



ALLways

Newsletter of the Academy for Lifelong Learning of Cape Cod, Inc.

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April, 2016

The Academy follows the closing policies of Cape Cod Community College. It is important to note the possibility of class cancellations due to inclement weather and/or other factors. Please post the number listed below near your phone. We've had reports that the Hotline is not always up to the minute, so please keep checking. Welcome to winter, and then spring will come. The Academy follows the closing policies of Cape Cod Community College. It is important to note the possibility of class cancellations due to inclement weather.

College Hotline Number
508-375-4070



Elevator Access: For directions on how and where to use the elevator, please call the ALL Office at 508-362-2131 x4400.

ALL Is Good for Your Health



A few days ago I came across some research from the University of Rochester about the importance of social interaction in older adults. My first thought was, of course, that the researchers were talking precisely about the reasons why we all love ALL. The article said what we already sensed: staying socially involved and having close interpersonal relationships can help us to maintain good physical and emotional health and cognitive function. It might even boost our immune systems. We can all attest that the long walk up the hill and three flights of stairs is certainly good exercise, but talking with our classmates and friends and entering into class discussions have even more profound benefits.

According to the study, those activities can potentially reduce our chances for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis. They may even reduce our risk for Alzheimer's disease and depression and perhaps even help to lower blood pressure. In a word, these activities help to keep our brains from getting rusty.

I know that in the five years since I joined ALL I have learned about many things--Italy

and Italian art, the history of Scotland, the Universe, and even about Oenology (the study of wine). These subjects I never studied in school. I also attained a deeper understanding of authors like Shakespeare and Jane Austen, whose works I did read back in the day.

I have met so many interesting people from a range of backgrounds and experiences who have become close friends. We all not only learn in classes, we learn from each other. The more involved we are, of course, the greater will be the benefits. So think about getting even more connected to ALL in the future - coordinate a class, alone or with a friend, run for the Board of Directors, join a committee or become a desk volunteer. It's good for your health and your mind and your body will thank you.

Another way in which you can be a more active participant in ALL is by attending the **Annual Meeting on Friday, May 6th at 10 o'clock in the Lorusso Atrium**. You'll have a chance to meet your incoming Board members and to hear more in depth about how your program works. Refreshments will be served too. I hope to see you there. Just one more thing - it has been an honor and a privilege to serve as your president this year.

Chris Johnston

April's Time for Singin' in the Rain & Sun



It's also National Poetry Month, and your Congress has designated the first week as National Library Month, 2nd week: National Read a Road Map week, week 3: National Organize Your Files Week and week 4: National Walk to Work Week. Congress has a lot of business to attend to, but our representatives and senators still find time and have inclination to designate for US weeks to celebrate.

This is our last ALLways until August. I thank all who contributed articles, announcements and photos. I also thank Kerry Arnett for her diligence and humor and timeliness. I couldn't have produced this newsletter every month without her help.

Thanks to the BOD members for getting out the news to our readers. We say so long, but not goodbye to Joan Emery, Syd Lamb and Chris Johnston, whose terms in office are completed.

Please start thinking about contributing to ALLways. You have four months to come up with articles, photos, art, poetry - about anything related to our organization. We look forward to hearing from you. Send your favs to barbaraleedom@gmail.com.

Happy spring. Here's to greenery growing & flowers sprouting.

Barbara Leedom



Upcoming Events



Harvard Museums Trip is Sold Out April 12, 2016

Our confirmed guests will receive an email reminder as we get closer to the date of our trip from ALL.

We want to thank the ALL Events Committee and Desk Volunteers and Kerry for all your assistance in making this another fun and informative event for our ALL Members.

Mark your calendars for April 12th Parking Lot 12 for bus departure promptly at 9 AM



ALL Annual Spring Banquet

Cape Codder Resort & Spa

1225 Iyannough Road, Hyannis

Thursday, April 28: 5:00 Reception~Cash Bar

6:00 Dinner ~ \$35 per person

Menu Choices:

- A. Chicken Oscar with Jumbo Shrimp, Asparagus and Bernaise Sauce
- B. Roast Loin of Pork with Seasonal Chutney
- C. Mediterranean Tasting Plate: Tomato Stuffed with Vegetable Risotto, Eggplant Parmigiana, and Vegetable Stuffed Zucchini with Three Cheeses

Seating is limited – Payment must be made by Tuesday, April 19--

Make checks payable to ALL— drop off at ALL office or mail to:

ALL, 2240 Iyannough Road, West Barnstable, MA 02668

Cape Cod Community College
Higgins Art Gallery *presents*

JANICE REDMA

In Conversation

March 24 - April 19

www.capecod.edu/higgins/index.html



David Bisno

**"Budapest--The Good, the Bad,
the Astonishing and the Ugly."**

Friday, May 27, 2016

9:00 a.m.- 4:30 p.m.

In past years, David Bisno told us the fascinating stories of "The Lady in Gold" and "The Supreme Court". He is returning on Friday, May 27, 2016 to tell the story of "Budapest--The Good, the Bad, the Astonishing and the Ugly", about nine grammar school students in mid-20th century Budapest, who escaped the horrors of their city and went on to change the world in science, mathematics, film, photography and literature.

Kudos, Farewell & Thanks to...

The April election will give the Board of Directors an opportunity to welcome five new faces, and we look forward to a productive collegial relationship. Sadly (for the Board, at least), this means we will lose the talents and capabilities of the Directors whose terms are expiring.

Joan Emery's tenure was her second stint on the Board. This time around, Joan started with Long-Range Planning, followed by the Presidency in her second year. This year, Joan brought her considerable common sense and experience as President and President *emeritus* (twice) to the chair of Policy and Procedures.

Syd Lamb joined ALL about five years ago and applied his academic background as chair of the Curriculum Committee for two years before taking up Long-Range Planning this year.

Chris Johnston joined ALL around the same time as Syd. Her first year on the BOD was as Vice President and as a member of the Nominating Committee, followed by chair of Hospitality in her second year, before becoming the current President. Fortunately, Chris will continue to contribute as (non-voting) President *emeritus* and I, for one, am very grateful.

Jim Lathrop, Vice President

ALL Nominating Committee Report



**Meet the Candidates: April 7, 2016
Noon to 1:00 p.m. at the Atrium in the
Lorusso Technology Building**

T. Berry Brazelton:

Born: Waco, Texas, 1918

Education: Elementary & High School: Texas, Virginia.

College: Princeton, Columbia University Professional Training: Mass. General Hospital, Boston Children's Hospital MD: 1943, Private Practice of Pediatrics for 60 years.

Currently:

I participate and run a national Pediatric Care Training Program at Boston Children's Hospital. And, now that I am retired from practice and living full-time at the Cape, I would like to share my interests and my experiences with Cape grandparents (ALL members). These include: children/parent issues in media, drug abuse, child abuse, and child violence.

This knowledge and my experience with many organizations and groups may be helpful to the ALL Board and constituency.

Leslie B. Mathis

As a very happily married woman of 32 years and a mother of 2 sons, one natural and one adopted (and currently 2 tiny Maltese furballs). I can say that family is number one in my life. But my Bachelor's Degree in Theology, my Master's Degree in Counseling and my Juris Doctor in Law make clear that education plays a close second.

My choices of careers and volunteer activities over a long life betray my passions. I have worked as a school teacher, a social worker with the elderly, a counselor and in administration with drug and alcohol users, a counselor in adoption and other issues, and a lawyer for over 20 years dealing often with disabilities, mental health issues, adoptions, juvenile defense and dependency issues, etc. Boards and committees I have served on primarily involved the Mental Health Association Board and Children and Youth committees, Meals on Wheels Board, many Church committees, Eucharistic Ministry, Human Relations Board (race relations), Cape Cod Hospital Volunteer, Religious education teacher, PACO adoption group, legal committees, etc.

I believe my diversity of passions, experiences, careers, and educations have all blended together in a coherent fashion and given me a unique opportunity for both personal growth and to offer the ALL community my service.

Judith Roettig:

I grew up in Cincinnati, Ohio graduating from Miami University, Oxford Ohio with a dual degree in history and education in 1969. I started my career in Chicago when I became a single mom in my 30s.

I spent the last forty years in the rental housing industry in Chicago. The first twenty, working for large regional development/property management companies of market rate and affordable housing. The last twenty, I as the Executive Director of the Chicagoland Apartment Association (CAA), a 501C (6), working on behalf of the rental industry at the state, local and national level. I gained a reputation for turning around troubled assets. I doubled CAA's membership and gross revenue during my tenure. As a registered lobbyist for our association I worked closely with other like-minded associations on legislation that benefited the industry. Mayor Daley appointed me to several Task Forces working on affordable housing issues. I was also active in the art and theatre community in Chicago

I currently serve on several ALL committees; Events, Long Range Planning and the IT Planning committee. I would like to share my not for profit experience with ALL; by listening to member needs, building consensus and implementing workable plans for ALL. This is a unique group of extraordinary individuals who have successfully managed this organization as volunteers. It would be an honor to serve our ALL members.

Edward Wirtanen

I was born and raised in Barnstable from a paternal family of Finnish immigrants who first came to Cape Cod in the 1890s and a mother who emigrated from Ireland on her own at the age of 16. I graduated from Barnstable High School and UMass, Amherst; got drafted into the Army; and after spending almost a year in Vietnam went on to graduate from Boston College Law School and pass the Massachusetts Bar. I then moved to the Washington, DC area and started my 37 year career as a federal employee involved mainly in the awarding and administration of federal contracts. I obtained a perspective of Cape Cod as a person who grew up here; travelled to Barnstable on holidays and weekends; and for over 30 years commuted to work in the Boston area from Barnstable. I retired in January of 2012 and, in addition to spending more time in gardening and other activities around the house, got

involved in several volunteer activities. For example, I am a crisis line volunteer and also the Clerk/Secretary of the Board of Directors of Samaritans of Cape Cod and the Islands; and Secretary of the Church Council of the First Lutheran Church of West Barnstable. I have enrolled in courses at A.L.L. in nine semesters and my goal for serving on the Board of Directors is to do what I can so that others will be provided with what I have enjoyed - educational opportunities for the pure joy of learning.

Kirk Young

I was born and raised in California, where I earned a BS degree in Business Administration from UC Berkeley. After a year in graduate school in Arizona, my wife Karen and I moved to New York City to begin what for me became a 25-year career in international banking, about a third of that time living in Asia.

I moved on to semi-retirement in the 90s and, for the 14 years prior to our move to Cotuit last year, I served as Financial Administrator of a non-profit in Greenwich, CT. I fully retired on December 31, 2014 and we moved here shortly thereafter.

I feel I have benefited greatly from the adult and continuing education programs I have taken advantage of over the years (including the ALL courses I started taking as soon as I could after arriving), and I look forward to the opportunity to pay some of this back by helping ALL further its objectives. Being a desk volunteer has been a small step in this direction; I'm sure that serving on the Board would be even more satisfying.

Things to do in April

*Sing in the rain. Clean the garage. Wash the car. Turn on outside faucets.
Bring flowers to a nursing home. Wade in the ocean. Wade in the bay.
Wade in a pond. Conserve water. Use organics on lawns.
Smile at strangers. Get, stay fit. Whistle while working. Write notes.
Write a letter. Write a poem. Live Love Laugh. Be Happy.
Fix a fence. Take off dead hydrangea blooms.*

**Now that the winter's gone, the earth hath lost
Her snow-white robes, and now no more the frost
Candies the grass, or casts an icy cream
Upon the silver lake or crystal stream;
But the warm sun thaws the benumbed earth,
And makes it tender; gives a sacred birth
To the dead swallow; wakes in hollow tree
The drowsy cuckoo and the humble-bee.
Now do a choir of chirping minstrels bring
In triumph to the world the youthful spring.**



- Thomas Carew, *The Spring*, 1630

ALL Art Gallery

We are always looking for ALL member artists and photographers who want to show their work and talent in our ALL Art Gallery in the lounge area. We feature two artists or photographers in each show for six week periods during the school year. Thirty percent of the sales are donated to ALL.

Now showing in the ALL Office is art and photography by Linda Lieberman and Ben Lanzito (shown below). Come take a look.



Linda Lieberman is an oil/mixed media painter of seashore abstractions and textured horizons. She has taken classes at The Boston Museum of Fine Arts, Simmons College, U of Minnesota, Fuller Art Museum, The De Cordova, Danforth Art Museum, Castle Hill, Cape Cod Museum of Art, Cape Cod Art Association, and Munson Art Gallery.

"During low tide, while walking on the Brewster flats, there is spacious stillness, a quiet that is incredibly, beautifully serene. The timelessness of ripples in the sand, birds flocking together to a sandbar, sea-life under foot, intensely green beds of seagrasses shining in the sunlight, never cease to move me.

On clear days, you can see beyond Provincetown. That unobscured interaction of earth and sky -- the horizon- always gets my awed attention and inspires, entices me to paint.

West Harwich's beaches, on the Nantucket Sound side of Cape Cod, draw me to the open sea, dramatic winds, and white surf. Over the course of a day, waters reflect different colors. From day to day, identical seascapes present as if they are fresh paintings, created with a different color palette. These reconfigurations of merged tones and blended hues have a hypnotic effect on me. I paint my remembrances of these nuanced, fleeting views as seashore abstractions."



--photographs of some of Linda Lieberman's original paintings on canvas

Annual Calendar of Events 2015-2016

Check out our website at www.capecodall.org for changes, updates and a monthly calendar.

APRIL

- 7 Meet the Candidates: ALL Membership
- 11-15 Election Week: ALL Membership
- 18 Patriot's Day NO ALL CLASSES
- 19 Board of Directors Meeting - 3:00 p.m.
- 28 Annual Banquet - Cape Codder Resort - 5:00 p.m.

MAY

- 2 Last day of ALL classes
- 27 David Bisno Presentation: "Budapest - The Good, the Bad, the Astonishing and the Ugly"
9:30 a.m. - 4:00 p.m.

Please note: We will notify you as soon as we have the date for catalog mailings and for registration for Fall 2016.

Board of Directors List

CLASS OF 2016

Christine Johnston
dleejohnston@yahoo.com

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joanemery@comcast.net

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MEMBER-AT-LARGE

ALLways welcomes Letters to the Editor with comments and suggestions on just about anything related to our organization. We also welcome articles, blurbs and snippets. We don't accept unsigned material. Email me at bleedom@gmail.com and see your name in print. Please note, all submissions for the following month MUST be received by the third Monday of the previous month to be included in the newsletter. Thank you. *Barbara Leedom*

ALLways

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