

2010 Winterim MEMBERSHIP HANDBOOK

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

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

How to contact the MVILR Office:

MVILR at SUNYIT
 100 Seymour Rd/
 Utica, NY 13502

Phone: 315 792-7192
Fax: 315 792-7278

Email: mvilr@sunyt.edu
Website: www.mvilr.sunyt.edu
Secretary: Jo Giacobelli
Director: Ginger Parker

MVILR Board of Directors

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Ex-officio: Deborah Tyksinski, Ph.D, Assistant Provost,
 Director, Continuing Professional Education and Sponsored
 Research

Where is the MVILR Office?

The MVILR Office is located on the second floor of Kunsela Hall's 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.

PLEASE WEAR YOUR BADGE WHILE ON CAMPUS.

MVILR issues SUNYIT ID 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 card allows you to take books from the Cayan Library and to put money on the card for use in the Cafeteria. If you lose your SUNYIT card, the replacement cost is \$15.

SUNYIT campus parking stickers must be affixed to the vehicle as directed. If you get a new car, you must buy a new sticker. The cost of a replacement sticker is \$1 and available in the MVILR office with new car information. Lost stickers will be replaced for the standard \$15 fee.

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 go to the MVILR office. Although we are housed at SUNYIT, other SUNYIT offices are often unable to answer questions about the MVILR program.

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

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 check marks for the Bonus and Extra courses you wish to take. Sign the registration form and return it as soon as possible to MVILR at SUNYIT.

Please Note:

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

WELCOME NEW MVILR MEMBERS 2009-2010

Special Events and Course Registration Policies

- All special events and course registrations are **first come, first served**. Registration Forms are dated the day they arrive in the office.
- No registrations will be taken by phone until January 20,
- You may register for courses that are not yet full AFTER January 19. Call the office at 792-7192.
- Bonus and Extra courses may be taken in ADDITION to your 3 course allotment.
- All special events, bus trips and course fees are **non-refundable** unless that event or course is cancelled.
- Before classes begin, you will receive a course confirmation notice with room assignments. We mail this out as soon as we register you in your courses. Please carry this course confirmation notice with you when you start classes to help you find your classroom. This information will also be posted 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. It does not reflect the official policy of MVILR nor of SUNYIT which assume no responsibility or liability for any injury or damage to persons or to property from any use of methods or ideas put forth. Participants should seek appropriate counsel or advice from suitable sources

WELCOME to New Facilitators in the Winterim Session:

Michael Mahanna
Sarah Clarke
David and Carol White
Stephen Donachie
Paul Fortin

Off Campus Courses

Several courses will be held off campus during the Winterim Semester:
Try Curling: Utica Curling Club
Off to the Fort We Go: Fort Stanwix in Rome.
Downhill Skiing: various sites
Meet Me at the Museum, MWPAI

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

Textbooks

Some MVILR facilitators send out a list of recommended reading. Books may be purchased off campus, at Barnes and Noble for example, or through the Campus Bookstore (The Bookmark). Please call the Campus Bookstore in advance of class to place your order: 315 792-7257 or visit in person, first floor of Kunsela's B wing across for the Gannett Gallery.



CONTENTS:

MVILR Information and News
Pages 2 and 3

Course Listings
Pages 4 through 8

Directory - MVILR Facilitators
Pages 9 through 12

Course Registration Form
Pages 13-14

Winterim Course Schedule
Page 15

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

Check our Website

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

Going Green at MVILR

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

**The MVILR OFFICE
will be closed from
December 24
to January 4**



**HAPPY NEW
YEAR!**



SAVE THE DATE:

Thursday
May 6, 2010
Annual Meeting
&
Year-End Celebration

WINTER 2010

MVILR COURSE LISTINGS AND DESCRIPTIONS

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

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

ARTS, MUSIC AND LITERATURE

AR137-4W Meet Me at The Museum

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

TUESDAYS 2:15 - 3:30 p.m. at MWPAI (class limited to 25)

April Oswald

AR143-4W Taste of Twain

This will be an introduction to the work of Mark Twain, including selected short material and *Huckleberry Finn*.

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

Fred Capozzella

AR207-4F – Who is Olive Kitteridge?

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

AR214-4W Not So Grand Opera . . .

. . . should be a delightfully stimulating and mind-opening experience. It will be broadly based and appropriate for novices as well as opera aficionados. We'll hear four to six musical items each session, the longest taking less than 20 minutes. Most selections will be on DVD or video in order to enhance enjoyment and understanding. Usually there will be subtitles to translate the words being sung. Those selections that are only audio will be played using an iPod and Bose speaker system. Genres will include operas, cantatas, oratorios, operettas, documentaries, movies, and musicals. Selections will emphasize one or more of these elements: acting, singing, choreography, costumes, set decoration, as well as historical curiosity or significance.

Good opera contains all the elements of good theater. Thus we'll enjoy not so much GRAND opera as GOOD opera.

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

Bob Schaeffer

AR212-4W Journaling for Exploration and Art

Keeping a daily journal can enhance and preserve life events and clarify their effects on our decisions and actions.

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

Roger B. Smith

COMPUTER SCIENCE

CS125-4W Computer and Internet Security

More and more people are discovering the wonderful uses of computers. They allow easy communication with family and friends, sharing pictures, shopping, banking and financial services and open a whole world of information a mouse click away. Walking down a street you can have your pocket picked or purse snatched. Unfortunately the computer allows these same kinds of people to do equally unlawful things. You can easily protect yourself from scammers and thieves with some basic knowledge of setting up your computer, as well as awareness of the many scams and frauds. This class will show you how to do what need to be done to safely use your computer at home or online.

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

Frank Calidonna

PERSONAL GROWTH

PG123-4W Lap Swimming—extra course

Swim laps or do your own exercises in the pool. (Twice Weekly)

TUES./THURS. 8:00 - 9:00 a.m.

Charles Williams

PG143 - 4W Six Mistakes People Make With Their Finances

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 ½, 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.

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

Dennis Coughlin & Christopher Giambrone

PG147- 4W Downhill Skiing - extra course

This skiing course takes place on the slopes from 10 a.m. until 3 p.m. There are two hours of instruction in the morning, followed by lunch and guided practice throughout the rest of the day. We ski at different local resorts each week in order to vary the experience. MVILR does not collect program fees in advance, as each area has a different rate structure. Participants pay lift and rental (if needed) fees on the day of the class. Special rates for registrants will still be in effect. Transportation is the responsibility of the participant, and car-pooling is particularly advised.

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

The tentative schedule is as follows: *February 3, Snow Ridge, February 10, Woods Valley, February 24, McCaulley Mountain. No class during Presidents' week statement should go into the catalog. Class limit of 15 but if more want to participate, talk to her about it. The last week, March 3, is TBD by the group.*

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

PG164-4W: Try Curling - extra course

Enjoy the sport of curling! Curling debuted as a full medal sport in the 1998 Winter Olympics in Nagano, Japan, although it is more that 100 years old, Curling, like golf, is a lifetime sport, played for recreation and competitive satisfaction by men and women from 8 to 80. The first session includes an instructional clinic where participants will learn fundamentals of delivering stones, sweeping skills and strategy. A partial game will be played. Sessions 2 - 3 involve actual game play with coaching instructors assisting with techniques and strategy. *Participants need to carry (not wear) clean sneakers to class. Wear loose, warm clothing. Held at the Utica Curling Club, Westmoreland Rd. Previous "Try Curling participants welcome! Class limited to 16.*

WEDNESDAYS 10 a.m. to Noon

Pam Jones & Fred Hicks

PG182-4W: MVILR Walkers' Club - extra course

Participate in one or both sessions per week. Walk at your own pace, for as long as you like during the class period. Bring dry walking shoes and a bottle of water.

Warm-up exercises will be offered at the beginning of each class. *Meets at the gym track at the Campus Center.*

MONDAYS & WEDNESDAYS 9:00 - 10:00 a.m.

Jack Hosp

PG199-4W Basic Knitting - extra course

For those who know the basic knit stitch and want to learn to make things that look hand made, rather than home made. Includes: how to make a swatch, reading and practicing pattern reading. Learn how to use color through the Fibonacci method. The pleasure is in the journey, so speed is not the goal. Relaxation and enjoyment are part of the process. You pick what you want to make and work on. Feel free to bring in a pattern and instructions for a project you want to work on. Other learning projects will be offered as well. A solid color worsted yarn is best for learning and size 8 needles are average for many projects. Expect to share ideas. Class size is limited to 10.

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

Sarah Clarke

PG214-4W Let's Play Mah Jong - extra course

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

THURSDAYS 2:00 - 4:00 p.m.

Gloria Schaeffer

PG215-4W Recreational Snowshoeing - extra course

4 weeks

Snowshoe lovely area sites. Week 1: SUNYIT campus trails; Week 2: Root Glen, Clinton; Week 3: South Woods, Utica; Week 4: Class choice. We will hike if there is no snow.

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

Elaine Burke

PG217-4W Hiking in NYS and New England in All Seasons 4 weeks

This course deals with all-season hiking in New York and New England, including trail systems; books and guides; mountaineering clubs and courses: map and compass; animals; weather; gear and clothing; geology and history including restored fire towers, Catskill great hotels and reservoir creation; fitness; the 115 High Peaks in the Northeast; what to carry on the trail; anecdotes and slide presentations including areas throughout the US.

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

David and Carol White

PERSONAL GROWTH (continued)

PG218-4W The Solo Traveler

A presentation of travel experiences and photographs emphasizing regions treated minimally or not at all in guide books for: Coastal California and the Sierra Nevada, the Dordogne Region of France, Hawaiian Islands (Kauai, Maui, Hawaii and Oahu) and the smaller Caribbean Islands. Intended for solo or couple travelers (not group travel). A survey will be conducted of the participants travel experience and the facilitator will assist participants into putting his/her information into digital form if desired.

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

Stephen Donachie

PG222-4W Classic Nordic Skiing - extra course

Come out and learn the various skills you'll need for Nordic skiing including: stride, poles, and how to stop, descend and ascend hills and more. First class to meet at the Campus Center. Bring your own equipment. Other weeks will be off campus. *Limited to 20.*

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

Paul Fortin

PHILOSOPHY AND RELIGION

PH104-4W God and the Muslims

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

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

Sabur Abdul-Salaam

PH131-4W Dealing with Death – A Workshop

The death of someone we care about raises a host of emotions in us. We will identify and examine them. We will ask how we can deal with these strong feelings and whether our religious rituals help or hinder us. This course is informational, not therapeutic.

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

Henry Bamberger

PH133-4W Selected Works of C.S. Lewis: The Great Divorce

This course will be a discussion of the Great Divorce, by C.S. Lewis, one of the most imaginative Christian writers of the 20th Century.

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

Bob Umidi

SCIENCE

SC121-4W Important Scientists before the 20th Century

This course will focus on scientists who invented or discovered theories and knowledge of the natural world in the midst of an age of superstition and ignorance. Among the famous people of science are Priestley, Newton, Darwin, Curie, Galileo, and Michelson, to name a few.

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

W. Joseph Crossman

SCIENCE (continued)

SC123-4W Horticulture 101

A four part series on horticultural related topics ranging from landscape design, trees in the landscape, container gardening and pruning.

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

Michael D. Mahanna

SOCIAL SCIENCES

SS102 - 4W Quarterbacking the News A

Discussions will be based on reading of the *New York Times* Section 4, "News of the Week in Review", *Time*, *Newsweek*, *Observer Dispatch*, *Rome Sentinel*, etc. Here is your opportunity to voice your views on current events. The Moderator serves as a guide and provocateur, and lively discussion is the centerpiece of the course. Class size is limited to 40.

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

Richard Reister

SS102 - 4W Quarterbacking the News B

See description above.

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

Dennis Sagaas

SS104-4W Conversations With Outstanding Area Women

This class will feature a guest speaker each week including the artist Polly Blunk, Sydney Waller, executive director of Sculpture Space, local business woman Marilyn Wilson and Dawn Hayman. from Spring Farm Cares who communicates with animals.

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

Joyce Hunt

SS146-4W Lincoln, Lincoln, Booth and the White House

This course will cover the following topics, one in each session: Lincoln at Gettysburg; Mary Lincoln, The Pursuit and Capture of John Wilkes Booth; and A Historical and Present Day Tour of the White House.

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

Terry Kehoe

SS149 - 4W Off to the Fort We Go!

Find out about the history of Fort Stanwix National Monument. Participants will learn why this site is so important to Central New York and talk about some of the local legends that remain about the site.

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

Valerie Morgan, Susan Jones, Bill Sawyer

SS185 - 4W People's Law School

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

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

Leland McCormac and Donna Case

SS187 - 4W Gettysburg: Turning Point of the Civil War **BONUS**

An in depth analysis of the pivotal three-day Civil War battle, July 1-3, 1863. Includes the battle, the aftermath and some of the myths of Gettysburg.

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

Cheryl Pula

Directory of MVILR Facilitators: Winter 2010

Abdul-Salaam, Sabur: God and The Muslims

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

Bamberger, Henry: Dealing With Death– A Workshop

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

Burke, Elaine: Recreational Snowshoeing

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

Calidonna, Frank: Computer and Internet Security

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

Capozzella, Fred: Taste of Twain

Fred was an English teacher at Utica Free Academy, Chairman of the English department at UFA and Director of Middle School Education in the Utica school system. He was an adjunct instructor in English at MVCC for many years. Fred serves on the MVILR board and is chair of the curriculum committee.

Clarke, Sarah: Basic Knitting

Sarah has been knitting for fifty years and teaching for many. Her goal is to share and pass on what she has learned and to learn new things as well. She is the recipient of many state fair ribbons and enjoys socializing around her favorite topic of knitting. Sarah is retired from educational advocacy and is involved in several volunteer groups. Her teaching style is for everyone to be involved in the learning process

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.

DIRECTORY ---

Crossman, Joseph: Important Scientists Before the 20th Century

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 president of the MVILR board of directors, an active facilitator and serves as co-chair of the curriculum committee.

Donachie, Stephen J.: The Solo Traveler

Stephen has a Ph.D. in Materials Science from R.P.I. He has worked for the last 24 years as manager of Process Engineering (development of manufacturing methods for materials used in aircraft gas turbine engines for Special Metals in New Hartford.) He has travelled extensively in the USA and Northern Europe.

Fortin, Paul: Classic Nordic Skiing

A retired reading teacher, Paul grades three through eight in the Adirondack Central School District. He has cross-country skied since moving to Boonville in 1975 Paul participated in numerous x-country skiing activities from back country touring to racing, during those years. He has skied with several groups, most recently the Tramp and Trail Hiking Club of Utica. Last winter he assisted with cross-country ski instruction at the Potato Hill Farm Outdoor Education Center in Boonville. His experience and knowledge is classic Nordic skiing.

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.

Hosp, John (Jack): MVILR Walkers' Club

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

Hunt, Joyce: Conversations with Outstanding Area Women

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

Jones, Pam & Fred Hicks: Try Curling

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

Jones, Susan, Valerie Morgan, Bill Sawyer: Off To The Fort We Go!

With more than 50 years combined experience at Fort Stanwix, Val, Susan, and Bill love to get area residents excited about their local history.

Kehoe, Terrence: Lincoln, Lincoln, Booth and the White House

Terry is a retired high school math teacher. He is currently an adjunct instructor (Math and Physics) at SUNYIT. He has taught several courses on Abraham Lincoln as well as Theodore Dreiser. Terry is a member of the MVILR board of directors.

DIRECTORY _____

Mahanna, Michael: Horticulture 101

Mike is a Certified Arborist with the International Society of Arboriculture and a member of the New York State Arborist Association. He studied landscape design and horticulture at Morrisville State College. He is also a Master Gardener with the Cornell Cooperative Extension and was an arborist and horticulturist at Hamilton College for 20 year, retiring in May and starting his own business, The How-to Gardener. Mike is a featured speaker on the lecture circuit for various groups and organizations.

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

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

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 Art Institute. She previously taught creative writing classes for MVILR.

Oswald, April: Meet Me At the Museum

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

Pula, Cheryl: 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.

Reister, Richard: Quarterbacking the News A (Tuesday)

Richard is a regular member of the Quarterbacking A course who agreed to facilitate this semester in Nancy Dubner's absence.

Sagaas, Dennis: Quarterbacking the News B (Wednesday)

Dennis was Vice President of a local commercial floor covering firm and served as head estimator for over thirty years. He is an avid reader of military, United States, and world history. He served four years (1959-1963) in the U.S. Navy and eighteen years as a member of 174th TFW in Syracuse, N. Y. (1983 - 2001).While in the guard he participated in Desert Storm as Munitions Controller at Al Kharj, Saudi Arabia.

Sanderson, Bonnie: Downhill Skiing

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

Schaeffer, Gloria: Let's Play Mah Jong

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

DIRECTORY _____

Schaffer, Bob: Not So Grand Opera

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.

Smith, Roger B.: Journaling for Exploration & Art

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.

Umidi, Robert: Selected Works of C.S. Lewis: The Great Divorce

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.

White, David and Carol: Hiking in New York State and New England in All Seasons

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.

Are You Getting Your E-Newsletter and Announcements?

The Summer and Fall newsletters were sent out electronically to all MVILR members for whom we have email addresses. In addition an announcement about our recent Holiday party was also sent electronically. All members who we don't have email addresses for (or who requested no emails) should have been mailed the print versions.

The email versions save on paper and postage and are actually quite colorful and easy to read. We have had a lot of positive feedback on them. However we hear that some people didn't get them. It is possible that they have gone to your spam baskets.

We recommend that you put our email address mvilr@sunyit.edu in your address book to prevent the message from going into spam, and of course, do check your spam basket from time to time.

The Winter newsletter will go out in mid to late January. Look for it. If we don't have your email address or it has changed, please notify the MVILR office at 792-7192.

**WINTER 2010 MVILR
Registration Form
and Information**

**YOUR
NAME** _____

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

**MVILR@SUNYIT
100 Seymour Road
Utica, NY 13502**

- Keep a record of the choices you have made. Remember to write your name on the form.
- Registrations are taken on a first come/first served basis.
- You will receive a course confirmation in the mail.

Check here	COURSES BELOW DO NOT COUNT TOWARD YOUR 3 ALLOTTED CHOICES
	Extra Courses
	PG123-4W: Lap Swimming
	PG147-4W: Downhill Skiing (limited to 15)
	PG164-4W: Try Curling
	PG182-4W: MVILR Walkers' Club
	PG199-4W: Basic Knitting
	PG214-4W: Let's Play Mah Jong
	PG216-4W: Recreational Snowshoeing
	PG222-4W Classic Nordic Skiing
	Bonus Courses
	SS197-4W: Gettysburg: Turning Point in the Civil War

Academic Courses:
 You are eligible to take three. Select
 your top five choices.

YOUR NAME _____

	Arts, Music, and Literature
	AR137-4W: Meet Me at the Museum
	AR143-4W" Taste of Twain
	AR207-4W: Who is Olive Kitteridge?
	AR212-4W: Journaling for Exploration and Art
	AR214-4W: Not So Grand Opera
	Computer Science
	CS125-4W: Internet Security
	Personal Growth
	PG143-4W: Six Mistakes Retirees Make With Their Finances
	PG217-4W: Hiking in NYS and New England in All Seasons
	PG218-4W:The Solo Traveler
	Philosophy and Religion
	PH103-4W: God and the Muslims
	PH131-4W: Dealing With Death - A Workshop
	PH133-4W: Selected Works of C.S. Lewis: The Great Divorce
	Science
	SC121-4W: Important Scientists Before the 20th Century
	SC123-4W: Horticulture 101
	Social Sciences
	SS102-4W: Quarterbacking the News A (Tuesdays)
	SS102-4W: Quarterbacking the News B (Wednesdays)
	SS104-4W: Conversations With Outstanding Area Women
	SS146-4W: Lincoln, Lincoln, Booth and the White House
	SS149-4W: Off to the Fort We Go!
	SS18 -4W: People's Law School

MVILR WINTER 2010 COURSE SCHEDULE

	1/25 2/1 2/8 2/15	1/26 2/2 2/9 2/16	1/27 2/3 2/10 2/17	1/28 2/4 2/11 2/18	1/29 2/5 2/15 2/19
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:20—10:30 a.m.	<ul style="list-style-type: none"> ▪ <i>MVILR Walkers 9 to 10</i> ▪ Lincoln, Lincoln, Booth ▪ Horticulture 101 	<ul style="list-style-type: none"> ▪ <i>Lap Swimming 8 to 9</i> 	<ul style="list-style-type: none"> ▪ <i>MVILR Walkers 9 to 10</i> ▪ Six Mistakes Retirees Make ▪ <i>Downhill Skiing-10am</i> ▪ Gettysburg 	<ul style="list-style-type: none"> ▪ <i>Lap Swimming 8 to 9</i> 	
10:40—11:50 a.m.	<ul style="list-style-type: none"> ▪ Selected Works of C.S. Lewis 	<ul style="list-style-type: none"> ▪ Off to the Fort We Go! ▪ <i>Classic Nordic Skiing</i> 	<ul style="list-style-type: none"> ▪ Try Curling 10 to noon ▪ Basic Knitting ▪ Hiking in NYS and New England 	<ul style="list-style-type: none"> ▪ Internet Security 	
12:40—1:50 p.m.	<ul style="list-style-type: none"> ▪ Important Scientists Before the 20th Century 	<ul style="list-style-type: none"> ▪ Quarterbacking the News A ▪ Dealing With Death— A Workshop 	<ul style="list-style-type: none"> ▪ Quarterbacking the News B ▪ The Solo Traveler 	<ul style="list-style-type: none"> ▪ Conversations with Outstanding Area Women ▪ Who is Olive Kitteridge 	
2:00—3:10 p.m.	<ul style="list-style-type: none"> ▪ Journaling 	<ul style="list-style-type: none"> ▪ Meet Me at the Museum (2:15 at MWPAI) ▪ God and the Muslims 	<ul style="list-style-type: none"> ▪ Not So Grand Opera 	<ul style="list-style-type: none"> ▪ <i>Mah Jong 2 to 4 pm.</i> ▪ <i>Rec. Snowshoeing</i> ▪ Taste of Twain ▪ Peoples Law 	

BONUS CLASSES IN BOLD

EXTRA CLASSES IN ITALICS