

2007 SPRING 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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Utica, NY 13504-3050

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MVILR Board of Directors

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Ex-officio: Bruce Reichel, Vice President for Administration
Ex-officio: Deborah Tyksinski, Director, Continuing Professional Education

What You'll Need to Know

Name Badges are important for ID and campus access. MVILR issues **SUNYIT** cards for each MVILR member and facilitator. SUNYIT cards may be obtained through the Campus Book Store, which is on the main floor of 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 (\$15), available in the MVILR office.

The MVILR bulletin board is located across the hall from the office, Suite A010 Kunsela Hall. Check it frequently for important information, such as room changes.

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

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

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

Registering for Your Courses

As an MVILR member, you may sign up for 2 academic courses per semester. You may also sign up for unlimited Bonus, Specialty, and Computer Courses (space permitting). In an eight week session, two four-week courses equal a single course when reckoning 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 check marks 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 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.

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 **March 20**.
- You may register for courses that are not yet full AFTER March 20. Call the office at 315 792-7192.
- Bonus, Specialty and Computer Courses may be taken in ADDITION to your 2 course allotment.
- All Special Events, Bus Trips and Course Fees (i.e. Computer Courses) 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 MVILR bulletin board outside the MVILR office, and signs will be posted beside each classroom door.

All materials presented in courses at MVILR reflect 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.

Textbooks

A note on textbooks for MVILR courses: Books may be purchased off campus, at Barnes and Noble for example, or through the Campus Bookstore. Please call the Campus Bookstore in advance of class to place your order: 315 792-7257.

YOU Can Make a Difference

Literacy Volunteers of America, Mid-York, will offer a tutor training workshop during the 2006 Spring Semester to train MVILR members who are interested in teaching English to adult speakers of other languages in our community.

The workshop will run for eight weeks. It will be considered a Specialty Course and not part of the two course allotment. Individuals who complete the training will be asked to work with Literacy Volunteer clients for two hours each week.

An explanatory orientation for interested MVILR members was held on February 28 (as stated in Winter newsletter) to introduce and describe the program and answer questions before Spring registration.

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

**WELCOME
NEW MVILR
MEMBERS!**

SAVE THE DATE:

Sunday

May 6, 2007

Year-End Celebration

*Annual Meeting
&
DINNER
at the
Hotel Utica*



SPRING 2007

MVILR COURSE LISTINGS AND DESCRIPTIONS

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

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

COMPUTER SCIENCE

CS123-8S Digital Images: Cameras, Scanners, and Photoshop Elements*

The basics of buying and using a digital camera, transferring digital images to the computer, and manipulating those images on the computer with Photoshop Elements, an inexpensive yet powerful program from Adobe. We'll also cover the basics of using a scanner to transform images on paper or slides into digital images. **(7 weeks starting April 2)**

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

Elizabeth Rossi

* Computer Courses are not included in your Membership fee. Cost per course: \$70

ARTS, MUSIC AND LITERATURE

AR137-4S Looking at Art: Do You See What I See? - Maybe, Maybe Not

Believe it or not, you do not need special skills or esoteric knowledge to look at, think about, discuss, love, or hate a work of art—just your eyes, an open mind, your life experience, and a sense of wonder. During this informal discussion course, held in museum galleries, we will look at a variety of objects in depth, and see what we can discover about them, and perhaps about ourselves, in the process. Note: this course is limited to 12 people. It will be held at Munson-Williams-Proctor Arts Institute in the Members' Lounge.

TUESDAYS 2:00 - 3:30 p.m.

(1st 4 weeks)

Hester Stuhlman

AR142-8S Comedies/ Romances of Shakespeare

This will be a survey of Shakespeare's comedies/romances from the early through the late. Focus will be on development of themes and character.

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

Fred Capozzella

AR144-4S History of American Cemetery and Gravestone Art

Are cemeteries places you avoid and 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 12:40 - 1:50 p.m.

(1st 4 weeks)

Frank Calidonna

ART, MUSIC and LITERATURE continued

AR145-4S Popular Vocalists: A Closer Look-The Incomparable Nat “King” Cole- BONUS

This extension of a previous course, will concentrate on the career and contributions of Nat “King” Cole, commencing with the King Cole Trio’s early musical efforts and proceeding through his outstanding vocal treatments within the popular music vein. We’ll explore his impact on the entertainment business, the pop music culture and civil rights. Attention will be on various musical genre, arrangers/conductors and his legacy to the American music scene. Material will be taken from our extensive music library, featuring both audio and video presentation modes.

WEDNESDAYS 10:40 - 11:50 a.m. (2nd 4 weeks) Dick Robinson

AR157-4S Jazz/Pop/Classical Music Conversations - BONUS

We’ll listen to both a live six piece jazz combo, as well as recorded music. Guest professionals in fields other than music will be invited to discuss their musical avocations including humorous anecdotes. During each session, a question and answer opportunity will take place.

WEDNESDAYS 10:40 - 11:50 a.m. (1st 4 weeks) Don Cantwell

AR162-8S Conversational Spanish

Practice speaking Spanish in everyday situations.

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

AR163-4S Ireland: Her Language and Culture

The course will include basic phrases in the Irish language as well as reference to the culture, history and myths.

WEDNESDAYS 10:40—11:50 a.m. (2nd 4 weeks) Pat Dugan

AR185-8S Investing, Collecting, and Dealing in Antiques - *specialty course*

This is a nuts and bolts course in the business of antiques: how to buy and sell safely and smartly; how to recognize value and invest and collect wisely; things you need to know to be a dealer. We’ll cover both traditional antiques and collectibles.

THURSDAYS 10:40 - 11:50 a.m. Malcolm R. Didio

AR187A-4S Dante’s *Divine Comedy: The Purgatorio*

The purpose of this humanities course is to introduce the students to the second part of one of the great works of Western Civilization, *Dante’s Divine Comedy: The Purgatorio*. The course will examine the general sources for this part of the poem, levels of interpretation, the individual cantos of *The Purgatorio*, and will relate in general this part of the poem with the other parts: *The Inferno* and *The Paradiso*. The course presuppose a general introduction to the poem. We will use the translation of *The Purgatorio* by John Ciardi since it seems to be the most accessible in libraries and bookstores. Any translation, however, will serve our purposes.

TUESDAYS 9:20 - 10:30 a.m. (1st 4 weeks) Thomas Giometti

AR187B-4S Dante’s *Divine Comedy: The Paradiso*

Description same as above.

TUESDAYS 9:20 - 10:30 a.m. (2nd 4 weeks) Thomas Giometti

ART MUSIC and Literature continued

AR189-4S Spring Flower Wreath - *specialty course*

Celebrate spring spending a pleasant, relaxing hour arranging colorful dried flowers on a wreath that you can hang or use as a centerpiece to frame bouquets of fresh flowers or pussy willows. This is an easy and creative class that you can savor. **Materials: \$8.**

FRIDAY 10:40 - 11:50 a.m. One day only, Friday May 11

Peggy Spencer Behrendt

AR206-8S Theatre Games...And Beyond

The ability to “play” is with us from birth, and acting for the theatre evolves naturally out of childhood playing. Improvisational workshop activities open the theatre experience to people of all ages, abilities, and interests, through the structure of the game. Role-playing and improvisation invite and excite individual expression while building self-confidence and technique.

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

Bonnie Hibbard

AR207-4S Landmarks on the Move

This course will consist of four “on site” tours of the following significant landmarks by the following people: Union Station, Michael Bosak, architect; The Fort Schuyler Club (lunch, \$10, optional), Mary Lyons Bradley; Forest Hill Cemetery, Rand Carter, History of Art professor at Hamilton College; and Rutger Park, Michael Rizzo, architect.

WEDNESDAYS 10:40

(2nd 4 weeks)

Mary Lyons Bradley

AR208-4S Architectural Painting

Architectural painting is a centuries old method of adorning buildings, both public and private. This branch of art encompasses numerous techniques which include wood graining, faux marbling, frescoes, stenciling and gold leafing, to name a few. During the course, using slides, step-by step demonstrations and on-site visits, we will discuss the thought process, Experience, and techniques involved in decorative works as seen in varying structures.

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

(2nd 4 weeks)

Serafina Vetrano-Gape

AR209-4S From Shtetl to Showbiz—Jewish Humor in Speech and Song

This course will acquaint students with Jewish Humor in its many forms, and its history as well. It will cover description of Jewish humor as seen through the eyes of rabbis, humorists and scholars (we sometimes find all those attribute in one person), and its evolution from very early times to the present day. Since the subject matter of Jewish humor must have, of necessity changed with the times, so too do the stories attached to these subjects. We will discuss the reason for the abundance of Jewish comedians and humorists and will attempt to distinguish between Jewish and non-Jewish humor told or written by persons of the Jewish faith. There will also be a discussion about the use and abuse of ethnic humor, and the dangers that exist in its use. Reading from numerous Jewish literature will be included, as will be humorous songs. And, oh yes, there may well be one or two of 50 very funny stories included.

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

(2nd 4 weeks)

Neal M. Hoffman

PERSONAL GROWTH

PG 104- 4S Alternative/Integrative Medicine: What is it?

Let us examine the modalities available in holistic, alternative, complementary, integrative medicine; define them and discuss their benefits.

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

(1st 4 weeks)

Irene Droleskey

PERSONAL GROWTH, continued

PG122-4S Water Aerobics - *specialty course* Class limit, 30.

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.

THURSDAYS 8:20 - 9:30 a.m.

(1st 4 weeks)

Jackie Tompkins

PG125-8S Tai Chi Continued - *specialty course* Class limit, 20.

This course is a continuation of Jean’s beginner course and ***limited to students who have taken one of her previous courses***. Her objective is to complete the Yong Form and prepare students to continue on their own.

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

Jean C. Gage

PG 128-4S Estate Planning and Nursing Home Medicaid - *specialty course*

This course will introduce participants to the basics of estate planning, wills, trusts, powers of attorney, health care proxies/living wills, and Medicaid for long-term nursing home care.

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

(1st 4 weeks)

Richard Enders

PG143-4S Financial Mistakes People Make in Retirement - *specialty course*

The big picture! We will dispel the 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-90s. The course is designed to discuss issues that many may not be aware of regarding their current plans.

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

(1st 4 weeks)

**Dennis Coughlin &
Christopher Giambrone**

PG163-4S Intermediate Bridge - *specialty course*

This 4-week course is designed for those who have taken elementary and intermediate bridge lessons and wish to brush upon some of the finer points of the game. It will cover no-trump, strong two bids, double and preemptive bidding.

WEDNESDAYS 2:00 p.m. to 3:30 p.m (1st 4 weeks)

Rosemarie Mancuso

PG182-8S Strength, Balance & Flexibility for the Older Adult - *specialty course*

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 9:20 - 10:30 a.m.

Ralph Santarsiero

PG189-4S Friendship & Dining - *specialty course*

Visit four wonderful restaurants and enjoy new friendships. Delmonico’s: an eating experience you won’t soon forget; Phoenician: delectable Lebanese flavors to whet your appetite; Gabriel’s Trattoria: a very special dining treat-if you haven’t tried this one; and Grimaldi’s: a long-time, super Italian restaurant. You may register a guest. A non-refundable fee of \$80 for dinners, upon registration. Class meets at the site. (limited to 30)

TUESDAYS 5 p.m.

(2nd 4 weeks)

Marsha Mason

PERSONAL GROWTH continued

PG199- 8S Beginning Basic Crochet - *specialty course* Class limit, 10.

Learn basic stitches and make a scarf as a class project. Materials required.

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

Barbara McBride

PG200-4S Wine-Wise 101 with Sommelier Johannes Neckermann Class, limit 30.

This lecture course introduces the listener to basic wine appreciation, distinguishing between varietals, choosing, presenting, tasting wine: pairing wine with food and reading wine lists in restaurants. It takes away the apprehension of many to competently talk about and enjoy wine.

THURSDAYS 12:40 - 1:30 p.m. (1st 4 weeks)

Johannes Neckermann

PG201-4S Wine Wise 102 with Sommelier Johannes Neckermann Class, limit 35.

An interactive, conversational class with subjects covered in WW 101, but in more depth.

THURSDAYS 2:00 - 3:10 p.m. (1st 4 weeks)

Johannes Neckermann

PG202-8S An Introduction to Recreational Vehicles - *specialty course*

Discover the world of camping—living in various types of vehicles, motor homes, travel trailers, fifth wheels, etc.

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

Sam Jess

PG203-8S More Natural Cures

Achieve a healthier lifestyle by learning way to use natural home remedies and supplements. Learn about various vitamins, herbs, and foods to prevent or reverse some of the most common conditions people suffer from.

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

Dr. Pawel Pyrda

PG204-8S Literacy Volunteers Tutor Training - *specialty course*

Literacy Volunteers of America, Mid-York, will prepare individuals taking this 8-week training workshop to become tutors so they can assist adult speakers of other languages in the community to learn English.

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

Robert D. Schaffer

PG205-4S Combat Investing: A Survivalist's Guide to Understanding and Analyzing Mutual Funds and Insurance Annuities - *specialty course*

This is an informative user-friendly “nuts and bolts” course that 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 various types of mutual funds and how to analyze and decipher financial data in the Prospectus of Mutual Funds. Learn how to read the Wall Street Journal and Morningstar Mutual Fund report. Confused on insurance annuities and how they work? A detailed, comprehensive overview on what you must know will be explained. You will be surprised. This course may be worth its weight in gold!

TUESDAYS 10:40 - 11:50 a.m. (1st 4 weeks)

Elliott Friedman

PG208-4S Producing a Slide Show or Presentation With Digital Images

One way to share your photography is through a well-planned slide show. Digital photography frees one from the carousel projector, but requires some knowledge of specialty software programs which can make your slide shows so much more entertaining than old fashioned slide shows. They are wonderful for family and friends. Their production is similar to presentations for business like PowerPoint type presentations.

THURSDAYS 2:00 - 3:10 p.m. (1st 4 weeks)

Frank Calidonna

PERSONAL GROWTH (continued)

PG209-4S Everything You've Wanted to Know About Social Security - *specialty course*

This course, facilitated and coordinated by Mary Chapin, will feature Larry Kane, District Manager of the Utica Social Security Office who will discuss the issues and complexities of the system and answer your questions. Larry is nearly a 30 year employee of Social Security and has been the District Manager of the Oswego and Auburn offices. He has been seen on both WUTR and WKTV. Information covered will include: Class 1, Retirement benefits; Class 2, Survivor Benefits; Class 3, Disability Benefits; and Class 4, Medicare.

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

(1st 4 weeks)

Mary Chapin

PG210-4S Journey to Balance - *specialty course*

Course will include: Strategies for increasing wellness, positive outlook and solution-oriented focus. Learn how to live life fully, transforming obstacles into opportunities.

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

(2nd 4 weeks)

Teresa D. Huggins

PG211-4S Success Principles - *specialty course*

Explore possibility thinking: uncover simple strategies that will transform problems into possibilities. Interact with others as you discover the power of E+R+O.

TUESDAYS 9:20 - 10:30 p.m.

(2nd 4 weeks)

Teresa D. Huggins

PG212-4S Meditation For Life Enhancement

We will be exploring one form of meditation that increases our moments of peace and well being, and the "homework" and preparation to activate it.

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

(2nd 4 weeks)

Timothy Hume Behrendt

PG213-4S All About Pets! - *specialty course*

Are you considering getting a new pet? Do you have questions about pet care? This course will help you choose a pet and explain your responsibilities as a pet owner. The information presented here is designed to help you develop a health care program for a long, healthy and happy life for your new best friend! Topics will include choosing the right pet, spaying and neutering, annual comprehensive exams, dental health, senior pet wellness, obedience training, pet insurance, and much, much more. Bring your question, but not your puppy — this class is for humans only!

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

(1st 4 weeks)

Frank A. Mondt, VMD

PHILOSOPHY AND RELIGION

PH136-4S Women Office Holders in the Early Church, Continued

This course is based on the evidence which demonstrates the roles and offices held by women in the early Church. The report is based on a pilgrimage to Rome, Italy led by Sister Christine Schenk and Dr. Dorothy Irvin.

WEDNESDAYS 9:20 - 10:30 a.m. (2nd 4 weeks) Pat Dugan

PH138-4S An Introduction to the Talmud

We will study a short passage of the Talmud in translation with particular emphasis on how decisions are reached and how ideas developed over time.

FRIDAYS 10:40 - 11:50 a.m. (2nd 4 weeks) Henry Bamberger

PSYCHOLOGY

PSY138-8S Introduction to Psychology

This course will cover the following: personality theories, research techniques, psychological testing, introduction to DSM IV, case studies, bereavement and hypnotherapy.

MONDAYS 2:00 - 3:10 p.m. Ann Williams, Ph.D

SCIENCE

SC101-8S Introductory Astronomy

This course will be an introductory study covering various aspects of Astronomy including: the history of Astronomy; the tools that astronomers use; identifying the constellations; a tour of the Solar System and our Milky Way galaxy; and a look at our closest neighbors, the sun and the moon and why the moon has phases. In additions we will explore: What is a galaxy? What is a nebula? What is radio astronomy? How to choose binoculars and telescopes. No Astronomy or Physics background required to take this course.

WEDNESDAYS 12:40 - 1:50 p.m. W. Joseph Crossman

SC103-8S Science Times

We 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

SC104-4S Introduction to Birding Class limit, 20.

While open to all, this course is particularly suited to beginning birders. We will concentrate on identification of the familiar groups of birds found in our area. The first session will meet at the assigned time in a classroom. Weather permitting, the other three sessions will be field sessions, meeting at 8:30 a.m. and continuing through the 9:30 hour. In case of bad weather, we will return to our 9:30 classroom. Class limited to 20.

FRIDAYS 9:20 - 10:30 a.m. (2nd 4 weeks) Henry Bamberger

SOCIAL SCIENCES

SS102-8S 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 - 1:50 p.m.

Nancy Dubner

SS102-8S Quarterbacking the News B

See description above.

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

Nancy Dubner

SS115-8S Issues in American Foreign Policy

This course will be part of the Foreign Policy Association's Great Decisions 2007 program. Topics to be covered are: The Middle East, Climate Change, Mexico, Migration, War Crimes, Central Asia, South Africa and Children. Text for this course is \$20.

WEDNESDAYS 2:00 to 3:30 p.m.

Nancy Dubner

SS146-8S Abraham Lincoln

This course will be a concise review and discussion of Abraham Lincoln, including his childhood years in Kentucky and Indiana, his years in Illinois, and his evolving views and goals during the war years.

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

Terrance Kehoe

SS165-4S Safe Haven: A Story of Hope

This is the inspiring story of 982 refugees of the Nazi Holocaust who were invited by President Franklin Roosevelt to be sheltered in Fort Ontario, Oswego, NY, from August 6, 1944 until the war in Europe ended. We will cover the political and emotional barriers to the rescue of Holocaust victims, their dangerous trip across the Atlantic, their stay in the refugee shelter at Fort Ontario, and finally the lives of many of them since leaving the shelter. You will hear and see former refugees in a TV documentary, and there may be a field trip to Safe Haven's Museum in Oswego.

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

(2nd 4 weeks)

Neal Hoffman

SS166-8S Oneida Indian Nation Culture and History

Class limit, 20.

This course will provide the student with the opportunity to learn more about Oneida Indian Nation culture and history. Several topics will be discussed, including the Haudenosaunee creation story, the Oneida involvement during the Revolutionary War, treaties made with the United States and sovereignty. Students will learn about the American Indian boarding school era and its lasting effects on Indian education, and will be given the chance to learn some Oneida language and make a traditional Oneida craft.

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

Kandice Watson

SS188-8S Abolitionism and Underground Railroad Sites in Oneida County

Oneida County has a rich but unpublicized history in the Underground Railroad movement. Through painstaking research, an exciting list of sites and participants is developing. Through lecture, augmented with visuals, the class will be introduced in depth to many citizens (both abolitionists and pro-slavery) in a county polarized by the slavery question. A field trip to see, first hand, several Underground Railroad locations will be offered.

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

Eleanora L. Collins

SS189-8S Growing Up in History 1933-1945

This course is a personal perspective of the war years interspersed with the historical events of that time. This view of life in Europe is taught from a unique perspective.

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

Helen Sperling

SS195-4S Jacques Cartier Discovers America—A look At the History and Culture of Canada

This course will focus on those aspects of Canadian history and culture that seem to best exemplify the unique character of its people and of their achievements. Some highlights of Canadian art, literature and politics will be discussed.

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

(1st 4 weeks) Joan Anne and James F. Caron

SS196-8S An Elementary View of the Middle Ages

We will explore the lives of knights, monks, lords and peasants while looking at castles, weapons, table manners, medicine, and more.

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

Patricia Cofrancesco

SS197-8S The Civil War

The history of the American Civil War, 1861-1865.

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

Cheryl Pula

SS199-4S Pericles of Athens as Democrat and Imperialist

A view of Pericles' life and work in Athens Golden Age. Imperialist: What was his legacy? Suggested reading: Hamish Aird, "The Rise and Fall of Athenian Democracy." Roth Publishing Company.

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

(1st 4 weeks)

William Schenck

SS200-8S 1967

Forty years ago—a lifetime ago? Explore the events, politics, art, music, film, TV, and technology of that year, and see how it influenced the world of today.

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

Lois Silverman

SS201-8S Sex, Politics and Religion Class limit, 20.

Has a good argument, a reasonable discussion, a thought-provoking debate been missing from your life? Then you'll find yourself stimulated by this series of topics that aren't often dealt with around the water cooler. At each session, Bob Schaffer, your program leader, will speak for twenty minutes on a particular topic. The remainder of the time will be given over to open discussion. Topics may include assisted suicide, gay marriage, government intrusion in our private lives, the disastrously flawed No Child Left Behind law, inhumanity of our prison system, birth control, capital punishment, and why Christianity must change or die.

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

Robert D. Schaffer

Directory of MVILR Facilitators: SPRING 2007

Bamberger, Henry: • **Introduction to Birding**
• **An Introduction to the Talmud**

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

Behrendt, Peggy Spencer: Spring Flower Wreath

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: Meditation For Life Enhancement

Tim is a semi-retired member of the clergy and a State certified counselor.

Bradley, Mary Lyons: Landmarks “On The Move”

Mary Lyons is a board member of the Landmark Society of Greater Utica and, in that capacity, has given several tours of Utica’s landmarks. She serves on MVILR’s Curriculum Committee.

Bulman, David: Science Times

David is the retired NYS Director of Traffic Engineering and first Executive Director of the NYS Public Transportation Safety Board. He has served for the past two decades as National Technical Committee Chairman and a member on the National Committee on Uniform Traffic Control Devices.

Calidonna, Frank: • **The History of American Cemetery and Gravestone Art**
• **Producing a Slide Show or Presentation with Digital Images**

Frank was an art teacher for 40 years, teaching every level from pre-school through high 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.

Cantwell, Donald: Jazz, Pop, Classical Music Conversations

Don is a retired director of the band and jazz ensemble, Whitesboro Schools for 30 years; retired director of the jazz ensemble, Hamilton College; leader, sax, clarinet with the Clef Dwellers jazz band; principal clarinetist, Northeastern Community Band, Lake Placid, and Colonel Arnald Gabriel USAF (Retired) conductor.

Capozzella, Fred: Comedies/Romances of Shakespeare

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 has also won many awards for his photography.

Caron, Joan Anne & James F: Jacques Cartier Discovers America—A Look at the History and Culture of Canada

Joan Anne Caron MLS, is Assistant Chief Librarian at the Utica Public Library. James F. Caron, PhD, is professor emeritus of Philosophy at Utica College.

Directory

Chapin, Mary: Everything You've Wanted To Know About Social Security

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.

Cofrancesco, Patricia: An Elementary View of the Middle Ages

Pat is a retired elementary school teacher. She enjoys old history and finding those odd stories that make it fun.

Collins, Eleanora: Abolitionism and the Underground Railroad Sites in Oneida County

Ellie has made the study of the Underground Railroad a hobby for more than 25 years. She has given talks for area clubs and schools. After retirement, she became an avid researcher and speaker, and reenacts a slave escape.

Coughlin, Dennis: Financial Mistakes in Retirement

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.

Crossman, W. Joseph: Introductory Astronomy

Joe is very active in the field of astronomy, with over 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. At MVILR, he also teaches a course on the History of the Pipe Organ, is a member of the board of directors, and serves as co-chair of the Curriculum Committee.

Didio, Malcolm: Collecting, Dealing, and Investing in Antiques

Mal has been in the antiques business for 36 years as a collector, dealer, and show promoter. He spent 13 of those years in the business as a full-time dealer.

Droleskey, Irene: Alternative/Integrative Medicine-"What is it?"

Irene is a 1950 graduate of St. Elizabeth's College of Nursing in Utica. She has multiple certifications in alternative medical practices, such as reflexology and massage therapies.

Directory _____

Dubner, Nancy: • Quarterbacking the News A & B

• Issues in American Foreign Policy

The founder of MVILR, Nancy was its president since it began in 1997 until 2004. She was president of the SUNY 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.

Dugan, Pat: • Ireland: Her Language and Culture

• Women Office Holders in the Early Church

Pat is a former Irish Language Officer of the North American Province of Comhaltas Ceoltoiri Eireann. She has been an MVILR facilitator for several years presenting courses in Irish language and culture and was a member this spring of the Rome Pilgrimage.

Enders, Richard: Estate Planning

Richard is a practicing attorney in Clinton, NY. He is author of *Nunc Pro Tunc – A Country Lawyer's Essays on Estate Planning and Aging* and the *Internet Guided Medicaid for Long Term Home Care*. Richard also wrote and performs his one-man shows, *Charles Dickens: Sketches of Boz*, *Patent Pending - Conversations with my Father*, and *C is for Cauliflower*. He is also seen each week as the host of Mohawk Valley Living.

Friedman, Elliott: Combat Investing

Elliott has been in the investment business since 1980 and is affiliated with Lincoln Investment Planning. He previously taught the Series 6 securities license for new financial representatives and has taught investment courses at MVCC as an adjunct faculty member. He has an AAS degree from MVCC, 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, can be found keeping fit at the Rome YMCA.

Gage, Jean: Tai Chi Continued

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-enactment as a maker of willow baskets.

Giambrone, Christopher C.: Financial Mistakes in Retirement

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.

Giometti, Thomas: • Dante's Divine Comedy: The Purgatorio

• Dante's Divine Comedy: The Paradiso

Thomas is professor emeritus from the Humanities Department at Mohawk Valley Community College.

Hibbard, Bonnie: Theatre Games ... And Beyond!

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 _____

Hoffman, Neal: • **Safe Haven: A Story of Hope**
 • **From Shtetl to Showbiz**

Neal, who holds a master's degree in public administration from Syracuse University's Maxwell School, served on the board of Safe Haven, Inc. for seven years, during the last of which he was the organization's third president. He is a New York State retiree, having served for 25 years in the human rights field, and is also an occasional instructor and lecturer at Elderhostels. He is an actor, entertainer, speaker, singer, and financial/tax advisor.

Hosp, Rose: Conversational Spanish

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

Huggins, Teresa D.: • **Journey to Balance**
 • **Success Principles**

Teresa enthusiastically lives life and inspires others to be more, notice more, and achieve more. Twenty-one years as a teacher and counselor, she motivates others to see the potential of youth, to understand the difference an individual can make and to celebrate the sparkling moments of life.

Jess, Sam: Introduction to Recreational Vehicles

A retired police officer with 40 years experience, Sam has been camping in RV's since 1968. He has traveled from Prince Edward Island to Florida and the West Coast.

Kehoe, Terence W.: Abraham Lincoln

Terry retired from teaching high school mathematics, and is presently an adjunct instructor of Mathematics at SUNYIT.

Mancuso, Rosemarie: Intermediate Bridge

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

Mason, Marsha: Friendship and Dining

Marsha, retired from her own long-time business, spends countless hours volunteering her time to many organizations. She is very proud to be a member of MVILR and to serve on its curriculum committee as well as its board of directors.

McBride, Barbara: Beginning Basic Crochet

Barbara loves to crochet and has been doing it for thirty years making afghans.

Mondi, Frank A. Mond, VMD: All About Pets!

Dr. Mond is the owner and director of New Hartford Animal Hospital and Care Center, founded in 1978. He is a member and past president of the CNYVMS and the OCVMS, member and past executive board member of the NYSVMS and member of the AVMA. He hosts "Pet Talk" on WKTV, serves on the Utica College Board of Trustees and Health Advisory Committee and is founding member of Breakthrough Central New York.

Directory _____

Neckermann, Johannes: • Wine Wise 101 • Wine Wise 102

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

Pula, Cheryl: The Civil War

Cheryl is a well-known local historian who wrote "Utica's Irish Heritage" contained in *Ethnic Utica*. She is also a research librarian in Whitesboro. She is a member of several World War II and Civil War historical organizations.

Pyrda, Dr. Pawel: More Natural Cures

Dr. Pyrda is a chiropractor, wellness facilitator, health educator and stress reduction coordinator.

Robinson, Dick: Popular Vocalists: A Closer Look-The Incomparable Nat "King" Cole

Dick spent 32 years as an educator. He taught in public school and at the college level. He retired as Superintendent of the Whitesboro Central School District in 1993. Music of the Big Band era and Jazz are two of his loves. This marks the 8th music series course he has offered through MVILR.

Rossi, Elizabeth: Digital Images: Cameras, Scanners, and Photoshop Elements

Elizabeth is a trainer with the Office of Continuing Professional Education at SUNYIT.

Santarsiero, Ralph: Strength, Balance and Flexibility For The Older Adult

After 36 years, Ralph retired from teaching French and Spanish in the Utica School District. He is currently an adjunct professor of foreign languages at SUNYIT. He is a certified personal trainer and certified lifestyle and weight management consultant by the American Council on Exercise. Ralph is a trainer at the Rome YMCA and writes a regular newspaper column on fitness.

Schaffer, Robert D.: • Sex, Politics, and Religion • Literacy Volunteers Trainer

This is Bob Schaffer's 56th year as both a career counselor and educator. 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 theater.

Schenck, William: Pericles of Athens as Democrat and Imperialist

Bill is a retired Assistant Headmaster and Chair of the History Department at St. George's School, Newport, RI, and is Chair of the MVILR Curriculum Committee. He has taught many history courses for MVILR.

Silverman, Lois: 1967

Lois Silverman has a MA in Literature from Montclair State University (NJ) with a specialty in literary anthropology. She previously taught "Not Just John Wayne" for MVILR and other courses for adults and teens.

Directory ---

Sperling, Helen: Growing Up in History, 1933-1945

Helen is a survivor of the Holocaust. She grew up in a small town in Poland and spent nearly three years in a ghetto and concentration camps. Helen has lived in the U.S. for 56 years and has taught extensively in area schools and colleges.

Stuhlman, Hester: Looking at Art: Do You See What I See? - Maybe, Maybe Not

Hester has been a museum docent for twenty years, first at the Wadsworth Athenaeum in Hartford, CT, and then at Munson-Williams-Proctor Arts Institute since 1991. At MWPAI she has been involved with docent training and has helped develop the museum/school tours and materials.

Tompkins, Jackie: Water Aerobics

Jackie taught physical education and coached at New Hartford Central School for 35 years. She is in her 8th year of redirectment.

Vetrano-Gape, Serafina: Architectural Painting

Serafina apprenticed many years for her father, August Vetrano, a third generation artist and liturgical painter, where she learned to produce mural, stencils and various art works. Focused on continually improving and updating her art skill, she regularly participated in workshops, around the United States, taught by internationally known decorative artists. Her work can be seen in many churches and private residences throughout Central NY. She holds a BA from SUNYIT, is included in several "Who's Who" and has won many awards in various mediums.

Watson, Kandice: Oneida Indian Nation Culture and History

Kandice was raised on the Oneida Indian Nation Reservation in Oneida. She has two daughters and works as the Oneida Nation Director of Education Relations. She has a bachelor's degree in mathematics from Utica College of Syracuse University and a master's in teaching from Colgate University.

Williams, Ann: Introduction to Psychology

Ann has a bachelor's degree in education from Syracuse University, a master's in guidance from Colgate University, and a doctorate in psychology from the University of Wales and Cambridge in the U.K., with summer studies at Oxford also in the U.K.



**SPRING MVILR
Registration Form
and Information**

**YOUR
NAME** _____

- Write your name on all pages of the registration form.
- You are entitled to enroll in two courses each semester **plus** any “**Extra**” Courses.
- **Extra courses** include: **Computer Courses**- limited in size and involving a fee, **Bonus Courses**- unlimited in size and held in the Auditorium in Kunsela Hall, and **Specialty 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. Mark numbers 1, 2, 3, and 4 beside your first four choices of courses in order of preference (#1 being first choice.)
- Computer courses require an additional fee of \$70 for a seven-week class. This fee should be included and mailed in with the completed registration form as well as the form on page 21.
- 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
P.O. Box 3050
Utica, NY 13504-3050**
- 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	EXTRA COURSES BELOW DO NOT COUNT TOWARD YOUR 2 ALLOTTED CHOICES
	Computer Course: \$70 Charge for seven week course
	CS123-8S Digital Images (send in with payment and form page 21)
	Specialty Courses
	AR185-8S Investing, Collecting, Dealing in Antiques
	AR189-4S Spring Flower Wreath (one class only 4/11)
	PG122-4S Water Aerobics
	PG125-8S Tai Chi Continued
	PG128-4S Estate Planning and Nursing Home Medicaid
	PG143-4S Financial Mistakes People Make in Retirement
	PG163-4S Intermediate Bridge
	PG182-8S Strength, Balance & Flexibility for Older Adults
	PG189-4S Friendship and Dining
	PG199-8S Beginning Basic Crochet (class limited to 10 persons)
	PG200-8S Introduction to Recreational Vehicles
	PG201-8S Literacy Volunteers Tutor Training
	PG205 4S Combat Investing: A Survivalist's Guide
	PG209-4S Everything You've Wanted to Know About Social Security
	PG210-4S Journey to Balance
	PG211-4S Success Principles
	PG213-4S All About Pets
	Bonus Courses
	AR157-4S Jazz/Pop/Classical Music Conversations
	AR145-4S American Vocalists: A Closer Look at the Incomparable Nat King Cole

Academic Courses:

You are eligible to take two.

YOUR NAME _____

	AR137-4S Looking at Art: Do you See What I See?	Arts, Music, and Literature
	AR142-8S Comedies & Romances of Shakespeare	
	AR144-4S History of American Cemetery and Gravestone Art	
	AR162-8S Conversational Spanish	
	AR163-4S Ireland: Her Language and Culture	
	AR187A-4S An Introduction to Dante's Divine Comedy: The Purgatorio	
	AR187B-4S An Introduction to Dante's Divine Comedy: The Paradiso	
	AR206-8S Theatre Games...And Beyond	
	AR207-4S Landmarks on the Move	
	AR208-4S Architectural Painting	
	AR209-4S From Shtetl to Showbiz	
	PG104-4S Alternative/Integrative Medicine: "What is it?"	Personal Growth
	PG200-4S Wine-Wise 101 with Sommelier Johannes Neckermann	
	PG201-4S Wine Wise 102 with Sommelier Johannes Neckermann	
	PG203-8S More Natural Cures	
	PG208-4S Producing a Slide Show with Digital Images	
	PG-2124S Meditation for Life Enhancement	
	PH136-4S Women Office Holders in the Early Church, cont.	Philosophy and Religion
	PH138-4S An Introduction to the Talmud	
	PSY138-8S Introduction to Psychology	Psychology
	SC101-8S Introductory Astronomy	Science
	SC103-8S Science Times	
	SC104-4S Introduction to Birding	
	SS102-8S Quarterbacking the News A (Tuesdays)	
	SS102-8S Quarterbacking the News B (Wednesdays)	Social Sciences
	SS115-8S Issues in American Foreign Policy	
	SS146-8S Abraham Lincoln	
	SS165-4S Safe Haven: A Story of Hope	
	SS166-8S Oneida Indian Nation Culture and History	
	SS188-8S Abolitionism and the Underground Railroad Sites in Oneida County	
	SS189-8S Growing up in History, 1933-1945	
	SS195-4S Jacques Cartier Discovers America—A look At The History and Culture of Canada	
	SS196-8S An Elementary View of the Middle Ages-8S	
	SS197-8S The Civil War	
	SS199-4S Pericles of Athens as Democrat and Imperialist	
	SS200-8S 1967	
	SS201-8S Sex, Politics and Religion	

please clip this out and send it in with your registration and payment

Payment Form for Computer or Dining Experience Courses:

Computer Course: Digital Images \$70 ____

International Experience in Dining \$80 ____

Method of payment: ____ Check (*payable to MVILR*)

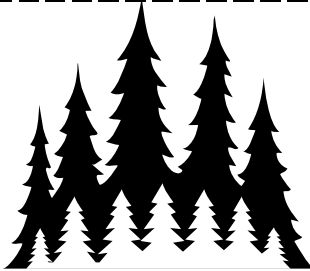
or ____VISA ____MasterCard

Credit card # _____/_____/_____/_____ Expiration date: ____/____/____

Authorized Signature _____ Total Amount \$ _____

Your zip code (needed for credit card purchases) _____

*Please note: This charge will appear as **College Association** on your billing statement.*



You are Invited to a Program of Readings and Music

“Nature, Meditations, & Music”

OPEN TO ALL

A presentation by Tim Behrendt and Peggy Spencer Behrendt, of Harp and Harmony, will take place on Friday, May 18 at 10:40 a.m. in Donovan Hall, room G152.

The program will be the final class in Tim’s MVILR course “Meditation For Life Enhancement”.

Tim and Peggy are the owners of the Shawangunk Nature Preserve where they

enjoy a life of relative simplicity focusing on education, ecology, and living in harmony with the natural world.

In addition to the students enrolled in the course, all other MVILR members who wish to attend are welcome to enjoy the presentation.



Notes....

MVLIR SPRING 2007 COURSE SCHEDULE

TIME	3/26 4/2 4/9 4/16 4/23 4/30 5/7 5/14	3/27 4/3 4/10 4/17 4/24 5/1 5/8 5/15	3/28 4/4 4/11 4/18 4/25 5/2 5/9 5/16	3/29 4/5 4/12 4/19 4/26 5/3 5/10 5/17	3/30 4/6 4/13 4/20 4/27 5/4 5/11 5/18
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:20—10:30 a.m.	Cartier/Canada 4(1) <i>Recreational Vehicles</i>	<i>Success Principles</i> 4(2) <i>Beginning Crochet</i> Dante: Purgatorio 4(1) Dante: Paradiso 4(2)	<i>Strength, Balance, etc.</i> Civil War Women Office Holders 4(2) <i>Financial Mistakes</i> 4(1)	Water Aerobics 8:20 a.m. / 4(1)	Intro. to Birding 4(2) Alternative/Integrative Medicine 4 (1)
10:40—11:50 a.m.	Abraham Lincoln Theatre Games <i>Digital Imaging (7 weeks) begins April 2</i>	<i>Combat Investing.</i> 4(1) <i>Journey to Balance</i> 4(2) Elem. View of the Middle Ages	Jazz 4(1) Nat King Cole 4(2) Ireland Lang/Culture 4(2) Tai Chi Continued Landmarks on the Move-Off campus 4(2)	Shakespeare <i>Collecting Antiques</i>	<i>Estate Planning</i> 4(1) Meditation 4(2) Intro. to the Talmud 4(2) <i>Spring Wreath</i> <i>one day only, May 11</i>
12:40—1:50 p.m.	Science Times Safe Haven 4(2)	Q'Back the News A G144 <i>Literacy Volunteers</i> Pericles 4(1) 1967	Q'Back the News B Astronomy Conv. Spanish G106	Wine Wise 101 4(1) <i>All about Pets</i> 4(1) Cemetery Art 4 (1)	Oneida Indian Nature and Culture <i>Social Security</i> 4(1) More Natural Cures
2:00—3:10 p.m.	Jewish Humor 4(2) Psychology	Looking at Art (2:30 MWPAI) 4(1) Architectural Painting 4(2) Sex, Politics, Religion Growing Up in History <i>Friendship and Dining</i> 5 p.m. 4(2)	<i>Intermediate Bridge</i> (2 to 3:30) 4(1) Issues in American Foreign Policy (2 to 3:30)	Wine Wise 102 4 (1) Producing a Slide Show 4 (1)	Abolitionism & The Underground Railroad

BONUS COURSES IN BOLD

SPECIALTY COURSES IN ITALIC