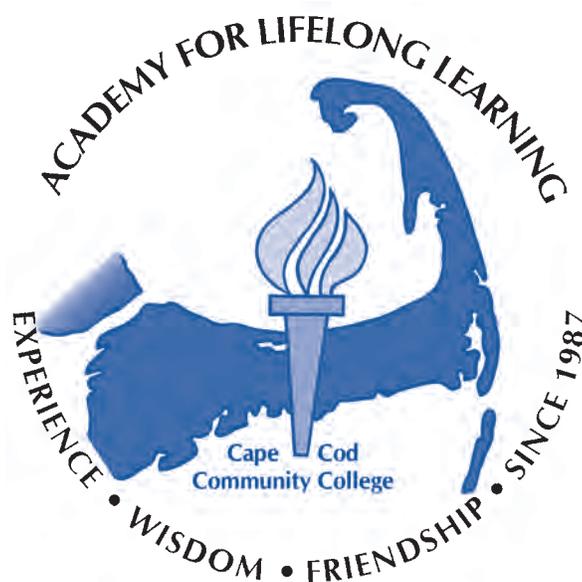


Spring 2019

Course Catalog

Volume 18 Number 1

ACADEMY FOR LIFELONG LEARNING of Cape Cod, Inc.



Academy for Lifelong Learning
Cape Cod Community College

2240 Iyannough Road
West Barnstable, MA
02668-1599

774-330-4400 or
508-362-2131 x4400
www.capecodall.org

Learn
something new,
Connect
with others,
Volunteer
and make new friends.

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ACADEMIC CALENDAR FOR SPRING 2019

Registration begins	Monday, January 7 at 9 a.m.
New Member Orientation	Wednesday, January 23 at 10 a.m.
Coordinators' Luncheon	Wednesday, January 23 at noon
Classes begin	Monday, January 28
First six-week classes end	Monday, March 11
Second six-week classes begin	Monday, March 18
Classes end	Monday, April 29

Holidays – no classes

Presidents' Day	Monday, February 18
Spring Recess	Tuesday-Friday, March 12-15
Patriots' Day	Monday, April 15

ACADEMIC CALENDAR FOR FALL 2019

Registration begins	Monday, August 19 at 9 a.m.
New Member Orientation	Wednesday, September 4 at 10 a.m.
Coordinators' Luncheon	Wednesday, September 4 at noon
Classes begin	Monday, September 9
First six-week classes end	Monday, October 21
Second six-week classes begin	Tuesday, October 22
Classes end	Monday, December 9

Holidays – no classes

Columbus Day	Monday, October 14
Veterans Day (observed)	Monday, November 11
Thanksgiving Break	Tuesday-Friday, November 26-29

See individual course descriptions for specific dates and times.

A Message from Our President

We at the Academy for Lifelong Learning are very pleased to be able to offer our members a wide variety of interesting and fun courses in this Spring 2019 catalog. We strive to provide a stimulating array of classes to appeal to the diverse interests of our members, within a culture of respect for new and different ideas. Enthusiastic and knowledgeable volunteer coordinators lead these courses. You can keep up with current events, explore opportunities for personal growth, or stimulate your brain by exploring new topics of interest, all in the company of congenial and engaged classmates. In addition, we have a variety of opportunities for socializing with fellow members.

After retiring six years ago, I moved from Chicago to the Cape to be with family. A relative suggested the Academy for Lifelong Learning might be a good opportunity not just to learn but a place to meet new friends and give back to the larger community. I started taking classes in 2014, joined several committees and became a member of the Board. I have met so many smart, and interesting people who welcomed me to the lifelong learning community. Whether a returning member or new member every semester you're assured of learning something new in a vibrant community of your peers.

We very much appreciate the time and efforts of A.L.L.'s course coordinators and Curriculum Committee members who work throughout the year to bring worthwhile courses to our members.

Judy Roettig
President

From the Curriculum Committee

Welcome to the spring semester of the Academy for Lifelong Learning (A.L.L.). Your curriculum committee proudly presents you with a wide variety of course offerings – from historic events to contemporary issues, from the operas of Verdi to the great American songbook, from beginning watercolor to understanding modern art... our courses are designed to attract you - our lifelong learners. The richness of our program reflects the talents and skills of our coordinators. We encourage those of you with a special interest of your own to share it with us. Please consider offering a course in the fall 2019 semester.

Registration opens on Monday, January 7, 2019, and classes begin on Monday, January 28, 2019. If you are enrolled in a class and cannot attend, please notify the A.L.L. office at 774-330-4400, so the coordinator can contact a person on the waiting list to take your place.

We appreciate your suggestions and look forward to learning together.

Miriam Kronish
Chair

A.L.L. Curriculum Committee

Mike Baker, Miriam Kronish, Dick Stewart, Henry Tamzarian, Lew Taylor, Nancy Yee

The A.L.L. office will open at 9 a.m. on Monday, January 7, 2019. To ensure a fair assignment of classes, A.L.L. uses a random selection process. All A.L.L. members whose completed registration forms with payment are received by Monday, January 7, 2019 will have an equal chance of getting their course choices. No preference will be given to early postmarks or delivery dates. We strongly encourage you to submit your form by mail. Forms received after January 7 will be processed when received but not before all prior course assignments are completed. Please be sure to include alternate choices in case your class choices are filled.

WELCOME TO A.L.L.

Overview

The Academy for Lifelong Learning of Cape Cod, Inc. ("A.L.L.") was established in 1987 as part of the Center for Successful Aging at Cape Cod Community College. In 1990, A.L.L. was "spun off" from the college and became an independent self-governing entity. In 2001 we obtained 501(c)(3) status from the IRS. Throughout our history, A.L.L. has maintained a close and mutually beneficial relationship with the college.

A.L.L. is an organization of men and women age 50 and over that offers its members the opportunity to pursue educational interests and to expand social relationships. Volunteerism is critical to A.L.L.'s ongoing success. Members are encouraged to become class coordinators, participate on committees, work on administrative activities, or just participate in any of A.L.L.'s activities and functions.

The opportunity for social interaction is an important aspect of A.L.L. In addition to classes, the academy offers social activities and special events such as lectures and trips to theater productions and museums in the area throughout the year.

A.L.L. offers primarily academic courses in addition to several creative and "how-to" courses. Classes vary from semester to semester. The academic offerings may include courses in literature, history, philosophy, the social sciences, religion, and art appreciation and interpretation. The creative and "how-to" courses may include topics such as gardening, painting, and various other skills of interest to our membership.

Members of A.L.L. present the courses and are known as "coordinators." These volunteers bring their personal passions, avocations, and/or their teaching experience to our classes. Some classes are traditional in structure, where coordinators have the role of teacher, while other coordinators prefer a discussion structure and act as facilitators. There are two semesters or sessions per calendar year – fall and spring. Course offerings are generally on either a six-week or a 12-week basis. **A.L.L. courses are not for academic credit with the College or elsewhere.**

Note: The views and opinions expressed in classrooms are strictly those of our coordinators and their guest speakers and, on occasion, can be controversial.

New Members:

Welcome! By indicating "First Time Member" status on this registration form, you will receive an invitation to A.L.L.'s New Member Orientation. This is an opportunity to meet the Board and other new members plus get a tour of the campus. Be sure to save the date, Wednesday, January 23, 2019 at 10 a.m. for this event.

Board of Directors

A.L.L.'s board of directors manages the business affairs and the day-to-day operation of the corporation. The board of directors has no fewer than six and no more than 15 members at any time, and each member is elected by the membership for a three-year term. Directors serve without compensation for their services and most are chairs of active committees or officers of the corporation. The current board consists of 12 members, with about one-third elected or appointed each year. The board list for this year can be found at the back of this catalog.

Committees

A.L.L. standing committees are responsible for the day-to-day operations, both social and educational. Most of the real work ensuring the smooth running of A.L.L. takes place through the activities of these volunteer committees, summarized below:

Curriculum: Recruits coordinators, develops class schedules, and publishes the catalog.

Nominating: Identifies and solicits candidates for the board of directors.

Long-Range Planning: Addresses the future needs of the Academy.

Special Events: Plans and organizes lectures and outside events throughout both semesters.

Policies and Procedures: Maintains policies and procedures in accordance with A.L.L. bylaws.

Hospitality: Plans and organizes social events for the membership.

Finance: Oversees the financial aspects of A.L.L., working with the treasurer.

Communications: Informs A.L.L. members about events and programs via A.L.L. newsletter and website.

The board of directors also establishes *ad hoc* committees, as needed, for specific tasks and projects.

Course Selection

For your planning purposes, a consolidated list of courses arranged by day and time appears after the course descriptions in this catalog. Please complete the course selection area of the registration form using each course number, name, day and time.

For some courses, supplemental information describing class content may be found on our website www.capecodall.org.

Registration

Registration forms may be mailed or hand-delivered to the A.L.L. office located on the mezzanine level of the Grossman Commons Building adjacent to Rooms C-106 and C-115. Registration processing begins Monday, January 7, 2019. Be sure to include a check for the membership fee, currently \$105, made out to A.L.L. Unfortunately, A.L.L. cannot accept credit cards and debit cards. Any incomplete component may delay the processing of the registration form. Please make a copy of the completed registration form for your records. Once a registration has been processed, you will receive a schedule confirmation in the mail. We will attempt to contact you by telephone if none of your selected courses or alternate courses are available.

Note: Complete and accurate contact information is very helpful if questions come up about your registration form and would be important in the event of an emergency.

The A.L.L. office will open at 9 a.m. on Monday, January 7. To ensure a fair assignment of classes, A.L.L. uses a random selection process. All A.L.L. members whose completed registration forms are received by Monday, January 7, with payment will have an equal chance of getting their course choices. No preference will be given to early postmarks or delivery dates. We encourage you to submit your form by mail. Forms received after January 7 will be processed when received but not before all prior course assignments are completed. **Please be sure to include alternate choices in case your class choices are filled.**

Because of space limitations and coordinator requests, class sizes vary. It is important to list alternatives in the event that first choice classes are filled. If no alternatives are listed, it will be assumed that none are desired and your fee payment will be refunded after the class registration process is completed.

A member can select up to four 6-week classes per semester, or two 12-week classes, or one 12-week and two 6-week classes. After the first week of each semester, a paid member may enroll in additional courses if space is available and with approval from the coordinator. During the first week of classes, a list of courses with seats available will be posted in the A.L.L. office. Refunds of membership fees are available only through the first week of class except in hardship cases.

Membership Fees

The membership fee, currently \$105 per person, is paid for each semester in which a member chooses to take courses. The fee covers membership in A.L.L., including any combination of courses as described above plus other educational and social activities (though some events may involve an additional charge). Having been enrolled once – and even though no further fees are paid – a member remains on our records for another year and will continue to receive communications.

Course coordinators are not subject to the membership fee.

In keeping with the purpose of A.L.L., there may be circumstances where A.L.L. grants free membership to applicants in need. Application for this assistance is made via a letter to the president of A.L.L. and all such information is kept strictly confidential.

Classes with low enrollments may be canceled outright, in which case registered attendees will be notified. Those who registered for these courses may enroll in other courses based on space available or receive a tuition refund. Refunds are issued after the class registration process is completed.

Withdrawals

If after receiving your course confirmation you find you are unable to attend a particular course, please notify the A.L.L. office at (774) 330-4400 so we may add the seat back into our inventory. If you start a course and find that you will not be attending it any longer, please notify the office as well as the coordinator.

Class Locations

Most courses are offered on the Cape Cod Community College campus at 2240 Iyannough Road, West Barnstable. Additional classes are available at a number of satellite campuses around the Cape. Following are the addresses, phone numbers, and directions to the sites where classes are offered this semester. When selecting back-to-back classes, be sure to allow for travel time between sites.

Rooms C-106 and **C-115** are in the community college's Grossman Commons Building, mezzanine level.

The **Multimedia Center** is in the basement of the community college's Wilkens Library.

The **Art Center** is in the Tilden Arts Center Building at the community college.

Cape Cod Community College Downtown Hyannis Campus (508-778-2221) is located at 540 Main St., Hyannis, behind Colombo's Restaurant.

See maps of the college's main and downtown Hyannis campuses in this catalog.

Bridgewater State University's Cape Cod Campus is located at 1175 Route 28, South Yarmouth, (508-531-1844) opposite the State Police barracks.

Mashpee Senior Center (508-539-1400), 26 Frank E. Hicks Drive, Mashpee, is located off Route 151 near the police and fire stations.

If you have any questions or concerns, please call or visit the A.L.L. office. The phone number is (774) 330-4400. The office is located on the mezzanine level of the Grossman Commons Building adjacent to Rooms C-106 and C-115.

Many questions are answered on our website: www.capecodall.org. Registration forms are also available on the website.

IMPORTANT COLLEGE PHONE NUMBERS

Weather Related School Closing

If the college is closed because of inclement weather or other reasons, then A.L.L. is also closed. If the college is closed because of snow, it will usually be announced on the radio and TV or call (508) 375-4070.

College Campus Public Safety Regulations and Disabled Parking Rules

General Regulations

- The Campus speed limit is **twenty (20) miles per hour**.
- Crosswalks are clearly marked. Cars **must stop and wait** by law, until pedestrians have crossed the street safely.
- Park in public lots, being especially careful to **park within the white lines (front, back and sides)**.
- Be sure that your Driver's License is valid, and you have up-to-date registration, inspections and insurance.

Handicapped Parking

- Disabled Parking is **ONLY** for those who display a Disabled/plate/placard from the RMV.
- Park carefully within the designated white lines (front, back and sides).
- Pick-up/drop-off areas are outside the Commons entrance near the elevator opposite the radio station.

Direct Phone number to Police or Campus Security Officer is **774-330-4349** - please add this # to your phone contact list.

Should you find that Disabled Parking spots near Grossman Center are not available and you have a valid RMV Disabled plate/placard, the following alternatives are suggested by Campus Security.

- Additional Disabled Parking is located on the drive leading to the Science Building.
- Phone Campus Security (774-330-4349) to pick you up in a College Parking lot close to Grossman and arrange for drop off after your class.
- The Campus Security Office is located opposite the Cafeteria on the first floor of Grossman.

A.L.L. NEEDS YOU!

Become a Coordinator of a class at the Academy for Lifelong Learning in the Fall 2019 Session at one of our many locations.



A.L.L. courses are generally led by retired educators, professionals, artists, writers, and others who are willing to share their passion on a topic or set of topics with the students. It allows the opportunity to inspire others to learn and explore. In addition, one can lead class members without the administrative burdens of traditional teaching. It often permits the development of innovative and interesting learning experiences. Mature students are eager to learn, which makes coordinating a fun experience.

Note: We have developed a digital database to improve the processing of proposals. Please submit your proposal on our website (www.capecodall.org). Should you need assistance in submitting your proposal on-line, please contact the A.L.L. Office at (774) 330-4400.

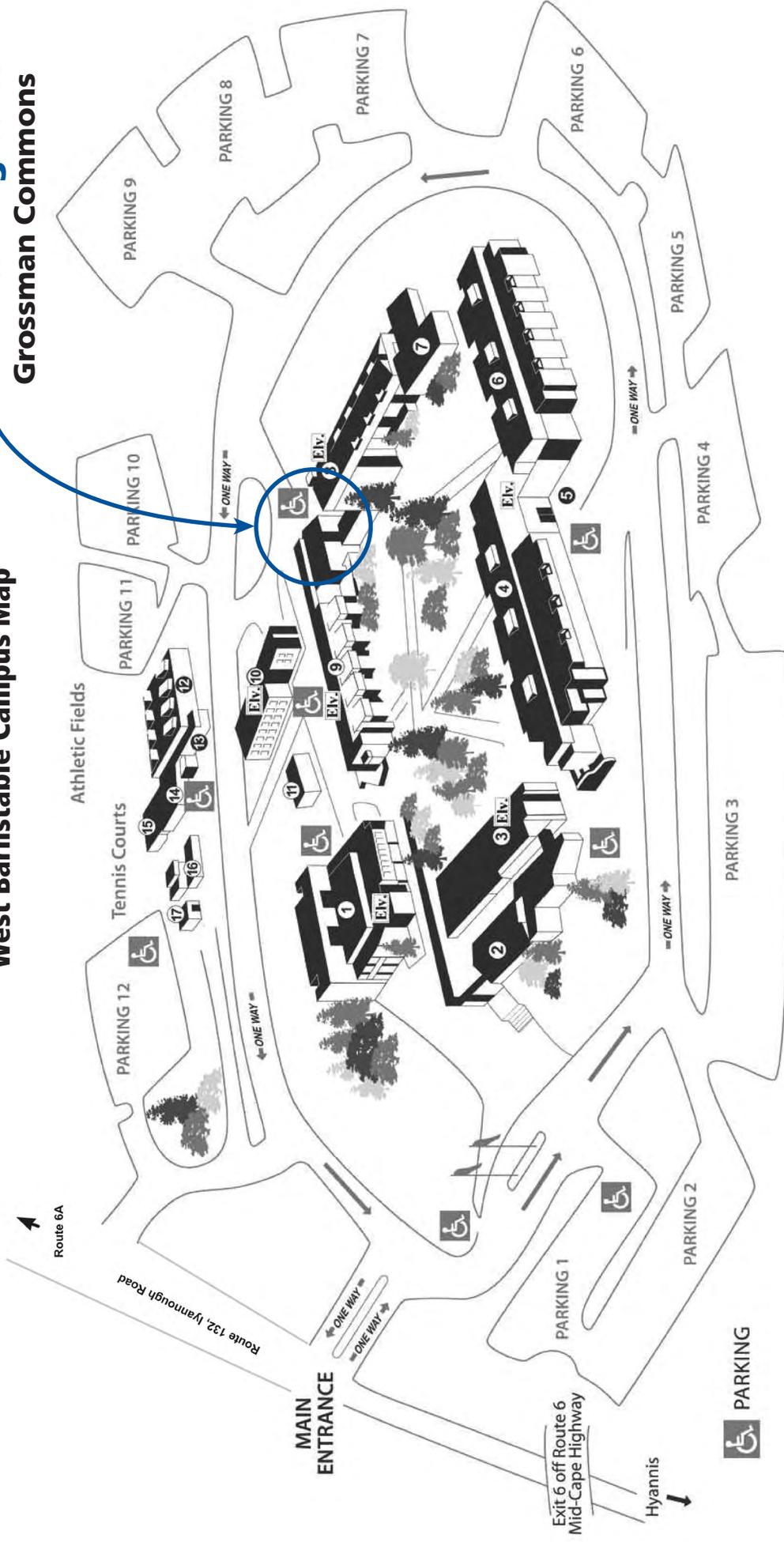
Course Description (50 to 75 words) Please describe your course and briefly discuss what you expect to accomplish in class and list any readings, materials, videos, field trips, etc. you intend to use. Explain what students will learn and how you will use lectures, class discussion and other teaching formats to facilitate the course.

Bio (30 to 40 words) Please list your experience, interests, educational background, and any degrees or qualifications you have that directly to your coordinating this course. Include any relevant information that shows your mastery of the subject and your passion for the topic.

**The Curriculum Committee will begin scheduling classes on March 15.
Proposals greatly appreciated by early March.**

Cape Cod Community College West Barnstable Campus Map

**A.L.L. Learning Center
Grossman Commons**

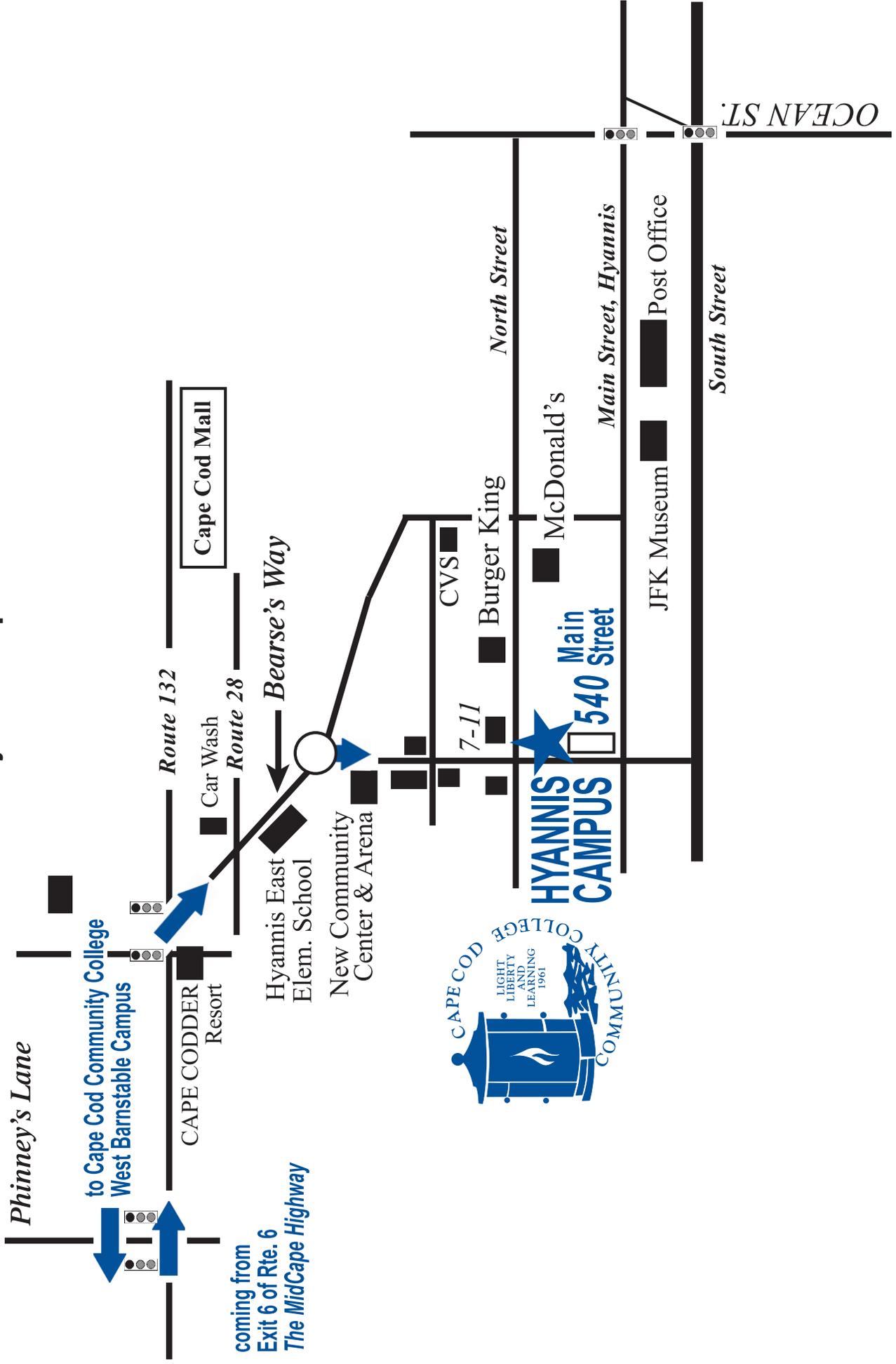


Building Legend

- | | | | |
|-----|-----------------------------------|-------|-------------------------------------|
| 1 | Tilden Arts Center | 10 | Lorusso Applied Technology Building |
| 2 | Nickerson Administration Building | 11 | Makkey Broadcasting Center |
| 3 | Wilkens Library | 12-15 | Life Fitness Complex |
| 4 | South Building | 16-17 | Facilities Management Building |
| 5 | North/South Connector | | |
| 6 | North Building | | |
| 7,8 | Science Hall | | |
| 9 | Grossman Commons Building | | |

Cape Cod Community College

Hyannis Campus



CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

MONDAY

The History of Spain: Land on a Crossroad **ALL1052**
Monday 9:00-10:20 C-106
12 weeks 28-Jan Limit: 25

Spain has played a unique and pivotal role in Western civilization, standing historically at a critical crossroad of geography, cultures, religions, ideas, trade, and more. Her strategic location through the centuries has made her a magnet for many different peoples. Spain's remarkable role has been overshadowed by the high profile of other European powers. But to understand her epic history is to come to terms with one of the great civilizations of Western Europe and to grasp its enduring presence and influence on the world stage.

Coordinator: Paula Stefani

Paula has led several courses on diverse topics in history.

**Verdi Operas: Early and Middle
Period Masterpieces** **ALL868**
Monday 9:00-10:20 C-115
First 6 weeks 28-Jan Limit: 25

This course is a feast of some of Giuseppe Verdi's most popular and beloved operas. Stellar performances of *La Traviata*, *Il Trovatore*, *Rigoletto*, *Macbeth*, *Attila* and *Nabucco* will be featured, along with commentary about the composer's life and career.

Coordinator: Steve Piontek

Over the past few years, Steve has taught courses on the operas of Mozart, Rossini, Puccini and Richard Strauss, among others. As always, his aim is to expand the ranks of opera lovers on the Cape.

Verdi Operas: The Late Period Masterworks **ALL1049**
Monday 9:00-10:20 C-115
Second 6 weeks 18-Mar Limit: 25

In his later career Giuseppe Verdi produced an astonishing series of operas that are among the supreme masterpieces in the repertory. This course will focus on six of these works, *Un Ballo in Maschera*, *La Forza del Destino*, *Don Carlo*, *Aida*, *Otello* and *Falstaff*, and will feature major performances from opera houses around the world.

Coordinator: Steve Piontek

Steve loves sharing his passion for great opera and glorious singing. Among the previous courses he has taught at A.L.L. are the operas of Mozart, Rossini, Puccini and Richard Strauss.

Understanding Modern Art **ALL1054**
Monday 10:30-11:50 C-115
12 weeks 28-Jan Limit: 25

Most of us are mystified by the art of the 20th and early 21st centuries. We will discuss what it all means, why it is so expensive, and finally prove that no five-year-old could paint that!

Coordinator: Stephen Pastore

Stephen is the author of several articles and three books on art history and has taught art history at the university level.

The Ottoman Empire Part II **ALL1062**
Monday 10:30-11:50 C-106
First 6 weeks 28-Jan Limit: 25

This is the conclusion of the course I offered in the fall. We'll explore the history of the Ottoman Empire in the 19th and early 20th centuries ending with the formation of the Turkish Republic in 1923. We will watch videos produced by The Great Courses, which will be supplemented with reading material as appropriate.

Coordinator: Ed Foster

Ed is a retired aerospace engineer who now has the time to indulge his love of history.

How to Read a Movie Visually **ALL1019**
Monday 12:00-1:20 C-106
12 weeks 28-Jan Limit: 25

A movie has a basic structure through which the screenwriter/director keeps an audience enthralled. Its successful construction guarantees the audience's participation in the film. This course will examine this structure by viewing and discussing films from different periods of filmmaking, enabling the student to understand (read) the successful execution or failure of a film's story line and thus augmenting the enjoyment of the movie-watching experience. This is the same course as last semester, except that we will watch 4 different films.

Coordinator: Joseph Gonzalez

Joseph is a native Cuban, raised and educated in the United States. He was a bilingual script supervisor in movies, commercials, music videos and television as well as a screenwriter of short and feature films. He studied film at the New School for Social Research in New York City and worked for twelve years as an editor/writer for several national magazines.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

MONDAY (Continued)

The Beatles: A Magical Musical Tour

Monday 12:00-1:20

12 weeks 28-Jan

ALL1037

C-115

Limit: 25

The course will offer a historical and critical analysis of the monumental contributions of The Beatles not only to music but to Western culture as well. Almost every one of their albums broke new ground and they demonstrated that pop/rock music was capable of incorporating numerous musical styles, harmonies, and song forms. Virtually all innovations in pop/rock music from the mid-sixties to the present owe a debt to one, or more, of The Beatles' albums. We will trace the development of The Beatles from their beginnings through their solo careers, looking at them both from a musical and a sociological perspective.

Coordinator: Lew Taylor

Lew is a retired public librarian and has both a BA and MA in American History. Lew has taught many courses at A.L.L. and is the owner of I Cannot Live Without Books in West Dennis.

Basic Conversational Spanish

Monday 1:30-2:50

12 weeks 28-Jan

ALL1020

C-106

Limit: 25

This class provides those with little or no knowledge of Spanish with a basic vocabulary to communicate their needs in any Spanish-speaking environment. Classes will center on the daily usage of the language for travelers, social situations, dining, shopping, health emergencies, directions and personal necessities. Within that framework, there will be discussions on grammar and culture. It is suggested, but not required, that you purchase a small English-Spanish dictionary.

Coordinator: Joseph Gonzalez

Joseph is native Cuban, raised and educated in the United States. He is the co-editor of *Escrivientes*, the Spanish-language literary magazine of Montclair State University. He is now working on a book of short stories in Spanish, three of which have been published.

Beadweaving: Beginner

Monday 1:30-2:50

12 weeks 28-Jan

ALL915

C-115

Limit: 8

Learn fundamental needlework beading techniques and create designs to suit your style. This course is open either to beginners or to those desiring a review. It will include basic Peyote and Herringbone in a hands-on workshop presentation with an emphasis on personal progress. A supply list and/or a beginner kit will be available.

Coordinator: Kathleen Taylor

Kathy is a lifelong artisan with degrees in art and education and currently runs a bead shop, Not Just Beads, in West Dennis. She is a member of the Cape Cod Bead Society.

Upstairs at the White House

Monday 2:00-3:15

First 6 weeks 28-Jan

ALL1066

North/South Hall

Limit: 25

This course will discuss the J. B. West book of the same name describing his experience as ombudsman in the White House from Hoover to Nixon. The course text is *Upstairs at the White House* by J. B. West. Please read each chapter and prepare for discussion.

Coordinator: David Wyant and Judy Roettig

David is a local historian specializing in US presidents and first ladies. Judy, the current president of A.L.L., has had a lifelong interest in history.

The Forgotten Presidents

Monday 2:00-3:15

12 weeks 28-Jan

ALL1063

North/South Hall

Limit: 25

This course will focus on those men who have served as president of the United States that history has forgotten. Each week we will focus on a different president, men like Millard Fillmore, Martin Van Buren, William Howard Taft, Franklin Pierce, Chester Arthur, Grover Cleveland, John Tyler and others. We will look at their lives before the presidency, their campaigns and elections, their foreign and domestic policies, and their legacies.

Coordinator: Lew Taylor

Lew is a retired public librarian and has both a BA and MA in American History. Lew has taught many courses at A.L.L. and is the owner of I Cannot Live Without Books in West Dennis.

Beadweaving: Beyond the Basics

Monday 3:00-4:20

12 weeks 28-Jan

ALL932

C-115

Limit: 8

Take your basic skills a step further. We will explore many variations and combinations of Peyote and Herringbone, including shapes. There will be weekly presentations followed by personalized instruction with lots of interaction among students. Students will also be expected to work outside the classroom.

Coordinator: Kathleen Taylor

Kathy is a lifelong artisan with degrees in art and education and currently runs a bead shop, Not Just Beads, in West Dennis. She is a member of the Cape Cod Bead Society.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

MONDAY (Continued)

Beyond Red or White: Wines of the World from A to Z **ALL1038**
Monday 3:00-4:20 C-106
Second 6 weeks 18-Mar Limit: 25

From Albarinho to Zinfandel and everything in between, we will explore the major wine regions of the world (and a few hoping to become the next big thing). Our goal will be to go beyond the usual suspects like California Chardonnay and Cabernet Sauvignon to highlight the great varietals and values available to you. All levels of knowledge are welcome; the class will be informal and relaxed, geared toward increased knowledge using a light, fun approach.

Coordinator: Ron Fernandes

Ron works with one of the premier distributors of wine, craft beer, and spirits in Massachusetts. He brings many years of knowledge and enthusiasm to the subject of wine.

TUESDAY

Understanding and Loving the World's Great Music Part II **ALL823**
Tuesday 9:00-10:20 C-115
12 weeks 29-Jan Limit: 25

This 12 week course is a survey of Western classical music from Beethoven to the present that will place the music in its historical and sociological context. We will present brief biographies of the composers, and give musical examples to demonstrate the changing styles of composition and open the door to a body of work to which the class members may never have been exposed. Opera and its notable performers will be reviewed. At least one lecture will be devoted to women composers.

Coordinator: David Quinn

David's love of classical music started at about age 5 and was nurtured by piano lessons at the Faelten Piano School in Boston followed by self education ever since. He has taught at high school and college levels. Selections from his extensive collection of recordings will be used as examples in class.

The Middle East after ISIS **ALL1048**
Tuesday 9:00-10:20 C-106
Second 6 weeks 19-Mar Limit: 25

We will look at the composition of the Middle East as it stands now and how it is likely to change. We will cover failed states, militancy, and power shifts.

Coordinator: Stew Goodwin

After a 35-year career in the international investment business, Stew has been involved with many Cape organizations. For over a decade he has coordinated more than a dozen courses at A.L.L. and given five lectures.

Putin after His Peak **ALL1047**
Tuesday 9:00-10:20 C-106
First 6 weeks 29-Jan Limit: 25

We will discuss Putin's accomplishments and the challenges that are now facing him and predict what might be in store for the future, especially relative to U.S. interests.

Coordinator: Stew Goodwin

After a 35-year career in the international investment business, Stew has been involved with many Cape organizations. For over a decade he has coordinated more than a dozen courses at A.L.L. and given five lectures.

Remember the Ladies III **ALL1058**
Tuesday 10:30-11:50 C-115
First 6 weeks 29-Jan Limit: 25

This course will focus on some wonderful women, many of them underappreciated. One was Abigail Adams, who wrote to her husband John in 1776 urging him to remember the ladies when he and the other founding fathers were meeting in Philadelphia. We will take her advice and investigate the lives and impact of some fascinating women including Caroline Ferriday, Colande Chabanas, Julie Ertz, Rev. Faith Fowler, Angeline Nanni, Jen Bricker, Edith Velmans, Eva Schloss Florence Finch, Anna Heilman, Ruth DeGolia and Benita Singh.

Coordinator: Jim Perry

Jim has offered courses to A.L.L. for over 12 years.

That's Not What I Meant!! Using the Enneagram to Understand Yourself and Your Impact on Others **ALL1065**
Tuesday 10:30-11:50 C-106
12 weeks 29-Jan Limit: 25

This highly participatory course uses the Enneagram (and other profile types) as a framework for self-awareness and how we interpret and interact with others. This framework is used in business for team building and stress management. It is also used as an aid for mindfulness, for good health and for personal or spiritual growth. Handouts will be provided.

Coordinator: Marianne Triplette

Marianne has more than three decades experience as a professor and business leadership and life coach. She earned degrees in organizational behavior and group dynamics.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

TUESDAY (Continued)

The Righteous Mind **ALL1059**
Tuesday 12:00-1:20 C-106
First 6 weeks 29-Jan Limit: 25

This course will examine Jonathan Haidt's book *The Righteous Mind: Why Good People Are Divided by Politics and Religion*.

Coordinator: Barbara Leedom

A veteran of A.L.L., Barbara has coordinated courses designed to ask questions and promote critical thinking.

The Origami Club **ALL1026**
Tuesday 12:00-1:20 C-115
12 weeks 29-Jan Limit: 15

Origami, the ancient art of paper-folding, has become more mainstream because of its beauty, enjoyment, and health connections. After learning a few basic folds and bases you will enjoy exploring a world of beautiful models. One model will be taught each class, but you will all help decide which models. Models may be taught three different ways: From diagrams on paper, from YouTube videos, or from the facilitator. All levels are welcome. Paper will be supplied at the first two meetings; then there will be a required purchase of paper costing no more than \$15.

Coordinator: Andrea Plate

Andrea is a retired middle school math teacher who used origami as a teaching tool. She has honed her technique through attendance at origami conferences and through self study.

Conversational French **ALL029**
Tuesday 1:30-2:50 C-106
12 weeks 29-Jan Limit: 25

This course provides an opportunity to practice and improve French language skills with fellow students and native speakers. Emphasis is on speaking and listening using reading and writing activities. Students collaborate in selecting topics for discussion and class activities, from reciting poems to watching films, reading Francophone works, discussing current events, explicating common cultural elements (proverbs, cartoons, children's stories), listening to music, making music, and sharing personal stories. Students work independently, in pairs, in groups, face to face, online, at school, in class, and anywhere learning takes place. Previous knowledge of French is recommended.

Coordinator: Lore De Bower

Lore earned her degree in Medieval French Women's Studies. She has taught French for over 45 years.

So You Want to Be a Poet **ALL077**
Tuesday 1:30-4:00 C-115
12 weeks 29-Jan Limit: 25

This creative writing course involves writing poetry, reading and sharing students' poems in class, and gentle critiquing. The only rule is that there are no rules except you cannot say anything bad about your own writing. Please bring 25 copies of a poem to the first class.

Coordinators: Victoria Branagan, Susan Clark and Dianne Hanna

Victoria is a publisher, writer, and entrepreneur and has co-coordinated this class with Peter Saunders for many semesters. Victoria, Susan and Dianne are long time students of this course originated by Peter Saunders and wish to continue his love of poetry in this course.

Musica Cubana **ALL1057**
Tuesday 3:00-4:20 C-106
First 6 weeks 29-Jan Limit: 25

The small island nation of Cuba has had a huge impact on music around the world. Class time will be spent listening to and discussing the musical styles which developed in Cuba, including Danzon, Rumba, Son, Conga, Bolero, Mambo and Timba. We will also look at music which developed in other countries, based on Cuban forms, such as Afro-Cuban Jazz and Salsa.

Coordinators: Greg Polanik and Corina Iukovici

A semi professional musician by night, Greg has over 50 years of performing experience and has studied music theory and Jazz history. He traveled to Havana twice to research Cuban music. Corina shares Greg's love of Cuban music and Havana. She is doing research and working on the computer presentation for the class. Corina coordinated, with Greg, an A.L.L. Jazz Fundamentals course in 2015.

WEDNESDAY

News and the World Outside the USA **ALL948**
Wednesday 9:00-10:20 C-106
12 weeks 30-Jan Limit: 25

How do others see us? How do others see events in the world? This course uses foreign media to look at world issues from a perspective other than that of the American media. We will look at the USA in the foreign media, parallel events in the USA and in other places, items of local concern to foreign lands, and, finally, news in the foreign media deemed interesting in its own right. Sources such as watchingamerica.com will be used along with a wide range of press and media from around the world.

Coordinator: Arthur Pontes

Arthur retired from teaching at the Sturgis Charter Public School in 2015. He spent 45 years as a teacher and administrator, 25 of which were spent in four schools in Europe and Latin America.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

WEDNESDAY (Continued)

Coping with a Loved One with Mental Illness ALL1021

Wednesday 9:00-10:20 C-115
First 6 weeks 30-Jan Limit: 15

This course will educate adults about the signs, symptoms, diagnoses and treatments for major mental illnesses and ways to cope with their loved ones. *A Primer on Major Mental Illness* will be provided to all students for free and provide the basic text for the course. Published by NAMI CCI.

Coordinator: Jud Phelps

Jud is presently Director of Client Services for NAMI (National Alliance on Mental Illness) Cape Cod and the Islands. He served for eleven years as Program Director for Gosnold Outpatient Programs and the Barnstable Drug Court. He is a licensed alcohol and drug counselor.

The 15 Global Challenges ALL999

Wednesday 9:00-10:20 C-115
Second 6 weeks 20-Mar Limit: 20

This is a course based on the 15 Challenges of the Future, a product of the global think tank, and The Millennium Project (themp.org). The 15 Challenges will include the environment, population growth, global communication and the internet, global economies, science and technology, and global ethics. We will focus on women's issues, global health and population and cultures. The course text is *State of the Future*, version 19.0 available online; however, the free short summary of each challenge will be adequate for the course, available at themp.org.

Coordinator: Thomas Murphy

Tom is a retired physician and radiologist who has taught these challenges for the last 20 years.

The Greatest Novels Ever (In Excerpts) ALL1055

Wednesday 10:30-11:50 C-115
12 weeks 30-Jan Limit: 25

The coordinator will provide short excerpts from great novels and short fiction in an effort to introduce readers to books that they may not otherwise consider. We will discuss why the book is good, why it is worth your time, and what lies ahead.

Coordinator: Stephen Pastore

Stephen is the author of several articles and three books on art history and has taught art history at the university level.

Great Books

Wednesday 10:30-11:50
12 weeks 30-Jan

ALL013

C-106
Limit: 25

This class will reflect on a wide range of ideas and authors such as Geoffrey Chaucer, Leo Tolstoy, Jhumpa Lahiri and Simone de Beauvoir. We will use the Great Books Series called *Great Conversations*, Volume 3, which focuses on various themes and uses selections from classic and contemporary works in various genres and disciplines. The book can be purchased online at greatbooks.org or by phone at 800-222-5870 ext 2. Class members will be encouraged to bring their questions and to volunteer to facilitate classes.

Coordinators: Mary Joyce and Beverly Jacobson

Mary and Bev are professional teachers, lifelong learners and avid readers who encourage others to bring their questions and to share their ideas and insights. Newcomers are always welcome.

The Sectional Crisis in the US, from the Mexican War to the Civil War

Wednesday 12:00-1:20
12 weeks 30-Jan

ALL1056

C-106
Limit: 25

This course will evaluate the causes, ideas, personalities, and events that brought on the American Civil War, beginning with an examination of the Mexican War, which resulted in the annexation of New Mexico and California, forcing the US to decide on the future of slavery in the new territories. The ensuing drama will include events such as The Compromise of 1850, The Kansas Nebraska Act, the election of Lincoln, and the decision of the Lower South to secede from the Union in 1860. The course text is James M. McPherson, *Battle Cry of Freedom: The Civil War Era*, New York: Oxford Press, 1988, available at the college bookstore. Please read pages 3 to 46 for the first class.

Coordinator: Richard Stewart

Richard taught history for 43 years at Choate Rosemary Hall in Connecticut. His degrees are from Allegheny College (BA) and Wesleyan University (MA). He has participated in A.L.L. since 2015.

Women in Literature

Wednesday 12:00-1:20
12 weeks 30-Jan

ALL479

C-115
Limit: 25

This reading discussion course examines the roles, nature, and relationships of women through fiction, poetry, drama, and essays written by women. We will focus on two of the most acclaimed female writers of the 20th and 21st centuries: Alice Munro, masterful short story writer and winner of the Nobel Peace Prize in Literature for 2013, and Marge Piercy, poet, novelist, playwright, essayist, social activist, and Cape Codder! Their lives and art should give us much to examine and relate to. The texts are *Too Much Happiness* by Alice Munro and *My Mother's Body* by Marge Piercy. Both can be purchased online at thriftbooks.com. Please bring both texts to the first class.

Coordinator: Elaine Horne

Elaine is a retired Professor of English and English Department Chair from Manchester Community College in Connecticut. Prior to that, she was an adjunct professor at Central Connecticut State University and Greater Hartford Community College.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

WEDNESDAY (Continued)

Techniques to Unlock Photographic Creativity **ALL827**

Wednesday 1:30-2:50
First 6 weeks 30-Jan

C-115
Limit: 15

This course will cover important concepts for improving our photographs, such as using the camera's manual mode to improve creativity and using ISO, aperture, and shutter speed as exposure tools. There will be lectures, weekly assignments, and critiques of students' works. The coordinator's photographs will augment discussions. Participants should be familiar with their camera and the owner's manual.

Coordinator: Daniel Gorman

Daniel has had photographs published in two books and a photograph accepted in the Photographic Society of Rhode Island Ocean State International Exhibition for three consecutive years.

Let's Play with THINKERTOYS

Wednesday 1:30-2:50
First 6 weeks 30-Jan

ALL1060
C-106
Limit: 25

Creativity is not an accident, but a consequence of the intention to be creative. THINKERTOYS are strategies or techniques for producing ideas, each a way of seeing that can change how we perceive our own creativity, bolster creative thinking confidence and strip creativity of its mystique. Each week, you will play with a different THINKERTOY to discover how to become an idea person, to know where to look for that breakthrough idea, and to make better sense out of the world. A few of the THINKERTOYS we will use to creatively envision what is and what can be are Intuitive, linear, metaphorical, incubation, and collaborative.

Coordinator: Nina Greenwald

Nina is a retired Professor of Critical and Creative Thinking at UMass Boston. She is a published author and educator trainer specialized in creative problem solving, innovation and invention, humor and thinking and gifted education.

All about Dreams

Wednesday 1:30-2:50
Second 6 weeks 20-Mar

ALL636
C-115
Limit: 15

The class will explore through lectures and discussion why we dream. We will look at different types of dreams and theories about the meaning of dreams.

Coordinator: Linda Koehler

Linda has taught psychology for thirty years in diverse settings, including Mercy College in NY and Quincy College in MA.

Let's Play with THINKERTOYS!

Wednesday 1:30-2:50
Second 6 weeks 20-Mar

ALL1067
C-106
Limit: 20

This class is a repeat of ALL1060 offered in the first 6 weeks. Creativity is not an accident, but a consequence of the intention to be creative. THINKERTOYS are strategies or techniques for producing ideas, each a way of seeing that can change how we perceive our own creativity, bolster creative thinking confidence and strip creativity of its mystique. Each week, you will play with a different THINKERTOY to discover how to become an idea person, to know where to look for that breakthrough idea, and to make better sense out of the world. A few of the THINKERTOYS we will use to creatively envision what is and what can be are Intuitive, linear, metaphorical, incubation, and collaborative.

Coordinator: Nina Greenwald

Nina is a retired Professor of Critical and Creative Thinking at UMass Boston. She is a published author and educator trainer specialized in creative problem solving, innovation and invention, humor and thinking and gifted education.

The Complete Financial Management Workshop

Wednesday 2:00-3:15
First 6 weeks 30-Jan

ALL1064
North/South Hall
Limit: 25

Whether you are retired or planning for retirement, are you financially ready for what could be more than a thirty-year retirement? This workshop focuses on strategies to help you improve your overall financial well-being. It will cover cash management, risk management, investment concepts, tax planning, retirement planning and estate conservation. A complimentary consultation will be offered to all attendees at the end of the course. A comprehensive workbook will also be provided to everyone. Please Note: This course is strictly educational; no products or services will be solicited.

Coordinators: Michael Garrison and M. Greenleaf Garrison

Michael, a certified financial planner (CFP), has been helping individuals achieve their financial goals for nearly 35 years. He is the creator of The Financial Freedom Navigator, a holistic approach to investment and wealth management. Greenleaf, a certified financial planner with a master's degree in mental health counseling, provides family-based financial planning services.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

WEDNESDAY (Continued)

Beginning Watercolor

Wednesday 2:30-5:30

Second 6 weeks 20-Mar

ALL711

Tilden Arts Ctr. Building

Limit: 10

This class will introduce beginners to drawing and perspective principles needed for a watercolor composition using the dry and wet-on-wet approaches. Following class demonstration, students will work on their own paintings with the guidance of the teacher. The extended period (2:30-5:30 p.m.) allows time to set up, work, and clean up. Note: The coordinator will send students a list of required materials (estimated cost: \$150) prior to the first class. Please notify the office if you do not receive the list at least three weeks before the start of class.

Coordinator: Mary Lou Mack

Mary Lou has concentrated on watercolor since 1981 when she started taking classes at Bay Path College with Jack Flynn, an American Watercolor Society member. Since then she has also taken workshops with many prominent watercolor artists. She has exhibited her work in galleries, one- and two-women shows, and juried exhibitions.

Greek and Roman Mythology

Wednesday 3:00-4:20

12 weeks 30-Jan

ALL1053

C-106

Limit: 25

This course will introduce the class to the primary characters and important stories of classical Greek and Roman mythology and will survey leading theoretical approaches to the understanding of classical myth. This series of 24 half-hour Great Course lectures by University of Maryland's Elizabeth Vandiver will define myth and discuss various gods and goddesses, the Trojan War, the House of Atreus, King Oedipus, female monsters, Roman fables, and Ovid. The book *Bullfinch's Mythology* is not required but is recommended as an addition to these lectures.

Coordinator: Gershen Rosenblum

Gersh is a retired clinical psychologist who has coordinated several A.L.L. courses in the past.

Great Musicians Give Master Classes

Wednesday 3:00-4:20

12 weeks 30-Jan

ALL1073

C-115

Limit: 25

If you think you know your favorite pieces of classical music pretty well, here is a course that will make you think all over again. Youtube has a fantastic collection of master-class videos in which some of the world's most celebrated musicians share their secrets with aspiring students. The professors include famous pianists, violinists, singers and conductors; the students are already excellent but understandably nervous; and the

classes are rich in insight, fun, tension, wonderful music making and occasional heartbreak.

Coordinator: John Temple

John is a semi-retired business writer, lifelong listener, former classical concert reviewer for the Boston Globe and Providence Journal, Sturgis Library trustee, and occasional presenter on historical topics. Last fall he led a 12-week A.L.L. course on Mozart's piano concertos.

THURSDAY

Art: Darkness to Light

Thursday 9:00-10:20

12 weeks 31-Jan

ALL1061

C-115

Limit: 25

Travel through the ages and across the world as dynamic BBC documentarian and art critic Waldemar Januszczak follows the story of art from the Dark Ages through the 19th century. His presentations will be enhanced by in-depth studies of individual artists and genres.

Coordinators: Christine Johnston and David Johnston

Chris and David have taught art, science, and history courses at A.L.L. during the past few years.

Euripides: Andromache, Electra, and Hecabe

Thursday 9:00-10:20

First 6 weeks 31-Jan

ALL1050

C-106

Limit: 25

The tragedies of Euripides burn with passion. The old myths explode with new and unexpected dramatic energy as Euripides delves into the darkest regions of human nature. *Andromache* challenges our concepts of loyalty and lawful wedlock. In *Electra* a brother and sister's horrific plan has unforeseen consequences. *Hecabe* brings war home to the victors. The course text is *Euripides: Electra and Other Plays* (Penguin, 2004). Please read *Andromache* through page 20 for the first class.

Coordinator: Nancy Yee

Nancy is a former English department chair and Professor Emerita at Fitchburg State University. She was first struck by the power and beauty of Greek drama while teaching it to college freshmen more than fifty years ago.

Israel and the Palestinians: Politics and Peace

Thursday 9:00-10:20

Second 6 weeks 21-Mar

ALL1068

C-106

Limit: 25

With the 1967 Israeli war as a focus we will discuss whether that military victory actually has impeded the peace process. Through video and discussion we will examine the politics of Palestine in this land of emotion. Course Text is *Catch 67: The Left, The Right, and the Legacy of the Six Day War* by Micah Goodman. Please read the first chapter for the first class.

Coordinators: Jim Connolly and Paul Arnold

Paul, past president of A.L.L. and Jim have coordinated several other Israel and Mideast courses.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

THURSDAY (Continued)

Sports Talk

Thursday 10:30-11:50
12 weeks 31-Jan

ALL276
C-106
Limit: 25

We welcome sports fans of all allegiances to join us for discussion about sports and the teams they love. We look at athletes for their roles both on the field of competition and off the field. Occasionally we have guests who share some of their unique sports experiences.

Coordinators: Bob Clever and Alan Dewar

Bob and Alan are former teachers. Bob grew up in suburban Chicago and Alan grew up in the Boston area and has lived on Cape Cod for forty years. He also had a sports memorabilia business for 20 years.

The Great American Songbook

Thursday 10:30-11:50
First 6 weeks 31-Jan

ALL1071
C-115
Limit: 25

This course is a general survey of that classic era of American popular music from the 1920s to the 1950s which is commonly referred to as The Great American Songbook. We will explore the songs, songwriters, lyricists and composers, including Arlen, Berlin, Gershwin, Kern, Porter and Rodgers. Recordings, video clips and class discussion will be used to augment lecture material.

Coordinator: Gina Poole

Gina is a teacher, musician and lifelong learner who has just completed her first year coordinating classes at A.L.L.

Everyday Organic Chemistry

Thursday 10:30-11:50
Second 6 weeks 21-Mar

ALL1005
C-115
Limit: 25

Organic chemistry gets a bad rap. It is widely believed to be one of the most difficult of the core science subjects, and its adjective has been hijacked by the food industry to mean something quite different. It is simply the chemistry of carbon and is both us and much of the world around us. At the everyday level, organic chemistry is both simple and elegant, simple because it obeys a small number of rules and elegant in its beauty and versatility. This course offers a grand tour of some of the organic compounds, both natural and synthetic, that shape our lives.

Coordinator: John Ward

John has a Masters in Chemistry from Oxford and an MBA from Manchester. He has spent most of his career in New York financial services industry and has a lifelong love of chemistry.

A Short History of the Black Experience in America

Thursday 12:00-1:20
12 weeks 31-Jan

ALL1069
C-115
Limit: 25

This course is a brief survey of the Black experience in this country covering topics from the Antebellum South to the present. It will include the Civil War, Emancipation, Reconstruction, Jim Crow, the world wars, Eleanor Roosevelt, housing policies, Martin Luther King, Confederate statues, Jesse Owens, Jackie Robinson, Bill Russell, and why black athletes are taking a knee.

Coordinator: John Matley

John, a former industrial engineer, has had over thirty years of sports officiating and a lifelong interest in the Black experience, seen through the eyes of an Irishman whose ancestors experienced many similar issues.

Let's Talk about Food II

Thursday 12:00-1:20
Second 6 weeks 21-Mar

ALL1070
C-106
Limit: 25

Our food practices here are the result of waves of immigration, the challenges immigrants faced, their foodways, and the interaction of those with both what was already here and what could be successfully grown or produced. This course will explore the waves of immigration, the challenges they faced, and where and how their food preferences made the way into enriching the American diet. The 5th class will be dedicated to influences of interest to class members that were not covered in the first four. For the last class, we will meet that evening at my home to share a meal. Everyone will be expected to contribute a dish that either represents their own heritage or the heritage they most enjoy eating.

Coordinator: Marilyn Nouri

This is the second course taught by Marilyn on foodways, a topic of increased interest in the social sciences. Marilyn has coordinated many classes on a variety of social science topics for A.L.L.

Loving the Short Story

Thursday 1:30-2:50
12 weeks 31-Jan

ALL055
C-106
Limit: 25

The students will discuss two stories at each session, sharing ideas and perceptions to enhance the understanding of the readings. The text for this course will be *Best American Short Stories 2018* edited by Roxane Gay. The assignment for the first class: Please read the Introduction, "Cougar" by Maria Anderson and "A Family" by Jamel Brinkley.

Coordinators: Sheryl Lajoie and Elizabeth Moylan

Sheryl has led this class for many years and thoroughly enjoys analyzing the stories and gaining amazing insights from class participants. Betty shares the love of short stories and is a valuable asset to the short story discussions.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

THURSDAY (Continued)

Gathering and Cooking Cape Seafood **ALL043**
Thursday 3:00-4:20 C-106
12 weeks 31-Jan Limit: 25

Learn about Cape shellfishing plus its regulations, necessary licenses, and equipment needed and where to find Cape seafood and how to cook it. Field trips and a variety of guest speakers will be included, and course handouts will feature great seafood recipes.

Coordinator: Peter Bogar

Peter has had extensive experience gathering and cooking Cape seafood since his teen years. This will be his fifteenth year teaching this course.

Court System Massachusetts Criminal Sessions **ALL801**
Thursday 3:00-4:20 C-115
Second 6 weeks 21-Mar Limit: 25

Randi will explain how the criminal justice system is organized, who the people are who make up the courthouse staff, how a case begins, and what the results may be.

Coordinator: Randi Potash

Randi, a criminal defense attorney, has over twenty years of experience in Massachusetts criminal defense work.

FRIDAY

Introduction to Nichiren Buddhism **ALL866**
Friday 9:00-10:20 C-115
Second 6 weeks 22-Mar Limit: 25

Through these profound Buddhist teachings of hope, victory and personal discovery, we will delve deeper into our interconnectedness with all life and tap into the enlightened nature we already possess. This is suitable as an introductory class for first-timers and also as a Part 2 of the Introduction to Nichiren Buddhism course taught for the last seven years. *The Buddha in Your Mirror* can be read as a companion piece to the course, but it is not required.

Coordinators: Susan Whalley and Steve Piontek

Susan, a retired school counselor, has been a practicing Nichiren Buddhist for over 40 years. Steve is a retired magazine editor who also has been practicing Nichiren Buddhism for over 40 years.

Apps for the iPhone and iPad **ALL958**
Friday 9:00-10:20 C-106
Second 6 weeks 22-Mar Limit: 25

Apple introduced the iPhone in 2007, App Store in 2008, iPad in 2010, and Apple Watch in 2015. Today, 2019, there are more than two million apps for the iPhone, one million for the iPad, and ten thousand for the Apple Watch. This course will explore apps for and features and functions of the iPhone and iPad. Various apps will be demonstrated and displayed on the large classroom screen. Participants will be encouraged to share their favorite apps. The text is: *iPhone User Guide for iOS 12* at <https://help.apple.com/iphone12> and *iPad User Guide for iOS 12* at <https://help.apple.com/ipad12>.

Coordinator: Wayne Hoover

Wayne was employed by the U.S. Government for 39 years as a computer specialist, mathematician, and supervisory mathematician. After earning a doctorate in Mathematics at Michigan State University, he taught at George Washington University and also at CCCC.

Telling Stories **ALL1030**
Friday 10:30-11:50 C-115
12 weeks 1-Feb Limit: 20

This is a class in which you will tell your stories using various forms: short story, memoir, flash fiction, creative non-fiction. The last two are relatively new genres being seen in literary magazines. The stories for this class may be fact or fiction; all have components in common. You will read examples of each and find which genre is comfortable for you. You will write each week, and your material will be read and discussed in class. Please bring paper and pen to class.

Coordinator: June Calender

June has written in almost all forms, especially stage plays. Lately she has published poetry, fiction, and creative nonfiction in literary magazines. She has been chair of the Reflections Committee for several years and has taught writing courses with a biographical slant.

Using Children's Literature to Teach Science **ALL1001**
Friday 10:30-11:50 C-106
First 6 weeks 1-Feb Limit: 20

This six week course will prepare participants to teach simple science concepts to anyone, especially their children and grandchildren. Pat received the Connecticut Christa McAuliffe Fellowship for her program Using Children's Literature to Teach Science. She created the website which contains 100 books, each linked to a simple, basic science activity. Each week she will cover one aspect of science: physics, chemistry, astronomy, earth science, and life science. The text will come from the free website: www.intranet.cshgreenwich.org/heartNetchildrensLitAndScience.asp. Participants should bring scissors, tape, glue stick, Elmer's glue, ruler, crayons or colored pencils, and several pennies to class.

**CAPE COD COMMUNITY COLLEGE
WEST BARNSTABLE CAMPUS**

FRIDAY (Continued)

Coordinator: Patricia McKean

Pat, a classroom science teacher for 44 years, has presented teacher and student workshops nationally and internationally and specializes in teaching science through literature. She currently serves as a science education consultant and as a peer reviewer for the National Science Teachers Association's journal *Science and Children*.

Food for Thought: Plato at the Table

Friday 12:00-1:20
First 6 weeks 1-Feb

ALL1051
C-106
Limit: 12

This course, inspired by the book *The Philosopher's Kitchen* by Francine Segan, is an historical review of the cuisine of ancient Greece and Rome with philosophical commentary sprinkled in. Participants will receive recipes that have been adapted for the modern cook, which a critic has called 'delectable, timeless, and earthy.' Come join us at the festive philosopher's table for some food for thought.

Coordinator: Mare Ambrose

Mare is currently a part-time professor of English and philosophy at two local colleges. This class is a combination of her lifelong passion for philosophy and food.

Carole King: Voice of Generations

Friday 12:00-1:20
Second 6 weeks 22-Mar

ALL924
C-106
Limit: 25

We will explore the music of Carole King and her accomplishments and legacy in and beyond the world of music. Her joy and gratitude speak to generations through decades of songwriting, performing, and environmental activism. Students are invited to read her candid 2012 memoir, *Carole King: A Natural Woman*, but this is not a requirement for the course.

Her memoir inspired the successful Broadway musical *Beautiful*.

Coordinator: Nancy Weida

Nancy enjoys creating and offering a variety of A.L.L. courses. In her decades as a multidisciplinary college professor (mathematics, business, women's studies), Nancy shared her love of books, music, sports, and history with her students.

The Doc is IN

Friday 1:00-4:00
First 6 weeks 1-Feb

ALL433
Multimedia Center in Wilkens Library
Limit: 28

PLEASE NOTE: This course will count as a six-week class, but it will meet for eight weeks starting 2/1. These are not your mother's documentaries. Today's docs inspire, educate, elucidate and entertain. They have become so popular that there are entire film festivals devoted to them, and they are the intellectual darlings of Sundance. We screen docs on subjects as diverse as the arts, environment, science and politics and from the whimsical to the sobering. Discussions are lively with opinions encompassing diverse points of view.

Coordinator: Lili Seely

Lili discovered Fellini and other legendary foreign film directors in her teens and has been in pursuit of excellence in cinema ever since. She has worked for, or volunteered at, many film festivals and art cinemas and is passionate about film as an artistic medium.

Bridge for Beginners

Friday 1:30-2:50
12 weeks 1-Feb

ALL910
C-106
Limit: 25

This course is open to all who would like to learn about the card game bridge. No experience is required. All students receive a *Bridge Handbook for Beginners* written by the coordinator.

Coordinator: Christopher Senie

Christopher has developed a love for the game of bridge and a passion for teaching the game to others.

Independent Study Intermediate Bridge

Friday 3:00-4:20
12 weeks 1-Feb

ALL965
C-106
Limit: 16

For students who have taken Intermediate Bridge with this coordinator, this will be an independent study on duplicate bridge including games with match point scoring. The coordinator will assist students with preparation of the boards, the schedule of play, use of the traveling score sheets, and tabulation of the results. A duplicate game may take place at one sitting or be spread out over several weeks as pairs are able to meet and play.

Coordinator: Christopher Senie

Christopher has developed a love for the game of bridge and a passion for teaching the game to others.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

FRIDAY (Continued)

Basics of Estate Planning	ALL878
Friday 3:00-4:20	C-115
Second 6 weeks 22-Mar	Limit: 25

This updated course covers the basics of estate planning: advance care directives, power of attorney, health care proxy, wills and trusts, administration of estates, estate taxation and Mass Health/Medicaid and nursing home decisions.

Coordinator: Arthur Crooks

Arthur is an estate planning and elder law attorney with over 30 years in practice. He serves as Charman of the Dennis Council on Aging. Arthur has taught this course at A.L.L. for 10 plus years.

CAPE COD COMMUNITY COLLEGE DOWNTOWN HYANNIS CAMPUS

THURSDAY

The Writing Incubator	ALL780
Thursday 3:30-5:00	Downtown Campus, Hyannis
12 weeks 31-Jan	Limit: 16

In the literary world an incubator is a group of like-minded people who provide space and time while offering mentoring to accomplish writing goals. This class encourages the formation and development of new ideas and stories. We welcome all genres of writing.

Coordinators: Nancy Shoemaker and Wade Sayer

Nancy is a printer, graphic designer, publisher, photographer, and local historian. Wade's masterful writing runs from children's books to gritty and powerful chronicles of the Vietnam War.

MASHPEE SENIOR CENTER MASHPEE

TUESDAY

Current Events	ALL431
Tuesday 10:45-12:15	Mashpee Senior Center
12 weeks 29-Jan	Limit: 15

This is a group discussion of current events, locally, state wide, in our country and around the world.

Coordinators: Robert Calzini and Dean Troxill

Bob has taught and served in school administration in Natick, in Mashpee, and in Europe. He has taught this course over 10 times. Dean has been active in A.L.L. for over nine years. He has had a long-time interest in current events, history, and sports. Above all, he encourages class participation.

WEDNESDAY

The Sports Huddle	ALL368
Wednesday 10:45-12:15	Mashpee Senior Center
12 weeks 30-Jan	Limit: 25

We will discuss sports-related subjects from high school through professional levels. Focus will be on the Boston area and Cape Cod but discussion will also extend to national and international sports. Students are encouraged to share their knowledge of and their opinions on the topics.

Coordinators: Larry Weishaus and Irwin Rubin

Larry brings a NY Metro slant to sports. He is a NYU graduate who played for the former Washington Senators. He is a long time fan of Major League baseball and plays many sports. Irwin is a lifelong Boston sports fan. He brings a vast knowledge of sports history and trivia to all discussions. He is a graduate of Arizona State University where he played football.

THURSDAY

American Oligarchy	ALL978
Thursday 10:45-12:15	Mashpee Senior Center
12 weeks 31-Jan	Limit: 25

Throughout its history American politics has been defined by the tension between the oligarchic forces controlling our institutions and populists attempting to install new systems. We will inspect the nature of this tension by taking a close look at its components. We will encounter both populists and oligarchs in depth.

Coordinator: Stew Goodwin

After a 35-year career in the international investment business, Stew has been involved with many Cape organizations. For over a decade he has coordinated more than a dozen courses at A.L.L. and given five lectures.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00-10:20	12 weeks	28-Jan	ALL1052	The History of Spain: Land on a Crossroad	C-106	Paula Stefani
Monday	9:00-10:20	First 6 weeks	28-Jan	ALL868	Verdi Operas: Early and Middle Period Masterpieces	C-115	Steve Piontek
Monday	9:00-10:20	Second 6 weeks	18-Mar	ALL1049	Verdi Operas: The Late Period Masterworks	C-115	Steve Piontek
Monday	10:30-11:50	12 weeks	28-Jan	ALL1054	Understanding Modern Art	C-115	Stephen Pastore
Monday	10:30-11:50	First 6 weeks	28-Jan	ALL1062	The Ottoman Empire Part II	C-106	Ed Foster
Monday	12:00-1:20	12 weeks	28-Jan	ALL1019	How to Read a Movie Visually	C-106	Joseph Gonzalez
Monday	12:00-1:20	12 weeks	28-Jan	ALL1037	The Beatles: A Magical Musical Tour	C-115	Lew Taylor
Monday	1:30-2:50	12 weeks	28-Jan	ALL1020	Basic Conversational Spanish	C-106	Joseph Gonzalez
Monday	1:30-2:50	12 weeks	28-Jan	ALL915	Beadweaving: Beginner	C-115	Kathleen Taylor
Monday	2:00-3:15	12 weeks	28-Jan	ALL1063	The Forgotten Presidents	North/South Hall	Lew Taylor
Monday	2:00-3:15	First 6 weeks	28-Jan	ALL1066	Upstairs at the White House	North/South Hall	David Wyant
Monday	3:00-4:20	12 weeks	28-Jan	ALL932	Beadweaving: Beyond the Basics	C-115	Kathleen Taylor
Monday	3:00-4:20	Second 6 weeks	18-Mar	ALL1038	Beyond Red or White: Wines of the World from A to Z	C-106	Ron Fernandes

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	9:00-10:20	12 weeks	29-Jan	ALL823	Understanding and Loving the World's Great Music Part II	C-115	David Quinn
Tuesday	9:00-10:20	Second 6 weeks	19-Mar	ALL1048	The Middle East after ISIS	C-106	Stew Goodwin
Tuesday	9:00-10:20	First 6 weeks	29-Jan	ALL1047	Putin After His Peak	C-106	Stew Goodwin
Tuesday	10:30-11:50	12 weeks	29-Jan	ALL1065	That's Not What I Meant!! Using the Enneagram to Understand Yourself and Your Impact on Others	C-106	Marianne Triplette
Tuesday	10:30-11:50	First 6 weeks	29-Jan	ALL1058	Remember the Ladies III	C-115	Jim Perry
Tuesday	10:45-12:15	12 weeks	29-Jan	ALL431	Current Events	Mashpee Senior Center	Robert Calzini and Dean Troxill
Tuesday	12:00-1:20	12 weeks	29-Jan	ALL1026	The Origami Club	C-115	Andrea Plate
Tuesday	12:00-1:20	First 6 weeks	29-Jan	ALL1059	The Righteous Mind	C-106	Barbara Leedom
Tuesday	1:30-2:50	12 weeks	29-Jan	ALL029	Conversational French	C-106	Lore De Bower
Tuesday	1:30-4:00	12 weeks	29-Jan	ALL077	So You Want to Be a Poet	C-115	Victoria Branagan, Susan Clark and Dianne Hanna
Tuesday	3:00-4:20	First 6 weeks	29-Jan	ALL1057	Musica Cubana	C-106	Greg Polanik and Corina Iukovici
Wednesday	9:00-10:20	12 weeks	30-Jan	ALL948	News and the World Outside the USA	C-106	Arthur Pontes
Wednesday	9:00-10:20	First 6 weeks	30-Jan	ALL1021	Coping with a Loved One with Mental Illness	C-115	Jud Phelps

Course Schedule

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Wednesday	9:00-10:20	Second 6 weeks	20-Mar	ALL999	The 15 Global Challenges.	C-115	Thomas Murphy
Wednesday	10:30-11:50	12 weeks	30-Jan	ALL1055	The Greatest Novels Ever (In Excerpts)	C-115	Stephen Pastore
Wednesday	10:30-11:50	12 weeks	30-Jan	ALL013	Great Books	C-106	Mary Joyce and Beverly Jacobson
Wednesday	10:45-12:15	12 weeks	30-Jan	ALL368	The Sports Huddle	Mashpee Senior Center	Larry Weishaus and Irwin Rubin
Wednesday	12:00-1:20	12 weeks	30-Jan	ALL1056	The Sectional Crisis in the US, from the Mexican War to the Civil War	C-106	Richard Stewart
Wednesday	12:00-1:20	12 weeks	30-Jan	ALL479	Women in Literature	C-115	Elaine Horne
Wednesday	1:30-2:50	First 6 weeks	30-Jan	ALL827	Techniques to Unlock Photographic Creativity	C-115	Daniel Gorman
Wednesday	1:30-2:50	First 6 weeks	30-Jan	ALL1060	Let's Play with THINKERTOYS	C-106	Nina Greenwald
Wednesday	1:30-2:50	Second 6 weeks	20-Mar	ALL636	All about Dreams	C-115	Linda Koehler
Wednesday	1:30-2:50	Second 6 weeks	20-Mar	ALL1067	Let's Play with THINKERTOYS!	C-106	Nina Greenwald
Wednesday	2:00-3:15	First 6 weeks	30-Jan	ALL1064	The Complete Financial Management Workshop	North/South Hall	Michael Garrison and M. Greenleaf Garrison
Wednesday	2:30-5:30	Second 6 weeks	20-Mar	ALL711	Beginning Watercolor	Tilden Arts Ctr. Building	Mary Lou Mack
Wednesday	3:00-4:20	12 weeks	30-Jan	ALL1053	Greek and Roman Mythology	C-106	Gershen Rosenblum

Course Schedule

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Wednesday	3:00-4:20	12 weeks	30-Jan	ALL1073	Great Musicians Give Master Classes	C-115	John Temple
Thursday	9:00-10:20	12 weeks	31-Jan	ALL1061	Art: Darkness to Light	C-115	Christine Johnston and David Johnston
Thursday	9:00-10:20	First 6 weeks	31-Jan	ALL1050	Euripides: Andromache, Electra, and Hecabe	C-106	Nancy Yee
Thursday	9:00-10:20	Second 6 weeks	21-Mar	ALL1068	Israel and the Palestinians: Politics and Peace	C-106	Jim Connolly and Paul Arnold
Thursday	10:30-11:50	12 weeks	31-Jan	ALL276	Sports Talk	C-106	Bob Clever and Alan Dewar
Thursday	10:30-11:50	First 6 weeks	31-Jan	ALL1071	The Great American Songbook	C-115	Gina Poole
Thursday	10:30-11:50	Second 6 weeks	21-Mar	ALL1005	Everyday Organic Chemistry	C-115	John Ward
Thursday	10:45-12:15	12 weeks	31-Jan	ALL978	American Oligarchy	Mashpee Senior Center	Stew Goodwin
Thursday	12:00-1:20	12 weeks	31-Jan	ALL1069	A Short History of the Black Experience in America.	C-115	John Matley
Thursday	12:00-1:20	Second 6 weeks	21-Mar	ALL1070	Let's Talk about Food II	C-106	Marilyn Nouri
Thursday	1:30-2:50	12 weeks	31-Jan	ALL055	Loving the Short Story	C-106	Sheryl Lajoie and Elizabeth Moylan
Thursday	3:00-4:20	12 weeks	31-Jan	ALL043	Gathering and Cooking Cape Seafood	C-106	Peter Bogar
Thursday	3:00-4:20	Second 6 weeks	21-Mar	ALL801	Court System Massachusetts Criminal Sessions	C-115	Randi Potash

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Thursday	3:30-5:00	12 weeks	31-Jan	ALL780	The Writing Incubator	Downtown Campus, Hyannis	Nancy Shoemaker and Wade Sayer
Friday	9:00-10:20	Second 6 weeks	22-Mar	ALL866	Introduction to Nichiren Buddhism	C-115	Susan Whalley and Steve Piontek
Friday	9:00-10:20	Second 6 weeks	22-Mar	ALL958	Apps for the iPhone and iPad	C-106	Wayne Hoover
Friday	10:30-11:50	12 weeks	1-Feb	ALL1030	Telling Stories	C-115	June Calender
Friday	10:30-11:50	First 6 weeks	1-Feb	ALL1001	Using Children's Literature to Teach Science	C-106	Patricia McKean
Friday	12:00-1:20	First 6 weeks	1-Feb	ALL1051	Food for Thought: Plato at the Table	C-106	Mare Ambrose
Friday	12:00-1:20	Second 6 weeks	22-Mar	ALL924	Carole King: Voice of Generations	C-106	Nancy Weida
Friday	1:00-4:00	First 6 weeks	1-Feb	ALL433	The Doc is IN	Multimedia Center in Wilkens Library	Lili Seely
Friday	1:30-2:50	12 weeks	1-Feb	ALL910	Bridge for Beginners	C-106	Christopher Senie
Friday	3:00-4:20	12 weeks	1-Feb	ALL965	Independent Study Intermediate Bridge	C-106	Christopher Senie
Friday	3:00-4:20	Second 6 weeks	22-Mar	ALL878	Basics of Estate Planning	C-115	Arthur Crooks

REGISTRATION FORM — SPRING 2019

www.capecodall.org

**Academy for Lifelong Learning
Cape Cod Community College**

2240 Iyannough Road
West Barnstable, Ma 02668-1599
(774) 330-4400

FOR OFFICE USE ONLY

CK# _____ Amount _____
Reg. Forms #1 ___ #2 ___ #3 ___
Coordinator 1 ___ 2 ___ 3 ___
Legacy _____

Please review the **REGISTRATION INFORMATION** in the catalog before completing your form.

The best way to contact me is: By Phone _____ By Email _____

First Name: _____ Middle Initial: _____ Last Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

City: _____ State: _____ Zip: _____ Email: _____

Date of Birth _____

Emergency Contact (required): _____ Phone: _____ Relationship: _____

Is this a **NEW ADDRESS** since your last registration? Yes No I am a **FIRST TIME** member of A.L.L.

Please contact me about "coordinator/assistant coordinator" opportunities. Yes No

For the \$105 membership fee (please make check payable to A.L.L.) **you may select from the following options:**

four 6-week courses **two** 12-week courses **one** 12-week course & **two** 6-week courses

Please list courses **in order of preference**, including alternate choices. If no alternate choices are listed, it is assumed that none are desired. (Paid members may join unfilled classes at no additional cost.)

(off. use)	Course #	Course Title	Day	Time	12 wks.	1st 6 wks.	2nd 6 wks.
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____ 1. ALL _____

____ 2. ALL _____

____ 3. ALL _____

____ 4. ALL _____

Alternate choices in the event preferred courses are full

____ 1. ALL _____

____ 2. ALL _____

____ 3. ALL _____

____ 4. ALL _____

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____ 3. ALL _____

____ 4. ALL _____



Board of Directors 2018-2019

Judith Roettig	President	2019
Dianne Tattersall	Vice President, and Chair of Hospitality	2020
Kirk Young	Treasurer	2019
Noelle Howland	Clerk	2021
Diane Hoover	Special Events	2020
Leslie B. Mathis	Policies and Procedures	2019
Marilyn Nouri	Long-Range Planning	2020
Miriam Kronish	Curriculum	2020
Edward Wirtanen	Member at Large	2019
Jackie Faulhaber	Registration	2021
Rona Robinson	Member at Large	2021
(open)	Communications	
Jim Lathrop	Immediate Past President, and Chair of Finance	2019

Office Administrator: Kerry Arnett

Academy for Lifelong Learning Cape Cod, Inc.

Cape Cod Community College

2240 Iyannough Road • West Barnstable, MA 02668-1599

Tel: (774) 330-4400 • Website: www.capecodall.org

College Hotline (for school closing information): (508) 375-4070

