



# Course Catalog

## Fall 2011

September 26 to November 18



“Knowledge...prolongs life itself, and enlarges the sphere of existence.”

-John Quincy Adams

**Mohawk Valley Institute for  
Learning in Retirement**

**Now in its 14th year**

**2011 Fall  
MEMBERSHIP HANDBOOK**

We hope this publication will answer many of your questions about MVILR membership. If you want to share information with friends who you think might like to learn about the program, please call the MVILR office, and we will send out an information packet.

**PLEASE KEEP YOUR COPY OF THIS CATALOG FOR REFERENCE WHEN NEEDED.**

**How to contact the MVILR Office:**

**MVILR at SUNYIT**  
**100 Seymour Rd.**  
**Utica, NY 13502-1311**  
**Physical address: Campus Center Suite 229**  
**575 Residential Drive**  
**Phone: 315 792-7192**  
**Fax: 315 792-7189**  
**Email: [mvilr@sunyit.edu](mailto:mvilr@sunyit.edu)**  
**Website: [www.mvilr.sunyit.edu](http://www.mvilr.sunyit.edu)**  
**Program Assistant: Jo Giacovelli**  
**Executive Director: Ginger Parker**

**MVILR Board of Directors**

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 Donald Falkenstern, First Vice President  
 Elliott Friedman, Second Vice President  
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Nancy Kelly	Harry Winberg
David Mahoney	Mary Ann Zogby

Ex-officio: Deborah J. Tyksinski, Ph.D.  
 Assistant Vice President, Sponsored Research  
 and Continuing Professional Education

**Where is the new MVILR Office?**

We are now in our spacious new location in the Campus Center.

Please look on your campus map for directions to the Campus Center. There is ample parking. The walk to the entrance is easy, and you can find us in Suite 229, two doors to the right after you enter the building.

Some classes will be held here. We welcome you to come in and visit, stay a while, eat lunch and meet friends for a chat.

**What You Need to Know**

**Name Badges** are important for ID and campus access. **PLEASE WEAR YOUR BADGE WHILE ON CAMPUS.**

MVILR issues SUNYIT ID cards for each MVILR member and facilitator. SUNYIT cards are issued in the College Association Office, Rm. A217 Kunsela Hall. The SUNYIT card allows you to take books from the Cayan Library and to put money on the card for use in the Cafeteria located in the New Student Center. If you lose your SUNYIT card, the replacement cost is \$15.

**SUNYIT campus parking stickers** must be affixed to the vehicle as directed. If you get a new car, please provide new car information and buy a new sticker (\$1), available in the MVILR office.

**Questions?** Please call or go to the MVILR office. Although we are housed at SUNYIT, the SUNYIT offices are unable to answer your questions about the MVILR program.

**MVILR Office Hours:** Monday – Friday 9 a.m. to 4 p.m.

The Mohawk Valley Institute for Learning in Retirement admits students of any race, color, and national or ethnic origin.

**Registering for Your Courses**

As an MVILR member, you may sign up for 3 eight-week academic courses per semester. You may also sign up for unlimited Bonus and Extra Courses (space permitting). In an eight week session, two four-week courses equal a single course when figuring your registration totals.

Use the registration page at the back of the catalog to sign up for your classes. Number your course choices in priority order: #1 (top choice) through #4 (fourth choice) and use checkmarks for Bonus, Specialty and Computer courses you wish to take. Sign the registration form and return it as soon as possible to MVILR at SUNYIT.

**Please Note:**

Classes must end on time because other classes are scheduled. Facilitators have been asked to be sure the classrooms are available for the next class.

## SPECIAL EVENTS AND COURSE REGISTRATION POLICIES

- All Special Events and Course Registrations are **first come, first served**. Registration Forms are dated the day they arrive in the office.
- **You may register for courses that are not yet full by calling the office at 315 792-7192 on or after September 21.**
- Bonus and Extra courses may be taken in ADDITION to your 3 course allotment.
- All Special Events, Bus Trips and Course Fees are **non-refundable** unless that event or course is cancelled.
- Before classes begin, you will receive a course confirmation notice with room assignments. We mail this out as soon as we register you in your courses. Please carry this course confirmation notice with you when you start classes to help you find your classroom. This information will also be posted on the small bulletin board inside the MVILR office.

*All materials presented in courses at MVILR reflect the opinions of the facilitators and other presenters. They do not reflect the official policy of MVILR nor of SUNYIT which assume no responsibility or liability for any injury or damage to persons or to property from any use of methods or ideas put forth. Participants should seek appropriate counsel or advice from suitable sources.*

### Check our Website and Facebook

The current MVILR catalog and newsletter, as well as a calendar of events and class listings, can be read on the MVILR website at [www.sunyit.edu/mvilr](http://www.sunyit.edu/mvilr).

**New!** Go to [www.Facebook.com](http://www.Facebook.com) and type in MVILR. Then, be sure to "like" us!

### Textbooks

Some MVILR facilitators send out a list of recommended reading. Books may be purchased off campus, at Barnes and Noble for example, or through the Follett campus bookstore. Please call the campus bookstore in advance of class to place your order:

315 792-7257 or visit in person on the first floor of Kunsela's B wing across from the Gannett Gallery.



### Richard Robinson 1938-2011



MVILR will miss Dick Robinson, a favorite long-time facilitator (since 1998) of more than 10 music-oriented courses, ranging from "Sinatra" to "The Great Ladies of Song" and

many more. He was also an MVILR board member and officer. Our sympathy to Helen, his wife of 33 years, and his family.

**Please make every effort to attend classes for which you register. Your attendance enhances every class that takes place, affects the facilitators' preparation, and impacts on room requests to SUNYIT.**

*THANK YOU.*

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### EDIC ROAD ENTRANCE CLOSED

Please Note: The Edic Road entrance to the SUNYIT Campus is closed and will remain closed until mid-October.

### ★ SAVE THE DATE: ★

**Holiday Party  
Sunday December 4, 2011**



Thank you to all who continue to support MVILR through membership, volunteering on committees, facilitating courses, financial contributions and overall spreading the word about this wonderful program.

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## Fall 2011

### MVILR COURSE LISTINGS AND DESCRIPTIONS

*Courses are listed by category, then by number. Some courses have enrollment limits.*

**MVILR follows the SUNYIT class schedule. The time blocks and class lengths mimic SUNYIT's regular classes. We will remind you of the specific time blocks and class duration in your confirmation letter after we receive your course registration form.**

#### ARTS, MUSIC, AND LITERATURE

##### **AR108-8F Beginning Drawing**

**8 weeks**

A beginners drawing course for anyone who always wanted to, but didn't think they could.

**MONDAYS 12:40 - 3:10 p.m.** (*please note: this class is two periods long*)

**Albert Casatelli**

##### **AR135-4F Introduction to Poetry**

**First 4 weeks**

This course will be an introduction to figurative language with an emphasis on Shakespeare's sonnets. Other poetry will be examined by way of illustration.

**THURSDAYS 12:40 - 1:30 p.m.**

**Fred Capozzella**

##### **AR137-6F Admiring Ansel Adams**

**6 weeks**

In conjunction with the fall Ansel Adams exhibition at Munson-Williams-Proctor Arts Institute in Utica, we will offer a series of related talks and presentations, two at SUNYIT on Tuesdays at 10:40 a.m. and four at MWPAL as follows: Tues. Sept. 20, at 7 p.m.; Thurs. Oct. 6, at 4 p.m.; Tues. Oct. 11 at 7 p.m. and Tues. Oct. 18 at 11 a.m. For more information contact the MVILR office or Marian Wilson 735-7757.

**VARIOUS DATES AND TIMES (above)**

**Marian Giunta Wilson**

##### **AR143-4F Scenes from Shakespeare: Villains and Victims**

**Second 4 weeks**

Villains – and their victims – are abundant in Shakespeare's works. We will meet some of them, and try to determine just what a villain is.

**THURSDAYS 2:00 - 3:10 p.m.**

**Rabbi Henry and Sheila Bamberger**

##### **AR145-8F History of Cemetery Art**

**8 weeks**

Are cemeteries places you avoid or fear? Would you ever consider walking through a cemetery for the sheer enjoyment of art and nature? Are graves something for the living to enjoy? If you answer no to either of the last two questions, this course will change your perspective. Art of museum quality is found in many cemeteries. This beauty languishes unseen and unappreciated by most people. The story of how cemeteries and gravestones have evolved is the subject of this class.

**MONDAYS 2:00 - 3:10 p.m.**

**Frank Calidonna**

##### **AR146-8F Wonderful World of Ghost Stories**

**8 weeks**

Are you intrigued by things that go bump in the night? Do you enjoy a chilly tale well told? Then consider joining our group. This is not so much a class as a discussion group. The first class will be a presentation. Then participants will be assigned to read a story (occasionally two) each week and come back to our group prepared to talk about the story they have read. We will read short stories only. The discussions will be moderated. Our goal will be to provide a more in-depth understanding and appreciation of one of the most entertaining story genres and one of the most difficult to write.

*The books are: Great Tales of Terror and the Supernatural, Edited by Phyllis Cerf Wagner and Herbert Wise, 1994 Modern Library by Random House. Frank's original copy is 1944 with Bennet Cerf, Ed. If a person can find that one it would be great. Both editions are identical. Note: Available on Amazon.com.*

**MONDAYS 9:20 – 10:30 a.m.**

**Frank Calidonna**

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## ARTS, MUSIC, LITERATURE (continued)

### **AR150-4F Jane Austen's *Emma* and *Persuasion*: Text and Film** **First 4 Weeks**

In this course we will discuss Austen's last two novels, *Emma* (1815) and *Persuasion* (1817) and examine film adaptations of the two novels: *Emma* (Douglas McGrath, Miramax, 1996) [121 minutes]; *Emma* (Diarmuid Lawrence, ITV, 1996) [107 minutes]; *Emma* (Jim O'Hanlon, BBC, 2009) [240 minutes]; *Persuasion* (Roger Michell, BBC, 1995) [104 minutes]; *Persuasion* (Adrian Shergold, BBC/WGBH, 2007) [93 minutes]; Members should read *Emma* before the first class meeting and bring the book to class.

*Please note: each class will be two periods in length with a short break.*

**TUESDAYS 12:40 - 3:10 p.m.**

**John H O'Neill**

### **AR162-8F More Conversational Spanish**

**7 weeks**

Practice speaking Spanish in everyday situations. *Please note: first class begins on October 6.*

**THURSDAYS 9:20 - 10:30 a.m.**

**Rose Hosp**

### **AR185-4F Book Talk**

**First 4 weeks**

This course will give us the opportunity to meet one local author each week and learn what inspires each writer and what process they went through to get their books published. Sept. 27 - Cynthia O'Connor O'Hara – The Harried Housewife's Cookbook, Oct. 4 - Constance Watkins – That Was the Cat that Was, Oct. 11 - Rosemary Matteson – Tommy Meets Muffy from Manhattan, Oct. 18 - Roger Potocki – From the Inside, 40 Years of Reflections on Government, Politics and Events in the Utica-Rome Area.

**TUESDAYS 9:20 - 10:30 a.m.**

**Deb Favata**

### **AR207-4F Beauties on Genesee Street**

**First 4 weeks**

Four beautiful structures on Genesee Street will be showcased. Sept. 28 – Oneida County Historical Society, 1608 Genesee St., presented by Brian Howard, Executive Director; Oct. 5 – Stanley Performing Arts Center, 261 Genesee St., presented by Rolf Buchner, Stanley Volunteer; Oct. 12 – Fountain Elms, 310 Genesee St., presented by Ruth Thomas, Decorative Arts Assistant; Oct. 19 – Fort Schuyler Club, 254 Genesee St., presented by Mary Lyons Bradley. *A light lunch will be available after class, give check for \$10.00 directly to Mary Lyons Bradley at first session if you decide to stay for lunch.*

**WEDNESDAYS 10:40 - 11:50 a.m.**

**Mary Lyons Bradley/Marian G. Wilson**

### **AR210-8F Artistically Improving Your Digital Photographs**

**8 weeks**

You can operate your digital camera but you want to take better, more artistic photos. This is the class for you! A hands-on approach to portraits and landscapes will lead to better photos. This class will allow for exhibition of your work at SUNYIT. Bring your camera!

**TUESDAYS 2:00 - 3:10 p.m.**

**Ann Falvey**

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## ARTS, MUSIC, LITERATURE (continued)

### AR214-8F Not So Grand Opera

8 weeks

Not so GRAND opera ...and thus it should be a delightfully stimulating and mind-opening experience. It will be broadly based and appropriate for novices as well as opera aficionados. We'll hear four to six musical items each session, the longest taking less than 20 minutes. Most selections will be on DVD or video in order to enhance enjoyment and understanding. Usually there will be subtitles to translate the words being sung. Those selections that are only audio will be played using an iPod and Bose speaker system. Genres will include operas, cantatas, oratorios, operettas, documentaries, movies, and musicals. Selections will emphasize one or more of these elements: acting, singing, choreography, costumes, set decoration, as well as historical curiosity or significance. Good opera contains all the elements of good theater. Thus we'll enjoy not so much GRAND opera as GOOD opera. Music from previous classes will not be repeated. All new selections.

WEDNESDAYS 2:00 - 3:10 p.m.

Robert Schaffer

### AR221-8F Basic Watercolor

8 weeks

Peter plans to make this a basic class in watercolor describing the various types of paper used, followed by kinds of paint color, what is meant by value, styles of brushes, and what is meant by composition of a painting. Each class will have demonstrations and individual instruction. The goal will be to have all participants be able to paint a watercolor scene. Watercolor supplies will be required in this course.

MONDAYS 10:40 - 11:50 a.m.

Peter Ricci

## COMPUTER SCIENCE

### CS126-4F Fun Searching the Internet

First 4 weeks

Learn how to get started on the internet. The course will cover Amazon, Ebay, search engines, Craig's List, Youtube, social sites (Facebook and Twitter) favorite places and news sources.

MONDAYS 10:40 -11:50 a.m.

Neil R. Meislin

## PERSONAL GROWTH

### PG100-2F Learn to Make Homemade Pasta - Extra Course Two dates 10/21 & 11/4

We will make homemade macaroni and participants will bring home pasta to taste. Please bring a shirt box lined with waxed paper to class. Be prepared to make pasta!

FRIDAY 9:20 - 11:50 a.m. (*two class periods long*) Two dates, check one only

Vinnie Casatelli

### PG101-8F Genealogy

8 weeks

This course will start you on your search for your ancestors. You will discover where to look; how to find information; the sources that will help you; the location of collections and data; bibliographies and more.

WEDNESDAY 10:40 - 11:50 a.m.

Mary Ann Buteux and Phyllis Draper

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## PERSONAL GROWTH (continued)

**PG102-4F Wine Wise 101 and 102 with Sommelier Johannes Neckermann (Class limit, 35)**  
**4 weeks**

This course entails a lecture, followed by a discussion in each double session. Wine appreciation, wine presentation, wine paraphernalia, wine and food pairing, cellar management, reading wine lists, wine varietals and regions of the world and in particular the US, Bordeaux and Burgundy, wine tasting. Upon completion of this course, the student will appreciate, talk and taste wines on a higher level. (*please note: two class periods long*)

**MONDAYS 12:40 - 3:10 p.m.**

**Johannes Neckermann**

**PG104-4F Philosophy of Wholistic Medicine** **First 4 weeks**

In Philosophy there is a concept that states: "The whole is greater than the sum of its parts." That is why, just relieving symptoms may not restore health (or wholeness), rather, the approach to health has come to include "holistic" methods that will implement (if you will, these "parts") to make a greater whole, or basically, therefore; Holism is an ongoing educational system designed to teach people that health in a human being is the perfection of bodily organization, intellectual energy and moral power.

**FRIDAYS 9:20 - 10:30 a.m.**

**Irene Droleskey**

**PG107-4F Do-It-Yourself with Jay-K - Extra Course** **Second 4 weeks**

This interactive course is designed for homeowners who want to be able to perform basic home repairs. Information that will be presented during these sessions includes: faucet repair/replacement, drain replacement, toilet repair, winter-proofing techniques, energy-saving tips and basic-furnace maintenance. These repairs will be discussed and demonstrated. Participants will then be able to practice these valuable skills under the guidance of a knowledgeable instructor.

**THURSDAYS 2:00 - 3:10 p.m.**

**Dean Kelly**

**PG133-4F Folk Dancing - Extra Course** **8 weeks**

Every culture has its own particular type of dancing. All are unique in their own way. This course will give you a chance to try several types of Folk Dancing. No partner is needed to attend. Dancing has always been a wonderful way to meet people; and it's fun and great exercise. (*Please: no sandals or high heels.*) "If you can walk, you can dance!"

**TUESDAYS 12:40 - 1:50 p.m.**

**Gracie Schell**

**PG135-8F Zumba Gold A - Extra Course** **8 weeks**

Zumba Gold is a low impact exercise program designed for the active adult. Dance numbers are set to Latin Music. *Class size is strictly limited.*

**MONDAYS 10:40- 11:50 a.m.**

**Debby Trzepacz**

**PG136-8F Zumba Gold B - Extra Course** **8 weeks**

Zumba is a dance exercise class done to Latin music. It involves all major muscles. There is a 3-5 minute warm-up, cool-down and ab work.

**THURSDAY 9:20 - 10:30 a.m.**

**Susanne Torres**

**PG163-8F Intermediate Bridge - Extra Course** **8 weeks**

This course is for those who have taken elementary bridge and want to learn more about the game. Also for anyone who wants to brush up on their bridge skills.

**WEDNESDAYS 2:00 - 3:10 p.m.**

**Rosemarie Mancuso**

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## PERSONAL GROWTH (continued)

### **PG169-4F Smart Things for Safe Seniors - Extra Course**

**First 4 weeks**

Learn home and personal safety practices to use in your daily living. Learn, too, the best way to effectively communicate in stressful or life-threatening situations. Gain tips on observation skills to be a better witness for a jury or the police.

**THURSDAYS 10:40 - 11:50 a.m.**

**Ted Remonda**

### **PG184-4F MVILR Walkers' Club - Extra Course**

**8 weeks**

Participate in one or both sessions per week. Walk at your own pace, for as long as you like during the class period. Bring dry walking shoes and a bottle of water. Warm-up exercises will be offered at the beginning of each class.

**TUESDAYS and THURSDAYS note time: 8 to 9 a.m.**

**John Hosp**

### **PG189-4F Friendship and Dining - Extra Course**

**Four dates below**

We always have a great time going to some of our area's finest restaurants! We'd love to have you and whomever you choose join us. *Please note we are switching to Wednesdays at 5:30 p.m.* Dates: October 4, Aqua Vino; October 12, Bella Cucina; October 19, Mitsuba (on Rte.5), Japanese dining; Then we'll skip a week to November 2, for our all-time favorite, Symeon's. Cost is \$100 all inclusive, payable at sign-up time. See form on Page 20. Questions? Call me at 866-6079 or 867-4700 and I will return your call.

**WEDNESDAYS 5:30 p.m.**

**Marsha Mason**

### **PG190-4F Balsam Wreath or Kissing Ball (must specify) - Extra Course One Session**

Make a fresh balsam wreath or kissing ball, using fragrant balsam from The Shawangunk Preserve woven into natural twig base. Decorate with pine cones and any embellishments you care to bring. Decorations stay fresh looking outside all winter and often provide a bird nesting sites if left out in the spring. (cost: \$10- please make check to Peggy Spencer Behrendt and indicate wreath or kissing ball-form on page 20.) *One **two period** session 11/18*

**FRIDAY 9:20 - 11:50 a.m.**

**Peggy Spencer Behrendt**

### **PG191-4F Iris Paper Folding - Extra Course**

**One Session only**

Learn a fun and unique way to make special holiday cards or a decorative art piece with the elegant Iris paper-folding technique. It's deceptively easy! ( Materials cost \$7 to be paid when registering-form on page 20.) *One **two period** session 11/11*

**FRIDAY 9:20 - 11:50 a.m.**

**Peggy Spencer Behrendt**

### **PG200-8F Crochet with Barb - Extra Course**

**8 weeks**

Learn beginning crocheting and make a scarf...a great holiday gift!

**THURSDAYS 10:40 - 11:50 a.m.**

**Barbara McBride**

### **PG201-4F Leaving a Legacy: The Importance of Estate Planning - Extra Course**

**Second 4 weeks**

Good estate planning means planning not only for the future but maximizing use of your assets today. A will is central to estate planning. It is also your last communication to family and community. What statement will you make about the values important to you? How do you wish to be remembered? "If I go to a nursing home, will Medicaid take all of my assets?" Attorneys Andrew Ward and Christopher Bray will help educate you about the variety of techniques used in estate planning and the vehicles many people use to overcome the challenges of estate distribution. A question and answer session will be available.

**TUESDAYS 9:20 - 10:30 a.m.**

**Christopher Bray and Andrew Ward**

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## PERSONAL GROWTH (continued)

### **PG202-4F Combat Investing – How Not to Get Scammed -Extra Course First 4 weeks**

This informative, user-friendly “nuts and bolts” course will help empower you to effectively price bonds and learn about the various types of bonds and investments available. It will include a breakdown of the different types of mutual funds and how to analyze and decipher financial data from the prospectus on a mutual fund; How to “stretch” your IRA to your children and use TOD (Transfer on Death) to avoid probate will be discussed, along with learning how to read *The Wall Street Journal* and *Morningstar Mutual Fund Report*. Confused on insurance annuities and how they work? A detailed comprehensive overview on what you must know will be explained. You will be surprised. This course may be worth its weight in gold!

**TUESDAYS 10:40 - 11:50 a.m.**

**Elliott Friedman**

### **PG203-4F Be a Well-Being**

**First 4 weeks**

Nutrition and Wellness can be so confusing! This course will simplify and explain the steps necessary to feel better, have more energy and make more informed decisions on what you can do to live life to the fullest.

**FRIDAYS 12:40 - 1:50 p.m.**

**Dr. Pawel Pyrda**

### **PG209- 4F Proverbs From Near & Afar, Part 2**

**Second 4 weeks**

We will examine and discuss proverbs, old and new from different parts of the globe related to everyday living now.

**FRIDAYS 9:20 - 10:30 a.m.**

**Timothy Hume Behrendt**

### **PG212-4F Journaling Pathways to Expressive Daily Writing**

**8 weeks**

Getting thoughts out of your head and onto paper has many benefits. We will explore the mystery, joys, and value of writing every day. The exploration includes examining language, and discussing the journals of famous (and infamous) people.

**MONDAYS 12:40 - 1:50 p.m.**

**Roger Smith**

### **PG214-8F Let’s Play Mah Jong - Extra Course**

**8 weeks**

Mah Jong, which means “sparrow,” is a western version of an old Chinese game. The game consists of 152 engraved Chinese symbols and character tiles. Beginners learn the basics of a challenging game. It is played with four persons. We use Mah Jong cards produced by the National Mah Jong League as the basis of the game.

**THURSDAYS 2:00 to 3:10 p.m. (and beyond)**

**Gloria Schaeffer**

### **PG221-4F Orchids Made Easy - Extra Course**

**First 4 weeks**

Discussion of the needs of orchids, especially those easy to grow at home. Water and its effects, air, movement, feeding and the temperatures they like. We will also cover potting and maintenance of orchids.

**WEDNESDAYS 10:40 - 11:50 a.m.**

**Richard H. Braue, Jr.**

### **PG224-8F Sing Along With Gracie - Extra Course**

**8 weeks**

Dust off those old songbooks and fond memories, and bring along songs you’d like to share. Don’t worry, I’ll lead the singing. Got a harmonica or instrument to jam along with? Hey, why not! This is your class, and everyone can pick out a song to sing each week. (We’ll just have to pretend we’re sitting around a campfire.) P.S. Can’t sing? Then just come and listen.

**TUESDAYS 2:00 - 3:10 p.m.**

**Gracie Schell**

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## PERSONAL GROWTH (continued)

### PG226-4F International Tourist

**Second 4 weeks**

How to get a VISA, passport, foreign car as well as the best prices on travel via computer sites, etc. What to expect in foreign countries such as food, customs, sanitation, packing, etc.

**TUESDAYS 10:40 - 11:50 a.m.**

**Grace Klutschkowski**

## PHILOSOPHY AND RELIGION

### PH102-8F The Life of Muhammad

**8 weeks**

Michael H. Hart in his book *The 100* (a ranking of the most influential persons in history) chose Muhammad to be number one. He said, "My choice of Muhammad to lead the list of the world's most influential persons may surprise some readers and may be questioned by others, but he was the only man in history who was supremely successful on both the religious and secular levels." So come and see why more than one billion Muslims feel certain that he made the right choice. The course is a continuation of The Islamic World View.

**MONDAYS 2:00 - 3:10 p.m.**

**Sabur Abdul-Salaam**

### PH133-8F Select Works of C.S. Lewis: *The Screwtape Letters*; *The Four Loves*; *The Weight of Glory*

**8 weeks**

Discussion of three works authored by a highly respected British professor of English Literature in the mid 20<sup>th</sup> century who offered creative and clear insights for religious faith, appreciated by a broad and popular audience. Students should obtain these works and read the first chapter of *The Screwtape Letters* for the first class.

**FRIDAYS 12:40 - 1:50 p.m.**

**Bob Umidi**

### PH135-4F Religion, Spirituality, Moral Development, a Value System

**BONUS**

**Second 4 weeks**

An annual high point for MVILR members is a fall course with Father Paul Drobin, who is also the SUNYIT Newman Chaplain. Members who take his courses say, that with each session, he helps to bring them a little closer to understanding the meaning of life.

**THURSDAYS 12:40 to 1:30 p.m.**

**Fr. Paul Drobin**

## SCIENCE

### SC102-8F Wildlife and Wild Places of the Mohawk Valley

**8 weeks**

You don't have to watch Animal Planet to learn about the environment. Explore the Mohawk Valley with local experts and learn what finned, feathered and furred creatures share this biologically rich area with you. You'll get some pointers on how to capture wildlife moments on film to enjoy again and again, and how to get dirty in the garden while helping local wildlife survive the challenges of an upstate New York winter. From what flies in the air to what lives under ground, we'll cover it all!

**MONDAYS 10:40 - 11:50 a.m.**

**Elizabeth Irons**

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## Science (continued)

### SC103-8F Science Times

8 weeks

This course will review and discuss each Monday, articles carried in the previous Tuesday edition of the *New York Times*-Science Times section, ranging in content from current astronomy to health to zoology. The interesting and enlightening discussions examine the social, economic and political impacts of the science and should stir your curiosity, excite your imagination and perhaps even amuse you.

MONDAYS 12:40 -1:50 p.m.

David H. Bulman

### SC120-4F Medical Ethics and You II

First 4 weeks

Autonomy is a primary principle in healthcare decision making but is it always absolute? There are countervailing principles. In this course we will explore our rights as private individuals and our obligations in terms of public policy. Sometimes they conflict. There will be ample time for discussion.

WEDNESDAYS 9:20 - 10:30 a.m.

Edward B. Bradley, M.D.

## SOCIAL SCIENCES

### SS101-8F History's Mysteries #5

BONUS

5 weeks

Discover eight unsolved historical mysteries. This course has been offered before. It is not necessary to have taken others to take this one. *(No classes, 10/5, 10/26 11/2)*

WEDNESDAYS 9:20 - 10:30 a.m.

Cheryl Pula

### SS102-8F Quarterbacking the News A

8 weeks

This class is a freewheeling discussion of current events. Keep up with the news and bring in your opinions.

TUESDAYS 12:40 - 1:50 p.m.

Nancy Dubner

### SS102-8F Quarterbacking the News B

8 weeks

See description above.

WEDNESDAYS 12:40 - 1:50 p.m.

Nancy Dubner

### SS103-4F Everything You Wanted to Know about the Oneida County Historical Society

Second 4 weeks

All sessions to be held at the Society, 1608 Genesee St., Utica, NY at **2:30 PM**.

Session 1 (10/26) History of the Oneida County Historical Society; Session 2 (11/2) History of the various buildings the Society has called home. A tour of the building and current exhibits; Session 3 (11/9) Introduction to Research/Reference Library and materials; Session 4 (11/16) Examination of Society holdings and artifacts.

WEDNESDAYS at 2:30 off campus

Fred Capozzella

### SS131-4F The Loomis Gang Revisited

Second 4 weeks

This course will tell stories of The Loomis Gang, a family outlaw gang that terrorized Central NY and beyond for 20 plus years in the mid 1800's.

THURSDAYS 10:40 - 11:50 a.m.

Bob Loomis

### SS146-8F Abraham Lincoln

8 weeks

This course is a survey of Abraham Lincoln's early years in Indiana, adult years in Springfield and his Presidency.

MONDAYS 9:20 - 10:30 a.m.

Terry Kehoe

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## **SOCIAL SCIENCES (continued)**

### **SS150-4F America's Spy Agencies 10 Years after 9/11**

**First 4 weeks**

Ten years after the tragedies of September 11<sup>th</sup>, we will look back to see what we have learned regarding the roles of U.S. intelligence agencies in insuring our national security. This course will examine our nation's spy agencies (including the CIA, FBI and NSA), their capabilities and methods by which they collect and analyze information, and their ability to counter future terrorism plots.

**WEDNESDAYS 10:40 - 11:50 a.m.**

**Ira Cooperman**

### **SS152-4F Police Operations**

**Second 4 weeks**

The course will introduce the student to many different areas of policing. Some areas to be covered are street narcotics, public information, SWAT operations and more.

**FRIDAYS 10:40 - 11:50 a.m.**

**Wayne Manolescu**

### **SS177-4F US Bill of Rights and Amendments: A Primer**

**Second 4 weeks**

A basic, non-legal, primer on the US Bill of Rights and the other amendments to the U.S. Constitution. A repeat course.

**MONDAYS 10:40 - 11:50 a.m.**

**Steven Crane**

### **SS185-8F People's Law School**

**8 weeks**

Lectures by local attorneys and judges with an emphasis on issues related to local government and high profile cases.

**FRIDAYS 2:00 - 3:10 p.m.**

**Leland McCormac and Donna Case**

### **SS195-8F The Fall of France**

**8 weeks**

An 8-week look at the factors that led a major defeat of France in 1940 by German forces. We will look into the background of World War I, the Maginot Line, military organization, weapons, tactics and plans for both sides. Also the actual military campaign.

**WEDNESDAYS 12:40 - 1:50 p.m.**

**Eugene F. Beirne**

### **SS200-8F 1971**

**8 weeks**

The events, personalities, music, movies, television, and more will be explored using multimedia and discussion.

**TUESDAYS 12:40 - 1:50 p.m.**

**Lois Silverman**

### **SS203-8F Economics for Fun**

**8 weeks**

A skimming of basic traditional concepts, with current applications. What you'd like in an economics course – not many charts and graphs.

**MONDAYS 9:20 - 10:30 a.m.**

**David Mahoney**

### **SS215-4F They Made a Difference in Oneida County**

**First 4 weeks**

Tales of some of the men and women who contributed to the first 150 years of Oneida County history – luminaries in many fields such as politics, literature, medicine, religion, agriculture, military, industry, business, arts & crafts.

**MONDAYS 9:20 - 10:30 a.m.**

**Frank Tomaino**

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## **SOCIAL SCIENCES (continued)**

### **SS218-8F Inside the Victorian Home**

**8 weeks**

Have you ever driven by someone's home at night and quickly peered in through the open curtains to get a peek inside? If so, then go back in time with me and together we'll peek into the homes and habits of our British Victorian cousins. What went on in the parlor, the scullery, the drawing room? Were children seen but not heard? What of the servants below stairs? Were things really as grand and romantic as often portrayed? Let's go back and find out.

**WEDNESDAYS 2:00 - 3:10 p.m.**

**Billie Stan**

### **SS219-8F The Victorian Woman – Birth through Old Age**

**8 weeks**

When we think of the Victorian woman, we usually think of someone who tended to faint at the drop of a hat, who had a ridiculously small waist, and who wore dresses whose circumference kept men at more than arms' length. All these things were, in some respects, true. The question this course will attempt to answer is "why"? Join me as we explore what life for a Victorian woman was really like.

**MONDAYS 12:40 - 1:50 p.m.**

**Billie Stan**

### **SS220-4F Elder Care Options**

**- Extra Course**

**Second 4 weeks**

Participants will learn about the various levels of care, financial information related to elder care and issues of change which occur for the elderly as well as their support networks.

**WEDNESDAYS 12:40 - 1:50 p.m.**

**Sharon VanKuren**

### **SS224-4F Robber Barons, Railroads & Great Camps, Exploring the Adirondacks**

**Second 4 weeks**

From the middle of the 19<sup>th</sup> century to the Great Depression, the Adirondacks were developed to utilize natural resources and recreational opportunities. This series of illustrated talks will show the importance of the early developers, public transportation and wealthy urban visitors that resulted in the development of the Great Camps. An overview of significant Great Camps in the rustic tradition will be featured.

**TUESDAYS 2:00 - 3:10 p.m.**

**C. W. and Meg Higginson**

### **SS225-4F Overview of Sitrin Health Care Center: Its Programs & Services for the Community**

**First 4 weeks**

Speakers will provide information about the Sitrin Health Care Center. Established 60 years ago as a 6-bed residence for the elderly, Sitrin has evolved into a multi-faceted health care campus, serving people of all ages, abilities and circumstances. Participants will learn more about Sitrin services, including its new long-term care model, the Adult Day Health Care Program, the Cedarbrook Enriched Housing and Assisted Living Complex, and inpatient and out-patient medical rehabilitation services.

**WEDNESDAYS 12:40 - 1:50 p.m.**

**Rosemary Bonacci**

### **SS226-4F Cardiac Research: Bench to Bedside**

**First 4 weeks**

The Cardiac Research Institute at the Masonic Medical Research Laboratory (MMRL) has long been a major player in the development of medications and advancing life-saving technologies. MMRL scientists work to correlate basic mechanisms of cardiac arrhythmias and signs and symptoms of disease in patients so as to identify the factors responsible for certain cardiac diseases and formulate more precise diagnostics criteria and treatments. The Mohawk Valley Institute, a collaboration of Faxton St. Luke's Healthcare and St. Elizabeth Medical Center, works in partnership with the MMRL to bring cutting edge technology and treatments to the bedside. This 4-week session will offer lay presentations and **onsite visits to both facilities.**

**WEDNESDAYS 2:00 - 3:10 p.m.**

**Ronald Kamp and Halsey M. Bagg**

# **Directory of MVILR Facilitators: Fall 2011**

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## **Abdul-Salaam, Sabur: The Life of Muhammad**

Sabur is a retired Islamic chaplain of the New York State Department of Correctional Services. Since his retirement, he has been the president of the Muslim Community Association of the Mohawk Valley and also a board member of the Mohawk Valley Resource Center for Refugees and the program coordinator of the Second Chance Mentoring Program.

## **Bagg, Halsey M. FACHE, MSHS,: Cardiac Research: Bench to Bedside**

Halsey is director of Cardiac Services at St. Elizabeth Medical Center, and Co-Coordinator, Mohawk Valley Heart Institute. Prior to coming to Utica, Mr. Bagg worked in various professional and administrative capacities at hospitals in Binghamton, NY; Jacksonville, FL; Johnson City, TN, and Rochester, NY. He attended Hartwick College in Oneonta, where he obtained a BA in math before going on to Georgia Institute of Technology in Atlanta, where he earned both BS and master's Degrees in health systems.

## **Bamberger, Henry: Scenes from Shakespeare—Victims and Villains**

Henry is a rabbi emeritus of Temple Emanu-El of Utica. He is a former member of the MVILR board.

## **Bamberger, Sheila: Scenes from Shakespeare—Victims and Villains**

Sheila taught mathematics in Utica and Clinton High Schools and was voted "Teacher of the Year" three times.

## **Beirne, Eugene: The Fall of France**

Gene is a retired high school social studies teacher and school administrator. Military history has been an interest of his since high school.

## **Bonacci, Rosemary: Overview of Sitrin Health Care Center**

Rosemary Bonacci manages the development and communications department at the Sitrin Health Care Center in New Hartford, NY and is responsible for fundraising.

## **Bradley, Edward B., MD: Medical Ethics and You**

Dr. Bradley is a retired specialist in Internal Medicine and Geriatrics. He serves on the ethics committees of Hospice and Palliative Care, Inc. and RCIL. He was a founding member of the Institute of Applied Ethics at Utica College. He is currently on the MVILR board of directors.

## **Bradley, Mary Lyons: Beauties on Genesee Street**

Mary Lyons is a board member emeritus of the Landmark Society of Greater Utica and, in that capacity, continues to give tours of Utica's landmarks. She is a member of the Herkimer and Oneida County Community Foundation Board. She serves on the MVILR curriculum committee.

## **Braue, Jr., Richard H.: Orchids Made Easy**

Rick is a retired parachute qualified US Army Artillery Officer. He served all over the United States as well as two tours in Germany and two tours in Viet Nam. He's been growing orchids in his home basement greenhouse for over 20 years.

## **Bray, Christopher: Leaving a Legacy**

Christopher is an attorney at Radley & Rhinehardt PC in Ilion, NY. Chris focuses his practice in the areas of Medicaid and long-term career planning, elder law, future car planning for persons with disabilities and their families, guardianships, estate planning, estate administration and real estate matters.

## **Bulman, David: Science Times**

David, as a professional engineer, served for 36 years as director of traffic engineering for the City of Rochester and was NYS director of traffic engineering and safety and executive director of the NYS Public Transportation Safety Board. He has facilitated 22 MVILR courses including 20 classes in Science Times.

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### **Buteux, Mary Anne: Genealogy**

Mary Ann is a retired elementary teacher and was also a small business owner for 16 years. Her avocation has been family history research.

### **Calidonna, Frank: ▪ History of Cemetery Art ▪ Wonderful World of Ghost Stories**

Frank was an art teacher for 40 years, teaching every level from pre-school through graduate school, and is now retired. He was also co-director of computer services of his school for 10 years. Frank is a photographer, having won many awards and is a serious student of funerary art and is a present board member and past president of the Association for Gravestone Studies.

### **Capozzella, Fred: ▪ Introduction to Poetry ▪ Everything You Wanted to Know About the Oneida County Hist. Society**

Fred was an English teacher at Utica Free Academy, chairman of the English department at UFA and director of Middle School Education in the Utica school system. He was an adjunct instructor in English at MVCC for many years. He serves on MVILR's board and is the chairman of the Curriculum Committee. He also is a trustee of the Oneida County Historical Society.

### **Casatelli, Albert: Beginning Drawing**

Albert attended classes at Munson- Williams- Proctor- Arts Institute from a very early age. He graduated in 1966 from the School of Art at Syracuse University, with a BFA in Sculpture and permanent certification in secondary education. Albert taught high school art 32 years at Poland Central School. He has exhibited his work in many galleries, including the Kirkland Art Center, Clinton, a Gallery in Old Forge, and at MWPAI (where he won the Peoples' Choice award at the annual sidewalk art show), the Gannett Gallery and at Herkimer County Community College. A piece of his sculpture is featured in the book Design Continuum . His art is bought and sold in shops and galleries across the US, Canada and England. His art is a fusion of techniques, subjects and constantly changing medias.

### **Casatelli, Vinnie: Learn to Make Homemade Pasta**

Vinnie recently retired after working for 42 years as a registered nurse. Her love for cooking has guided her to making some extraordinary meals for family and friends. She loves to share her recipes and cooking talents.

### **Cooperman, Ira: America's Spy Agencies 10 years after 9/11**

As an Air Force Intelligence Officer during the Vietnam War, Ira served as liaison to the Central Intelligence Agency (C.I.A.) and the National Security Agency (N.S.A.). He is a member of the Association of Intelligence Officers, has lectured at the U.S. Military Academy at West Point from 2005-2007, and for the past six years has served as an instructor at the Chautauqua Institution, teaching about the U.S. Intelligence Community. A graduate of San Francisco State University, Ira is a former reporter for *The Los Angeles Times*.

### **Crane, Steven: Bill of Rights & Amendments, A Primer**

Steven is a Doctor of Social Studies Education: history and political science. He is a retired Professor at SUNY Canton. He is an avid observer of government and politics.

### **Draper, Phyllis: Genealogy**

Phyllis is a retired elementary school teacher who has also pursued the study of genealogy for 30 years.

### **Drobin, Fr. Paul: Religion, Spirituality, Moral Development, a Value System**

Paul is a Roman Catholic priest, now in his 44<sup>th</sup> year of the priesthood. His experience includes pastor, college chaplain, counselor, teacher and nursing home chaplain. He is currently the Newman Chaplain for SUNYIT and Utica College, and in the community is a member of many not-for-profit boards.

### **Droleskey, Irene, RNMTCRDD: Philosophy of Alternative Medicine**

Irene will present the definition and principles guiding wholistic medicine— its applicability and availability in modern culture.

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### **Dubner, Nancy: ▪ Quarterbacking the News A & B**

The founder of MVILR, Nancy was its president and CEO from 1997 until 2004. She was also president of the SUNYIT College Foundation, on which she has now served for 18 years. Before retirement, she was the central New York regional manager for community relations for the NY Power Authority for 15 years.

### **Falvey, Ann: Artistically Improving Your Digital Photographs**

Ann has been a photographer for twenty-five years. She has had 4 solo exhibits and 2 dual shows. She has studied locally at Munson Williams Proctor Arts Institute, Maine Photographic, New York Film Academy and Fine Arts Work Center, Provincetown, MA.

### **Favata, Deb: Book Talk**

Deb is a retired Poland Central School second grade teacher who joined MVILR 2 years ago. As a result of volunteering at the Holland Patent Public Library, she has an interest in local authors and books. She lives in Stittville, NY.

### **Friedman, Elliott: Combat Investing**

Elliott has been in the investment business since 1980 and is affiliated with Lincoln Investment Planning. He previously taught the Series 6 securities license for new financial representatives and has taught investment courses at MVCC as an adjunct faculty member. He has an AAS degree from MVCC, BPS degree from SUNYIT in public administration and an MS degree from SUNY Binghamton in management science. Elliott is an avid power walker, and when not walking, doing research, or working with clients, he can be found keeping fit at the Rome YMCA.

### **Higgerson, C. W.: Robber Barons, Railroads, & Great Camps**

C. W. Higgerson has practiced architecture in New York State for 30 years. He and his wife have a log cabin in the central Adirondacks. Adirondack history and architecture are his passions.

### **Higgerson, Meg: Robber Barons, Railroads, & Great Camps**

Meg Higgerson, a retired hospital administrator, has been married to C. W. Higgerson for 27 years and supervises all his activities. Meg has extensive hiking experience in the Adirondacks and will soon be a 46er.

### **Hosp, John: MVILR Walkers' Club**

John is retired from the Holland Patent Central School System. He coached track and cross-country there and is presently a track official. He also participates in masters' track and field in the throwing events.

### **Hosp, Rose: More Conversational Spanish**

Rose was an instructor of Spanish for 34 years in the Holland Patent School District.

### **Hume Behrendt, Timothy: Proverbs From Near and Afar, Part 2**

Tim is a semi-retired Unitarian/Universalist minister and counselor with 50 years of experience in his fields. He has a bachelor's degree in physical education, health and biology, a master's of divinity degree in theology and religion and a master's in counseling and psychology. He has been a collector of proverbs from around the world for many years and has written a book on the subject.

### **Irons, Elizabeth: Wildlife and Wild Places of the Mohawk Valley**

Beth Irons grew up passionate about animals and all things natural. She attended SUNY Oswego, completing a degree in Zoology. Her career, focused on all aspects of professional animal care, has included positions with New Hartford Animal Hospital, Eagle Hill Pet Center and the Utica Zoo. Her interests also include promoting local wild areas such as the Utica Marsh and the development of educational opportunities for all interested learners, regardless of age, in all things natural.

### **Kamp, Ronald: Cardiac Research: Bench to Bedside**

Ronald is the Director of Development and Communications for the Cardiac Research Institute at the Masonic Medical Research Laboratory (MMRL). He is responsible for expanding and strengthening the base of support and public relations of the institute. Mr. Kamp has a degree in education, is a classic car enthusiast and has been a board member and officer of several community organizations.

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### **Kehoe, Terence: Abraham Lincoln**

Terry is a retired high school math teacher. He is currently an adjunct instructor (Math and Physics) at SUNYIT. In addition to this course, he facilitates a course on *An American Tragedy* by Dreiser and is a member of the MVILR board of directors.

### **Kelly, Dean: Do It Yourself With Jay-K**

The President of Jay-K lumber, Dean returned to this area in 1987 after working in White Plains, NY for ATT. He is a member of various community non-profit boards.

### **Klutschkowski, Grace: International Tourist (Tourism)**

Grace is a retired school teacher and has traveled to at least 20 countries abroad and have visited most US States and Canada as well. She lived in Germany one full year and has traveled throughout Western Europe.

### **Loomis, Bob: The Loomis Gang Revisited**

Bob is the great-great grandson of George Washington Loomis and Rhoda Mallett Loomis, founders of the Loomis gang. Amos Plumb Loomis is Bob's great grandfather.

### **Mahoney, David: Economics for Fun**

David is a retired insurance broker. He earned a B.S. in Economics from Wharton School, University of Pennsylvania and an M.B.A. from Syracuse University. He has served, for many years, as an adjunct lecturer in area colleges teaching insurance, finance, economics and management.

### **Mancuso, Rosemarie: Intermediate Bridge**

Rosemarie is a bridge player who learned bridge by taking lessons. She taught Elementary, Intermediate and Advanced classes at the YWCA. She plays mostly competitive bridge and has been a Life Master for many years.

### **Mason, Marsha: Friendship and Dining**

Marsha is a retired business person and has always enjoyed engaging in civic activities. She is totally committed to MVILR and is pleased to serve as a member of its curriculum committee and is a former member of the board of directors.

### **McBride, Barbara: Crochet With Barb**

Barbara has crocheted for 30 years, making many afghans, ponchos, etc.

### **McCormac, Esq., Leland and Donna T. Case, Esq.: Peoples' Law School**

Leland is the chief trial counsel, Oneida County Public Defender's Office and Donna is a law clerk to Honorable David Hurd, federal district Judge, Northern District of New York.

### **Meislin, Neil R.: Fun Searching the Internet**

Neil earned a degree in accounting from Utica College. He had a 30-year career in real estate and business ownership as well as 10 years of internet experience including Website ownership and Web businesses.

### **Manolescu, Wayne: Police Operations**

Wayne is a Captain with the Utica Police Department and currently the Support Division Commander. He has 18 years of on-the-job-experience. Wayne is a NYS certified Master Instructor, with specialty certifications in Firearms, Defensive Tactics, Physical Fitness, and Weapons of Mass Destruction as well as a Marine Corp veteran and a lifelong resident of Utica.

### **Neckermann, Johannes: Wine-Wise 101 & 102 Combined**

Johannes is an international consultant of great wines and fine arts. His expertise and critical palate have won him great praise throughout the world.

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### **O'Neill, John H: Jane Austen, Emma and Persuasion: Text & Film**

John is a professor emeritus of English at Hamilton College, specializing in English Literature from 1660 to 1820.

### **Pula, Cheryl: History's Mysteries # 5**

Cheryl is a native of New York Mills. She has a BA in Russian language from SUNY Oswego and a Masters in Library Science from the University of Michigan. She was the Reference Librarian at the Dunham Public Library in Whitesboro and the Village of New York Mills Historian. In 2006 she was named Oneida County Historian of the Year by the Oneida County Historians Association. She has been published in the book, *Ethnic Utica in 1994*, and is currently working on a book with her brother on the Oneida County Regiments in the Civil War. Cheryl co-authored the book *With Courage and Honor: Oneida County's Role in the Civil War*, published November 2010 as well as co-author and editor of *The Polish-American Encyclopedia*, published January 2011. She is a member of several history organizations, including the General Daniel Butterfield Civil War Round Table and the History Club, both based in Whitesboro.

### **Pyrda, Dr. Pawel: Be a Well Being**

Dr. Pyrda is a holistic chiropractor who is trained in several natural healing modalities designed to create an entire sense of "well-being".

### **Remonda, Ted: Smart Things for Safe Seniors**

Ted is a retired NYS Trooper, a former FEMA Security Specialist and a former assisting instructor at BOCES in the Public and Private Security class.

### **Ricci, Peter: Basic Watercolor**

Peter began painting with the New Hartford Adult Education Program in the fall of 2003. He has taken watercolor classes at Munson Williams Proctor Arts Institute with Annette Gurdo and was also a student of W. Ralph Murray and Kathy Kernan at The Kirkland Art Center. Peter has exhibited at the Cooperstown Annual Jurist Art Show, Central Adirondack Art Show in Old Forge, MWPAI Student Art Show and Sidewalk Art Show, and at the KAC. Peter received the Carl Zornow Silver Cup Award as beginning artist at the 2004 Central Adirondack Art Show, Old Forge. He also received honorable mention at the 2005 National Rural Art Exhibition and 2<sup>nd</sup> place at the 2010 Central Adirondack Art Show for Watercolor.

### **Schaeffer, Gloria: Let's Play Mah Jong**

Gloria is a person who enjoys the challenge of games, Mah Jong being one of her favorites. Through the years, she has taught many friends and groups the intricacies of the game.

### **Schaffer, Robert D.: Not So Grand Opera**

Your host, Bob Schaffer, has enjoyed classical music in Budapest, Washington (DC), New York City, Tanglewood, Baltimore, Cleveland, Buffalo, Rochester, Oberlin, and Syracuse, among other venues. He started playing trombone in elementary school in Buffalo, NY, and listened enthusiastically to classical music from then on, starting with a wonderful collection of 78-rpm recordings – some of them early acoustic records featuring such luminaries as Enrico Caruso – that were given to him by an opera singer, the daughter of his beloved nanny. The daughter had studied voice in Europe following World War I. One of her fellow students was Bidu Sayao, the renowned Brazilian lyric coloratura soprano. Bob, a bass-baritone, has sung professionally and also conducted choir, chorus, band, and orchestra. His critical and analytic nature has led him to write music, theater, film, and dance reviews. Some may remember his four-year stint writing weekly "Argus" columns for the *Clinton Courier*.

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### **Schell, Gracie: ▪ Sing Along With Gracie ▪ Folk Dancing**

Gracie grew up with bluegrass and country songs from her Dad, Camp Fire Girl songs from her Mom, and singing in both school and church choirs. As a mother, she focused on children's songs and church "singspirations". Although she once sang in four choruses at the same time, Gracie remains only with the Ladies and Mixed Choruses of the Utica Maennerchor. She also participates with a "Shape-Note" singing group and two sing-a-long music jams. Singing and Music: "The Universal language of the world." – Unknown "Singing, anywhere, anytime – it's always fine!" Gracie is also an avid Ethnic Dancer. As a student attending the University of Salzburg, Austria, and the Volkshochschule there, she learned Austrian/German Folk Dancing under the instruction of the late Rudolf Teichmann. Gracie continues her love of Salzburg's ethnic dancing in two German dance groups. Along the way, she has expanded into learning several other culture's folk dancing, including Irish Ceili, Contra, Scottish Country, Polish, Balkan, Swedish, plus many circle dances. Gracie enjoys sharing her love of dancing with everyone!

### **Silverman, Lois: 1971**

Lois has an MA in Literature from Montclair State University (NJ) with a specialty in Literary Anthropology. She previously taught Not Just John Wayne, 1967, Feeling Groovy, and Satire Then and Now, for MVILR and other courses for adults and teens.

### **Smith, Roger B.: Journaling-Pathways to Expressive Daily Writing**

Roger taught Journaling for 20 years, and has kept a daily journal for the past 40 years. "I believe in exploratory writing as a means of solving problems and valuing personal experience."

### **Spencer - Behrendt, Peggy: ▪ Balsam Wreath or Kissing Ball Iris Paper Folding**

Peggy comes from a family of avid and talented crafters who love to inspire and share it with others. She has taught crafts, basketry and music at the Kirkland Art Center and the Shawangunk Nature Preserve.

### **Stan, Billie: ▪ Inside the Victorian Home ▪ The Victorian Woman-Birth Through Old Age**

Billie was born in Pennsylvania. She grew up in California where she met and married her husband, a career Air Force Officer. During their military years they also lived in England, Nevada, Germany, South Carolina and New York. Her love affair with history began in the seventh grade and her travels across America and Europe served to increase her affection. It is her hope that you will find the time travel of history as entertaining as she has.

### **Tomaino, Frank: They Made a Difference in Oneida County**

Frank is a native Utican who has written about local history for many years and continues to write "This Week in Mohawk Valley History" for the Sunday *Observer-Dispatch*. He is a trustee of the Oneida County Historical Society.

### **Trzepacz, Debby: Zumba Gold A**

Debby is a recently retired history teacher and now has time to enjoy her life, especially Zumba. She is licensed to teach regular Zumba and Zumba Gold.

### **Torres, Susanne: Zumba Gold B**

Susanne has been working out through aerobics, gym routine and sports for 25 years. I needed to keep it interesting and started Zumba two years ago.

### **Umidi, Robert: Select Works of C.S. Lewis**

Bob has been a resident of the Utica area for 14 years, living previously in New Jersey. He taught religious courses in colleges and community colleges for several years before becoming a Presbyterian minister. He has a wife and two grown sons. He enjoys reading philosophy, theology, poetry and biblical studies. Most recently he's been impressed by and training for the work of community organizing. In his free time he enjoys playing golf and guitar.

**Directory** \_\_\_\_\_

**Van Kuren, Sharon: Eldercare Options**

Sharon has been the Director of Social Work at Masonic Care Community for 26 years. She participates in community/facility education and is very knowledgeable of the needs of the elderly, nursing home, adult care and home health care.

**Ward, Andrew K.: Leaving a Legacy**

Andrew is an attorney at the Ward Law Firm in New Hartford, NY, who has focused his practice exclusively on Estate and Business Succession Planning for the last ten years. His practice is client based, as Mr. Ward meets with all clients directly and personally handles their cases from the first meeting through to completion.

**Wilson, Marian G. ▪ Beauties on Genesee Street  
▪ Admiring Ansel Adams**

A retired public school educator, Marian developed a gifted and talented program and coordinated a K-12 curriculum enrichment program featuring the visual and performing arts. She is past president of the Central New York Community Arts Council and a National Scholar with the National Endowment for the Humanities. Currently she serves on the MVILR Curriculum Committee, enjoys traveling and working in her gardens.

**Payment Form for Friendship and Dining-Wednesdays at 5:30**

Name(s) \_\_\_\_\_

Method of payment:  Check **Cost per person \$100** Total: \$\_\_\_\_\_

**MAKE CHECK PAYABLE TO: THE COLLEGE ASSOCIATION**

or  VISA  MasterCard # \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_\_

\_\_\_\_\_  
Authorized Signature Zip Code

**PLEASE SEND IN PAYMENT WITH COURSE REGISTRATION FORM**

**Iris Paper Folding** Payment Form for Materials– Send in with Course Registration

Name(S) \_\_\_\_\_

Check only: **Cost per person \$7** Total: \$\_\_\_\_\_

**MAKE CHECK PAYABLE TO: Peggy Spencer Behrendt**

**Check one please:  Kissing Ball  Balsam Wreath**

Payment Form for Materials– Send in with Course Registration please.

Name(S) \_\_\_\_\_

Check only: **Cost per person \$10** Total: \$\_\_\_\_\_

**MAKE CHECK PAYABLE TO: Peggy Spencer Behrendt**

**Fall 2011 MVILR  
Registration Form**

**YOUR  
NAME** \_\_\_\_\_

- Write your name on both pages of the registration form.
- You are entitled to enroll in **three** courses each semester **plus** any **Extra and Bonus Courses**.
- **Extra Courses** include courses that are limited in size and not classified as academic by the Curriculum Committee. **Bonus Courses** are unlimited in size and held in the Auditorium in Kunsela Hall. Please put a **checkmark** next to your choices below.
- **Academic Courses** are listed on the other side of this form. Mark numbers 1, 2, 3, and 4 beside your first four choices of courses in order of preference (#1 being first choice.)
- Complete and cut out this registration page; return the completed registration form to MVILR. Remember to put MVILR on the top line of your envelope. The full address is as follows:  

**MVILR@SUNYIT  
100 Seymour Road  
Utica, NY 13502-1311**
- Keep a record of the choices you have made. Remember to write your name on the form.
- Registrations are taken on a first come/first served basis.
- You will receive a course confirmation in the mail.
- **Extra Courses and Bonus Courses (below) are in addition to your three course allotment.**

Check here	EXTRA COURSES	
	PG100-1F Learn to Make Homemade Pasta 10/21 check one only	
	PG100-1F Learn to Make Homemade Pasta 11/4 check one only	
	PG104-4F Philosophy of Wholistic Medicine	
	PG107-4F Do It Yourself With JayK	
	PG133-8F Folk Dancing	
	PG135-8F Zumba A (Mondays)	
	PG136-8F Zumba B (Thursdays)	
	PG162-8F Intermediate Bridge	
	PG169-4F Smart Things For Safe Seniors	
	PG184-8F MVILR Walkers' Club	
	PG189-4F Friendship and Dining (please include payment form on page 20)	
	PG190-1F Balsam Wreath or Kissing Ball (must specify on payment form on Page 20)	
	PG191-1F Iris Paper Folding (please include payment form on page 20)	
	PG200-8F Crochet With Barb	
	PG201-4F Leaving a Legacy	
	PG202-4F Combat Investing	
	PG212-8F Journaling– Pathways to Expressive Daily Writing	
	PG214-8F Let's Play Mah Jong	
	PG221-8F Orchids Made Easy	
	PG224-8F Sing Along With Gracie	
	SS220-4F Eldercare Options	
	PH 135-4F Religion, Spirituality, Moral Development, A Value System	<b>BONUS COURSE</b>
	SS 101-8F History's Mysteries #5	<b>BONUS COURSE</b>

**Academic Courses:** You may take 3 eight- week or 6 four- week courses.

-Number choices by priority with #1 for your first choice-

AR108-8S Beginning Drawing	<b>Arts, Music, and Literature</b>
AR135-4F Introduction to Poetry	
AR137-6F Admiring Ansel Adams	
AR143-4F Shakespeare's Villains	
AR145-8F History of Cemetery Art	
AR146-8F Wonderful World of Ghost Stories	
AR150-4F Jane Austen, <i>Emma</i> and <i>Persuasion</i> : Text & Film	
AR162-8S Conversational Spanish	
AR185-4F Book Talk	
AR 207-4F Beauties on Genesee Street	
AR210-8F Artistically Improving your Digital Photographs	
AR212-8F Not So Grand Opera	
AR221-8F Basic Watercolor	
CS126-4F Fun Searching the Internet	<b>Computer Science</b>
PG102-8F Genealogy	<b>Personal Growth</b>
PG102-4F Winewise 101 & 102 (one course)	
PG203-4F Be a Well Being	
PG209-4F Proverbs From Near and Afar Part II	
PG226-4F International Tourist	
PH102-8F The Life of Mohammad	<b>Philosophy and Religion</b>
PH133-8F Select Works of C.S. Lewis	
SC102-8F Wildlife and Wild Places of the Mohawk Valley	<b>Science</b>
SC103-8F Science Times	
SC120-4F Medical Ethics and You	
SS102-8F Quarterbacking the News A (Tuesdays)	<b>Social Sciences</b>
SS102-8F Quarterbacking the News B (Wednesdays)	
SS104-4F Everything You Ever Wanted to Know About the Oneida County Historical Society	
SS131-4F The Loomis Gang Revisited	
SS146-8F Abraham Lincoln	
SS 150-4F America's Spy Agencies 10 Years after 9/11	
SS152-4F Police Operations	
SS177-4F Bill of Rights & Amendments, a Primer	
SS185-8F People's Law School	
SS195-8F The Fall of France	
SS200-8F 1971	
SS203-8F Economics for Fun	
SS215-4F They Made a Difference in Oneida County	
SS218-8F Inside The Victorian House	
SS219-8F The Victorian Woman-Birth to Old Age	
SS224-4F Robber Barons, Railroads * Great Camps, Exploring the Adirondacks	
SS225-4F Overview of the Sitrin Health Care Center	
SS229-4F Cardiac Research: Bench to Bedside	

# MVILR Fall 2011 COURSE SCHEDULE

	9/26 10/3 10/10 10/17 10/24 10/31 11/7 11/14	9/27 10/4 10/11 10/18 10/25 11/1 11/8 11/15	9/28 10/5 10/12 10/19 10/26 11/2 11/9 11/16	9/29 10/6 10/13 10/20 10/27 11/3 11/10 11/17	9/30 10/7 10/14 10/21 10/28 11/4 11/11 11/18
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:20 - 10:30 AM</b>	<ul style="list-style-type: none"> <li>▪ They Made a Difference 4 (1)</li> <li>▪ Economics for Fun</li> <li>▪ Abraham Lincoln</li> <li>▪ Wonderful World of Ghost Stories</li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>MVILR Walkers</i></li> <li>▪ <i>Leaving a Legacy 4(2)</i></li> <li>▪ Book Talk 4 (1)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Medical Ethics 4 (1)</li> <li>▪ <b>History's Mysteries #5</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>MVILR Walkers</i></li> <li>▪ Conversational Spanish</li> <li>▪ <i>Zumba Gold B</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Proverbs 4(2)</li> <li>▪ <i>Wholistic Medicine 4(1)</i></li> <li>▪ <i>Iris Paper Fold. 11/11</i></li> <li>▪ <i>Balsam Wreath 11/18</i></li> <li>▪ <i>Pasta A 10/21 Pasta B 11/4</i></li> </ul>
<b>10:40 - 11:50 AM</b>	<ul style="list-style-type: none"> <li>▪ Wildlife/Wild Places</li> <li>▪ U.S. Bill of Rights 4(2)</li> <li>▪ Basic Watercolors</li> <li>▪ Searching the internet 4 (1)</li> <li>▪ <i>Zumba Gold A</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Combat Investing 4(1)</li> <li>▪ International Tourist 4(2)</li> <li>▪ Admiring Ansel Adams</li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>Orchids Made Easy 4 (1)</i></li> <li>▪ Genealogy</li> <li>▪ American's Spy Agencies4(1)</li> <li>▪ Beauties on Genesee St. 4(1)</li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>Crochet with Barb</i></li> <li>▪ The Loomis Gang Revisited 4(2)</li> <li>▪ <i>Smart Things 4(1)</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>Iris Paper Fold. 11/11</i></li> <li>▪ <i>Balsam Wreath 11/18</i></li> <li>▪ <i>Pasta A 10/21 Pasta B 11/4</i></li> <li>▪ Police Operations 4(2)</li> </ul>
<b>12:40 - 1:50 PM</b>	<ul style="list-style-type: none"> <li>▪ Science Times</li> <li>▪ Victorian woman</li> <li>▪ <i>Journaling</i></li> <li>▪ Beginning Drawing</li> <li>▪ WineWise 4(2)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Qbacking the News A</li> <li>▪ 1971</li> <li>▪ <i>Folk Dancing</i></li> <li>▪ Jane Austen 4(1)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Qbacking the News B</li> <li>▪ The Fall of France</li> <li>▪ Overview of Sitrin 4(1)</li> <li>▪ <i>Eldercare Options 4(2)</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Intro to Poetry 4 (1)</li> <li>▪ <b>Religion, Spirituality, Moral Development, a Value System 4(2)</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ Selected Works of C.S..Lewis</li> <li>▪ Be a Well Being 4(1)</li> </ul>
<b>2:00 - 3:10 PM</b>	<ul style="list-style-type: none"> <li>▪ <i>Beginning Drawing</i></li> <li>▪ WineWise 4(2)</li> <li>▪ History of Cemetery Art</li> <li>▪ Life of Mohammed</li> </ul>	<ul style="list-style-type: none"> <li>▪ Jane Austen 4(1)</li> <li>▪ Robber Barons 4(2)</li> <li>▪ <i>Sing Along w/Gracie</i></li> <li>▪ Artistically Improving Digital Photos</li> </ul>	<ul style="list-style-type: none"> <li>▪ Inside the Victorian Home</li> <li>▪ <i>Intermediate Bridge</i></li> <li>▪ Not So Grand Opera</li> <li>▪ Cardiac Research 4 (1)</li> <li>▪ Everything You Wanted 4(2)</li> <li>▪ <i>Friendship &amp; Dining</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ <i>Let's play Mah Jong</i></li> <li>▪ Shakespeare's Villains 4 (2)</li> <li>▪ <i>Do It Yourself with JayK 4(2)</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ People's Law School</li> </ul>

*Extra Courses in Italic*

**Bonus Courses in Bold**



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