everett's take on the American literary classic.

F24-35

Mary Shelley: *Promethean: The Legacy of Frankenstein*

SGL: Joel Feimer

Dates: Thursday, Sep 19, 26, Oct 10, 31

Time: 1:30 p.m. to 3:30 p.m.

Sessions: 4 - Maximum: 25

Location: Zoom

Course Fee: \$20



Recorded

Samuel Coleridge, Lord Byron, Percy Shelley, John Keats? Make way, masculine icons of the Romantic Movement. The teen-aged feminine Prometheus, Mary Shelley's visionary Frankenstein, is a larger and more profound expression of the Romantic revolution than "Kublai Khan," Childe Harold, or Prometheus Unbound. Mary Shelley, visionary teenager, child of Mary Wollstonecraft, A Vindication of the Rights of Women), champion of human possibility (what a mouthful!), eclipsed romantic aspirations and enlarged our understanding of human potential. Shelley (née Wollstonecraft-Godwin) envisioned the ultimate appropriation of divine power that had eluded Eve and Adam since the Age of Genesis. With her "thinking of a story," Shelley appropriates the prerogatives of Divinity to the human who dares transgress the divinely imposed boundaries of a jealous God. Shelley gives new meaning to the challenge, "Oh death, where is thy sting," by answering with her science fiction solution. Her protagonist is male, but her challenge to patriarchal ethos is completely feminist. A celebration of the 205th anniversary of Frankenstein's publication.

F24-36

Our Polarized America: How We Got to Here

SGL: Harvey Heyman

Dates: Thursday, Sep 26

Time: 10:30 a.m. to 12:30 p.m.

Sessions: 1 - Maximum: 30

Location: Jewish Community Center - Woodbridge

Course Fee: \$10

We are at a point in America where we don't just disagree with others elsewhere on the political spectrum, we don't trust their honesty, motives and morality. For many of us, we have given up the notion of having current event conversations with those on the other side.

The reasons for our polarization are many and most have been in the making for decades. There have been a multitude of changes in America that have occurred during our lifetimes. Viewed through this lens the popularity of certain of today's politicians and their views may be seen as more a symptom than a cause.

This one-day course examines the last 50 years of economic, social and political history to see the key people, organized groups and pivotal societal and environmental trends that have contributed to the current state of polarization. At the end of the session, time permitting, there will be a class exchange of ideas on how America might become more resilient and stable against the populist tide we witness today.

F24-37

Rockefeller Center, a Look at Its Art and Architecture

SGL: Susan Birnbaum, Marcia Jamron

Dates: Thursday, Oct 10

Time: 9:30 a.m. to 3:30 p.m.

Sessions: 1 - Maximum: 20

Location: On site

Course Fee: \$92. Includes tuition and lunch

This iconic venue is a place to skate, party at the Rainbow Room, attend the fabulous Christmas Show at Radio City and more. It is also home to a stunning array of public art. On this tour, we will explore murals, sculpture, stained glass, and more. There are 13 structures that constitute The Center. Let's learn the history, experience the art deco architecture...and beyond! Discover the best-known



artists of the time who grace the walls and interior of Rockefeller Center! Explanations and directions for trains and walking sent after sign up.

F24-38

The Decline and Fall of the Roman Empire

SGL: Dr. Marc Blosveren

Dates: Thursday, Oct 31, Nov 7

Time: 10 a.m. to 11:30 a.m.

Sessions: 2 - Maximum: 20

Location: Jewish Community Center - Woodbridge

Course Fee: \$15

From small villages and kingdoms to a great republic, the Roman Empire arose. But after Julius Caesar died, the Roman Republic began to fragment. There followed a great Civil War and rule by a series of emperors, most of whom believed only in absolute power. Some even appointed themselves gods. For the next four centuries, the Roman Imperium presented itself to the world as a great empire, but it was just an illusion. The glorious empire was eroded by the quest for power, the avarice of the re-emergent Patricians as well as corruption and dismemberment by its many enemies. Class discussion will focus on the events, false symbols, and the terrible men and women who led to the Fall of the Empire.

F24-39

Artificial Intelligence: The Role of Emerging Technologies

SGL: Frances Grodzinsky

Dates: Thursday, Nov 7, 14, 21

Time: 10 a.m. to 11:30 a.m.

Sessions: 3 - Maximum: 20

Location: Zoom

Course Fee: \$20



Recorded

Artificial Intelligence has come a long way. It is embedded in most technologies and therefore interacts with us on a daily

basis. Where do we find it? How is it being used? How can we use it? How can we avoid it. We will share our experiences with AI, learn how it works and discuss how we can best maximize its potential and minimize its pitfalls. No previous knowledge of AI necessary. Interactive class on zoom.

F24-40

The Cathedral

SGL: Michael Stein

Dates: Thursday, Nov 7, 14, 21

Time: 10:30 a.m. to Noon

Sessions: 3 - Maximum: 40

Location: Woodbridge Town Library, Woodbridge

Course Fee: \$20

Why is a cathedral more than just a collection of stones, stained-glass windows, and flying buttresses? Ask those millions around the world who wept when the spire of Notre Dame in Paris went up in flames. While we cried for the destruction of beauty, we may not have recognized the deep historical, religious, social, and engineering innovations that made these structures such an intricate part of our Western culture. Join the class and discover the origins of cathedrals starting with the ancient basilicas of Rome right up to the Neo-Gothic cathedral of St. Patrick's in New York City and the National Cathedral in Washington, D.C.

F24-41

Hans Christian Andersen: Reinventing the Fairy Tale

SGL: Joel Feimer

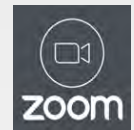
Dates: Thursday, Nov 7, 14, 21, Dec 5, 12

Time: 1:30 p.m. to 3:30 p.m.

Sessions: 5 - Maximum: 25

Location: Zoom

Course Fee: \$20



Recorded

Building on the fairy tale traditions presented by Charles Perrault, the pioneering women of the French salons, and the monumental work of Jacob and Wilhelm Grimm, Hans Christian Andersen took the folk/fairy tale in new and astonishing directions. Andersen began from the archetypal starting point, the traditional folk/fairy tales he heard from his paternal grandmother who worked as a spinster in a lunatic asylum (Perrault's Mother Goose?!). Andersen's earliest tales retell some of the traditional narratives of the Danish folk, but he soon begins to explore some of the more daring fictive possibilities of the fairy tale genre, negotiating the delicate balances between consolation and despair, dream and nightmare, and altruism and narcissism. In the process, Andersen explores and manifests the possibilities of narrative by making the art of storytelling part of his tales. Remarkably, Andersen's sensitivity to matters of soul and spirit anticipate the work of Freud and Jung by a generation. Discover, among other things, Andersen's original versions of *The Little Mermaid* and *The Snow Queen*. Text: *Hans Cristian Andersen Fairy Tales* Trans. Tiina Nunnally, Penguin, 2005

F24-42

The Art & Science of No-Knead Sourdough Bread

SGL: Lois Procopion

Dates: Thursday, Nov 14, 2024;

Time: 1p.m. to 2:30 p.m.

Sessions: 1 - Maximum: 25

Location: Zoom

Course Fee: \$10



Recorded

Participants will learn how to make sourdough bread using the “No-Knead” method of breadmaking. Sourdough is slow-fermented bread. It’s unique because it does not require commercial yeast to rise. Instead,



it’s made with a live fermented culture, a sourdough starter, which acts as a natural leavening agent. Sourdough is known for its characteristic tangy flavor, chewy texture and crisp, crackly crust. From a health standpoint, it dominates when

compared to other breads. The naturally occurring acids and long fermentation help to break down the gluten, making it more digestible and easier for the body to absorb. It acts as a prebiotic, which means that the fiber in the bread helps feed the “good” bacteria in your intestines. These bacteria are important for maintaining a stable healthy digestive system.

Friday Classes

F24-43

More Key moments in Poetry

SGL: Len Engel

Dates: Friday, Sep 20, 27, Oct 11, 25, Nov 1, 8, 15, 22

Time: 10 a.m. to 11:30 a.m.

Sessions: 8 - Maximum: 15

Location: Daniel Sullivan Ed Center - Hamden

Course Fee: \$20

Starting with key facets of the poetry of England and Ireland, we will study works that capture the spirit of the time in which they were written. We will observe how American



poetry derives from ,but also breaks away from, the form and style of the great poetry of England and Ireland. We will look at the overwhelming influence of Shakespeare, Milton, and Alexander Pope on later poets in the United Kingdom as well as in America.

Our writers were influenced by these poets, but eventually discovered the greatness of the New World, especially its wild nature and landscape. They began to sing of that in their poems. Shakespeare, of course, will be a highlight as well as his contemporaries Christopher Marlowe and Ben Jonson. We also will study 17th

century poets Milton and Dryden, and 18th century poet Pope. Wordsworth, Coleridge, Shelly, Keats, and Byron will be featured in our look at the 19th century while Virginia Woolf, John Millington Synge, W. B. Yeats, and James Joyce will occupy our examination of the 20th century. Any good anthology should have most of the poems. I will also have handout copies.

F24-44

Hola! An Armchair Adventure!

SGL: Susan Birnbaum, Marcia Jamron

Dates: Friday, Sep 27

Time: 1:30 p.m. to 3 p.m.

Sessions: 1 - Maximum: 60

Location: Zoom

Course Fee: \$18



Recorded

On this Zoom adventure we will explore the historic district that has been home to the Hispanic Museum and Library with Susan Birnbaum , our New York City guide. There is much to see there: the National Institute of Arts and Letters, the original Geographical Society, the Numismatic Society and more! The area was developed by gilded-age entrepreneur and collector Archer Milton Huntington. We will look at the area that became the famous Audubon Terrace.

F24-45

German Conversation

SGL: Mito Mardin

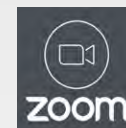
Dates: Friday, Oct 11, 25, Nov 1, 8

Time: 10:30 a.m. to Noon

Sessions: 4 - Maximum: 10

Location: Zoom

Course Fee: \$20



Recorded

Using the German language’s typical quirks, we’ll work on easy everyday samples of conversation. Prior exposure to German is required.

F24-46

Tour of Yale University IPCH Shared Conservation Lab

SGL: Elizabeth Hammerberg

Dates: Friday, Oct 25

Time: 11 a.m. to Noon

Sessions: 1 - Maximum: 15

Location: Yale West Campus, 100 W. Campus Dr.,

Orange

Course Fee: \$10

Join us for a tour of the Yale University IPCH Shared Lab where conservators will speak about the conservation and care of works at the Yale University Art Gallery.

Here's an easy way to volunteer with ILR

Would you like an easy way to help ILR? Become a class liaison. What is a class liaison?

The liaison is an ILR student who has agreed to take attendance at a class in which they've enrolled. This person is also a contact person for the study group leader, offering the SGL assistance as needed.

The liaison arrives 30 minutes before the start of class to welcome the SGL and verify that the classroom and technology are setup as requested. He or she welcomes class members and at the conclusion of the class, the liaison sends the attendance form to the Curriculum Committee. The liaison may be responsible for setting up ILR signs at the entrance of some venues.

It is light duty and an easy way to contribute to the operations of ILR. No training is needed.

Please say "yes" when a member of the Volunteer Committee reaches out to you. The Volunteer Committee provides detailed instructions and assistance and maintains contact with you throughout the process.

F24-47

The Things We Carry: How Microbes Impact Our Health

SGL: Stavroula Hatzios

Dates: Friday, Oct 25

Time: 2 p.m. to 3:30 p.m.

Sessions: 1 - Maximum: 50

Location: Woodbridge Town Library, Woodbridge

Course Fee: \$10

Dr. Hatzios will discuss the complex community of microbes found within and on the human body (aka the microbiome) and how it shapes human health and disease. We will explore the microbiome, including what it is, where it comes from and what it does. Participants will learn about the methods that scientists use to study the microbiome, drawing on recent case studies from the scientific literature. Participants will develop a deeper understanding of the microbiome and how to interpret data from this fast-evolving field.

F24-48

Who are Ruby and Calvin Fletcher? Who is Jeffrey Fletcher? What should we know about them?

SGL: Jeffrey Fletcher

Dates: Friday, Nov 1

Time: 10:30 a.m. to 3 p.m.

Sessions: 1 - Maximum: 20

Location: Ruby & Calvin Fletcher African American

History Museum, 952 E. Broadway, Stratford

Course Fee: \$18

When Americans think about African American history, they often think about the southern United States. The Ruby & Calvin Fletcher African American History Museum tells of Black history in the North. Told with care and attention using newspapers, objects, photographs and an important talk by Jeffrey Fletcher. He is a knowledgeable son of Ruby and Calvin Fletcher. There is a moderate amount of walking and you would use your own transportation. If you would like to share your experience over coffee on your own within 15 to 20 minutes after we leave the Museum, join us at the Athenian Diner III, 1064 Boston Post Road, Milford (203-878-5680).

F24-49

Visit the Cushing Brain Tumor Registry at the Yale School of Medicine

SGL: Terry Dagradi

Dates: Friday, Nov 22

Time: 11 a.m. to 12:30 p.m.

Sessions: 1 - Maximum: 20

Location: Cushing Center, 333 Cedar St, New Haven

Course Fee: \$10

Please join us for a visit to the Cushing Center, home to the Cushing Brain Tumor Registry. The Registry documents the history of neurological medicine. We may see human brain and tumor specimens, microscopic slides, notes and other information from the late 1800s to the 1930s. The mission of the Center is to inspire wonder in the human brain and its disorders, to educate us on the history of modern neurosurgery, and to respectfully care for the remains of the patients contained within the Registry.

Saturday Classes

F24-50

The Neuroscience of Sleep

SGL: Sharif Kronemer

Dates: Saturday, Sep 21

Time: 10:30 a.m. to Noon

Sessions: 1 - Maximum: 50

Location: Zoom

Course Fee: \$10



Recorded

This course explores the intricate processes behind how our brain regulates sleep. Participants will learn about the different stages of sleep, the brain's role in sleep cycles, and the impact of sleep on overall health and well-being.



We'll also cover common sleep disorders and practical tips for improving sleep quality.

Who's Who at ILR

Your *Institute for Learning in Retirement* team is 100 percent volunteer. Classes are created, set up, and taught by volunteers. Volunteers are responsible for the financial affairs of the organization, organizing the venues, planning for the future...everything.

All of them started as members attending classes. You, too, can be part of the team of volunteers that makes ILR the exciting organization that it is. Just reach out and tell us what you'd like to do or ask where we can use help.

Meet the leadership team at ILR:

Officers and Board of Governors

Nick Maiorino, President

Susan Vallillo, Executive Vice President

Rita Esposito, Secretary

Karen Fenichel, Treasurer

Serena Guerrette, VP-Curriculum

David Phelps, VP-Curriculum

Marcia Jamron, VP-Trips

Joel Feimer, Ex-Officio President

Susan Vallillo, Registrar

Members of the Board of Governors

Eva Arnott

Jane Cerilli

Holly Chepow

Sue Cohen

Pat Donohue

Annis Fusaris

Judith Hickey

Deborah Kasowitz

Jean Maatta

Pat Maiorino

Mito Mardin

Debbie McKeever

John Schneider

Pat Sirulnick

Committee Chairs

Communications:

Doug Fenichel (973) 769-0688

Curriculum:

Serena Guerrette (203) 988-5128

David Phelps (203) 731-0750

Finance:

Karen Fenichel (973) 713-5165

Membership & Registration:

Susan Vallillo (203) 747-9675

Nominating:

Sue Cohen (203) 464-7411

Social Events:

Susan Galli (203) 389-4732

Strategic Planning:

Robin Lewis (203) 876-8137

Technology:

Susan Vallillo (203) 747-9675

Volunteers:

Rita Esposito (203) 687-8966

Pat Maiorino (203) 795-3956

Email: volunteers@ilrn.org

We'd like to thank the many people who volunteer to help out. Volunteers work on committees, show up to promote ILR at fairs and festivals, help us clean up after a class or do whatever committee work they are asked to do. They are what makes ILR work. You can join us. Call the committee chair of your choice or contact the Volunteers Committee, as listed above.

Study Group Leaders

Nancy Abbey recently retired after 16 years as the assistant director of Milford Public Library. She facilitated a popular classic book group for 14 of those 16 years and continues in this role.

Becca Allen is a licensed clinical social worker and end-of-life guide. She helps individuals and their families navigate the end of their lives with thoughtful planning, compassion, and support. Her particular focus is on completing advanced directives and getting a person's affairs in order. Becca has more than 25 years of experience in leadership positions in the fields of behavioral health, homelessness, and philanthropy.

Stephen Archer had his first successful career working in various financial roles at GE Capital for 25 years, ultimately becoming an executive finance manager. After leaving his career at GE in 2005, he started a second career as a personal financial advisor at Opus Advice First, a private wealth advisory practice of Ameriprise Financial in Oxford, Conn. He worked there for 10 years, during which time he became a certified financial planner. He then retired in 2015 to devote more time to giving back to the community. He is still a certified financial planner and periodically gives educational seminars at various community senior centers. Although retired, Steve also volunteers as the district coordinator for upper Fairfield County for the AARP Tax-Aide Program providing free income-tax assistance to seniors across 10 towns. Steve is a graduate of Northeastern University with a degree in finance.

Don Barkin received his Bachelor of Arts from Harvard College and his Master of Arts in English literature from Cambridge University. He has taught undergraduate seminars in poetry and prose writing at Yale University and at Wesleyan's Graduate Liberal Studies Program. He has published three books of poems that have also appeared in national magazines. He also is a former schoolteacher and newspaper reporter.

Phillip L. Beard has taught modernist literature in universities for more than 20 years, including a Fulbright

year in Germany and an abroad program in Vienna. He has published articles on 20th century literature and philosophy and is an editor for the *Bulletin of the George Santayana Society*.

Harriet Bergmann moved to New Haven after retiring as professor of English at the U.S. Naval Academy in 2002. Since then, she has taught creative writing at Yale University and works as a professional editor. She also conducts memoir writing groups at HomeHaven. She is working on a book about 19th century women's education in Boston.

Susan Birnbaum, owner and operator of SusanSez NYC Walkabouts is a native New Yorker obsessed with its history and food. Since 2002, Susan has been a licensed NYC sightseeing guide. Susan, who has a bachelor's degree in history, has a lifelong interest in history and is a member of the Bronx, Brooklyn, and New York Historical societies. In 2010, Susan was the recipient of The Bronx Tourism Award from The Bronx Tourism Council for her unparalleled commitment to sharing the rich history of the Bronx.

Dr. Marc J. Blosweren holds chemistry and psychology degrees, and a Doctorate in Science Administration. He has done extensive work in curriculum review and development, was the science supervisor (retired) for the New Haven Board of Education and was an OSHA health and safety consultant. He was an adjunct professor at Quinnipiac University and Western Connecticut State University.

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.

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

Tubyez Cropper is the community engagement program manager at the Beinecke Library and a local videographer and photographer. He has spent the last 10 years bringing essential yet unknown stories of

local history to life. As a history scholar and New Haven local, he has spent the last three years working with local schools, churches, historical societies and more to uplift the essential stories that make up Connecticut. More recently, he has been involved in the Yale and Slavery Research Project, greatly contributed to the immersive New Haven Museum exhibition, *Shining a Light on Truth*, and directed and cowrote the documentary *What Could Have Been*. Each project gives a detailed history of New Haven and Connecticut in the 18th, 19th, and 20th centuries.

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

Leonard Engel, professor emeritus of English at Quinnipiac University, served as chair of the English Department for 18 years. In 1989, he was selected Outstanding Faculty of the Year and in 2013, he received Quinnipiac's Excellence in Teaching Award. He has edited seven collections of essays beginning with *The Big Empty: Essays on the Land as Narrative* in 1994 and concluding with *The Films of Clint Eastwood: Critical Perspectives* in 2018. He has written many articles on American literature and film from Poe and Melville to the present. Most recently, he wrote *Charles Portis and True Grit* (Summer 2021), and *Thoreau, Whitman, and Abbey: Down the River and on the Open Road* (Fall 2021), both published in *Journal of the West*.

Joel N. Feimer taught undergraduate and graduate level English literature and composition at Mercy College in New York from 1967 to 2010. He earned his doctorate 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 is the immediate past president.

Karen Fenichel has taught mah jongg at several venues including synagogues and adult education programs.

She has played for over 10 years. It's a good way to meet people and make friends. She's a retired dentist.

Matt Finkel is an award-winning sportscaster at NBC Connecticut. He has always been passionate about sports and his job has taken him all over the country. Matt considers it a dream job to cover sports in Connecticut every day. Finkel was named the Connecticut Sportscaster of the Year in 2022 by the National Sports Media Association. Some highlights from recent years include covering the back-to-back national champion UConn men's basketball team, the Travelers Championship and the Olympics. As much fun as it is to cover sports, Matt enjoys meeting the people in the community and seeing their passion for teams and individuals.

Jeffrey Fletcher's parents migrated from the South to Connecticut where Jeffrey was born. After graduating from college, he spent 14 years working with the State of Connecticut Department of Mental Health, 21 years as a New Haven police officer, and is the current owner/collector of the Ruby and Calvin Fletcher Museum of African American History in Stratford, Conn.

Annis Fusaris is a retired registered nurse. She enjoys sharing her knowledge with the younger generation.

Susan Godshall retired as senior vice president of the Greater New Haven Chamber of Commerce. Previously, she was a program officer at the Community Foundation for Greater New Haven and assistant secretary of Yale University, implementing programs to broaden local partnerships. She holds degrees from Yale Law School and Yale School of Architecture. She is a board member of the New Haven Preservation Trust, which she serves as chair of the Preservation Committee.

Frances S. Grodzinsky is professor emerita of computer science and information technology at Sacred Heart University in Fairfield and past co-director of the Hersher Institute of Ethics.

Elizabeth Hammerberg is a conservation coordinator providing administrative research and project management to the staff at the Yale Art Conservation Dept. She reports to the chief conservator.

Stavroula Hatzios is an associate professor of molecular, cellular and developmental biology and of chemistry in the Microbial Sciences Institute at Yale University. She received her Ph.D. in chemistry from the University of California, Berkeley. She completed her postdoctoral work at Harvard Medical School and Brigham and Women's Hospital. Her laboratory at Yale studies proteins and metabolites that shape host-microbe interactions in gastrointestinal infections.

Harvey Heyman received a Bachelor of Arts from Brown University and an MBA from the Harvard Business School. He retired in 2022 as IT director and business planner for a hospital-owned chain of physical therapy clinics. Harvey is a passionate consumer of current political and social events and feels we are at a pivotal point in the health of American democracy.

Lewis House 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. He is a consultant to the Educational Testing Service. He is a veteran of the US Military.

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

Ira Kleinfeld earned his B.S., M.S. and Eng. Sc.D., from Columbia University. He served as a professor of industrial engineering and associate provost for graduate studies research and faculty development at the University of New Haven where he initiated UNH's annual Holocaust Remembrance event. He continues to chair the planning committee as professor emeritus. He is still active at UNH, teaching courses, and being engaged in a variety of projects.

Hedda Kopf 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 several public libraries and other institutions in Connecticut. She volunteers as a reading mentor in a New Haven 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 I. Kronemer is a postdoctoral fellow at the National Institute of Mental Health. He completed his doctorate in neuroscience at Yale University.

Nick Maiorino, a member of ILR for nine years, is a life-long learner with more than 60 years of teaching experience. He holds a Bachelor of Science in education; a master's in statistics, measurement and evaluation; 6th-Year certificate in administration and supervision; and advanced degrees in the sciences. While his focus is science, he has offered courses in his many other interests such as history, music and current events. He is president of ILR.

Mithat "Mito" Mardin was born in Istanbul and is a graduate of the German High School there. He received his doctorate in organic chemistry, physics and microbiology from the University of Göttingen. He worked at Bayer Pharmaceuticals for 33 years in various positions starting as laboratory head and retiring as vice president. He has worked in Europe, Asia and the United States. He served as president of the Japan Society of Fairfield County and continues to sit on its board. He was ILR president for three terms and he has followed his passion for political science. He enjoys being a study group leader and sharing his knowledge of the European Union, U.S. economy, Islam, and current world affairs in general.

Harold Miller, bridge life master, is a retired certified public accountant and native of New Haven. He teaches the basics of bridge for beginners.

Nini Munro-Chmura has a master's in guidance and counseling, and a 6th-year certificate 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.

Byron Nakamura is a professor of history at Southern Connecticut State University, where he has taught courses about ancient Greece and Rome since 2004. He has written about Roman imperialism, ancient religion, military history and other topics. He is interested in Roman numismatics.

*Check out our website:
www.ilrnh.org*

Trish O'Leary, a former columnist for *The Milford-Orange Times*, has been writing profiles of notable Orange citizens for more than 10 years. In her column "Grave Matters," she focused on people buried in the Orange Cemetery whose tales entwined with town history. She leads memoir-writing courses at The Orange Senior Center and co-authored with Pat Miller *Grave Matters/Early Voices*, a play produced in honor of the town's 200th birthday. They are currently collaborating on a sequel.

Lois Procopion was born in New Britain. She received her B.S. from Central Connecticut State University. She retired as a project manager at Aetna Healthcare in 2014. For the past 48 years, Lois has been an active justice of the peace. She has been a gourmet cook for more than 50 years and has won first prize in various local baking competitions.

Rachel Ranis has sociology degrees from Brandeis and Yale universities. Her research on social welfare issues, aging and vocational education has taken her to Pakistan, Mexico, Columbia, Germany, and the United Kingdom. She taught at the University of Bridgeport, the University of Maryland, Howard University and is retired from Quinnipiac University.

Jim Rhodes graduated from Holy Cross College as a philosophy major and earned his doctorate 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*.

Constance Royster is a consultant and advisor to individuals and nonprofits in education, arts and culture. She chairs the board of Open Communities Alliance (OCA), is a trustee of the William Casper Graustein Memorial Fund, and serves on the board of Long Wharf Theatre. Royster was a law clerk to the Hon. Damon J. Keith (U.S. 6th Circuit). She was an associate at Paul Weiss and served as an assistant U.S. attorney in the Southern District of New York. Shifting her professional focus, she was the first director of major gifts for WSHU National Public Radio. She was associate director of development at Yale University's Environment School and director of development at Yale Di-

vinity School. She graduated from Rutgers Law School in Newark and from Yale College, as one of the first women in Yale College. Born and raised in New Haven, she is the niece and namesake of Judge Constance Baker Motley.

James Sinclair is among the world's pre-eminent scholars and champions of the music of Charles Ives. Sinclair is the music director of Orchestra New England and executive editor for the Charles Ives Society. He supervises the work of Ives scholars throughout the United States. He has served as music director for four PBS television documentaries including the Peabody Award-winning film about Ives, *A Good Dissonance Like a Man*. In 1999, Yale University Press published Sinclair's 800-page *A Descriptive Catalogue of the Music of Charles Ives*.

Irene Sommers holds a master's in art history from Wesleyan University in Connecticut and has taught art history for over 15 years. Prior to her academic career she was manager of public policy for Bayer Pharmaceuticals and an administrative editor for The New York Times Magazine Group. She has led several student tours to museums around the world, specializing in France and Italy. Sommers is writing a book about the issue of who owns the world's art. Is it the art work's nation of origin or the more easily accessible world-class museums who hold most of the world's great masterpieces?

Michael Stein, Ph.D., fell in love with the art, architecture and food of the capital of France on his first trip to Paris in 1965. 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, Stein taught studio art and art history at Kent State University, the Cleveland Institute of Art, Wilkes University and Housatonic Community College.

Rabbi **Alvin Wainhaus**, son of Holocaust survivors, was raised in an Orthodox environment in Brooklyn. A graduate of Brooklyn College with a degree in philosophy, he earned a Master of Education degree from New York University and was ordained in Tel Aviv in 1972. Rabbi Wainhaus served congregations in Yarmouth, Nova Scotia and in Manhattan prior to becoming the spiritual leader of Congregation Or Shalom in Orange in 1981. He 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 interfaith activities throughout Greater New Haven has earned him the respect and admiration of Jews and non-Jews alike.

Heidi Zapata is an infectious disease physician and assistant professor at the Yale School of Medicine. She grew up in Queens and went to public schools, including Queens College, for her undergraduate studies where she earned a merit-based full-tuition scholarship. She went on to do an MD and a Ph.D. at SUNY Upstate Medical University in Syracuse. She trained in the laboratory of Jennifer Moffat, Ph.D. for her doctorate in microbiology and immunology. Her thesis work focused on the host-pathogen interactions of Varicella Zoster virus—the cause of chicken pox and shingles. Her research interests inspired her to pursue infectious diseases as a specialty. She did her internal medicine residency at the University of Virginia in Charlottesville, Va., and went on to pursue her infectious disease training at the Yale School of Medicine. During fellowship, her clinical experiences repeatedly showed her that different human hosts

respond differently to infections, something that the COVID-19 pandemic also demonstrated. Her research focuses on understanding the innate immune response and how it is influenced by aging,

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