2009 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
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Assistant Provost, Sponsored Research
and Continuing Professional Education

WELCOME NEW MVILR MEMBERS 2009-2010

Where is the MVILR Office?

The MVILR Office is located on the second floor of Kunsela Hall's recently renovated B wing.

Stop by for a visit. Enter the door nearest parking lot C (by the University Police). Go up the stairs and straight across to Suite B234. The MVILR office is in this suite.

If the stairs are too difficult, you may want to take the elevator, located in the center of the building, to the 2nd floor, turn left and walk to the end of the hall.

What do you need to know?

Name Badges are important for ID and campus access. MVILR issues SUNYIT cards for each MVILR member and facilitator. SUNYIT cards are issued in the Campus Book Store, in the B wing, main floor, of Kunsela Hall. The SUNYIT ID card allows you to borrow books from the Cayan Library, and to put money on it to use as a debit card 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 ($15), available in the MVILR office.

Weather Cancellations: Please check school closings scrolled at the bottom of the TV screen on WKTV, check 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.

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.

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 16.**
- 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

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

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, (The Bookmark). 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.

Fall Opening Reception/Open House

Wednesday
September 16, 2009
8:30 - 11:00 a.m.

Kunsela Hall
Lobby and
Auditorium
on the SUNYIT
Campus

- Refreshments,
- Tours
- All Welcome

Bring a Friend!!

CONTENTS:

MVILR Information and News
Pages 2 and 3

Course Listings
Pages 4 through 13

Directory - MVILR Facilitators
Pages 14 through 19

Course Registration Form
Pages 21 and 22

Course Schedule
Page 23

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

FYI…

- Classrooms are in short supply on Tuesday and Thursday mornings
- New time for first morning classes on Tues/Thurs 8:30 to 9:40 a.m.

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.

Put on Your Walking Shoes

Construction has begun on the new student center and, as a result, the C parking lot (in front of Donovan and Kunsela) has been pushed back so you will not be able to park as close as in the past. This situation is permanent.

The lot is being expanded,and will provide 40 additional spaces.

In addition, there will be two new lots providing handicap parking, one next to Kunsela and one next to Donovan, that are scheduled to be ready for use by the start of the semester.

There is also parking in lot A behind the Library. You may come in through the lower Kunsela entrance.

FALL 2009
MVILR COURSE LISTINGS AND DESCRIPTIONS

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.

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

ARTS, MUSIC, AND LITERATURE

AR107-4F Lives and Loves of Chagall & Van Gogh **Second 4 weeks**
Lives, loves and paintings of Marc Chagall & Vincent Van Gogh.
MONDAYS 10:40 - 11:50 a.m. **Saul Finer**

AR111-8F Conversational Hebrew **8 weeks**
This course will offer a brief introduction to the origin of Hebrew, its development, characteristics and culture. Work on pronunciation and intonations (stress). Converse about every day situations and learn basic grammar and syntax.
WEDNESDAYS 9:20 - 10:30 a.m. **Mazal LaVine**

AR112-4F Two Welsh Poets: Dylan Thomas and R. S. Thomas **First 4 weeks**
These poets wrote fascinating poems (in English) as well as lived interesting lives.
MONDAYS 9:20 - 10:30 a.m. **Richard Manzelmann**

AR142-4F Shakespeare's Superlative Sixteen **First 4 weeks**
Assessment of the aesthetic and thought-provoking riches in sixteen of the best of the poet's sonnets.
MONDAYS 12:40 - 1:50 p.m. **Lester Wolfson**

AR143-4F Love Scenes From Shakespeare **Second 4 weeks**
When we think of love scenes from Shakespeare, we tend to think of Romeo beneath Juliet's balcony but the Bard provides us with many other pairing of lovers. We have love scenes in which one of the lovers does not know who the other person is. We have scenes of acerbic wit. There is even a scene in which one person truly hates the other—and with good reason.! We will read and discus these, and others, as well, "with love's light wings."
MONDAYS 12:40 - 1:50 p.m. **Sheila and Henry 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.
THURSDAYS 10:40 - 11:50 a.m. **Frank Calidonna**

AR162-8F Spanish for Travel **8 weeks**
Learn some questions and vocabulary, useful when traveling in Spanish-speaking countries.
FRIDAY 10:40 - 11:50 a.m. **Rose Hosp**

ARTS, MUSIC, LITERATURE continued

AR183-4F Tom Jones: Text & Film **First 4 weeks**
In this course, we will focus on Henry Fielding's'*Tom Jones* discussing the novel as well as the film version. **(Note: two, back to back, class periods weekly.)**
TUESDAYS 12:40 - 3:10 p.m. **John H. O'Neill**

AR189-4F Balsam Wreath Making - Extra Course (One day, November 13 only)
Make a fresh balsam wreath using fragrant balsam from The Shawangunk Preserve woven into natural twig base. Decorate with pine cones and any embellishments you care to bring. These wreaths stay fresh looking outside all winter and often provide a bird nesting site if left out in the spring. **(Note: two back to back class periods.) Fee for this course is $8. Please send check with your registration form with check made to Peggy Spencer Behrendt.**
FRIDAY 9:20 - 11:50 a.m. **Peggy Spencer Behrendt**

AR206-4F Give My Regards to Broadway III BONUS **First 4 weeks**
Each week the class will study one Broadway musical, discuss the plot, sing the songs, see some video clips, and perhaps read a scene or two. Everything's coming up roses!!
MONDAYS 2:00 - 3:10 p.m. **Bonnie Hibbard**

AR207-4F Who is Olive Kitteridge? **Second 4 weeks**
Olive Kitteridge is a perceptive, sometimes cantankerous, passionate, intelligent, retired seventh grade math teacher who lives in coastal Crosby, Maine. As she wanders her way through Elizabeth Strout's 2009 Pulitzer Prize winning fiction book, she encounters and interacts with a throng of ordinary townspeople who are struggling to make sense of their lives. Strout's prose is a song for our ears, crisp, concise, original and lyrical as she describes the natural landscape and then reveals the lives of the people who inhabit it. *Olive Kitteridge* is a book you will not forget. The book is a novel in stories which lends itself to focusing on a couple story-chapters per week and an energetic and enthusiastic discussion.
THURSDAYS 12:40 - 1:50 p.m. **Marilyn Morgan**

AR213-4F MVILR Book Group **First 4 weeks**
Review and discussion of two novels by Gail Tsukiyama: *Women of the Silk*, the first two weeks and *The Language of Threads,* the second two weeks.
FRIDAYS 12:40 - 1:50 p.m. **Joan Kahler**

AR214-8F Magical Musical Moments **8 weeks**
Strictly for enjoyment, this is a program of music, music history, musical anecdotes and musical personalities. An eclectic musical selection including special pieces that offer the listener pleasure, excitement and an occasional raised eyebrow! The music will be presented via a variety of media, mainly DVD and video.
WEDNESDAYS 2:00 - 3:10 p.m. **Robert Schaffer**

COMPUTER SCIENCE

CS124-8F Basic Computer **8 weeks**
For beginners. Information taught will be applicable to both PC and MAC users. No matter what software you are using, there are many basic skills needed to really have command of your computer that cross all software. We will cover the management, file types, organizing your files and folders. Management of peripherals such as printers, modems, scanners, and thumb drives. Identifying various input devices using serial ports, parallel ports, USB and fire-wire ports. Back-up and storage. Common menu items such as cutting, pasting, selecting, etc. Includes all the things you should know before you begin. ***(class limit 27).***
THURSDAYS 8:30 - 9:40 a.m. **Frank Calidonna**

PERSONAL GROWTH

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.
WEDNESDAYS 10:40 - 11:50 a.m. **Mary Ann Buteux and Phyllis Draper**

PG122-4F Water Aerobics - Extra Course **First 4 weeks**
This activity will include shallow and deep-water aerobics. It will try to meet the needs of the group and "wet" your appetite with a positive exercise experience. (Class limit 30)
THURSDAYS 8:00 - 9:30 a.m. **Jackie Tompkins**

PG123-4F Lap Swimming - Extra Course **Second 4 weeks**
Swim laps or do your own exercises in the pool. (Twice Weekly)
TUESDAYS & FRIDAYS 8:00 - 9:30 a.m. **Charles Williams**

PG125-8F Tai Chi - Extra Course **8 weeks**
Slow down, breathe deeply, improve balance and flexibility. Reduce stress and think positively. All levels of experience welcome. (Class limit 20)
TUESDAYS 10:40 - 11:50 a.m. **Jean Gage**

PG132-4F Healthy Aging Through Knowledge **First 4 weeks**
Participants will learn about their own aging and how to reduce risk factors for diseases in aging. The focus will be on healthy aging through knowledge, activities, and preventive activities.
WEDNESDAYS 2:00 - 3:10 p.m. **Kathleen M. Bishop, Ph.D.**

PERSONAL GROWTH continued

PG143-4F Six Mistakes Retirees Make with Their Finances - Extra Course First 4 weeks
The big picture! We will dispel the six mistakes people make with their retirement and estate planning. Is the beneficiary of your IRA the IRS? Is your life insurance prone to lapse? Have you reset your retirement allocation analytics? 70 1/2 , what is the big deal? We have designed the course to discuss and educate members of MVILR that mistakes happen with many, and the mistakes can be extremely costly. We will incorporate real examples from our practice that we have encountered since the mid-90's.
WEDNESDAYS 9:20 - 10:30 a.m. Dennis Coughlin/Christopher Giambrone

PG162-8F Elementary Bridge - Extra Course 7 weeks
This course is designed for anyone who wants to learn the basics of playing Bridge. This class is also for those who have not played Bridge in a while and want to brush up on their playing skills. You will be playing hands in the first class. (**classes start on Oct. 1)**
WEDNESDAYS 2:00 - 3:30 p.m. Rosemarie Mancuso

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.
MONDAYS 10:40 - 11:30 a.m. Ted Remonda

PG172-2F Beginning Snorkeling - Extra Course (Two dates only, Oct. 22 and 29)
We will learn to use fins for propulsion, a snorkel for breathing and expelling water, plus a mask to observe the underwater world while moving on the surface. Need not to be a swimmer to participate. Bring a **sanitized** snorkel and a mask; if you need them, please let us know. All fins will be provided.
THURSDAYS 8 :00 - 9:30 a.m. Jackie Tompkins

PG182-4F Strength, Flexibility and Balance - Extra Course First 4 weeks
This program will involve strength and flexibility training, proper and safe exercise techniques, and basic nutrition. Pre-exercise and health screening assessment required. Small equipment fee announced in class. (Class limit 12)
WEDNESDAYS 10:40 - 11:50 a.m. Ralph Santarsiero

PG195-4F Genetealogy First 4 weeks
Are you my cousin? How DNA can be used as a genealogy tool. (A good course to follow Genealogy).
FRIDAYS 9:20 - 10:30 a.m. Kathleen Williams

PG200-4F "The Lunch Bunch" - Extra Course
(This course is held off campus on four dates during the fall.)
Join your friends and make new ones as we visit four wonderful area restaurants. We always have a grand old time. Enjoy: Symeon's fabulous Greek cuisine, Oct. 6; a variety of terrific foods at The "Blue Flag" Oct. 13; some of the best Chinese culinary choices at "The Bamboo, Oct. 20; and delectable Lebanese flavors that we've enjoyed in the past at The Phoenician on Oct. 27. ***Cost $60 per person. Mail in with registration form on page 19***.
TUESDAYS 11:30 a.m. Marsha Mason

PERSONAL GROWTH continued

PG202-4F Combat Investing: How Not to Get Scammed - Extra Course Second 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!
MONDAYS 10:40 - 11:50 a.m. Elliott Friedman

PG203-4F Adding Health & Vitality to Your Life! First 4 weeks
Whether you are in search of the secret to the fountain of youth or just need to learn some new ways for stress reduction, there is something for everyone in this class. Learn practical ways to boost your energy by making small changes to your lifestyle. Dr. Pyrda believes that you learn the most when you are having fun, so expect to laugh during his classes.
FRIDAYS 12:40 - 1:50 p.m. Dr. Pawel Pyrda

PG209-4F Feeding Our Wisdom Pool Second 4 weeks
This is a course that looks for common threads in proverbs from many places and time periods.
FRIDAYS 9:20 - 10:30 a.m. Timothy Hume Behrendt

PG212-8F Journaling for Authenticity 8 weeks
Keeping a daily journal can enhance and preserve life events and clarify their effects on our decisions and actions.
TUESDAYS 2:00 - 3:10 p.m. Roger B. 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. (Class limit 20)
THURSDAYS 2:00 - 4:00 p.m. Gloria Schaeffer

PG215-4F Automobile Accidents-No Fault Law & Personal Injuries - Extra Course Second 4 weeks
Discussion of motor vehicle accidents including recovery for vehicle damage, comparative negligence principles and benefits of underinsurance coverage. This course will also include recovery for pain and suffering, application of the no-fault insurance law, settlements, jury trials in motor vehicle accidents actions, comparative fault, and general principles in determining damages.
TUESDAYS 10:40 - 11:50 a.m. John W. Grow

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**

PH103-8F Understanding the Quran **8 weeks**
Using the Science of Tafseer (the knowledge needed to help understand the Quran), we will analyze some verses that will help give an in-depth understanding of the Islamic world view. This course should be especially useful to those individuals who have taken the course, "The Quran and Muslims".
TUESDAYS 2:00 - 3:10 p.m. **Sabur Abdul-Salaam**

PH129-4F Our Search For Meaning **BONUS** **First 4 weeks**
Week 1: The Divine-Existence of God
Week 2: Religion/Spirituality
Week 3: The Self, the Other and Purposefulness
Week 4: Good and Evil
THURSDAYS 12:40 - 1:50 p.m. **Fr. Paul Drobin**

PH133-4F When Words Lose Their Power: Recovering "Deep Symbols" Today
First 4 weeks
Deep and enduring symbols shape our lives together in society, in faith communities, and guide the moral basis of our actions. But today, words like "tradition," "duty," "reality," "law," and "hope" have lost much of their power and meaning. Can we recover their power or must we go on and live without them? Our discussion will draw on the work, *Deep Symbols* by Edward Farley, which is an optional text for those who enjoy a short but challenging read.
MONDAYS 10:40 - 11:50 a.m. **Bob Umidi**

SCIENCE

SC103-8S 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**

SCIENCE Continued

SC109-8F "Weather Thou Goest" 8 weeks
This is a modified and shortened version of the United States Power Squadrons' weather course, with less emphasis on technology and more emphasis on phenomena. Weather generation will be created on the blackboard during class periods. Topics range from heat, cold, wind, pressure and storms to violent weather. **(Recommended reading: *"The Weather Book,"* 2nd edition, by Jack Williams prior to class start...available in bookstores or on Amazon.com, new or used).**
WEDNESDAYS 2:00 - 3:10 p.m. Harry Winberg

SC119-4F Four Major Issues in Geology First 4 weeks
Study of 4 major geologic concepts – plate tectonics, volcanoes, earthquakes, glaciers – what they are and how they work.
FRIDAYS 12:40 - 1:50 p.m. Joe Crossman & Fred Capozzella

SC120-4F Medical Ethics and You Part Two Second 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.
TUESDAYS 9:20 - 10:30 a.m. Edward B. Bradley, M.D.

SOCIAL SCIENCES

SS101-8F History's Mysteries BONUS (7 weeks only, no class on Sept. 30)
Discover seven unsolved historical mysteries. This course has been offered before. It is not necessary to have taken others to take this one.
WEDNESDAYS 10:40 - 11:50 a.m. Cheryl Pula

SS102-8F Quarterbacking the News A 7 weeks
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. (**no class first week)**
TUESDAYS 12:40 - 1:50 p.m. Nancy Dubner

SS102-8F Quarterbacking the News B 7 weeks
See description above. **(no class first week)**
WEDNESDAYS 12:40 - 1:50 p.m. Nancy Dubner

SS117-4F Western Hutterites First 4 weeks
The western Hutterites are Anabaptist "cousins" of the Old Order Amish. They have 50,000 members and are growing rapidly. They are located in north central United States and south central Canada. They have lived communally since 1528. This course will compare the Hutterites with the Old Order Amish, Shakers, and the Oneida Community.
WEDNESDAYS 12:40 - 1:50 p.m. Doris Miga

SOCIAL SCIENCES continued

SS131-4F The Loomis Gang **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-1800s.
WEDNESDAYS 10:40 - 11:50 a.m. **Bob Loomis**

SS151-4F The Flying Tigers **First 4 weeks**
A review of the history of The Flying Tigers (American Volunteer Group) who were the first combat pilots to fight the Japanese in WWII.
FRIDAYS 12:40 - 1:50 p.m. **Richard Kahler**

SS158-4F More Outstanding Women **First 4 weeks**
Lively comparison of First Woman presidential candidate, Victoria Woodhull, 1872 and presidential candidate, Hillary Rodham Clinton, 2008. (2 weeks) Life of Ellen Hardin Walworth, who helped preserve historic US and NYS sites, U.S. records, and pioneered care for wounded in War of 1896. (2 weeks). Intriguing for history buffs.
MONDAYS 10:40 - 11:50 a.m. **Mary Q. Chapin**

SS163-4F The Tudors: War, Culture and Marital Diplomacy **First 4 weeks**
With the recent spate of films and TV programs dealing with members of the Tudor ruling family, perhaps there is no better opportunity than now to evaluate the validity of these presentations in an historical context. Through video and discussion we will investigate the desire for male offspring, the role of religion, the ever-changing military allies, and the desire for European prominence.
THURSDAYS 10:40 - 11:50 a.m. **Gary Newman**

SS172-4F Do You Remember When? **First 4 weeks**
Medley of presenters on local history – Bill Kwasniewski, Route 20; Steve Davis, West Winfield; James Ford, Bouckville Baseball Team; and one other presenter, TBA.
WEDNESDAYS 2:00 - 3:10 p.m. **Dan van Leeuwen**

SS184-4F Global Water Issues and Multiculture **First 4 weeks**
This course will help you to have an appreciation and better understanding of water and its complexities.
TUESDAYS 8:30 - 9:40 a.m. **Norma Sengupta**

SS176-4F U.S. Constitution: A Primer **Second 4 weeks**
A non-technical, non-lawyer, basic review of the constitution of 1789, its theories of governing and the language of the document.
WEDNESDAYS 9:20 - 10:30 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**

SOCIAL SCIENCES continued

SS195-8F The American Revolution: A Military History 8 weeks
An 8-week look at the American Revolution from the first shots (Lexington and Concord) until the last shots (the Treaty of Paris, and the fighting that followed). We will examine how our young nation managed to defeat a world power. We will review the major battles and military organization of all sides, and maybe also dispel some myths.
WEDNESDAYS 12:40 - 1:50 p.m. Eugene F. Beirne

SS200-8F 1970 8 weeks
Explore 1970 through videos, music and other media. Remember the events, fads, and people that made 1970 a year of change.
TUESDAYS 12:40 - 1:50 p.m. Lois Silverman

SS202-4F A Brief History of Oneida County Part 2 (1825-1899) Second 4 weeks
A look at Oneida County history from the opening of the Erie Canal to the influx of large numbers of immigrants at the end of the century. Discussion will include the coming of railroads, beginnings and growth of the textile industry, the county's leading role in anti-slavery and abolition movements, growth of agriculture and the area's political clout with leaders like Horatio Seymour and Roscoe Conkling.
WEDNESDAYS 10:40 - 11:50 a.m. Frank Tomaino

SS210-4F The American Presidency First 4 weeks
Ben has collected original presidential documents and autographs for over 45 years. As an artist, he creates individual presidential portraits which are framed with original documents. The course will review the personalities of the presidents as well as their accomplishments and failures. This session will review those presidents that were not covered in the Spring 2009 course.
MONDAYS 9:20 - 10:30 a.m. Ben Benson

We're Moving into the World of E-Communications

MVILR's Summer newsletter was sent via email to those who have provided us with updated email addresses. We have had a lot of positive feedback from many of you.

We hope you were able to read it, and it was clear. It might have been necessary to click at the top of the email so that all the photos appeared as they were supposed to be.

If you received a paper version of the Summer newsletter and would like the colorful on-line version, as well as other announcements of events, last minute changes, etc. please contact Jo in the MVILR office at 315 792-7192 or, better yet, send your email address to mvilr@sunyit.edu. Surprisingly, nearly 2/3rds of our members have email, and perhaps there are many others who just haven't let us know. We look forward to hearing from you.

We aren't doing FaceBook or Twittering yet, but you never know what the future will bring!

Directory of MVILR Facilitators: Fall 2009

Abdul-Salaam, Sabur: ▪**The Life of Muhammad**
▪ **Understanding the Quran**
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, a board member of the Mohawk Valley Resource Center for Refugees, and the program coordinator of the Second Chance Mentoring Program.

Bamberger, Henry: Love Scenes from Shakespeare
Henry is a rabbi emeritus of Temple Emanu-El of Utica. He is a former member of the MVILR board.

Bamberger, Sheila: **Love Scenes from Shakespeare**
Sheila taught mathematics in Utica and Clinton High Schools. She was voted "Teacher of the Year" three times.

Behrendt, Peggy Spencer: Balsam Wreath Making
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.

Behrendt, Timothy Hume: Feeding Our Wisdom Pool
Tim is a semi-retired Unitarian/Universalist minister and counselor with over 48 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.

Beirne, Eugene: The American Revolution - A Military History
Gene is a retired high school social studies teacher and school administrator. Military history has been an interest of his since high school. He is an avid war gamer.

Benson, Ben: The American Presidency
Ben's undergraduate and post graduate degrees are in Business. Having always had an interest in art, his commissioned work is in the Carter and Bush Libraries and aboard the Intrepid Aircraft Museum and the Marshall Foundation in Virginia.

Bishop, Kathleen M.:Healthy Aging Through Knowledge
Dr. Bishop is a gerontologist and author who has presented regionally, nationally and internationally. She is the Consultant on Aging & IDD, adjunct faculty for Utica College and the University of the State of New Mexico. In 2008, her book *Whistling Up the Wind: The Adventures of Anna Marie Golding* was published.

Bradley, Edward B., MD: Medical Ethics and You II
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.

Directory

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.

Buteux, Mary Ann: 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:
- **Basic Computer Skills**
- **History of Cemetery Art**

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 ten 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: Four Major Issues in Geology
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 the MVILR Board and is the chair of the Curriculum Committee.

Chapin, Mary Q.: More Outstanding Women
Mary has assisted and educated the community in many exciting and diverse endeavors bringing her natural passion for honoring past events and fostering future achievements. Mary spearheaded a six-year campaign to establish a NYS Day of Commemoration for Susan B. Anthony. Author of historical plays, Mary wrote and performs “Susan B. Anthony: Up Close and Personal”. She is the first female host of Mohawk Valley Seniors, Sundays on WUTR. She has also taught other MVILR courses.

Coughlin, Dennis: Six Mistakes Retirees Make with Their Finances
Dennis is a partner in Coughlin/ Giambrone, a financial services company specializing in Business, Estate and Retirement planning. Dennis has been investing since he was 12. He and his partner write for the “Money” section of the *Observer-Dispatch, Evening Telegram, CNY Bulletin* and a number of other financial publications. They conduct numerous workshops and seminars each year for employers and professional organizations throughout New York State. They have designed this course to reflect the need for educating retirees.

Crane, Steven: U.S. Constitution - 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.

Crossman, W. Joseph: Four Major Issues in Geology
Very active in the field of astronomy, Joe has more than four decades of experience at observational astronomy, radio astronomy, and telescope construction, which includes designing and making optics. He is a member and past president of the Mohawk Valley Astronomical Society. He works as a consulting engineer and is a physicist. Joe is also the president of the Rome Academy of Sciences. He is the current president of the MVILR board of directors. At MVILR, he also teaches a course on the History of the Pipe Organ and also serves as co-chair of the curriculum committee.

Directory

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

Drobin, Fr. Paul: Our Search For Meaning
Paul is a Roman Catholic priest, now in his 43rd 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 for Utica College, and in the community is a member of a number of not-for-profit boards.

Dubner, Nancy: ▪ Quarterbacking the News A & B
The founder of MVILR, Nancy was its president since it began in 1997 until 2004. She was president of the SUNYIT College Foundation, on which she served for nine years. Before retirement, she was the central New York regional manager for community relations for the NY Power Authority for 15 years.

Finer, Saul: Lives and Loves of Chagall & Van Gogh
Saul is a retired dentist with an interest in art and art appreciation. He is a member of MVILR's curriculum committee.

Friedman, Elliott: Combat Investing - How Not to be Scammed
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, BFS 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.

Gage, Jean C.: Tai Chi
Jean is a retired professional nurse, with a BSN from SUNY at Utica/Rome and master's from Syracuse University. Her continuing interest in prevention of illness led her to study Tai Chi and to earn certification to teach it. She is also active in historic 18th Century re-enactments as a maker of willow baskets.

Giambrone, Christopher C.: Six Mistakes Retirees Make with Their Finances
Christopher has two business degrees from the State University of New York. He is a partner of Coughlin/Giambrone, specializing in consultation to retirees and seniors. He has spoken to thousands on subjects such as reducing taxes and increasing income.

Grow, John W.: Automobile Accidents-No-Fault Law and Personal Injuries
John is a graduate of St. Lawrence University and Cornell Law School. He served as a Justice of the Supreme Court from 1983-2008. Currently he is a Judicial Hearing Officer in the Supreme Court as well as an attorney of counsel with McMahon and Grow.

Hibbard, Bonnie: Give My Regards to Broadway Part 3
A music educator for 33 years, actress, singer and pianist for numerable local theatrical productions, director of 20 musical productions at Clinton High School and entertainer in various local clubs as a cabaret-style singer/pianist, Bonnie has a degree in music from Ithaca College.

Directory

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

Kahler, Joan K.: MVILR Book Group
A retired reporter and feature writer for the Rome Sentinel, Joan is also a board member and past vice-president of MVILR and member of several book clubs and a frequent reviewer.

Kahler, Richard F.: The Flying Tigers
Richard retired after 41 years with Rome Cable Corporation where he held a number of management positions in engineering, sales, and purchasing. He earned his bachelor's in business administration from Utica College. He is a history buff and past president of the Rome Historical Society.

LaVine, Mazal: Conversational Hebrew
A native Israeli, Mazel received her education in Tel-Aviv and studied at Tel-Aviv University with a dual major of Hebrew Literature and Bible. She has extensive experience in teaching Hebrew to all grades and to adults.

Loomis, Bob: The Loomis Gang
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.

Mancuso, Rosemarie: Elementary 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.

Manzelmann, Richard: Two Welsh Poets - Dylan Thomas and R.S. Thomas
Richard is a retired minister of the New Hartford Presbyterian Church.

Mason, Marsha: The Lunch Bunch
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 board of directors.

McCormac, Esq., Leland and Donna T. Case, Esq.: People's 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.

Miga, Doris Wester: Western Hutterites
Professor emerita of sociology at Utica College, Doris has taught there for 45 years. She received UC's Distinguished Teaching Award and Alumni Outstanding Faculty Award.

Morgan, Marilyn: Who is Olive Kitteridge?
A retired English teacher, Marilyn taught in the New Hartford School District for over thirty years. Since retiring, she has been involved in various activities including LVA and currently takes art classes at Munson-Williams-Proctor Arts Institute. She previously taught creative writing classes for MVILR.

Newman, Gary: The Tudors: War, Culture and Marital Diplomacy
Gary received a master's degree in French and Russian History and taught history for 32 years in Rome until his retirement. He is an adjunct instructor for Elmira College and has taught adult education courses for MVCC and BOCES. He has taught Matting and Framing classes as an artist himself, Gardening classes as a Cornell Cooperative Extension Master Gardner, and received a Training Certificate for adult educators from Elmira College. He recently taught the French Revolution for MVILR.

O'Neill, John H: Fieldings Tom Jones - Text and Film
John is a professor emeritus of English at Hamilton College, specializing in English Literature from 1660 to 1820.

Pula, Cheryl: History's Mysteries #1
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. Currently she is the Reference Librarian at the Dunham Public Library in Whitesboro. In 2006 she was named Oneida County Historian of the Year by the Oneida County Historians Association. She was 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. 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: Adding Health and Vitality to Your Life!
Dr. Pyrda is a chiropractor, wellness facilitator, health educator and stress reduction coordinator.

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.

Santarsiero, Ralph F.: Strength, Flexibility and Balance
Ralph is a retired teacher after 36 years of public school teaching; adjunct instructor of languages for SUNYIT; certified by the American Council on Exercise (ACE) as an advanced health and fitness specialist, personal trainer and lifestyle and weight management consultant. He is an AEA – certified aquatic fitness professional and writes a weekly health and fitness column for the *Rome Observer* newspaper.

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.: Magical Musical Moments
Bob has been an educator and counselor for over 58 years. He doesn't avoid controversy and, in fact, often stimulates it. For four years he wrote a wide-ranging column of opinion for the Clinton Courier. He served as chair of the Clinton Village Planning Board for eight years and chaired the committee that wrote the village's Historic Preservation Law. He reads omnivorously and is deeply immersed in classical music and theatre.

Directory

Sengupta, Norma: Global Water Issue and Multiculture
Norma has many decades of teaching and work experience in the sciences, arts and counseling in colleges and universities, hospitals, city government, and group discussions. She has taught many classes for MVILR and continues her involvement in community services as well as in a global project in South Africa.

Lois Silverman: 1970
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 for Authenticity
Roger taught Journaling in medical, educational and recreational venues for more than 20 years, and has kept a daily journal for the past 40 years.

Tomaino, Frank: A Brief History of Oneida County part 2 (1825 -1899)
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.

Tompkins, Jackie: Water Aerobics / Snorkeling
Jackie taught physical education and coached at New Hartford Central School for 35 years. She is in her 11th year of redirectment.

Umidi, Bob: When Words Lose Their Power - Recovering "Deep Symbols" Today
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.

Van Leeuwen, Dan: Do You Remember When?
Dan is a retired accountant. He has been a volunteer for Hospice, Abraham House and the House of the Good Shepherd. Presently, he volunteers, teaching Sunday school and serving on the MVILR curriculum committee.

Williams, Charles: Lap Swimming
Charles first joined MVILR in 2000 and has enjoyed many of the swim courses offered. He now wants to facilitate a course that will enable those who wish to improve their capabilities, maintain a healthy lifestyle and enjoy the outstanding recreational facility at SUNYIT.

Williams, Kathleen M.: Geneatology
Kathy has been researching her family tree since 1977. She mans the genealogy room on Thursdays at the Utica Public Library. She recently put some cracks in her genealogic brick walls with DNA.

Winberg, Harry: Weather Thou Goest
Harry has 50 years of experience as a military and civilian pilot, a B.S. in Mechanical Engineering and is currently the Utica Power Squadron Weather Course instructor and Central NY Power Squadron District Chairman for Weather Education.

Wolfson, Lester M.: Shakespeare's Superlative Sixteen
Lester earned his Ph.D. from Michigan in 1954 and LHD from Indiana in 1988. He has taught at universities nationwide. He retired in 1987 after 23 years as chancellor and professor of English and chief administrative officer of Indiana University, South Bend.

Payment Form for THE LUNCH BUNCH

Name(s) _____

Method of payment: ___Check **Cost per person $ 60** Total:$_____

MAKE CHECK PAYABLE TO: THE COLLEGE ASSOCIATION

or ___VISA ___MasterCard #_____/_____/_____/_____

Expires: _____/_____/_____

_____ _____

Authorized Signature Zip Code

PLEASE SEND IN PAYMENT WITH COURSE REGISTRATION FORM

French and Indian War Game Planned for September 22

MVILR facilitator Gene Bierne is an avid war gamer and would like to set up several war games at SUNYIT this fall.

The first one planned is a French and Indian War/1759 game to be held on the afternoon of Tuesday September 22 at a space to be determined on campus.

MVILR members who wish to sign up can contact Gene at 315 896-9056 or EBeirne@twcny.rr.com or the MVILR office at 792-7192. SUNYIT students will also be invited to participate, as well. Space is limited to 8.

Gene has been a war gamer since high school. He said, “War gaming is a ‘closet hobby.’ Not a lot of people admit it - playing with toy (model) soldiers on a table: it is seen as a child’s thing.”

“ It was strictly a military ‘thing’ until the beginning of the 20th Century. Robert Lewis Stevenson, G.K. Chesterton and H. G. Wells played together. Wells, in 1913, wrote a book about war gaming called *Little Wars*, that introduced the hobby to the general public,” Gene said. “Even before *Little Wars*, Winston Churchill had an army of more than 3,000 figures,” he added.

If there is an interest, Gene will set up a series of war games this year. It will be necessary to sign up in advance. The size of the game will depend on how many people sign up-first come/first play. People will be organized into teams.

Gene will bring parts of his collection of soldiers to use in the games.

This semester, Gene will be teaching an 8-week course on The American Revolution on Wednesday afternoons.

NOTES

Fall 2009 MVILR Registration Form and Information	**YOUR NAME**_____

- Write your name on both pages of the registration form.
- Your are entitled to enroll in **three** Academic courses or the equivalent on Page 22, plus any Extra and Bonus courses below.
- **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.
- **Academic Courses** are listed on the other side of this form.
- Submit complete registration form to the address below:

  MVILR@SUNYIT
  P.O. Box 3050
  Utica, NY 13504-3050
- 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 course selection on Page 22

Check here	**EXTRA COURSES**
	AR189-F Balsam Wreath Making (Please include payment ($8) check made to Peggy Spencer-Berendt)
	PG122-4F Water Aerobics
	PG123-4F Lap Swimming
	PG125-8F Tai Chi
	PG143-4F Six Mistakes Retirees Make with Their Finances
	PG162-8F Elementary Bridge
	PG169-4F Smart Things for Safe Seniors
	PG172-2F Beginning Snorkeling
	PG182-8F Strength, Flexibility and Balance
	PG200-4F The Lunch Bunch - (please include payment, see page 19)
	PG202-4F Combat Investing: How Not To Be Scammed
	PG214-8F Let's Play Mah Jong
	PG215-4F Automobile Accidents-No-Fault Law & Personal Injuries
	BONUS COURSES
	AR206-4F Give My Regards to Broadway III
	PH129-4F Our Search For Meaning
	SS101-8F History's Mysteries #1

Academic Courses: You may take 3 eight - week or 6 four week courses. Number by priority beginning with #1.	**YOUR NAME**_____	
	AR107-4F Lives and Loves of Chagall & Van Gogh	**Arts, Music, and Literature**
	AR111-8F Conversational Hebrew	
	AR112-4F Two Welsh Poets: Dylan Thomas and R.S. Thomas	
	AR142-4F Shakespeare's Superlative Sixteen	
	AR143-4F Love Scenes from Shakespeare	
	AR145-8F History of Cemetery Art	
	AR162-8F Spanish For Travel	
	AR183-4F Fielding's Tom Jones, Text & Film	
	AR207-4F Who is Olive Kitteridge?	
	AR213-4F MVILR Book Group	
	AR214-8F Magical Musical Moments	
	CS124-8F Basic Computer Skills	Computer Science
	PG101-8F Genealogy	**Personal Growth**
	PG132-4F Healthy Aging Through Knowledge	
	PG195-4F Geneatology	
	PG203-4F Adding Health and Vitality to Your Life	
	PG209-4F Feeding Our Wisdom Pool	
	PG212-8F Journaling: For Authenticity	
	PH102-8F The Life of Muhammad	**Philosophy and Religion**
	PH103-8F Understanding the Quran	
	PH133-4F When Words Lose Their Power: Recovering "Deep Symbols" Today	
	SC103-8S Science Times	**Science**
	SC109-8F Weather Thou Goest	
	SC119-4F Four Major Issues in Geology	
	SC120-4F Medical Ethics and You Part Two	
	SS102-8S Quarterbacking the News A (Tuesdays)	**Social Sciences**
	SS102-8S Quarterbacking the News B (Wednesdays)	
	SS117-4F Western Hutterites	
	SS131-4F The Loomis Gang	
	SS151-4F The Flying Tigers	
	SS158-4F More Outstanding Women	
	SS163-4F The Tudors: War, Culture and Marital Diplomacy	
	SS172-4F Do You Remember When?	
	SS176-4F U.S. Constitution: A Primer	
	SS184-4F Global Water Issues and Multiculture	
	SS185-8S People's Law School	
	SS195-8F The American Revolution: A Military History	
	SS200-8S 1970	
	SS202-4S A Brief History of Oneida County Part 2 (1825—1899)	
	SS210-4F The American Presidency	

MVILR Fall 2009 COURSE SCHEDULE

	9/21 9/28 10/5 10/12 10/19 10/26 11/2 11/9	9/22 9/29 10/6 10/13 10/20 10/27 11/3 11/10	9/23 9/30 10/7 10/14 10/21 10/28 11/4 11/11	9/24 10/1 10/8 10/15 10/22 10/29 11/5 11/12	9/25 10/2 10/9 10/16 10/23 10/30 11/6 11/13
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:20 - 10:30 AM **Tuesdays 8:30 - 9:40 or as listed.**	-The American Presidency 4(1) -Two Welsh Poets 4(1)	*-Lap Swimming 4(2) 8 to 9:30 a.m.* -Global Water Issues 4(1) -Medical Ethics 4(2)	-Conversational Hebrew -*Six Mistakes* 4(1) -US Constitution 4(2)	-*Water Aerobics* 4(1)8 to 9:30 a.m. -*Snorkeling* 10/22 & 10/29 8 to 9:30 a.m. -Basic Computer 8:30 to 9:40	▪*Lap Swimming 4(2) 8 to 9 a.m.* -Geneatology 4(1) -Feeding our Wisdom 4(2) -*Balsam Wreaths* 11/13 two class periods
10:40 - 11:50 AM	-More Outstanding Women 4(1) -Smart Things 4(1) -When Words Lose Power 4(1) -Lives, Loves Chagall 4(2) -*Combat Investing* 4(2)	*-Tai Chi* *-Automobile Accidents 4(2)* *-The Lunch Bunch 11:30 - note dates*	▪**History's Mysteries #1 (not 9/30)** -Genealogy -Western Hutterites 4(1) -*Strength, Flexibility 4(1*) -Loomis Gang 4(2) -Brief History Oneida County 4(2)	-Cemetery Art -The Tudors 4(1)	-*Balsam Wreaths* 11/13 -Spanish for Travel
12:40 - 1:50 PM	-Science Times -Shakespeare's Superl. 16 4(1) -Love Scenes Shakesp. 4(2)	-Q\backing the News A (not 9/22) -Tom Jones 4(1) - two class periods -1970	-Qbacking the News B (not 9/23) -The American Revolution	**-Our Search For Meaning** 4(1) -Who is Olive Kitteridge 4(2)	-MVILR Book Grp. 4(1) -Flying Tigers 4(1) -Four Maj issues Geology 4(1) -Adding Health,Vitality 4(1)
2:00 - 3:10 PM	-Life of Muhammad **-Give My Regards To Broadway III** 4(1)	-Journaling -Understanding the Quaran -Tom Jones 4(1)	*-Elementary Bridge 2 to 3:30 (not 9/23)* -Weather Thou Goest -Do You Remember 4(1) -Healthy Aging 4(1) -Magical Musical Moments	*-Let's Play Mah Jong 2 to 4*	-People's Law

EXTRA COURSES IN ITALIC ***Bonus Courses in Bold***