

---

# MVILR

Mohawk Valley Institute for Learning in Retirement  
at SUNYIT

---

**Course Catalog**  
**Winter 2012**  
January 30 to February 24



“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*

## 2012 Winter 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 Road  
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)**  
**Secretary: Jo Giacobelli**  
**Executive Director: Ginger Parker**

### MVILR Board of Directors

Terry Kehoe, President  
Donald Falkenstern, First Vice President  
Elliott Friedman, Second Vice President  
Joan Kwasniewski, Secretary  
Beth Stookey, Assistant Secretary  
Geri Speich, Treasurer  
Mary Ann Zogby, Assistant Treasurer

### Members:

Edward Bradley	John H. O'Neill
Fred Capozzella	Bonnie Sanderson
Eleanora Collins	Lee Schrader
Cynthia Donachie	Roger B. Smith
Nancy Dubner-Emeritus	Shirley Van Marter
Nancy Kelly	Marian Wilson
Theodore Max	Harry Winberg

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

**WELCOME NEW MVILR MEMBERS 2011-2012**

### THE MVILR OFFICE IS BUZZING

The fall semester saw many courses held in our new MVILR Suite, and more than that, a photo exhibition, meetings in our new conference room, talk of an ongoing book club, craft circle and more plus members visiting and meeting each other here for lunch.

**If you have an idea for using our "club house" during or between semesters, let the office know.**

### What Do 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. 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, you must buy a new sticker. The cost of a replacement sticker is \$1 and available in the MVILR office with new car information. Lost stickers will be replaced for the standard \$15 fee.

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

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

**Weather Cancellations:** Please check school closings scrolled at the bottom of the TV screen on WKTV; check [www.wktv.com](http://www.wktv.com); listen to WIBX or WRVO radio, between 7 and 9 a.m.; or call MVILR for a recorded message, 315 792-7192.

### Registering for your courses

As an MVILR member, you may sign up for 3 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 the Bonus and Extra 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.
- No registrations will be taken by phone until January 23.
- You may register for courses that are not yet full AFTER January 23. Phone the office at 792-7192.
- 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 in the MVILR office.

*Material presented in courses at MVILR reflects the opinions of the facilitators and other presenters. It does 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.*

### WELCOME to New Facilitators in the Winterim Session:

Carol Bandyh  
Manfred Klutschkowski  
Fritz Meeusen

#### ONE CATALOG ... PLEASE NOTE:

If you are an MVILR couple living at the same address, we will send you one catalog. Please make a copy of the registration form or, easier still, print out a copy that will be a PDF on our website. Thanks...saving where it makes sense!

### Construction in the Campus Center

The winter and spring semesters will find things a bit noisier in the Campus Center due to construction. However, all entryways will still be open and parking should remain as is.

#### ATTENDANCE IN CLASS

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 room requests to SUNYIT.

### 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 Campus Bookstore (Follett). Please call the Campus Bookstore in advance of class to place your order: 315 792-7257 or visit in person, first floor of Kunsela Hall.



### CONTENTS:

MVILR Information and News  
Pages 2 and 3

Course Listings  
Pages 4 through 8

Directory - MVILR Facilitators  
Pages 9 through 12

Course Registration Form  
Pages 13 and 14

Winter Course Calendar  
Page 15

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

### Check our Website

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)

### Going Green at MVILR

To conserve on paper and stamps, the MVILR quarterly newsletter is being emailed, in living color, to your very own computers. If you have just acquired an email address or have changed your address let us know at [mvilr@sunyit.edu](mailto:mvilr@sunyit.edu).

Please put our email address in your address book so the mailing won't go into your SPAM basket.

**The MVILR OFFICE**  
**will be closed from**  
**Thursday Dec. 22**  
**Reopening on**  
**Tuesday Jan. 3**

**HAPPY NEW**  
**YEAR!**

**SAVE THE DATE:**  
**Thursday May 24, 2012**  
Annual Meeting  
&  
Year-End Celebration

---

## WINTER 2012

# MVILR COURSE LISTINGS AND DESCRIPTIONS

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

MVILR follows the SUNYIT class schedule. Time blocks and class lengths mimic SUNYIT's regular classes. We will mail you a confirmation letter reminding you of the time blocks and class duration.

### **ARTS, MUSIC AND LITERATURE**—All courses are 4 weeks unless otherwise indicated.

#### **AR135-4W Analysis of *Moby-Dick*, The Great American Novel**

This will be a discussion of major themes in Melville's *Moby Dick*.

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

**Fred Capozzella**

#### **AR137-4W Meet Me at the Museum**

Each week, a different guest speaker from Munson-Williams-Proctor Arts Institute will take students into the galleries to discuss a different aspect of the museum's exhibition of Fine Arts and Decorative Arts. Classes will be led by Museum of Art Curators Paul Schweizer, Anna D'Ambrosio and Mary Murray, and Museum Education Director, April Oswald. Students should gather in the Museum of Art's Edward Wales Root Sculpture Court. *Held at MWPAI (class limited to 25).*

**TUESDAYS 2:15 - 3:30 p.m.**

**April Oswald**

#### **AR162-4W Conversational Spanish**

Learn some questions and vocabulary useful when traveling in a Spanish-speaking country.

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

**Rose Hosp**

#### **AR212-4W Journaling— Journey to the Interior**

**Extra Course**

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

**Roger B. Smith**

#### **AR221-4W Basic Watercolor 102**

This course is a follow-on to Basic Watercolor 101. In this class, new watercolor techniques will be introduced, such as using a credit card to make rocks. We will also do a still life. Supplies will be required to take this course. **Basic Watercolor 101 is required.**

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

**Peter Ricci**

### **COMPUTER SCIENCE**

#### **CS125-4W After the Picture Is Taken**

In this day and age, most of us use digital cameras. Family and travel are two big topics. After spending thousands of dollars on a trip, the pictures we bring home are very valuable. Now what do we do with them? How do we safely store them on our computer? How do we organize them? This class will cover the basics – storage, backup and organization using your computer's filing system. Certain software will be shown, too – Adobe Bridge and LightRoom, plus some others.

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

**Frank Calidonna**

---

## **COMPUTER SCIENCE (continued)**

### **CS128-4W Introduction to Computers**      *note dates: 1/30, 2/6, 2/13 and 2/27 no class 2/20*

This hands-on class with guided instruction and self-study guide handouts is designed for people who have little to no experience working with a computer. The class teaches basic skills beginning with using the mouse and keyboard and progresses to file management and internet use. Topics include: identifying and understanding major components of the computer, mouse and keyboard skills, using Windows, managing files and folders, basic word processing, using the internet, "what is e-mail and the World Wide Web?", basic web browsing techniques, search engines, basic security and privacy practices, an introduction to the Windows Control Panel programs, how to connect to a new wireless network, how to determine your computer's specs, (RAM, hard drive size, operating system version, etc.), printing basics (page orientation, margin adjustment, two sided printing, etc.), how to install and uninstall programs, power management monitor energy saving, computer sleep and hibernation, etc.

*This Mid York Library System training program is made possible by grants awarded through the American Reinvestment and Recovery Act (ARRA) Broadband Technology Opportunities Program.*

**This course will be held off campus in a special Lab at the Utica Library.**

**MONDAYS 2:30 - 3:50 p.m.**

**Fritz Meeusen**

## **PERSONAL GROWTH**

### **PG224-4W Sing Along with Gracie**

#### **Extra Course**

This is a fun class to chase away those mid-winter "Cabin Fever Blues." 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**

### **PG133-4W Exercise with International Folk Dancing**

#### **Extra Course**

Fun and easy exercise! No experience or partner needed. A place for smiles and laughter and a work-out you don't realize you're having. Simple steps to music from around the world. Try it, you'll like it!

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

**Gracie Schell**

### **PG134-4W Zumba Gold Toning**

#### **Extra Course**

Zumba Gold-Toning integrates the added benefits of strength training with the exhilarating experience of Zumba Gold. Through modified lightweight resistance training, participants can help prevent age-related bone loss, increase muscle strength, and improve mobility, posture and coordination. Please bring sneakers, water and 1 lb hand weights (nothing heavier will be allowed). Optional belly dance hip-scarves will be available for purchase for \$8.

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

**Debby Trzepacz**

### **PG135-4W Zumba Gold B**

#### **Extra Course**

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.

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

**Susanne Torres**

---

## **Personal Growth (continued)**

### **PG143-4W Retirement Lessons From True Case Studies**

**Extra Course**

In this newly revamped course, we will explore how key decisions made during retirement can impact you and your family's financial well being. We will share true-case studies so you can learn from those who got it *right* – and those who got it *wrong*. Designed to offer a fun and flexible-yet comprehensive-look at retirement planning.

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

**Dennis Coughlin and Chris Giambrone**

### **PG147- 4W Downhill Skiing**

**Extra Course**

This skiing course takes place on the slopes from 10 a.m. until 3 p.m. There are two hours of instruction in the morning, followed by lunch and guided practice throughout the rest of the day. We ski at different local resorts each week in order to vary the experience. MVILR does not collect program fees in advance, as each area has a different rate structure. Participants pay lift and rental (if needed) fees on the day of the class. Special rates for registrants will still be in effect. Transportation is the responsibility of the participant, and car-pooling is particularly advised. The tentative schedule is as follows: Feb. 1, Feb. 8, Feb 15 and Feb 29 (no class on February 22) – Location to be determined by participants.

All of the ski areas have excellent terrain for beginners as well as challenging slopes for the "old pros" in the group. The focus on individual skill development in a collegial setting insures a fun-filled experience for novice and seasoned skiers

**WEDNESDAYS ALL DAY AT SKI CENTERS 10 a.m. to 3 p.m.**

**Bonnie Sanderson**

### **PG164-W Try Curling**

*(3 weeks in a row, starting Feb. 1)*

**Extra Course**

Enjoy the sport of curling! Curling debuted as a full medal sport in the 1998 Winter Olympics in Nagano, Japan. Although it is over 100 years old, Curling, like golf, is a lifetime sport, played for recreation and competitive satisfaction by men and women from 8 to 80. The first session includes an instructional clinic where participants will learn fundamentals of delivering stones, sweeping skills and strategy. A partial game will be played. Sessions 2-3 involve actual game play with coaching instructors assisting with techniques and strategy. ***Participants need to carry (not wear) clean sneakers to class. Wear loose, warm clothing. Bring health waiver form with you to first class. Held at the Utica Curling Club, Clark Mills Rd.***

**WEDNESDAYS 10 to noon**

**Pam Jones and Fred Hicks**

### **PG182-4W MVILR Walkers' Club**

**Extra Course**

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. *(Meets at the gym track at the Campus Center.)*

**TUESDAYS AND THURSDAYS 8:00 to 9:00 a.m.**

**Jack Hosp**

### **PG200-4W Open Knit/Crochet/Needlework ... any Craft ... Group**

**Extra Course**

This is to be an open craft group, held in the MVILR Suite, to socialize as we do our crafts. Everyone welcome! We hope this continues beyond the semester-year round perhaps!

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

**Vinnie Casatelli**

---

## **PERSONAL GROWTH** (continued)

### **PG214-4W Let's Play Mah Jong**

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 4:00 p.m.**

**Extra Course**

**Gloria Schaeffer**

### **PG215-4W Snowshoe!**

Snowshoe lovely area sites. First session we will meet in the parking lot at Lake Delta. We will hike if there is no snow.

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

**Extra Course**

**Elaine Burke**

### **PG222-4W X-C Skiing**

The primary purpose of this class is to learn or relearn techniques needed to enjoy cross-country skiing. The initial class will be in SUNYIT's Aerobics room for dry land practice. Bring skis, boots and poles to that session. Thereafter, classes will meet in various places **OUTDOORS AND LAST LONGER THAN THE TYPICAL 1 HR 10 MINUTE CLASS SESSION**. It is strongly recommended that you bring water or juice, and some type of snack food, power bar, oatmeal cookie, etc. Course outcome? You'll feel more confident with your skiing ability and thus, have a more enjoyable experience, one in which you control the skis; they don't control you.

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

**Extra Course**

**Paul Fortin**

### **PG227-4W Unique Paper-Folded Box *note: 1 session only 1/30***

Start with two 12" X 12" scrapbook papers and fold to create a box that is great for a gift card, check, jewelry or candy.

**MONDAY January 30 10:40 to 11:50 a.m.**

**Carol Bandyach**

**Extra Course**

### **PG228-4W-4W The Love of Bonsai**

We will explore techniques and information needed for you to grow bonsai. We will discuss many aspects of their care, including: watering, potting, shaping, styling, pruning and wiring.

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

**Extra Course**

**Nancy Knapp**

### **PG229-4W Treasures from the Attic**

Explore the relics of the past with experts in their respective fields. The first session will showcase antique jewelry. Bring a favorite piece or two for the class to enjoy. For the second class, you may bring an item or two of your choice for appraisal. The third session will feature post-cards with emphasis on the artistry of Ellen Clapsaddle, a women's advocate from this area. Lastly, there will be a display and discussion of bottles of all kinds. Share your treasures and curiosities with the class.

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

**Extra Course**

**Joyce Hunt**

## **PHILOSOPHY AND RELIGION**

### **PH104-4W God and the Muslims**

Muslims say that Islam is not a religion, but is in fact a way of life. So other than having to pray five times each day, how does God impact the everyday lives of the Muslims? If you want to know, now is your chance to find out. Take the class "God and the Muslims", God willing.

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

**Sabur Abdul-Salaam**

---

## **SOCIAL SCIENCES**

### **SS101-4W Day of Infamy: The Attack on Pearl Harbor**

A study of the Japanese attack on Pearl Harbor, Hawaii, that plunged the U.S. into World War II, discusses the events leading up to the attack, the attack itself, the aftermath, and the theories about how much the U.S. really knew about the attack before it happened.

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

**Cheryl Pula**

### **SS102 - 4W Quarterbacking the News A**

Discussions will be based on reading of the *New York Times* Section 4, "News of the Week in Review", *Time*, *Newsweek*, *Observer-Dispatch*, *Rome Sentinel*, etc. Here is your opportunity to voice your views on current events. The Moderator serves as a guide and provocateur, and lively discussion is the centerpiece of the course.

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

**Nancy Dubner**

### **SS102 - 4W Quarterbacking the News B**

See description above.

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

**Nancy Dubner**

### **SS149-4W Off to the Fort We Go!**

How and why did this fort, in the center of Rome, become part of the National Park System? Discover this and much more as we explore the "fort that never surrendered".

*Note: course is off campus at Fort Stanwix in Rome.*

**MONDAYS 2:15 to 3:30 p.m.**

**Valerie Morgan**

### **SS150-4W Remembering the Vietnam War and Its Unintended Consequences**

It's been 36 years since the last shot was fired, yet for many the Vietnam War has not ended. And in the lexicon of American history and politics, the name "Vietnam" is a synonym for a foreign policy failure. Was it just a military and foreign policy failure? Or did the war have some longer lasting consequences? With military and intelligence background, the instructor will use personal experience in Vietnam to address these questions and to examine the history and impact of America's involvement in Southeast Asia.

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

**Ira Cooperman**

### **SS185-4W People's Law School**

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

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

**Leland McCormac and Donna Case**

### **SS197-4W Founding Fathers, Founding Mothers, Founding Brothers**

The Revolutionary War era produced a greatest generation of leaders whose abilities and achievements still amaze us today. This course examines the role of Washington, Adams, Jefferson and Madison during the Revolution and early years of the Republic. The impact of women like Abigail Adams and Dolly Madison on their husband's careers, the relationship between Jefferson and Sally Hemings, and the contributions of Benjamin Franklin and Alexander Hamilton will also be discussed.

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

**Richard Gates**

### **SS227-4W European History from WWI to the Cold War From a German Perspective**

The Treaty of Versailles and how it affected German History and the German People. The Rise of Adolf Hitler and the N.S.D.A.P. Little emphasis on WW II itself. Germany after WW II to the fall of the Berlin Wall. The history is interspersed with many personal experiences (see bio).

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

**Manfred Klutschkowski**

### **SS229-4W Many Cultures, One Community**

Learn about the plight of millions of displaced individuals worldwide and how Utica has welcomed nearly 14,000 refugees from 31 different countries. Find out how you can be effective in helping integrate the growing refugee and immigrant community.

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

**Peter Vogelaar**

## **Directory of MVILR Facilitators: Winter 2012**

### **Abdul-Salaam, Sabur: God and the Muslims**

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.

### **Bandych, Carol: Unique Paper-Folded Box**

Carol is a retired physical therapist who has had many years crafting with Girl Scouts and other groups.

### **Burke, Elaine: Snowshoe!**

A recently retired nurse practitioner, Elaine enjoys recreational snowshoeing wherever and whenever there is snow.

### **Calidonna, Frank: After the Picture Is Taken**

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

### **Capozzella, Fred: Analysis of Moby-Dick, The Great American Novel**

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. Fred serves on the MVILR board and is chair of the curriculum committee. He is also a member of the board of trustees of the Oneida County Historical Society.

### **Casatelli, Vinnie: Open Crochet/Knitting/ Needlework...all Crafts...Group**

Vinnie recently retired after working for 42 years as a registered nurse. She is avid cook and has taught Pasta Making for MVILR.

### **Cooperman, Ira: Vietnam**

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*.

## **DIRECTORY** \_\_\_\_\_

### **Coughlin, Dennis: Retirement Lessons from True Case Studies**

Dennis graduated from the State University of New York in the Winter of 1995 majoring in Finance with a concentration in Accounting. Upon Graduation, Dennis obtained his NASD (now FINRA-Financial Industry Regulatory Authority) Series 6, 7, 63 & 65 registrations along with his Life, Accident and Health Insurance licensures. Dennis began practicing in 1996 as a Financial Advisor with AXA Advisors, LLC. He is now an Investment Adviser Representative with Commonwealth Financial Network

### **Dubner, Nancy: Quarterbacking A and 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 16 years. Before retirement, she was the central New York regional manager for community relations for the NY Power Authority for 15 years.

### **Fortin, Paul: Cross-Country Skiing**

Paul, a retired teacher from Boonville, has been skiing in the area since 1975. He has experience working with elementary school-aged children in cross-country skiing as well as a Nordic coach for the Potato Hill Farm Outdoor Education Center in Boonville, He is an active member in both the Tramp and Trail Hiking Club of Utica and GE Ski Club. This is Paul's second year teaching the course.

### **Gates, Richard: Founding Fathers, Founding Mothers, Founding Brothers**

Richard is a retired Social Studies teacher. Since retiring, he has worked as an adjunct instructor at SUNYIT and serves on the board of the Oneida County Historical Society. He has a lifelong interest in history and enjoys travelling to historical sites within and outside of the United States.

### **Giambrone, Christopher: Retirement Lessons from True Case Studies**

Christopher earned his NASD (now FINRA-Financial Industry Regulatory Authority) Series 6, 7 & 63 registrations along with his Life, Accident & Health Insurance licensures upon graduation. Chris began practicing in 1996 with the desire to specialize in helping people near retirement or retired. Chris is now an Investment Adviser Representative with Commonwealth Financial Network.

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

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

### **Hosp, John (Jack): 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.

### **Hunt, Joyce: Treasures from the Attic**

A retired secondary school teacher, Joyce lived and taught in many locations in the United States, Germany and Tokyo, Japan. She currently serves on MVILR's curriculum committee and was a member of the board of directors

### **Jones, Pam & Fred Hicks: Try Curling**

Pam and Fred have curled for 20 years. They want to share their love of the game with you. They are both certified as curling instructors.

## DIRECTORY

---

### **Klutschkowski, Manfred: European History, WWI to the Cold War – German Perspective**

Manfred taught European, World and local history for over 30 years in two area high schools. *He adds: my father was a career soldier in the Wehrmacht. I was born in East Prussia (separated from the rest of Germany by the Polish corridor) in 1940. I lost my mother in the war, our baby sister was lost to the family for over 30 years. The rest of the family (except for my father) lived in a camp for displaced persons 44-46 after the Russian armies moved into East Prussia. In 1952 we arrived in the U.S. through the Lutheran World Federation. And yes, we were and are legal immigrants.*

### **Knapp, Nancy: The Love of Bonsai**

Nancy is proprietor of At Last Pottery and Plants in Poland, NY. She is President of the Mohawk Valley Bonsai Club and an active member of the Central New York Bonsai Club. Nancy has attended many workshops with some of the best-known Bonsai artists in North America. Her love of growing and styling plants along with creating the perfect vessel for them, has brought her many years of pleasure.

### **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.

### **Meeusen, Fritz: Introduction to Computers**

Fritz has been with the Mid York Library System since November 2010, serving as Senior Technical Engineer/Trainer. Previously he has served as Senior Engineer/Consultant at several IT consulting firms, as well as in his own private practice. Fritz's technical expertise ranges from basic PC maintenance, network administration and security, to digital audio/video editing and production and almost everything in between. His 30 years accumulative teaching/training experience spans private, public and collegiate institutions, as well as Training & Development in the manufacturing industry. Fritz's vast technology experience, in combination with his ability to deliver complex information in an easy-to-digest form for any age group, has made him a much sought after instructor. He currently lives with his wife in the western Adirondack region.

### **Morgan, Valerie: Off to the Fort We Go!**

Valerie has been at the park since 1993 when she began as a summer volunteer. In the years since, she has shared her love of history and teaching with students of every age. She is excited to be facilitating "Off to the Fort We Go!" once again.

### **Oswald, April: Meet Me at the Museum**

April has been museum education director at the Munson-Williams-Proctor Arts Institute in Utica since 2001. She was a museum educator at the Everson Museum of Art in Syracuse and at Hamilton College and was exhibitions coordinator at the University of Chicago Library. She received her BA in literature from SUNY Purchase and did post-graduate study in art history at the University of Chicago.

### **Pula, Cheryl: Day of Infamy: The Attack on Pearl Harbor**

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 a reference librarian at Dunham Library in Whitesboro, and is now on staff at the New York Mills Public Library. She is also New York Mills Village Historian. In 2006, she was named Oneida County Historian of the Year by the Oneida County Historians Association. In 1994, she wrote an article on the Irish in Utica, which was published in the book, *Ethnic Utica*. Cheryl is a co-author of the book, *With Courage and Honor: Oneida County's Role in the Civil War* (2010), and is a contributing author, co-editor and proofreader for *The Polish-American Encyclopedia*, published in January 2011. For her work on the encyclopedia, she was nominated for the Polish American Historical Society's Civic Achievement Award. She has just had her first novel published in November 2011, titled, *The Children's Crusade: The Eighth Air Force Series*, Book 1, the first in a proposed series of four to five books. 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. She is also in the Eighth Air Force Historical Society.

## **DIRECTORY** \_\_\_\_\_

### **Ricci, Peter: Basic Watercolor 102**

Peter began painting with the New Hartford Adult Education Program in the fall of 2003. During the winter of 2005, he started taking additional watercolor classes at Munson-Williams-Proctor Arts Institute under the teachings of Annette Gurdo. He was also a student of W. Ralph Murray and Kathy Kernan at the Kirkland Art Center. Peter has exhibited his works at the Cooperstown Annual Jurist Art Show, Central Adirondack Art Show in Old Forge, Munson Williams Proctor Arts Institute Annual Student Art Show, The Summer Sidewalk Art Show at MWPAI and at The Kirkland Art Center. Peter has received the Carl Zornow Silver Cup Award as beginning artist at the 2004 Central Adirondack Art Show held in Old Forge. He also received Honorable Mention at the 2005 National Rural Art Exhibition. He was recently awarded 2<sup>nd</sup> place at the 2010 Central Adirondack Art Show for Watercolor.

### **Sanderson, Bonnie: Downhill Skiing**

Bonnie's career in public education includes 15 years of teaching music and 11 years in administration, retiring as Superintendent of the Remsen School District. She is a certified PSIA ski instructor, currently employed by the Snow Ridge Snowsport School. Bonnie is a member of the SUNYIT Foundation Board and the MVILR curriculum committee.

### **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.

### **Schell, Gracie: ▪ Exercise with International Folk Dancing ▪ Sing Along with Gracie**

Gracie is a very 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 has continued her love of Salzburg's ethnic dancing in two German dance groups. Along the way, she has expanded into learning several other cultures' folk dancing. These include Irish Ceili, Contra, Cajun, Chinese Ribbon Dancing, Scottish Country, Polish, Balkan, Swedish, plus many circle dances. Gracie enjoys sharing her love of dancing with everyone! As a singer, she 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!"

### **Smith, Roger B.: Journaling**

Roger has been journaling since high school. He has facilitated journal writing classes in medical settings, prisons, youth programs, and with class members at MVILR. He is currently a member of the MVILR board of directors.

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

Susanne is a retired Spanish teacher. She has been doing regular workouts for 25 years and discovered Zumba, and the workout is much more enjoyable.

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

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.

### **Vogelaar, Peter: Many Cultures, One Community**

Peter Vogelaar has a bachelor's degree in history from Hope College and a master's in international development from Western Michigan University. He has lived and worked in the Middle East for much of his life and speaks Egyptian Arabic. Before coming to Utica, he served with the Reformed, Lutheran, and Presbyterian Churches as director of the Joint Relief Ministry for Refugees at St. Andrew's United Church in Cairo, Egypt. Peter was appointed executive director of the Mohawk Valley Resource Center for Refugees in Utica, NY in May of 2002. He lives in New Hartford with his wife and two children.

**WINTER 2012 MVILR  
Registration Form  
and Information**

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

- **Write your name on both sides of the registration form.**
- You are entitled to enroll in three courses each semester **plus** any “**Extra**” **Courses**.
- **Extra courses** include: *Bonus Courses* - unlimited in size and held in the Auditorium in Kunsela Hall, and *Extra Courses*, limited enrollment and not classified as academic by the Curriculum Committee. All Extra Courses are listed on this side. **Please put a check mark next to your choice of extras.**
- **Academic Courses** are listed on the **other side** of this form. Number choices in order of preference, beginning with the number 1.
- 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**

- 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.

Check here	COURSES BELOW DO NOT COUNT TOWARD YOUR 3 ALLOTTED CHOICES
	<b>Extra Courses</b>
	AR212-4W Journaling – Journey to the Interior
	PG224-4W Sing Along with Gracie
	PG133-4W Exercise with International Folk Dancing
	PG134-4W Zumba Gold Toning
	PG135-4W Zumba Gold
	PG143-4W Retirement Lessons from True Case Studies
	PG147-4W Downhill Skiing (off campus)
	PG164-4W Try Curling—3 weeks only (off campus)
	PG182-4W MVILR Walkers Club
	PG200-4W Open Knit/Crochet/Needlework ... or any Craft... Group
	PG214-4W Let's Play Mah Jong
	PG215-4W Snowshoe! (off campus)
	PG222-4W X-C Skiing (off campus)
	PG227-2W Unique Paper-Folded Box - One session only, Monday January 30
	PG228-4W The Love of Bonsai
	PG229-4W Treasures from the Attic

**Academic Courses:**

- You are eligible to take three courses. Number choices in order of preference, beginning with the number 1.

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

	<b>Arts, Music, and Literature</b>
	AR135-4W Analysis of <i>Moby-Dick</i> , The Great American Novel
	AR137-4W Meet Me at the Museum (off campus)
	AR162-4W Conversational Spanish
	AR221-4W Basic Watercolor 102 (must have taken 101)
	<b>Computer Science</b>
	CS125-4W After the Picture Is Taken
	CS128-4W Introduction to Computers (off Campus)
	<b>Philosophy and Religion</b>
	PH104-4W God and the Muslims
	<b>Social Sciences</b>
	SS101-4W Day of Infamy: The Attack on Pearl Harbor
	SS102-4W Quarterbacking the News A (Tuesdays)
	SS102-4W Quarterbacking the News B (Wednesdays)
	SS149-4W Off to the Fort We Go! (off campus)
	SS150-4W Remembering the Vietnam War and Its Unintended Consequences
	SS185-4W People's Law School
	SS197-4W Founding Fathers, Founding Mothers, Founding Brothers
	SS227-4W European History from WWI to the Cold War from a German Perspective
	SS229-4W Many Cultures, One Community

# MVILR WINTER 2012 COURSE CALENDAR

	1/30 2/6 2/13 2/20	1/31 2/7 2/14 2/21	2/1 2/8 2/15 2/22	2/2 2/9 2/16 2/23	2/3 2/10 2/17 2/24
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:20—10:30 a.m.	<ul style="list-style-type: none"> <li>▪ After the Picture Is Taken</li> </ul>	<ul style="list-style-type: none"> <li>▪ MVILR Walkers 8 to 9 a.m.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Day of Infamy-Pearl Harbor</li> <li>▪ Downhill Skiing-10am (starts 2/1)</li> <li>▪ Learn to Curl 10 to noon (first 3 weeks)</li> </ul>	<ul style="list-style-type: none"> <li>▪ MVILR Walkers 8 to 9 a.m.</li> <li>▪ Conversational Spanish</li> </ul>	NO CLASSES ON FRIDAYS THIS SEMESTER
10:40—11:50 a.m.	<ul style="list-style-type: none"> <li>▪ <i>Journaling</i></li> <li>▪ Basic Watercolor 102</li> <li>▪ Zumba Gold Toning</li> <li>▪ <i>Unique Folded Box</i> 1/30</li> </ul>	<ul style="list-style-type: none"> <li>▪ X-C Skiing</li> <li>▪ <i>The Love of Bonsai</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Retirement Lessons from True Case Studies</li> <li>▪ Open Craft Group</li> <li>▪ European History from World War I to the Cold War</li> </ul>	<ul style="list-style-type: none"> <li>▪ Treasures from the Attic</li> </ul>	
12:40—1:50 p.m.	<ul style="list-style-type: none"> <li>▪ Founding Fathers</li> </ul>	<ul style="list-style-type: none"> <li>▪ Quarterbacking the News A</li> <li>▪ <i>Exercise with International Folk Dancing</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Quarterbacking the News B</li> <li>▪ Analysis of <i>Moby-Dick</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Remembering the Vietnam War</li> </ul>	
2:00—3:10 p.m.	<ul style="list-style-type: none"> <li>▪ God and the Muslims</li> <li>▪ Off to the Fort We Go! (2:15 Fort Stanwix)</li> <li>▪ Introduction to Computers (2:30 off campus) no class on 2/20</li> </ul>	<ul style="list-style-type: none"> <li>▪ Meet Me at the Museum (2:15 at MWPAI)</li> <li>▪ <i>Sing Along with Gracie</i></li> <li>▪ Zumba Gold</li> </ul>	<ul style="list-style-type: none"> <li>▪ Many Cultures, One Community</li> <li>▪ Snowshoe!</li> </ul>	<ul style="list-style-type: none"> <li>▪ Mah Jong 2:15 to 4 pm</li> <li>▪ People's Law</li> </ul>	

**EXTRA CLASSES IN ITALICS**

Some courses will be held off campus.. See course descriptions

SUNYIT  
100 Seymour Road  
Utica, NY 13502



Register for your  
Courses Now!