Spring 2022 Course Catalog Volume 21 Number 1

Academy for Lifelong Learning Cape Cod Community College

2240 Iyannough Road West Barnstable, MA 02668-1599

774-330-4400

www.capecodall.org

FOR LIFELONG LEARNING

of Cape Cod, Inc.



Learn

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

The Academy for Lifelong Learning

Academic Calendar Spring 2022

Registration begins

New Member Orientation

Spring Classes begin First six-week classes end

Second six-week classes begin

Classes end

Holidays – no classes

Presidents' Day

Spring Recess

Patriots' Day

Friday, January 14 at 9 a.m.

Wednesday, January 26 at 10 a.m.

Monday, January 31 Monday, March 14 Monday, March 21

Monday, May 2

Monday, February 21

Tuesday-Friday, March 15-18

Monday, April 18

Beginning and end dates of courses:

12-week courses			First 6 wee	First 6 weeks			Second 6 weeks	
B 4 I	4/24	E /2	RA I	4/24	2/4/4	N 4 I	2/2	

Mondays: Mondays: 3/21 - 5/2Mondays: 1/31 – 5/2 1/31 – 3/14 3/22 - 4/26Tuesdays: 2/1 - 4/26Tuesdays: 2/1 - 3/8Tuesdays: Wednesdays: 2/2 – 4/27 Wednesdays: 2/2 – 3/9 Wednesdays: 3/23 - 4/27 Thursdays: 2/3 – 3/10 Thursdays: 2/3 – 4/28 Thursdays: 3/24 - 4/28Fridays: 2/4 - 4/292/4 - 3/113/25 - 4/29Fridays: Fridays:

Academic Calendar Fall 2022

Registration begins Monday, August 22 at 9 a.m.

New Member Orientation TBA Coordinators' Luncheon TBA

Fall Classes begin Monday, September 12
First six-week classes end Monday, October 24
Second six-week classes begin Tuesday, October 25
Classes end Friday, December 16

Holidays – no classes

Columbus Day Monday, October 10 Veterans Day Friday, November 11

Thanksgiving Break Tuesday-Friday, November 22-25

Beginning and end dates of courses:

12-week courses First	st 6 weeks	Second 6 weeks
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Mondays:	9/12 – 12/5	Mondays:	9/12 – 10/24	Mondays:	10/31 – 12/5
Tuesdays:	9/13 – 12/6	Tuesdays:	9/13 – 10/18	Tuesdays:	10/25 – 12/6
Wednesdays:	9/14 – 12/7	Wednesdays:	9/14 – 10/19	Wednesdays:	10/26 – 12/7
Thursdays:	9/15 – 12/8	Thursdays:	9/15 – 10/20	Thursdays:	10/27 – 12/8
Fridays:	9/16 – 12/16	Fridays:	9/16 – 10/21	Fridays:	10/28 - 12/16

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A Message from Our President

We at the Academy for Lifelong Learning hope this finds all of you safe and in good health! Our last several semesters have used the Zoom platform as our remote-learning classroom format, which gave our members the opportunity to reconnect with old friends and even make new ones while avoiding any health risks. Like all of you, we look forward to the time when we can safely resume our face-to-face classes. Meanwhile, we sincerely hope that more members will try our Zoom class format, since our Spring 2022 semester will also be only on Zoom.

This Spring 2022 catalog will ONLY be an electronic version posted on our website, www.capecodall.org. This catalog includes class listings, an explanation of the registration process including the registration form, and information about on-line class protocols, as well as advice for using Zoom.

We very much miss being with each other in person, both in classes and at social events. Our current plan for the Fall 2022 semester includes both Zoom-based and in-person classes if circumstances permit. We will keep our members apprised as our planning progresses. Meanwhile, please stay healthy and safe.

Jim Lathrop, President

From the Curriculum Committee

Welcome to the Spring 2022 semester of the Academy for Lifelong Learning of Cape Cod. We owe a debt of gratitude to our volunteer coordinators who continue to inspire us with their knowledge, commitment, and desire to share their skills and talents with all of us. We encourage those of you with a special interest of your own to share it with us in the coming semesters. We look forward to learning together.

Registration opens on Friday, January 14, 2022. Classes begin on Monday, January 31, 2022. Second six-week classes begin on Monday, March 21.

All registration forms must be mailed to us at:

Academy for Lifelong Learning , Cape Cod Community College, 2240 Iyannough Road, West Barnstable, MA 02668-1599

If you are enrolled in a class but find that you cannot attend, please e-mail the ALL office - <u>lifelonglearning@capecod.edu</u>. This will enable the coordinator to contact a person on the waiting list to take your place. We appreciate your suggestions and look forward to the new semester with great anticipation.

Miriam Kronish, Chair

ALL Curriculum Committee

Tim Maguire, Dick Stewart, Henry Tamzarian, David Wright, Nancy Yee, Miriam Kronish

Note: The views and opinions expressed in classes are those of our coordinators and their guest speakers and may on occasion be controversial.

Welcome to ALL

Course Selection

For your planning purposes, a consolidated list of courses arranged by day and time appears after the course descriptions in this catalog, which will also be posted on our website **www.capecodall.org**. Please complete the course selection area of the registration form using each course number, name, day, and time. If possible, please complete your form using your computer, tablet, or phone BEFORE printing. A member can select up to four 6-week classes per semester, two 12-week classes, or one 12-week and two 6-week classes.

Class sizes may vary, so it is important to list alternatives in case your first-choice classes are filled. If no alternatives are listed and your first-choice classes are full, it will be assumed that none are desired, and your payment will be refunded after all registrations are processed.

Registration

Registration processing begins Friday, January 14, and all members will have an equal chance of getting their course choices if their completed registration forms with a signed check are received in the mail by Thursday, January 13. Registrations received after that date will be processed daily but not until the original group has been processed. Be sure to include a check for the membership fee, currently \$105, made out to ALL. Unfortunately, we cannot accept credit cards and debit cards. If possible, please complete your form using your computer, tablet, or phone BEFORE printing. Please also make a copy of your completed registration form for your records.

To ensure a fair assignment of classes, ALL uses a random selection process. No preference will be given to early postmarks. Any incomplete section may delay the processing of your registration form, and missing or unsigned checks will cause your place in the queue to be lost. Please prioritize your course selections on the registration form and include alternate choices in the event that your selections are full. We will attempt to contact you by e-mail or telephone if none of your selected courses or alternate courses is available or if your check is missing or unsigned, so complete and accurate contact information is important if questions come up about your registration form.

It is very important that ALL has your correct e-mail address, since that is how you will receive class enrollment confirmations and that is how the coordinator will contact you about Zoom access to the class.

The ALL office and desk at Cape Cod Community College will still not be staffed this Spring semester, but phone messages left at 774-330- 4400 will be checked remotely on a regular basis. It will be more effective to email your questions regarding the registration process to **lifelonglearning@capecod.edu**. Include a phone number if you would like someone to call you back. We will attempt to answer your questions promptly.

Throughout the registration process and the semester, a list of courses with space available will be posted on the ALL website, **www.capecodall.org**. After the first week of each semester, members may seek enrollment in any of those open courses by contacting **lifelonglearning@capecod.edu**.

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 ALL 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 if no further fees are paid, members remain on our records for another year and will continue to receive communications. Course coordinators are not paid and are not subject to the membership fee.

In keeping with the purpose of ALL, there may be circumstances where ALL grants free membership to applicants in financial need. Application for this assistance is made via a letter to the president of ALL, 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 refund. Refunds of membership fees are available only through the first week of class except in special circumstances and will be issued after the class registration process is completed.

Withdrawals

If you find you are unable to attend a course after receiving your course confirmation, please leave a message or email so we may add the seat back into our inventory. If you begin a course and find that you will not continue to attend, please notify the ALL office as well as the coordinator.

With an on-line learning structure, there may be circumstances where one or more coordinators need to temporarily cancel a class session, in which case they will make reasonable efforts to reschedule that class.

The ALL office is closed, and we are working remotely. The office administrator is on duty from 9:00 am to 3:00 pm most weekdays, and the telephone number to reach us is 774-330-4400. You can also send us comments and questions by e-mail to lifelonglearning@capecod.edu.

Use of Zoom

Spring semester 2022 courses beginning in January 2022 will continue to be taught on Zoom. If you are new to Zoom or not yet comfortable using Zoom, we recommend viewing a video entitled "Joining a Zoom Call for the First Time; Fun and Easy Online Connection," which is viewable at https://www.youtube.com/watch?v=9isp3qPeQ0E.

Helpful Hints

Conduct yourselves as you would if you were all in the same room. These tips below help ensure the class goes smoothly for all involved:

- Join early up to 5 minutes before the class start time.
- Have your video on unless you are experiencing connection issues.
- Find a guiet space without interruptions or background noise.
- If possible, have a plain background and avoid backlight from bright windows.
- Have good lighting on your face so you can be seen clearly.
- Adjust your camera to be at around eye level if possible especially take note of the angle of your laptop screen if using the built-in camera.
- Try to avoid talking over / at the same time as other participants.
- Be aware you are on camera and visible to your classmates, so try to avoid doing other tasks (eating, checking your phone, etc.)
- Use both the "mute" icon and the "leave video" icon (next to the "mute" icon) when eating or snacking, walking around, answering the phone, or leaving the room.
- If you wish to ask a question or offer a comment, please raise your hand so that the coordinator can see it on-screen.

To ensure a fair assignment of classes, ALL uses a random selection process. Those who have submitted registration forms, along with payments, that are received by Thursday, January 13, 2022, will have an equal chance of getting the courses they selected. No preference will be given to early postmarks or delivery dates. All registration forms received after January 13 are processed when received. Please be sure to include alternate choices in case the classes you chose are full.

ALL WANTS YOU!

Consider becoming a coordinator of a class at the Academy for Lifelong Learning in the Fall 2022 Session.



We strive to offer a wide variety of learning opportunities for adults on Cape Cod. If you have a special skill, vocation or expertise in a field that you would like to share with our community, we invite you to propose a 12-week or 6-week course for next semester. Please contact the ALL office at lifelonglearning@capecod.edu or (774) 330-4400 if you are interested in exploring this wonderful opportunity.

For our veteran coordinators: The Curriculum Committee will begin scheduling classes on March 15. Proposals greatly

appreciated by early March. Contact **lifelonglearning@capecod.edu** if you need help accessing the portal.

Course Description (50 to 75 words) Please describe your course and briefly discuss what you expect to accomplish in class. List any readings, materials, videos, etc. you intend to use. Explain the format of the course such as mostly lectures and discussion, mostly a lecture format, mostly class discussion and/or other teaching formats you will use in this class.

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

MONDAY

Start (or Continue) Your "Origami Journey" **ALL1238**

Monday 9:00AM - 10:20AM 12 Weeks 31-Jan

ZOOM Limit: 25

After folding several origami models by any one designer you start to understand that designer's style a little more deeply. Andrea will lead us through the folding of models designed by Dasa Severova, a current well-known designer and diagrammer currently living in Geneva. Dasa has been a guest teacher at origami conventions all over the world including the Origami USA Convention in New York. By course end you will have a wonderful collection of unusual flowers, unique boxes and more...and you'll know how to fold them again! This course is open to all folding levels. The course text is: "Origami Journey: Into the Fascinating World of Geometric Origami" by Dasa Severova. Before first class, (1) purchase text (available at Amazon) (2) purchase either Tuttle Band or solid colored, double-sided origami paper in stacks of 200 or 500 sheets of (6" 15 cm) in vibrant colors or rainbow colors. If we move into challenging models, you will need a few sheets of larger paper. Search now for possible origami papers in lieu of purchasing large size (~12 inch square). High quality gift wrap, butcher paper, parchment paper are also

Coordinator: Andrea Plate. Andrea has practiced origami for over 12 years and displays her work in local art shows. She has studied independently, by participating in online workshops and by attending origami conventions. Her passion is sharing the value, benefits, and joy of folding with others. She has been successfully teaching origami through zoom for ALL and other South Shore organizations.

The Great Yeats

Monday 10:30AM - 11:50AM First 6 Weeks 31-Jan ZOOM Limit: 25

This course will cover a wide-ranging selection of poems by William Butler Yeats, one of the greatest of 20th century poets. Focus will be on volumes from 1919 on. Background on Yeats' interesting life will provide the context for these magnificent works.

Coordinator: Steve Piontek. Steve has loved the poems of Willliam Butler Yeats for decades. He has previously led courses at ALL on operas of Verdi, Mozart and Rossini, among others and is currently teaching a course on Nichiren Buddhism with Susan Whalley.

Memoirs - Lest We Forget

Monday 10:30AM - 11:50AM 12 Weeks 31-Jan **ALL1210**

ZOOM Limit: 18

We have all had time to reflect on our life experiences. Some of us have begun writing memoirs to share family history, events, travels, and life experiences. Others want to begin this journey into their memory bank. In this class, participants are asked to bring and share some of their writings. Other will get ideas from class discussion and listening to others. During the first class, members will get to know each other, brainstorm some writing topics, and try a free writing technique. The class is interactive.

Coordinator: Dianne Tattersall. Dianne is a retired secondary English teacher and department chair who has taught a variety of writing classes and workshops. She has published articles on writing and student leadership.

12 Directors/12 Masterpieces

Monday 12:00PM - 1:20PM 12 Weeks 31-Jan

ALL1173 ZOOM

Limit: 30

This course will discuss and analyze twelve films from world-renowned directors past and present. The discussion will center on the story construction, the film's visual elements, the particular filmic style of the director and why it is considered a masterpiece. For the first class

ALL1179

Limit: 25

ZOOM

MONDAY (Continued)

please watch The Searchers (1956), directed by John Ford. Note: This is an exact repeat of the course taught in the Fall 2021 semester. A full list of films and schedule will be emailed before the first class.

Coordinator: Joseph Gonzalez. Joe worked as a bilingual script supervisor in movies, commercials, music videos, television as well as a screenwriter of short and feature films for thirty-six years. He studied film at the New School for Social Research in New York City. He has previously taught this course at ALL, as well as other film courses such as Hitchcock: The Dark Side of Genius and Pure Cinema and How To Read A Movie Visually.

How to Read a Movie Visually ALL1019 Monday 1:30PM - 2:50PM ZOOM 12 Weeks 31-Jan Limit: 30

A film has a basic structure through which the screenwriter and director keep the audience enthralled. Its successful construction, in conjunction with all the other complimentary elements of filmmaking, 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 visual execution of a film's story line and thus augmenting the enjoyment of the movie-watching experience. Note: This is a repeat of the course taught a few semesters ago. A syllabus will be emailed before the first class. Coordinator: Joseph Gonzalez. Joe worked for 36 years as 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. He has taught this

course at ALL, as well as other film courses.

Movies of Thought and Fun Monday 3:00PM - 4:20PM

Second 6 Weeks 21-Mar

Come join this course to explore various movie genres from thought-provoking to comedic, including both recent and earlier classic films. Ouestions will be distributed in advance to facilitate class discussion. Movies are accessible free of charge via local libraries or the Boston Public Library's free streaming service. Different movies will be selected from the previous time this course was offered.

Coordinator: Nancy Tucker. Nancy's career has included sales training and volunteer instructor. Her personal interests are hiking, (former AMC leader), movies, social event planning, nature, and whatever promises fun.

TUESDAY

Transition to a New World Order ALL1194 Tuesday 9:00AM - 10:20AM ZOOM Limit: 30

12 Weeks 1-Feb

Transitioning to a new world order will involve many factors. We will cover many of them over 12 weeks. We will also make some predictions as to how things will turn out, covering topics such as the rise of China, climate change impacts, new states, and conflict zones.

Coordinator: Stew Goodwin. Stew has taught at ALL for over 15 years after retiring from a career in the international investment business.

A Different Take on **ALL1230 American History**

Tuesday 9:00AM - 10:20AM ZOOM 12 Weeks 1-Feb Limit: 25

Ta-Nehisi Coates has garnered national attention through his writings for The Atlantic, now compiled in his 2017 book, We Were Eight Years in Power. We will read these nine moving articles in which Coates draws parallels between the Reconstruction after the Civil War and the Obama presidency. Please join us to look at parts of American history we may not have learned,

TUESDAY (Continued)

their impact, and what they could mean for our future. In the first class we will assign class members to co-lead the discussions of Coates's articles (Please bring your calendars to sign up.) and to share their personal experience with Black literature and with Coates. The course text is We Were Eight Years in Power: An American Tragedy (2018).

Coordinators: Paul Groundwater, Susan Whalley, Deborah Titolo. Paul chaired the Diversity Committee at the Northwestern
Osher Lifelong Learning Institute and has led many classes on the historical context echoed in contemporary Black life in America. Susan, a retired school counselor, has been an ALL coordinator for many years and loves to dig into historical biographies. Deborah, a retired high school librarian, has written curriculum for a high school class in African American Literature and has previously led classes in other lifelong learning programs.

The Black Experience in AmericaALL1170Tuesday 10:30AM - 11:50AMZOOM12 Weeks 1-FebLimit: 25

This course will examine the post-Jim Crow system of segregation and discrimination, the Great Migration to northern cities, and the new forms of subjugation that developed in cities and towns. The class will then examine segregation up to and during World War II, the struggle for civil rights in the decades after the war, and the ongoing struggle for equality at this time.

Coordinator: John Matley. John, a former industrial engineer, has had a lifelong interest in the Black experience, seen through the eyes of an Irishman whose ancestors experienced many similar issues.

Thinking Critically and Creatively – ALL1227 Through ART!

Tuesday 10:30AM - 11:50AM ZOOM First 6 Weeks 1-Feb Limit: 25

This highly engaging course focuses on ways in which our mind can "think" to understand,

envision, and create works of art. Through lively critical and creative thinking, we'll take some deep dives into the meaning and appreciation of various forms of artistic expression through these provocative themes: Art as Storytelling; Art as Problem Solving and Art as Social Commentary. But what would all of this be without each of you stepping out there to create and share an artistic expression of your own, perhaps inspired by some of the thinking journeys we take together! And you don't have to be an artist to do so! 'Looking forward to journeying with you - artfully! Coordinator: Nina Greenwald. Nina Greenwald. Ph.D., Educational Psychologist, is former Director in the Critical and Creative Graduate Program, UMass Boston. A published author and educational consultant/trainer, her specializations include creative problem solving, critical thinking, problem-based learning, invention, and humor and thinking. She is an elected member of the Danforth Associates of New England, an organization of selected higher education faculty distinguished for excellence in teaching.

Topics in Home Improvement ALL1235 and Design

Tuesday 12:00PM - 1:20PM ZOOM 12 Weeks 1-Feb Limit: 25

Are you thinking of remodeling, or making your home safer, more comfortable, or more energy efficient? Or designing your own ideal home? Or understanding more about building science, home design, or sustainable architecture? Depending upon the interests of class participants, specific course topics may include: Structural integrity, heat loss, solar heat gain, water and water vapor management, resistance to hurricanes, earthquakes and fires, soundproofing, plumbing and electrical upgrades and hazards, pest control, sustainable materials and practices, reducing cold winter drafts, avoiding wood rot, how mold can accumulate, and how to improve a home's indoor air quality. Coordinator: Robert Opaluch. Bob is a retired engineer and Psychology professor. He has

engineer and Psychology professor. He has designed and built a passive solar house and renovated three homes. He focuses on the design of energy efficient, healthy and affordable homes.

TUESDAY (Continued)

Kabbalah: Ancient Wisdom and Mysteries - Section A

ALL1233

Tuesday 12:00PM - 1:20PM First 6 Weeks 1-Feb ZOOM Limit: 25

The ancient wisdom of Kabbalah addresses the most important questions of humanity. Why am I here? What is the purpose of Creation? Why do bad things happen (to good people)? Why is that/he/she in my movie? And more... For thousands of years the wisdom of Kabbalah was concealed. It is now available to anyone who is interested. According to the teachings, it is meant for all people in all walks of life as an avenue of personal growth and transformation. I will share the kabbalistic understanding of how the universe is constructed and what we are doing in it. The class format is lecture with time for discussion. Students are welcome to register for one or both sections of this course. Both sections will be introductory, but the content will be different.

Coordinator: Miriam Dorfman. Miriam has been an avid student of Kabbalah for nearly 20 years. She is a serial entrepreneur, mother, grandmother, wife, gardener, active businesswoman and lover of life.

Kabbalah: Ancient Wisdom and Mysteries - Section B

ALL1234

Tuesday 12:00PM - 1:20PM Second 6 Weeks 22-Mar ZOOM Limit: 25

The ancient wisdom of Kabbalah addresses the most important questions of humanity. Why am I here? What is the purpose of Creation? Why do bad things happen (to good people)? Why is that/he/she in my movie? And more... For thousands of years the wisdom of Kabbalah was concealed. It is now available to anyone who is interested. According to the teachings, it is meant for all people in all walks of life as an avenue of personal growth and transformation. I will share the kabbalistic understanding of how the universe is constructed and what we are doing in it. The class format is lecture with time

for discussion. Students are welcome to register for one or both sections of this course. Both sections will be introductory, but the content will be different.

Coordinator: Miriam Dorfman. Miriam has been an avid student of Kabbalah for nearly 20 years. She is a serial entrepreneur, mother, grandmother, wife, gardener, active businesswoman and lover of life.

The Economist

ALL1219

Tuesday 1:30PM - 2:50PM 12 Weeks 1-Feb ZOOM Limit: 18

The Economist weekly, acclaimed for its analyses of world news, politics, and business, also has sections on science, technology, books, the arts, and other issues of current interest. Each week we will discuss articles from that week's Economist. Volunteers will lead the discussions of articles they select, while respecting our varied backgrounds and opinions. Coordinators will select the articles and lead discussion for the first class. Subscriptions to the magazine are available at 1-800-456-6086 or www. economistsubscriptions.com. It is also freely available to read online from CLAMS using the Library Libby App, and print versions are also available in some libraries.

Coordinators: William Clements, Paul Arnold. Originally from the U.K., Bill retired to the Cape in 2015 after working as a software engineer for 40+ years. He has taken ALL courses every spring since then, including The Economist in 2021 which he was keen to keep going in the fall of 2021 and now into the spring of 2022 with Paul as co-coordinator. Paul is a former ALL President who has been facilitating various political classes for several years. He very much looks forward to seeing ALL members in person and hopes that our fall semester will be a return to "normalcy".

TUESDAY (Continued)

Getting Along and the Practice ALL1223 of Empathic Negotiation CANCELLED

Tuesday 1:30PM - 2:50PM ZOOM 12 Weeks 1-Feb Limit: 10

Much of life involves negotiation. How well do you negotiate with family members, friends, caregivers, and service providers? This course is based on a book, Nonviolent Communication: A Language of Life by Marshall Rosenberg. It will offer you a new way to practice negotiation, a way that finds power through empathy and the willingness to be vulnerable. First we will cover principles and techniques. Then we will have some fun doing role play negotiation exercises. The course mix will be 25% lecture, 75% discussion. Coordinator: Frank Noonan. Frank is a retired professor in industrial engineering. Late in his career he began teaching domestic violence prevention classes, serving as a university ombudsman and doing spiritual direction. In teaching the course he hopes to grow his own skills in the practice of compassionate negotiation.

Problems in Religion - Section A
Tuesday 3:00PM - 4:20PM
First 6 Weeks 1-Feb

ALL1236
ZOOM
Limit: 25

I have been struck by how up to 75% of my students fled religion in their youth - and are just now interested in addressing the problems that drove them away. We will look at issues of suffering, why religions seem so suspicious of pleasure, issues of authority, and faith vs. science. We will have open-ended discussions rather than attempts to reach a pre-determined outcome. I am hoping we will have conversations that some of us never had. Please Note: This course will repeated in the second six-week session.

Coordinator: Lawrence Brown. Larry has been a humanities teacher at Cape Cod Academy for

a humanities teacher at Cape Cod Academy for 34 years and is a columnist for the Cape Cod Times. He has published five books including a text on Hindu theology and a World Geography textbook. He has been a speaker at two Parliaments of the World's Religions.

Problems in Religion - Section B Tuesday 3:00PM - 4:20PM

Second 6 Weeks 22-Mar

ZOOM Limit: 25

I have been struck by how up to 75% of my students fled religion in their youth - and are just now interested in addressing the problems that drove them away. We will look at issues of suffering, why religions seem so suspicious of pleasure, issues of authority and faith versus science. We will have open-ended discussions rather than attempts to reach a pre-determined outcome. I am hoping we will have conversations that some of us never had. Please Note: This course is the same one offered in the first six-week session. Coordinator: Lawrence Brown. Larry has been a humanities teacher at Cape Cod Academy for 34 years and is a columnist for the Cape Cod Times. He has published five books including a text on Hindu theology and a World Geography textbook. He has been a speaker at two Parliaments of the World's Religions.

WEDNESDAY

15 Challenges of the Future Wednesday 9:00AM - 10:20AM Second 6 Weeks 23-Mar

ZOOM Limit: 25

This is a course based on 15 Challenges of the Future, a product of the global think tank, The Millennium Project (themp.org). The challenges include the environment (global warming), global water, population growth, democracy, the internet and communications, global economies, health, education, peace and conflict, women's Issues, energy, crime, science and technology, and global ethics -or how do we find meaning in all this?. We rotate, doing a few of the challenges each six-week session. Go to themp.org, click on the 15 Challenges. On the next page, on the left click on each of the challenges. Read the "Short Version"; it is free. **Coordinator: Tom Murphy.** Tom has worked with the Millennium Project, a think tank in Washington DC, as an education associate for 20 years. As a physician, he has edited the "Challenge on Global Health," and he has taught these challenges in the high schools of Washington, DC, and at various times, as a lecturer in Vancouver and Toronto in Canada.

WEDNESDAY (Continued)

Broadway Musicals: ALL1225 An American Invention

Wednesday 10:30AM - 11:50AM ZOOM 12 Weeks 2-Feb Limit: 25

We will explore the history and the evolution of the Broadway musical. From its very beginnings in Minstrel shows and Yiddish theater, through the golden years of Rogers and Hammerstein, to the Hip Hop world of *Hamilton* and everything in between, we will discuss and view excerpts of the shows that made Broadway great. We will meet the composers, directors, choreographers and of course the performers that make musicals amazing events. Join me for a trip to Broadway without leaving your home!

Coordinator: Fran Lautenberger. Fran, Professor Emeritus from the University of Alaska Anchorage, has worked in all areas of the theatre including designing, directing, acting, playwriting and puppetry. She is eager to share her expertise with ALL.

12 Great Cities of the WorldALL1229Wednesday 10:30AM - 11:50AMZOOM12 Weeks 2-FebLimit: 25

Each week we will focus on the history as well as the present of a major world city using documentary videos and selected slides. The list includes London, Paris, Rome, Hong Kong, New York, Sydney, Amsterdam and several others to be determined.

Coordinators: Chris and David Johnston.Chris and David Johnston have been teaching ALL courses for about ten years.

Andrew Jackson: His Presidency ALL1222 and his Legacy

Wednesday 12:00PM - 1:20PM ZOOM 12 Weeks 2-Feb Limit: 25

This course will address Jackson's rise to prominence and major events of his presidency such as Indian Removal, the Nullification Crisis, and the Bank War. The class will also consider

Jackson's legacy with reference to the rise of democracy, westward expansion, presidential power, race, and the economy. This class is intended to be discussion-based. The course text is *Andrew Jackson* by Sean Wilentz; New York, Henry Holt and Co, 2005, a volume in *The American Presidents Series*, Arthur M. Schlesinger, Jr., General Editor. Please read the Editor's Note, pp. xvii-xx, and the Prologue, pp. 1-12, for the first class.

Coordinator: Richard Stewart. Dick taught history for 43 years at Choate Rosemary Hall in Wallingford, CT. His degrees are BA in History from Allegheny College and MA from Wesleyan University. He has participated in ALL since 2015.

The Perils of PostmodernismALL1226Wednesday 12:00PM - 1:20PMZOOMFirst 6 Weeks 2-FebLimit: 20

This course is a study and discussion of Cynical Theories: How Activist Scholarship Made Everything about Race, Gender, and Identity—and Why This Harms Everybody by Helen Pluckrose and James Lindsay, 2020. Class members should read the book and be prepared for discussion. Supplemental material will be distributed each week. The authors allege that postmodernity aims to dismantle western civilization, replacing former understandings of almost everything and that philosophy has become a quest for power. In collaboration with Marxism, the target is Enlightenment liberalism and its derivatives. This class seeks representation from postmoderns, classical liberals, conservatives, and eager learners. Topics include Humanism, Classic Postmodernity (pre-1995), Postcolonial Theory, Queer Theory, Critical Race Theory and Social Justice Scholarship. Coordinator: Rob Swanson. Rob admits that he has no qualifications to teach philosophy or public policy. But he is analytical, coordinates "The Art of Discussion," and is a practitioner of keeping it as simple as possible. Questions? send to centervillerob@live.com.

WEDNESDAY (Continued)

Nationalism in Music

ALL1232 Wednesday 3:00PM - 4:20PM ZOOM 12 Weeks 2-Feb Limit: 25

The forms and sounds of classical music constitute a common language for much of the world. So what is it that makes a piece "sound" American, English, French, Spanish, Russian, Scandinavian, Brazilian, or... whatever? How much of this "national" character or style is deliberate on the part of the composer, and how much has nothing to do with the music at all? How does music become nationalistic? How does it intersect with the country's culture and politics? Is this good or bad? Is it OK for composers to adopt the styles of music from countries other than their own—or for politicians to turn a piece into a political emblem? Was Wagner responsible for Hitler? In this course we'll see and hear performance videos that raise these and similar questions, then consider possible ways to answer them.

Coordinator: John Temple. John is a retired business writer, lifelong listener, and long-ago music student, concert reviewer, and musical instrument kit builder. His eight previous ALL courses have covered topics ranging from Mozart's piano concertos to chamber music, choral works and master classes.

Becoming a Photographer ALL1239

- Section A

Wednesday 3:00PM - 4:20PM ZOOM First 6 Weeks 2-Feb Limit: 12

In this course, we will look at basic composition and lighting. We will first perfect our work (cropping, balancing light and color, using graphic techniques to reinvent the photos you have taken). Using Zoom, we can more easily do screen-shares, see each other's work, and see photographic processing as it happens. Taking photos during the week is required and will be part of the homework assignment. You will be able to build a portfolio and we will assemble a virtual gallery at the end of the course. Please Note: This course will be repeated in the second six-week session.

Coordinator: Lawrence Brown. Larry has been a portrait photographer for 40 years, starting

in black & white. He photo-documented life and events at Cape Cod Academy for 34 years. Meanwhile, his marine photography has been featured in three books and dozens of boating articles. Some of his work is featured at the Cape Cod Arts Center focusing on his graphic photography and original work.

Becoming a Photographer ALL1240

- Section B

Wednesday 3:00PM - 4:20PM ZOOM Second 6 Weeks 23-Mar Limit: 12

In this course, we will look at basic composition and lighting. We will first perfect our work (cropping, balancing light and color, using graphic techniques to reinvent the photos you have taken). Using Zoom, we can more easily do screen-shares, see each other's work, and see photographic processing as it happens. Taking photos during the week is required and will be part of the homework assignment. You will be able to build a portfolio and we will assemble a virtual gallery at the end of the course. Please Note: This course is a repeat of the first six-week session.

Coordinator: Lawrence Brown. Larry has been a portrait photographer for 40 years, starting in black & white. He photo-documented life and events at Cape Cod Academy for 34 years. Meanwhile, his marine photography has been featured in three books and dozens of boating articles. Some of his work is featured at the Cape Cod Arts Center focusing on his graphic photography and original work.

THURSDAY

The Molecular Revolution in Biology ALL1224 Thursday 9:00AM - 10:20AM ZOOM Second 6 Weeks 24-Mar Limit: 30

This course will cover a survey of scientific discoveries since the mid-1940s that culminated in the decoding of the human genome over the past two decades. Such studies have revolutionized our understanding of biology, medical science and the evolution of life on Earth. This course will include discussions of

THURSDAY (Continued)

recent advances in medicine (the Covid-19 vaccines), and our understanding of biological evolution. Classes will be in lecture format with slides, short video clips and opportunity for class discussion. There is no text. Articles and links to YouTube video clips will be recommended to complement each week's class.

Coordinator: Steve Munroe. Steve is Professor Emeritus of Biological Sciences at Marquette University where he taught for 35 years. More recently, he has enjoyed teaching an ALL course focused on the Human Genome Project and lecturing in the Snow Library Lifetime Learning Program.

ALL1221

ZOOM

Limit: 25

Current Affairs, Economics, and Politics

Thursday 9:00AM - 10:20AM 12 Weeks 3-Feb

We will discuss the affairs of the day and examine our analytical tools for understanding the complexities of our economic and political systems. The format will include Power Point presentations and class discussion. There is no required reading for this class.

Coordinators: Alan Berger, John Ward. Alan has been an active member of ALL for over ten years. He has a keen interest in business, economics, and politics and has a BA with concentration in economics from the University of Michigan and an MBA from the Sloan School at MIT. John has a Masters in chemistry from Oxford University and an MBA from Manchester Business School, UK. He has spent 40 years in the financial services and investment field, largely in the NYC region. He has been an ALL coordinator for the past five years.

Reprobates Who have Left Hidden Gifts to the World

Thursday 9:00AM - 10:20AM First 6 Weeks 3-Feb **ALL1197**

ZOOM Limit: 25

Often criticized during their lives, these six people have left a legacy of wisdom and hope to our generation. The six are: Eleanor Roosevelt, Pope Francis I, Jane Jacobs, James Baldwin, Hannah Arendt, and William James. The format of the class will include presentations, discussion and a list of preferred readings. There is no formal text for the class. A list of suggested readings will be given in the first class. This is a repeat of the class of Fall 2021.

Coordinator: David Mulligan. Dave has had a variety of work experiences. He did missionary work in South America while a Catholic priest, was director of the Substance Abuse Bureau in the Department of Public Hearth, was Commissioner of Public Health for Massachusetts, and was also an associate professor at Stonehill College.

Checking In on the Emerging ALL1241 New Normal

Thursday 10:30AM - 11:50AM ZOOM Second 6 Weeks 24-Mar Limit: 25

The COVID-19 pandemic has changed life as we know it. There is a lot about the virus and the economy that are likely to remain unpredictable through the winter and spring of 2022. This course will "check in" on the major economic, health, and social trends that appear to be gaining ground nationally and on Cape Cod. Class discussions will explore the goals each of us has for our "post pandemic" lives. Emphasis will be on exploring resources to navigate and build the lives we want while remaining active, healthy and safe.

Coordinator: Marianne Triplette. Marianne has spent many years contributing to and studying these topics. She has more than three decades of experience as a professor and business leadership and life coach. She has earned degrees in organizational behavior and group dynamics.

THURSDAY (Continued)

Loving the Short Story Thursday 1:30PM - 2:50PM

700M 12 Weeks 3-Feb Limit: 25

The students will discuss two stories at each session, sharing ideas and perceptions to enhance the understanding of the readings. The new text for Spring 2022 will be The Best Short Stories 2021: The O. Henry Prize Winners edited by Chimamanda Ngozi Adichie, as well as a few online stories.

Coordinators: Sheryl Lajoie, Deb Selkow. Sheryl has led this class for many years and thoroughly enjoys analyzing the stories and gaining insights from class participants. Deb is a retired English teacher who has spent her life reading, writing and watching stories unfold. A long-time class participant, she loves to share story talk with others; sometimes it teaches her how to be in a complicated world.

Would You Like to Improve Your ALL1153 Understanding of Climate Change? Updated ZOOM

First 6 Weeks 3-Feb

Limit: 25

ALL055

This course, an introduction to climate change, will use the text Global Weirdness, by Climate Central (IPCC/International Panel on Climate Change). Although it was published in 2012, the science concepts remain the same; only the data has changed. I also will use data from the Assessment Report 6 Climate Change 2021 report. Participants will be asked to read specific chapters weekly. We will discuss each chapter, and I will use a document camera, hands-on activities, and demonstrations to help you better understand the climate of the past and the future.

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. She also serves as a peer reviewer for the National Science Teachers Association's journal, Science and Children.

Writing Incubator

Thursday 3:00PM - 4:20PM 12 Weeks 3-Feb

ZOOM Limit: 14

ALL780

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 in a relaxed atmosphere. We welcome all genres of

Coordinators: Nancy Shoemaker, Bill Holcombe. Nancy is a printer, graphic designer, publisher, photographer, and local historian. Bill has returned to poetry after a hiatus of 30 years and written over 100 poems since 2014. Protest of authority is a lifelong theme.

FRIDAY

Introduction to Nichiren Buddhism ALL866 Friday 10:30AM - 11:50AM ZOOM Second 6 Weeks 25-Mar Limit: 15

Through the profound Buddhist teachings of hope, victory, and personal discovery, we will delve deeply 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 second part of the Introduction to Nichiren Buddhism course taught for the last several years. The course text, The Buddha in Your Mirror, can be read as a companion piece to the course, but it is not required.

Coordinators: Susan Whalley, Steve Piontek. Susan, a retired school counselor, has been a practicing Nichiren Buddhist for 45 years. Steve, a retired magazine editor who also teaches ALL courses about opera, has also been practicing Nichiren Buddhism for over 45 years.

FRIDAY (Continued)

Telling Stories

Friday 10:30AM - 11:50AM 12 Weeks 4-Feb

You will learn to tell stories in writing in various forms--short story, flash fiction, creative nonfiction, becoming familiar with the literary elements that go into stories. Please have a pen and paper (or IPad) by your side. Each week you will write and read your work to the class. Writers will read the assignments aloud and all will discuss them. You are expected to write something for each class. The class is limited to 12, so there will be enough time for each person's contribution. Please expect to contribute to the conversation.

Coordinator: June Calender. June has written in most forms especially stage plays. Lately she has published fiction, poems, and creative nonfiction.

Bridge for Beginners

Friday 1:30PM - 2:50PM 12 Weeks 4-Feb

This course is open to all who would like to learn about the card game bridge, an excellent way to keep our minds active in an enjoyable social setting (albeit virtual). No experience is required. All classes will involve visiting and using an online platform for playing bridge that is easy to use. The only required text is a handbook for beginners written by the coordinator and provided free of charge to all students prior to the start of the class. This is an easy-going class with only one rule: be kind to those at your bridge table.

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

Analyzing Poems of Published Authors

ALL1030

Limit: 12

ALL910

Limit: 30

ZOOM

ZOOM

Friday 3:00PM - 4:20PM First 6 Weeks 4-Feb **ALL1202**

ZOOM Limit: 18

Each week the coordinator will choose and analyze a few poems. The students will then be given the opportunity to share their understanding of the poems. They may also, if they so wish, propose and present one of their favorite poems (of published poets) to be discussed in depth in the class.

Coordinator: Corina lukovici. Corina studied English and French literature in college and is now a semi-retired graphic and web designer. She has been a lifelong lover of poetry and likes to share with others her favorite (and sometimes less known) poets.

Course Schedule

Day	Block Time	Session	Starting	ALL#	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	12 Weeks	31-Jan	ALL1238	Start (or Continue) Your "Origami Journey"	Zoom	Andrea Plate
Monday	10:30AM - 11:50AM	12 Weeks	31-Jan	ALL1210	Memoirs - Lest We Forget	Zoom	Dianne Tattersall
Monday	10:30AM - 11:50AM	First 6 Weeks	31-Jan	ALL1228	The Great Yeats	Zoom	Steve Piontek
Monday	12:00PM - 1:20PM	12 Weeks	31-Jan	ALL1173	12 Directors/12 Masterpieces	Zoom	Joseph Gonzalez
Monday	1:30PM - 2:50PM	12 Weeks	31-Jan	ALL1019	How to Read a Movie Visually	Zoom	Joseph Gonzalez
Monday	3:00PM - 4:20PM	Second 6 Weeks	21-Mar	ALL1179	Movies of Thought and Fun	Zoom	Nancy Tucker
Tuesday	9:00AM - 10:20AM	12 Weeks	1-Feb	ALL1194	Transition to a New World Order	Zoom	Stew Goodwin
Tuesday	9:00AM - 10:20AM	12 Weeks	1-Feb	ALL1230	A Different Take on American History	Zoom	Paul Groundwater, Susan Whalley, Deborah Titolo
Tuesday	10:30AM - 11:50AM	12 Weeks	1-Feb	ALL1170	The Black Experience in America	Zoom	John Matley
Tuesday	10:30AM - 11:50AM	First 6 Weeks	1-Feb	ALL1227	Thinking Critically and Creatively - Through ART!	Zoom	Nina Greenwald
Tuesday	12:00PM - 1:20PM	12 Weeks	1-Feb	ALL1235	Topics in Home Improvement and Design	Zoom	Robert Opaluch
Tuesday	12:00PM - 1:20PM	First 6 Weeks	1-Feb	ALL1233	Kabbalah: Ancient Wisdom and Mysteries - Section A	Zoom	Miriam Dorfman
Tuesday	12:00PM - 1:20PM	Second 6 Weeks	22-Mar	ALL1234	Kabbalah: Ancient Wisdom and Mysteries - Section B	Zoom	Miriam Dorfman
Tuesday	1:30PM - 2:50PM	12 Weeks	1-Feb	ALL1219	The Economist	Zoom	William Clements, Paul Arnold
Tuesday	1:30PM - 2:50PM	12 Weeks	1-Feb	ALL1223	CANCELLED Getting Along and the Practice of Empathic Negotiation	Zoom	Frank Noonan
Tuesday	3:00PM - 4:20PM	First 6 Weeks	1-Feb	ALL1236	Problems in Religion - Section A	Zoom	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	22-Mar	ALL1237	Problems in Religion - Section B	Zoom	Lawrence Brown
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	23-Mar	ALL999	15 Challenges of the Future	Zoom	Tom Murphy

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL#	Course Title	Location	Coordinator(s)
Wednesday	10:30AM - 11:50AM	12 Weeks	2-Feb	ALL1229	12 Great Cities of the World	Zoom	Chris Johnston, David Johnston
Wednesday	10:30AM - 11:50AM	12 Weeks	2-Feb	ALL1225	Broadway Musicals: An American Invention	Zoom	Fran Lautenberger
Wednesday	12:00PM - 1:20PM	12 Weeks	2-Feb	ALL1222	Andrew Jackson: His Presidency and his Legacy	Zoom	Richard Stewart
Wednesday	12:00PM - 1:20PM	First 6 Weeks	2-Feb	ALL1226	The Perils of Postmodernism	Zoom	Rob Swanson
Wednesday	3:00PM - 4:20PM	12 Weeks	2-Feb	ALL1232	Nationalism in Music	Zoom	John Temple
Wednesday	3:00PM - 4:20PM	First 6 Weeks	2-Feb	ALL1239	Becoming a Photographer - Section A	Zoom	Lawrence Brown
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	23-Mar	ALL1240	Becoming a Photographer - Section B	Zoom	Lawrence Brown
Thursday	9:00AM - 10:20AM	12 Weeks	3-Feb	ALL1221	Current Affairs, Economics, and Politics	Zoom	Alan Berger, John Ward
Thursday	9:00AM - 10:20AM	First 6 Weeks	3-Feb	ALL1197	Reprobates Who have Left Hidden Gifts to the World	Zoom	David Mulligan
Thursday	9:00AM - 10:20AM	Second 6 Weeks	24-Mar	ALL1224	The Molecular Revolution in Biology	Zoom	Steve Munroe
Thursday	10:30AM - 11:50AM	Second 6 Weeks	24-Mar	ALL1241	Checking In on the Emerging New Normal	Zoom	Marianne Triplette
Thursday	1:30PM - 2:50PM	12 Weeks	3-Feb	ALL055	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	1:30PM - 2:50PM	First 6 Weeks	3-Feb	ALL1153	Would You Like to Improve Your Understanding of Climate Change? Updated Course	Zoom	Patricia McKean
Thursday	3:00PM - 4:20PM	12 Weeks	3-Feb	ALL780	Writing Incubator	Zoom	Nancy Shoemaker, Bill Holcombe
Friday	10:30AM - 11:50AM	12 Weeks	4-Feb	ALL1030	Telling Stories	Zoom	June Calender
Friday	10:30AM - 11:50AM	Second 6 Weeks	25-Mar	ALL866	Introduction to Nichiren Buddhism	Zoom	Susan Whalley, Steve Piontek
Friday	1:30PM - 2:50PM	12 Weeks	4-Feb	ALL910	Bridge for Beginners	Zoom	Christopher Senie
Friday	3:00PM - 4:20PM	First 6 Weeks	4-Feb	ALL1202	Analyzing Poems of Published Authors	Zoom	Corina lukovici

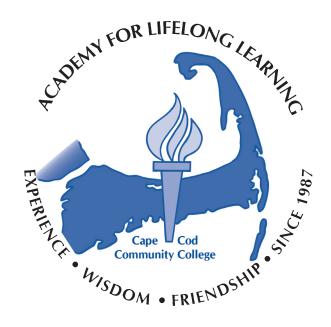
REGISTRATION FORM — Spring 2022

FOR OFFICE USE ONLY							
CK#	Amo	unt					
Reg.1	Reg.2	Reg.3					
ScholarshipLegacy							

Academy for Lifelong Learning Cape Cod Community College 2240 Iyannough Road West Barnstable, MA 02668-1599

Please review the REGISTRATION INFORMATION in the catalog before completing your form. ** Something new: If possible, please complete your form using your computer, tablet or phone BEFORE printing. DOB Street City_____State___ZIP____ Phone (Home) _____(Cell) _____Email ____ Emergency Contact (required) ______ Phone No ______Relationship _____ Is this a **NEW ADDRESS** since your last registration?_____ **The best way to contact me: Phone**____**Email**____ I am a **FIRST TIME** member of ALL____ How did you learn about ALL? _____ Please contact me about "coordinator" opportunities: Yes____No____ For the \$105 membership fee, you may select from the following options: (make check payable to ALL) **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. After the first week of each semester, registered members may join unfilled classes. Contact lifelonglearning@capecod.edu. Preferred course(s) Course # **Course Name (preferred)** Day Time 12 1st 6 2nd 6 (Off. Use) wks. wks. wks. Alternate Choices in the event preferred courses are full

The ALL Registration process will open on Friday, January 14th, at 9 a.m. for registration forms received by January 13th. No preference will be given to early postmarks or delivery dates. All registration forms must be submitted by mail. Be sure to include your SIGNED CHECK. Any form received without payment will lose its place in the queue.



Board of Directors 2021-2022

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Kirk Young	Treasurer	2024
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Judith Roettig	Member-at-Large	2022
Marianne Triplette	Communications	2023

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Academy for Lifelong Learning Cape Cod, Inc. Cape Cod Community College

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