



MVILR

Mohawk Valley Institute for Learning in Retirement

Winter 2023 Course Catalog



Let MVILR be your bridge between learning and living!

New members are always welcome. Purchase or renew your MVILR membership at mvcc.edu/mvilr.

Contact

Information:

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Program Coordinator

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mvcc.edu/mvilr

Rome Campus, PC121E

 **MVCC**
MOHAWK VALLEY COMMUNITY COLLEGE



MVILR Class Registration Policy

All class registrations are first-come, first-served, starting on the first day of registration. Only those with active MVILR memberships will be permitted to register for MVILR facilitated classes and special events.

Registration begins 25 calendar days before the start of the first class of the semester. Registration will be online or in-person; we cannot accept mail-in registrations. Members will receive a confirmation email for each class if registered online. **Active members have access to three academic classes each semester and unlimited access to special events and health and wellness courses, provided maximum enrollment has not been met.**

Annual memberships and classes with additional fees can be paid for online or in person by credit card or check. Checks are to be made out to MVCC Auxiliary Services. Members have access to the course catalog online, and a printed copy of the course catalog is available upon request.

Important Dates:

- **Winter Semester: Jan. 9-Feb. 3**
- **Spring Open House: March 9**
- **Spring Semester: March 20-May 12**

**Save the Date: Ski Outing Jan 20.
Reach out to Shawn for more info
or register Online today**

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Additional Fees

If a class or special event requires an additional fee, payment must be received in-full three business days before the start of the first class or event. If payment is not received, you will be notified that your registration is canceled and your seat will become available.

Some classes may have a materials fee. The materials fee is to be paid in-full directly to the class facilitator on the first day of class, in cash only. Members will be notified of this materials fee during class registration. Payment will not be collected at the time of registration or prior to the first class.

Terms and Conditions, Waivers, Disclaimers, and Other Agreements

Some classes, especially those involving physical exercise or off-campus events, may require a waiver for participation. The waiver will be provided at the time of class registration.

Please note: All material presented in courses at MVILR reflect the opinions of the facilitators and other presenters. They do not reflect the official policy of MVILR or of MVCC, which assumes 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.

Refunds/Reimbursements

For any class or special event with an additional fee, as decisions to run classes are based on enrollment, reimbursements for canceled registrations will be made as follows:

- 100% refund: Withdraw three or more business days before class begins.
- 50% refund: Withdraw two days or fewer before class begins (for classes costing less than \$20, your refund is the total cost minus a \$10 fee).
- Consideration for withdrawal requests after the first class session must be made in writing.

Each semester has a “make-up” week built into the schedule to allow for the rescheduling of a canceled class. If a class is canceled due to inclement weather or as a result of a facilitator, every effort will be taken for it to be rescheduled during the make-up week. If a class with an additional fee is canceled but is unable to be rescheduled, a refund for the amount of the single class can be issued upon request.

Maximum Enrollment

Pending the location and type of the course/event, there will be a maximum number of attendees allowed. The MVILR office will make every effort to secure appropriate classroom spaces to accommodate as many members as possible, while abiding by local laws and ordinances.

Minimum Enrollment

If a class does not meet the minimum enrollment, it is subject to cancellation by the MVILR office. If a class is canceled by MVILR due to not meeting minimum enrollment and additional fees have been collected, a 100% refund will be issued. The MVILR office will make every effort to notify members of these cancellations before the start of classes for that semester.

The MVILR office has established the following “minimum enrollment standards”:

- Fall, winter, and spring terms: Six members
- Affected courses and exceptions: The above minima apply to all regularly scheduled facilitated classes. They do not apply to special events or one-time classes.

Inclement Weather/Class Cancellations

To join our text notification list, text the message “@mvilr” to the number 81010. If you’re having trouble with 81010, try texting “@mvilr” to 563-265-6842. Make sure to include the “@” symbol in your text.

If MVCC campuses or Rome City schools close, all MVILR classes are canceled, as well. The MVCC Marketing Department will issue communications regarding classes canceled due to inclement weather. Please monitor local media outlets and, when in doubt, call 315-792-5300 or visit mvcc.edu.

Classrooms

MVILR has dedicated classrooms in rooms 200, 205, and 206 on the second floor of the Plumley Complex. Elevators are available through the main entrance. Special event rooms are located on the main floor, typically in rooms 119, 120, and 150. All classes take place at MVCC’s Rome Campus unless otherwise noted.

NOTE: Parking at the MVCC Rome Campus is free.

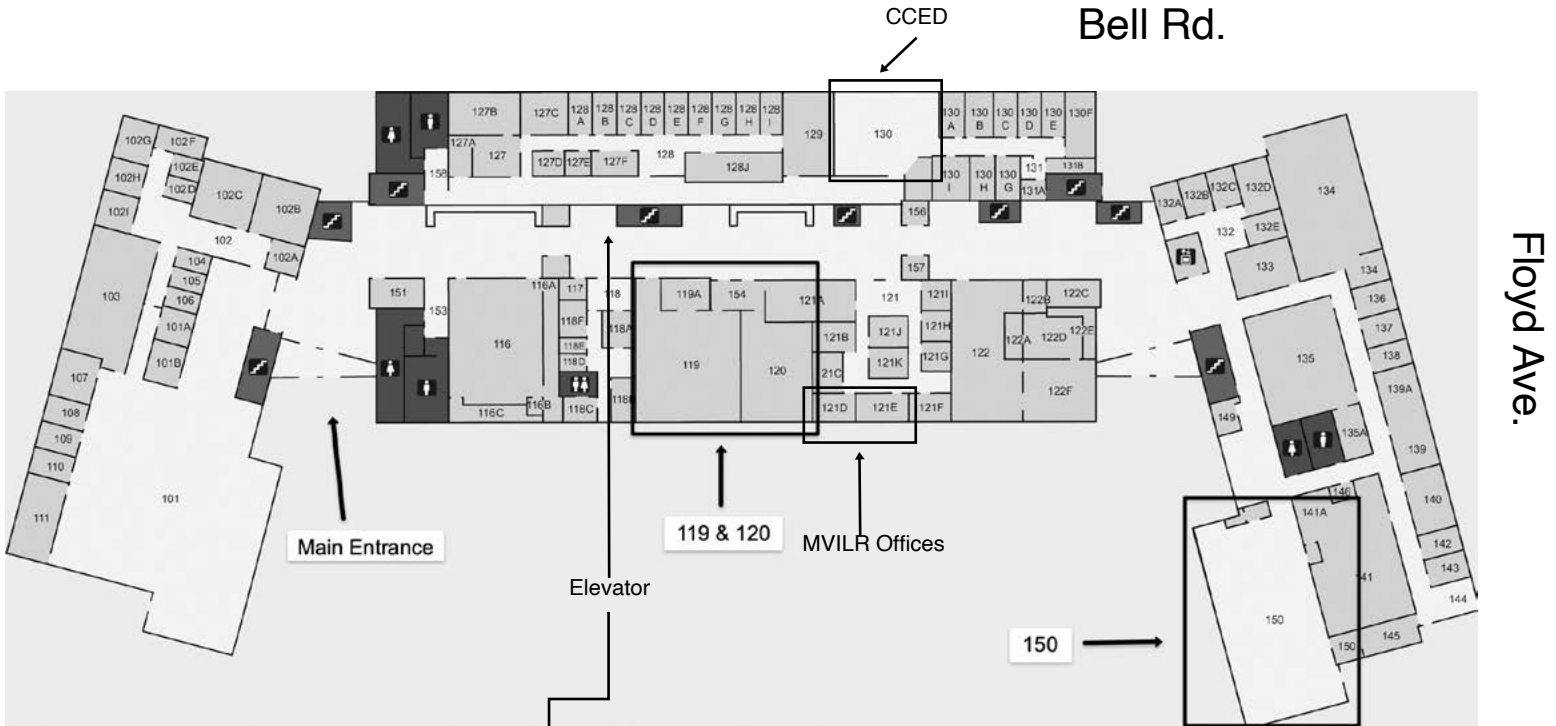
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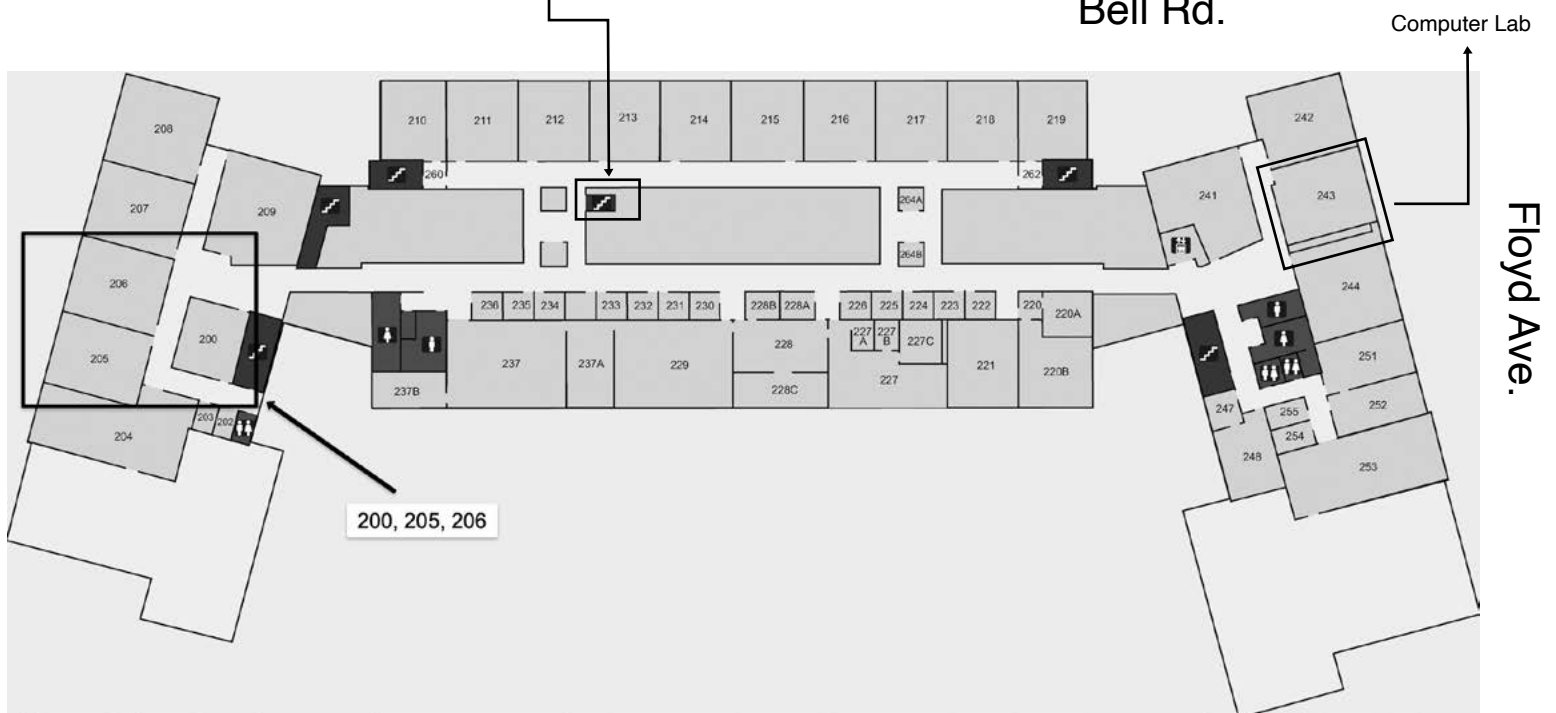
MVCC Rome Campus Plumley Complex

1101 Floyd Ave., Rome, N.Y. 13440

First Floor



Second Floor



Winter Semester: Jan. 9-Feb. 3, 2023

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.					Current Market and Economics with Clinton Kane 9-10 a.m. Zoom
9:30 a.m.	"My Name Is Lucy" with Sue Blatt 9:30-10:30 a.m. Zoom	Oneida Community: Harnessing the Energies of Love with Carol White and Geoff Noyes 9:30-10:30 a.m. PC205	Russian Revolution with Gene Beirne 9:30-10:30 a.m. PC 205 What Is Probate And How Do I Avoid It? With D. Victor Pellegrino 9:30-10:30 a.m. PC206	Current Issues Discussion with William Whitehill 9:30-10:30 a.m. PC205 Music with Your Computer with Frank Calidonna 9:30-10:30 a.m. PC206	
10:45 a.m.	Be Fit, Strong, and Balanced with Chris Reister 10:45-11:45 a.m. PC119 and Zoom	The Roaring Twenties with Lynn Henry 10:45-11:45 a.m. PC206	Intro to Greek and Roman Mythology with Fred Capozzella 10:45-11:45 a.m. PC206	The Life and Operas of Giacomo Puccini with Steve Keyser 10:45-11:45 a.m. PC205 You'll Never Get Rich — Sergeant Bilko with Toby Levy 10:45-11:45 a.m. PC206	
12 p.m.	Life After Abuse with Michael Palczwski 12-1 p.m. PC205 Delilah and Friends with Henry Bamberger 12-1 p.m. PC206	Political Introspection with Shawn Essafi 12-1 p.m. PC242	Hollywood and History 2 with Cheryl Pula 12-1 p.m. PC205	Acrylic Painting with Jeanne Perry 12-3 p.m. PC119 Enjoying Winter on Snowshoes with Wendy Sanders 12-1 p.m. Parking lot of Daniele's at Valley View	One Day University Discussion 12-1 p.m. Zoom
1 p.m.			Mahjong Club 1-3 p.m. Dunham Public Library		
1:15 p.m.	Science Times with Sid Blatt 1:15-2:15 p.m. Zoom The Glory Days of Le Mans with Thomas Kwasniewski 1:15-2:15 p.m. PC205	Movie Lovers Club with Beth Stookey 1:15-3:30 p.m. PC205	Race, Access, and Inclusion with Dawn Laguerre 1:15-2:15 p.m. PC205		
2:30 p.m.			French Film with Nancy Ketz 2:30-3:45 p.m. PC206		Pickleball 2:30-3:45 p.m. Jewish Community Center
3 p.m.			A Deep Dive into the Oneida County History Center 3-4 p.m. Oneida County Historical Society		



Art, Music, Language, and Literature

Acrylic Landscape Painting for Beginners

If you have ever said, “I wish I could make a painting,” or have an interest in learning how to paint, this class is for you. We will start and finish an acrylic landscape in three hours. Participants will paint along with the instructor using a step-by-step process. Instruction will be given on how to create colors by mixing paint and how to use specific brushes with a variety of techniques. We start painting right away so be sure to obtain materials BEFORE the first class. Please arrive at least 10-15 minutes early to set up your materials and easel. Note: You should be able to purchase the supplies that you will need for the eight-week course for less than \$50 if you buy “student grade” paints and brushes.
Facilitator: Jeanne Perry
Thursday • noon-3 p.m.
PC119

Introduction to Greek and Roman Mythology

A brief survey of the major gods and goddesses of the ancient Greeks and Romans and a review of best-known stories from their mythologies.
Facilitator: Fred Capozzella
Wednesday • 10:45-11:45 a.m.
PC206

Music With Your Computer

One of the more delightful things you can do with your computer is playing music. The audio quality of music from a computer is wonderful, but there are so many other things you can do with your music on a computer than just listening. This class will cover a variety of topics — where to find and listen to music, where to buy it, how to edit it (we will demo Audacity, a free music editor), how to properly burn your music to CDs, and transfer it to thumb drives. We will discuss speakers and headphone choices. If time permits we will also cover how to record your voice for a variety of purposes. Please bring a thumb drive to the first class.
Facilitator: Frank Calidonna
Thursday • 9:30-10:30 a.m.
PC206

‘My Name is Lucy Barton’ by Elizabeth Strout

This beloved author may be best known for “Olive Kitteridge.” When I read one of her novels, I am always swept into the characters and their lives. Some of her characters are lovable, yet most have significant faults. Some are definitely annoying. This virtual class will cover the book, “My Name is Lucy Barton.” The class will include online interviews and time for class discussion.
Facilitator: Susan Blatt, MD
Monday • 9:30-10:30 a.m.
ZOOM





The Life and Operas of Giacomo Puccini

The course will survey the life of the great Italian opera composer, Giacomo Puccini. As we arrive chronologically at the point of premiere for each of his operas, we will explore the stylistic elements of that opera and listen to key excerpts from it. About half of the class will be lecture and about half will be listening. The course will not require any musical training, but rather the desire to learn about Puccini and listen to his music.

Facilitator: Stephen Keyser
Thursday • 10:45-11:45 a.m. • PC205

You'll Never Get Rich — Sergeant Bilko

From 1955 to 1959, the CBS television network aired a series of half-hour comedies documenting the life of Sergeant Bilko performed by Phil Silvers. These included some of the funniest comedies ever written for television. Each week we will watch two episodes.

Facilitator: Toby Levy
Thursday • 10:45-11:45 a.m. • PC206

Financial & Legal



Current Market and Economics

A general discussion around finance, markets, and economics using articles mostly from The Wall Street Journal. Please download the Zoom App. A subscription to The Wall Street Journal is helpful.

Facilitator: Clinton Kane
Friday • 9-10 a.m. • ZOOM



What is Probate and How Do I Avoid it?

This course will explain the probate process, the needless costs and time delays of probate, and planning a client's legal and financial affairs to avoid probate. Topics discussed include: why just having a will does not protect your assets from probate; pitfalls of TOD and ITF accounts; assets that must go through probate; how to avoid your assets, including IRAs, Annuities, and Life Insurance from going through probate; and the negative asset protection consequences and loss of income tax benefits of those assets going through probate; and how to avoid probate through the use of forms of asset ownership, Powers of Attorney, and various trusts.

Facilitator: D. Victor Pellegrino
Wednesday • 9:30-10:30 a.m. • PC206



Health & Wellness

Snowshoes

Let's get out and enjoy the winter! We'll meet in the parking lot at Daniele's Restaurant at Valley View Golf Course in Utica. We will then snowshoe up into the golf course for an hour or so, depending upon the weather, snow conditions, and group interest.

If you have not previously participated in this class, please contact the class facilitator to learn about what you will need in terms of snowshoes, poles, warm clothing layers, etc.

Facilitator: Wendy Sanders

Thursday • 12-1 p.m. • Parking Lot at Daniele's Restaurant at Valley View



Be Fit, Strong, and Balanced

Improve your flexibility, balance, and strength in a low-to-no-impact exercise class. Using weights of your choice and stretching, you can improve your fitness.

Facilitator: Christine Reister

Monday • 10:45-11:45 a.m. • PC119 and ZOOM

Pickleball

Join other MVLIR members to play Pickleball. Course is open for all skill levels. Come for exercise, socializing, and camaraderie. This class has a \$20 additional fee that is due at the time of registration.

Facilitator: Bruce Gaska

Friday • 2:30-3:45 p.m. • Jewish Community Center

Philosophy and Religion

Delilah and Friends

Of course, one of her "friends" was Samson, but we'll also look at her as a Philistine. Are you a philistine? Note: his class is three weeks starting on Jan. 16, 2023.

Facilitator: Henry Bamberger

Monday • 12-1 p.m. • PC206

Oneida Community: Harnessing the Energies of Love.

This course focuses on the unique practices of 300 people who lived as one family, humanizing labor, including women in decision-making, offering lifelong education, practicing many arts, and assessing the spiritual growth of each family member. Founder John Humphrey Noyes graduated with honors from Dartmouth and attended two theological seminaries following a religious conversion. After he and his wife Harriet lost four children, Noyes studied sexuality for two years and discovered male continence to plan parenthood, strictly practiced by all men in Complex Marriage. Children thrived under the mentorship of many adults. Practicing meditation, taught at most evening meetings, was the foundation for Community well-being.

Facilitator: Carol White and Geoff Noyes

Tuesday • 9:30-10:30 a.m. • PC205





Science

Science Times

Presentation and discussion of scientific matters based on the Science Section of the New York Times. Other subjects will be discussed as appropriate. We will make science simple using illustrations

Facilitator: Sidney Blatt

Monday • 1:15-2:15 p.m. • ZOOM

Social Studies



A Deep Dive into the Oneida County History Center

Join Oneida County History Center staff, volunteers, and special guests for an in-depth look at the organization's history, collections, exhibits, and archives. Learn about Oneida County's greatest historical resource and go behind the scenes to discover rarely seen artifacts, documents, and more.

Facilitator: Fred Capozzella

Wednesday • 3-4 p.m. • Oneida County Historical Society

Current Issues Discussion

There will be an open-ended discussion of current issues. All opinions and beliefs are welcome as long as you respect and tolerate others' opinions.

Facilitator: William Whitehill

Thursday • 9:30-10:30 a.m. • PC205

Hollywood and History 2

More chances to identify historically based movies and answer questions about the actual historical people or events portrayed in the movies. These are entirely new movies and questions, not used in the original Hollywood and History offered in Winter 2022. See how Hollywood's version of history often varies from the reality in this fun trivia class.

Facilitator: Cheryl A Pula

Wednesday • 12-1 p.m. • PC205

Political Introspection

Political biases run rampant through our country. Let's work together to talk about our common values and push past what we've been led to believe we agree with. By individually working on an in-depth political quiz, we can see where our true ideologies align. There will NOT be an opportunity for political debates in this class. The main goal is to show that regardless of political differences, we all have some similar beliefs and the best way forward as a country is for us to move past the two-party system. The course will conclude with an anonymous breakdown of results for the class.

Facilitator: Shawn Essafi

Tuesday • 12-1 p.m. • PC242



The Roaring Twenties

The Twenties were a time of change. They were a result of WWI, the Spanish Flu, Prohibition, Women's Suffrage, and a desire to get back to "Normal." We will investigate how these things caused the Roaring Twenties and explore a fascinating time in history. Join us.

Facilitator: Lynn R Henry

Tuesday • 10:45-11:45 a.m. • PC206

The Russian Revolution

We will examine the root causes, major events, main players, etc., of the Russian Revolution. Please do not bring any weapons to class.

Facilitator: Eugene Beirne

Wednesday • 9:30-10:30 a.m. • PC205

French Film

"Jean de Florette"/"Manon des Sources" is a two-part French period drama set in an isolated, rural region of southern France. It is a study of love and hate, goodness and greed, vengeance and resolution; a true study of human nature. In French with English subtitles.

Facilitator: Nancy Ketz

Wednesday * 2:30-3:45 p.m. * PC206



Special Interest Groups

The Glory Days of Le Mans: Part 1

The Glory Days of Le Mans, 1965-1967, when manufacturer participation and innovation were king, driver skill, worldwide interest and excitement was at an all-time high. Featuring Ford, Ferrari, Chaparral, Porsche, Lola, Turbine cars, and more. The course is based on hard-to-find and out-of-print books and articles by Team Leaders, Drivers and Mechanics.

Facilitator: Thomas Kwasniewski

Monday • 1:15-2:15 p.m. • PC205

Intersectionality of Race, Access, and Inclusion

Local leaders will discuss issues of politics, law, cultural competency, and diversity.

1/11: Venice and Evon Ervin, county legislators

1/18: Oneka Roach-Campbell Esq, immigrant attorney

1/25: Ms Freddie Hamilton, Rebuild the Village

2/1: Dr Todd Marshall PhD, MVCC Executive Director of Equity and Inclusion

Facilitator: Dawn Laguerre

Wednesday • 1:15-2:15 p.m. • PC205

Life After Abuse

Years of adversity can lead to a wonderful and prosperous life. This is a lifelong struggle but well worth it. Violence against women and drug addiction in youth is at almost half a century high with no end in sight. How long before women stop getting killed by Domestic Violence and drug addicts stop dying from drug overdoses?

Facilitator: Michael Palczwski
Monday • 12-1 p.m. • PC205

Mahjong Club

Come join MVILR's Mahjong Club and play together at a local library.

Facilitator: Mary Ann Recor
Wednesday • 1-3 p.m. • Dunham Public Library



Movie Lovers Club

This is a weekly, ongoing, year-round group. Each week, one of the participants provides a movie of their choice for all to watch and discuss. It's a casual group, not a class; no one is expected to provide background information, discussion questions, or anything else. This group is open to all MVILR members whether they've signed up or not. Come every week or come only when there's a movie that interests you. Regular emails are sent with the schedule of movies to be shown.

Facilitator: Beth Stookey
Tuesday • 1:15-3:30 p.m. • PC205

One Day University Discussion

Are you a full-year member? Join other full-year members and discuss a weekly One Day University (ODU) lecture. Members will be sent a lecture to watch throughout the week and discuss and analyze it together in class.

Facilitator: Group-Led
Friday • 12-1 p.m. • ZOOM



