

MCCOAA Update

Manchester Community College Organization of Active Adults

Great Path MS #16, PO Box 1046, Manchester CT 06045-1046 • 860-512-2840

Read the *Update* in color on the MCC Web Site at www.manchestercc.edu/continuing/oa.

OAA ON THE GO

SCHEDULED TRIPS

**Isabella Stewart Gardner Museum
Boston, MA
Wednesday, March 21, 2018**



The Isabella Stewart Gardner Museum is a world-renowned institution, evocative of a 15th century Venetian Palace. It includes not just art, but also flowers and plants, textiles, furniture, and architecture. Lunch will be included at the **Venezia Restaurant** on Boston's waterfront, followed by a visit to the Boston Winery.

For additional information, contact **Jeannette Lesperance**, 860-643-8130.

**Shades of Ireland
April 16 - 28, 2018**

13 Days, 17 Meals: 11 Breakfasts, 6 Dinners

Highlights: Dublin, Kilkenny, Waterford Crystal Factory, Blarney Castle, Killarney, Cliffs of Moher, Galway, Ireland's 'City of Tribes,' Donegal Town, Inishowen Peninsula and Marlin Head, Giant's Causeway, Belfast, and Kingscourt. For additional information, contact **Mary Violette**, 860-648-0223.



**Victorian Cape May, NJ
Sunday, May 20, 2018 - Wednesday, May 23, 2018
4 Days, 6 Meals**

Highlights: Grand Hotel of Cape May on Cape May's boardwalk overlooking the ocean, Victorian Home Tour-Trolley Tour, Emien Physick Estate, Cape May Point Tour, Atlantic City and Smithville Village.

For additional information, contact **Ann Lucente**, 860-916-6047.



**South Dakota
September 7 - 13, 2018
7 Days, 9 Meals: 6 Breakfasts, 3 Dinners**

Highlights: Mount Rushmore, Deadwood, Pine Ridge Indian Reservation, Black Hills Gold, Badlands National Park, Wall Drug, Needles Highway, Custer State Park, Crazy Horse Memorial. For more information, contact **Jeannette Lesperance**, 860-643-8130.



ATTENTION

Please report any special needs, physical, medical or dietary, at the time your reservation is made, to the trip coordinator for your trip. Persons requiring assistance need to be accompanied by a companion who is capable of and totally responsible for providing the assistance. MCCOAA cannot provide special individual assistance to tour members with special needs.

OAA ON THE GO

by Jim Reuter

COMING ATTRACTIONS

**Friday, March 23, 2018, 1:30 p.m.
SBM Charitable Auditorium
Note: this is the fourth Friday**

Thieves, Charlatans and James Bond: the Murky History of Our Top Ten Plants

"When we sit down for a nice cup of our favorite beverage or go to the doctor for medicinal relief, we think of advances in science, discovery of therapeutic plants and a long history of openness, cooperation and collaboration. This could not be further from the truth: the history of our top ten plants is characterized by thievery, intrigue, disguise, spying, yes, even seduction, all delivered and replete with characters of a very dubious nature.



I invite you to join me on an exploration (complete with your own sampling and tasting of the stolen loot – making YOU accessories to the crime!) of the top ten plants we today take for granted ... though perhaps after the presentation you will not take them for granted again. Cheers!"

This tantalizing invitation was sent by **Dr. Richard Benfield**, a Professor at Central Connecticut State University where he teaches Human Geography, Russia, The European Union and many courses related to tourism. His current research interests are centered on garden tourism and its use as a conservation tool through the great botanical gardens of the world. He is currently writing a book on the role of National Parks as locations for flora and faunal conservation, particularly endemic plant conservation in parks and the park's role in protecting large feline predators. His research has taken him to more than 100 countries in all parts of the world to study public and private gardens.



Dr. Benfield has been the key speaker for international garden and conservation organizations at meetings in Mexico, New Zealand, Australia, Turkey and South Korea. In 2013, his best-selling book **Garden Tourism** was published by CABI Press, Abington, England.

**Annual MCC Community Passover Seder Luncheon
Friday, March 23, 2018, 12:30-3:30 p.m.
Culinary Arts Center**

If you would like to try some delicious cuisine and a new experience, please join us for our *Annual MCC Community Passover Seder* luncheon. MCC has been hosting this event for over 20, years and we welcome everyone interested in or curious about the Jewish Passover Holiday to join us in our celebration of freedom and community. This year's cuisine is Moroccan which if this is new to you, is delicious!! All are welcome, so bring your curiosity and your appetite, and help celebrate diversity at MCC! Reservations are required. **Suggested donation amount is \$10** to the MCC Foundation (to help support future Seders). You may donate by sending a check made out to the *MCC Foundation Seder Fund* to MCC Foundation, Great Path MS#6, P.O. Box 1046, Manchester, CT 06045-1046. If you have any questions, please call Valerie at 860-512-2760 or email vkier@manchestercc.edu.

Non-luncheon programs are open to the public free of charge. Most programs begin at 1:30 in the SBM Charitable Foundation Auditorium (AST Bldg.) and are followed by refreshments. We encourage members to invite friends to become OAA members for additional benefits. Please use the West Parking Lot (formerly Lot C), which includes handicapped parking.

Upcoming Continuing Education Courses in 2018!

HOW TO REGISTER FOR COURSES: There are many easy ways to register for MCC courses. Call **860-512-3232** to register by phone. Be sure to have your credit card ready. Or, if you have access to the Internet, you can download a registration form at www.manchestercc.edu/wp-content/uploads/2018-Spring-Credit-Free-catalog.pdf and send in your completed form with a check or money order. You can also find a registration form in any printed MCC Credit-Free catalog. The easiest way is to register in person the next time you are on campus for a monthly OAA meeting! The Registrar's Office is in the main lobby of the Lowe Building and is open from 8:30 a.m. to 4:30 p.m.

Pre-registration allows the instructor and course schedulers to prepare materials for the course and to contact students in the event of a scheduling change or cancellation.

Ukrainian Egg Designing

Learn the amazing art of Ukrainian egg decorating, known as Pysanky. Through a process of wax-resist, learn how to create egg designs that range from simple to intricate, with the finished product shellacked, so that you or a gift recipient will have an egg to cherish forever. Each student will take home one to three eggs, depending on how intricate the designs are. In addition, the instructor will provide a light fare of some traditional Ukrainian dishes for lunch, including potato and mushroom stuffed dumplings, borsht, cabbage rolls, and tomato and cucumber salad. Materials fee: \$15, payable to instructor at the beginning of class, for lunch and all egg design supplies.

CRN 11341 | Fee: \$85 | 1 Saturday | 3/24 | 9 AM-3 PM | GPA Room GP213

Instructor: **Anita Ferron, B.S.**

Fact versus Fiction: What Foods Are Right for You?

If you're totally confused by the mountains of information, pro and con, about the many diets in the news today, maybe it's time you got some straight information. This informative class, taught by a naturopathic physician, will allow you to do just that. Learn what a non-inflammatory diet is and whether the foods popular in today's culture fit the bill. Learn what carbohydrates are really all about and whether any can be termed "good carbs." Find out which protein is helpful to your health; how much fiber your diet should include; and which fats are needed for a healthy body. Once you separate fact from fiction, you'll be well on your way to a healthier you.

CRN 11747 | Fee: \$25 | 1 Thursday | 3/22 | 7-9 PM | GPA Room GP126

Instructor: **Marie Mammon, N.D.**

iPAD: Exploring Your iPad

Join other beginners to learn how to customize your iPad settings, access built-in productivity apps such as Notes, Calendar, Reminders, and how to sync your content with iCloud. Also learn more about your iPad's entertainment features. If you have only been using your iPad to check mail and surf the web, this is the perfect class to begin customizing your favorite tool. Prerequisite: Students, Bring your fully charged iPad (updated with the most recent version of iOS version 10.x), Apple ID and iTunes password to class with you.

CRN 11702 | Fee: \$30 | 1 Thursday | 3/8 | 6-8 PM | LRC Room B142

Instructor: **Kristin Violette, M.Ed.**

Mysteries of Ancient Ireland

In this course, you will learn about the heroes, heroines and Gods of ancient Ireland. Topics will include prehistoric monuments, ancient folklore, myths, and legends, and some of the esoteric aspects of the Irish language.

CRN 11650 | Fee: \$60 | 3 Tuesdays | 3/13-3/27 | 7-9 PM | GPA Room GP143

Instructor: **Mary Carchrie, M.A.**

Southern vs. Northern Italian Cuisine

Explore the dramatic difference between these two regions of Italy. The predominantly urban and world of business vs. the predominantly rural and land of Hiltons and farms. Both regions are unique in culture, as well as foods. We'll prepare Risotto with Mushrooms, Polenta Pizza, Pasta Carbonara, Bruschetta with Tomatoes and White Beans, Orecchiette with Broccoli Rabe and Olive Oil, Macaroni and Bean Soup, Putanesca, and Penne with Eggplant that will help get a taste for diverse areas like Venice, Rome and Sicily. Materials fee: \$15, payable to instructor at the beginning of class.

CRN 11359 | Fee: \$55 | 1 Thursday | 3/1 | 6-9 PM | GPA Room GP213

Instructor: **Joshua Ogrodowski, M.A.T.**



MCC COUGAR PANTRY

Please bring non-perishable items and toiletries to OAA events. Your donations benefit students, staff and the entire MCC community. A collection box will be in the lobby for your convenience.

For more information, call **Gordon Plouffe** at 860-512-2285.

APRIL 13 BOARD MEETING LOCATION CHANGE:

The April 13 Board meeting will be at :
The Arbors, 403 West Center Street, Manchester.

REMINDER

All OAA members are welcome at all OAA Board meetings. Meeting dates and times are listed on page 2 of the UPDATE.

If you're not sure of a room location, find campus maps at <https://www.manchestercc.edu/about/maps-directions>

Check the 2018 Spring credit-free catalog for many interesting courses. Register with a friend!
Remember, as OAA members, you could each qualify for a 20% rebate (up to \$50 per membership year) on credit-free courses costing over \$10. There should be a form for each class. Please do not put multiple classes on one rebate form.

The **UPDATE** is published each month except July and August, for and by OAA, and is edited with the assistance of MCC's Credit-Free Programs Office. Information on OAA activities and other items of interest to OAA members will be considered for publication.

Please submit articles and suggestions to the editors via email to oaam@manchestercc.edu.

Board Meetings 10 a.m. — **Room A108** (by Library in LRC Building): Oct 13, Nov 10, Dec 1, Jan 12, Feb 9, Mar 9, Apr 13, May 11

Program Events 1:30 or 2:00 p.m. — **SBM Auditorium (AST Building)**: Oct 20, Nov 17, Jan 19, Feb 16, Mar 23, (no program in April), May 18

Luncheons 11:30 a.m. - Sept 15, Dec 8

PLEASE USE WEST PARKING LOT (formerly Lot C) for all campus events.

2017-2018 Officers

President: *Geoffrey Naab*
Vice President: *Jim Reuter*
Secretary: *Marilyn Steele*
Treasurer: *Dan Miller*
Trustee (2020): *Irma Hart*
Trustee (2019): *Darlene Sutton*
Trustee (2018): *Pat Forkner*

Committee Chairs

Hospitality: *Margaret Mirante*
Membership: *Karen Rosano*
Program: *Sheila Springsteen*
Publicity: *Rosemarie Mazzotta*
Travel & Mail: *Mary Violette*
Tuition Rebate: *Theresa Ebenhoe*

The Bottom Line

Total Members	591
Members Paid Rebates	29
Number of Rebates Paid	41
Rebates Paid to Members	\$686
Credit-Free Course Fees Paid to College	\$4,259

Continuing Notice of Nondiscrimination: Manchester Community College does not discriminate on the basis of race; color; religious creed; age; gender; gender identity or expression; national origin; marital status; ancestry; present or past history of intellectual disability, learning disability or physical disability; veteran status; sexual orientation; genetic information or criminal record. The following person has been designated to respond to inquiries regarding the non-discrimination policies: Debra Freund, Chief Diversity Officer (Title IX and Section 504/ADA Coordinator), Manchester Community College, Great Path, MS #9, P.O. Box 1046, Manchester, CT 06045-1046, SSC L277. Manchester Community College is an Affirmative Action/Equal Opportunity Employer and strongly encourages the applications of women, minorities, persons with disabilities, and veterans.