



# ALLways

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

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## December, 2016

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

### 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.

## Delving into December



Just when you've eaten the last of the turkey and turnip, along comes fruitcake and candy canes. Yep, holiday again.

We at ALL are celebrating the season with our annual holiday party. See flyer inside. We're also invited to a special performance on Dec. 9 by David Bisno. Details enclosed.

Plans are ongoing for our Winterim 2017. Committee members are busy lining up speakers and coordinating the three-day event. Stay tuned for further details, but save the dates of Jan. 17, 18 and 19.

Two of our coordinators are featured in this issue. Therese Goodchild writes about her course on Mindfulness, and Judith Roettig praises and wishes a big birthday to Bill Opel.

May your holidays bring you joy and peace, and may you see the sense of wonder in children at this time of year.

*Barbara Leedom, Editor*

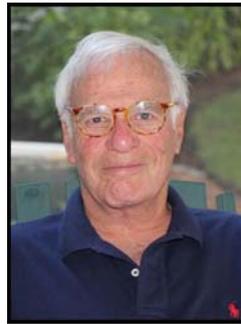
## **The Johann Strauss Family - History and Music**

***Presented by ALL***

***at Cape Cod Community College...***

**"The Johann Strauss Family**

**- History and Music"**



***By David Bisno***

**Friday, December 9, 1:00 pm**

**Lecture Hall A**

In past years David Bisno has told us the fascinating stories of "The Lady in Gold", "The Supreme Court", "Budapest - The Good, the Bad, the Astonishing and the Ugly". He is returning on Friday, December 9, 2016 to tell the story of "The Johann Strauss Family - History and Music". The two generations of Viennese produced some of the most memorable music of the 19<sup>th</sup> century. This talented family's story is filled with tension, feuds and jealousy. Through the personal and political chaos the Strauss family composed hundreds of waltzes and polkas that helped the Viennese people forget their troubles.

David is a retired ophthalmologist with degrees from Harvard, Dartmouth, and the Washington University School of Medicine. He has engaged students of Lifelong learning programs on both coasts and overseas for 22 years.

*The 2½ hour program starts at 1:00 pm in Lecture Hall A. Refreshments will be served. NOTE: This event is free of charge.*

## Holiday Party

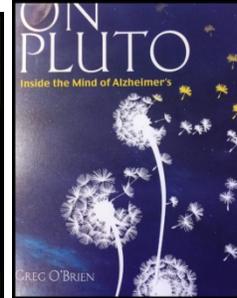


We are looking forward to seeing ALL members at our holiday luncheon on **Sunday, December 11, from 12-2 pm in the Grossman Commons Cafeteria**. Please sign up at the ALL office desk and let us know what food dish you will bring for the buffet table. Wine and other beverages will be provided.

In the spirit of the season, we have been collecting money from ALL members in our classes so we can make a sizable donation to the Cape Cod Times Needy Fund. Our own Miriam Kronish will play holiday music at the luncheon. Please join us for this festive opportunity to visit with members of our wonderful ALL community.

*Beth Thayer, Chair, Hospitality Committee*

# The Return of Winterim - Windows of Hope



## Looking to the Future: Windows of Hope January 17-19, 2017

Each day will be devoted to a separate topic:

### Tuesday, January 17

[Climate Change](#) with staff from the Woods Hole Research Center, voted the #1 Climate Change think tank in the world, for the past three years.

### Wednesday, January 18

[Grand-parenting](#) with renowned pediatrician, author and advocate for families with young children, Dr. T. Berry Brazelton, ALL Board.

### Thursday, January 19

[Alzheimer's](#) with keynote speaker, Greg O'Brien, journalist and author of *On Pluto: Inside the Mind of Alzheimer's*.

Details on cost and agenda will be forthcoming.

Please mark your calendars



## Spring Registration - January 9, 2017

Thank you to coordinators for your proposals for the Spring 2017 Catalog. We will be offering 61 courses, 22 of which are new. You should be receiving your catalog in late December. Registration opens on Monday, January 9, 2017. Please mail your registrations to us - it's the best way - no lines! I wish to thank the members of the curriculum committee for all their efforts on behalf of the membership: *Mike Baker, Nancy Yee, Henry Tamzarian, Lew Taylor*. We look forward to an exciting spring semester.

*Miriam Kronish, Curriculum Committee Chair*

## Fall 2016 Member Survey

Many of you were interested or involved enough to complete the member questionnaire that we included on the back of the Fall Semester registration form.

The responses gave the Board some very useful guidance about what courses and activities appeal. Some 155 course requests and suggestions point to an extraordinary breadth of interest across our membership, ranging from Rock and Roll to Cosmology, Architecture to Latin, '60s and '70s Films to Monetary Policy of the Federal Reserve. Given the wide variety of courses our volunteer faculty of coordinators offer, we probably already have a member who could run a class in some of these new areas-we just need to hear from them!

In the category of "Events", there was far more interest in a "Wine and Cheese" social event than in the annual Banquet, so next spring we will have a more casual event along those lines. Details are being developed and will be forthcoming. Another area of interest is field trips to museums in Boston and environs as well as to Newport.

Several members suggested presentations by local government officials. Even though the election is behind us, we are reluctant to host presentations that could be construed to be of a political nature because our 501(c)(3) status does not allow this. There were also some excellent ideas about possible speakers and we will be following up on these over the coming months.

We are finalizing a package of the survey results which will be available at the ALL desk soon. Meanwhile, thank you to all who participated for your thoughtful suggestions and ideas.

*Jim Lathrop, President*

## Bill Opel - A Birthday to Celebrate

ALL Coordinator Bill Opel, describes himself as a lifelong learner with a passion for teaching. Last month his ALL students celebrated his 90<sup>th</sup> birthday with song, homemade cake and well wishes. His journey and career leading to his 90<sup>th</sup> is fascinating. Over lunch Bill shared how a boy from Leavenworth Kansas (yes, his dad was a prison guard) retired 28 years ago to the Cape with his wife Nina. It all started with a scholarship to St. Georges in Newport RI, enlisting in the Navy after high school, then to Harvard. He studied with Joseph Fletcher, Situational Ethicist, at divinity school in Cambridge and received his Ed. D from Columbia in education. Originally, thinking that a head master role out east would be a great career, his passion for teaching took him in a different direction.



*Bill Opel*

Bill, as he prefers to be called, not Dr. Opel, in the '60s and '70s opened and integrated an Episcopalian church in Virginia, spent 3 plus years in Africa in the Peace Core, traded churches with an Episcopalian minister in London and then back to DC. He describes his specialty as "churches in transition".

Thank you Bill for stretching our intellect, helping to clarify difficult issues and encouraging us to make more ethical decisions. ALL and his students benefit from knowing this extraordinary man and teacher.

*Judith Roettig, Long Range Planning Chair*

## On Mindfulness



*Therese Goodchild*

In a busy, stressful life, a period of quiet reflection or mindfulness helps us live in the present moment rather than reflecting on the past or projecting what may occur in the future. During this meditation, we slow our bodies and settle our brains by attending to the sound and physical sense of our rhythmic breathing and heart beats during quiet sitting or walking.

Mindfulness can be practiced anywhere and anytime we choose. For example, practiced during meals, we learn to attend to our food's color, shape, texture, smell, and not just its quantity and taste. Eating this way may prolong mealtimes but the heightened pleasure we obtain is well worth the investment in time.

Mindfulness meditation has many benefits and applications. We know that attention is necessary to perform memory processing tasks. We can become better able to focus our attention to all our activities of daily living which, in turn, provides us with a heightened awareness of the world around us. By developing this skill of self-regulation, we reduce stress and anxiety and obtain an overall sense of well-being; what some have called, "blissful contentment". Through today's technology, scientists have even demonstrated that positive and permanent physical changes to our brains' structure and function may occur with routine mindfulness practice.

If you feel that mindfulness may be helpful, I suggest that you learn more on this topic by reading or even attending workshops offered by Jon Kabat Zin, a scientist, writer, and meditation teacher. He has brought Mindfulness-Based Stress Reduction (MBSR), into the mainstream of medicine and society. [mindfulnesscds.com](http://mindfulnesscds.com)

*Therese Goodchild, Coordinator of Memory and Brain Fitness*

## Toys For Tots

The Toys For Tots boxes for the children of Cape Cod are in the ALL office and ready to be filled. Please help the local marines to give out toys again this holiday season.

The boxes will be collected on December 12-Thank you.



**For more information about Toys for Tots, click on the train...**



## Volunteer Opportunities

We continually need volunteers to help with administrative projects and answer questions at the ALL desk in Grossman Commons. This is a great way to support ALL for only two hours while getting to know some of our wonderful members and coordinators. Desk Volunteer shifts are: **8:30 am - 10:30 am; 10:30 am - 12:30 pm; 12:30 pm - 3:00 pm**, Monday - Friday. We are looking to fill some current shifts and begin scheduling for the Spring 2017 semester. Please email me as soon as possible at [raymond.partridge@outlook.com](mailto:raymond.partridge@outlook.com).

*Raymond Partridge, Vice President*

## 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. We know there are many of you out there with artistic talent and we would love the opportunity to show your work so don't be shy.

Now showing in the ALL Office is watercolor artwork by Ann Corbett and photography by John W. Ward.



**Artwork by Ann Corbett**



**Photography by John A. Ward**

**Please contact Ann Corbett at**

**[anncape@comcast.net](mailto:anncape@comcast.net) or**

**call [508-428-4171](tel:508-428-4171)**

**[www.anncorbettart.smugmug.com](http://www.anncorbettart.smugmug.com)**

# Calendar of Events

Check out our website at [www.capecodall.org](http://www.capecodall.org) for changes, updates and a monthly calendar.

## DECEMBER

**"The Johann Strauss Family - History & Music"** Friday, December 9  
1:00 pm

A presentation by *David Bisno* Lecture Hall A

**ALL Holiday Luncheon** Sunday, December 11  
12:00 - 2:00 pm

Grossman Commons Cafeteria

**Classes end** Friday, December 16

**Board of Director's Meeting** Tuesday, December 20  
10:00 am

## JANUARY 2017

**New Year's Day** Sunday, January 1

**Spring 2017 Registration Begins** Monday, January 9

**Winterim - Windows of Hope** Tuesday, Wednesday, Thursday  
January 17, 18, and 19

**New Member Orientation** Friday, January 27  
10:00 am

**Coordinator's Luncheon** Friday, January 27  
Noon

**Classes begin** Monday, January 30

## Board of Directors

Jim Lathrop <a href="mailto:jlathrop@outlook.com">jlathrop@outlook.com</a>	President	2018
Dr. Raymond Partridge <a href="mailto:raymond.partridge@comcast.net">raymond.partridge@comcast.net</a>	Vice President	2018
Lili Seely <a href="mailto:fritz02601@aol.com">fritz02601@aol.com</a>	Treasurer	2017
Michael Pigo-Cronin <a href="mailto:mpcro@verizon.net">mpcro@verizon.net</a>	Member-at-Large	2018
M. Christine Johnston <a href="mailto:dleejohnston@yahoo.com">dleejohnston@yahoo.com</a>	Immediate Past President	2017
Claire Briand <a href="mailto:clairebriand@gmail.com">clairebriand@gmail.com</a>	Special Events	2017
Miriam Kronish <a href="mailto:miriamkronish@gmail.com">miriamkronish@gmail.com</a>	Curriculum	2017
Beth Thayer <a href="mailto:thayer.beth359@gmail.com">thayer.beth359@gmail.com</a>	Hospitality	2017
Lee Pledger <a href="mailto:blpledger@outlook.com">blpledger@outlook.com</a>	Communications	2018
Dr. T. Berry Brazelton	Member-at-Large	2019
Leslie B. Mathis <a href="mailto:lesliebmathis@verizon.net">lesliebmathis@verizon.net</a>	Policies & Procedures	2019
Judith Roettig <a href="mailto:iroettig@gmail.com">iroettig@gmail.com</a>	Long Range Planning	2019
Edward Wirtanen <a href="mailto:ed.wirtanen@comcast.net">ed.wirtanen@comcast.net</a>	Member-at-Large	2019
Kirk Young <a href="mailto:akyct@aol.com">akyct@aol.com</a>	Finance	2019

**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](mailto: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**

Editor

Barbara Leedom

Production

Kerry Arnett & Lee Pledger



Sending

You

A

Great

Big

\*HUG!\*

### *Things to do in December*

*Read to children. Hug. Catch a snowflake. Read by a fireplace. Cuddle a cat. Walk a dog. Smile at strangers. Finish raking leaves. Exercise. Rid closets of thirty year old holiday sweaters. Go snowshoeing. Reread a classic.*