

Spring 2024
**Course
Catalog**

Volume 23 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

www.capecodall.org

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

The Academy for Lifelong Learning

Academic Calendar Spring 2024

Registration begins

New member orientation

Spring classes begin

First six-week classes end

Second six-week classes begin

Classes end

Monday, January 8 at 9 a.m.

Wednesday, January 24 at 10 a.m.

Monday, January 29

Monday, March 11

Monday, March 18

Monday, April 29

Holidays – no classes

Presidents Day

Spring recess

Patriots Day

Monday, February 19

Tuesday-Friday, March 12-15

Monday, April 15

Beginning and end dates of courses:

12-Week Courses

Mondays: 1/29 – 4/29

Tuesdays: 1/30 – 4/23

Wednesdays: 1/31 – 4/24

Thursdays: 2/1 – 4/25

Fridays: 2/2 – 4/26

First 6 Weeks

Mondays: 1/29 – 3/11

Tuesdays: 1/30 – 3/5

Wednesdays: 1/31 – 3/6

Thursdays: 2/1 – 3/7

Fridays: 2/2 – 3/8

Second 6 Weeks

Mondays: 3/18 – 4/29

Tuesdays: 3/19 – 4/23

Wednesdays: 3/20 – 4/24

Thursdays: 3/21 – 4/25

Fridays: 3/22 – 4/26

Academic Calendar Fall 2024

Registration begins

New member orientation

Fall classes begin

First six-week classes end

Second six-week classes begin

Classes end

Monday, August 19 at 9 a.m.

Wednesday, September 4 at 10 a.m.

Monday, September 9

Monday, October 21

Tuesday, October 22

Monday, December 9

Holidays – no classes

Columbus Day

Veterans Day (Observed)

Thanksgiving break

Monday, October 14

Monday, November 11

Tuesday-Friday, November 26 – 29

Beginning and end dates of courses:

12-Week Courses

Mondays: 9/9 – 12/9

Tuesdays: 9/10 – 12/3

Wednesdays: 9/11 – 12/4

Thursdays: 9/12 – 12/5

Fridays: 9/13 – 12/6

First 6 Weeks

Mondays: 9/9 – 10/21

Tuesdays: 9/10 – 10/15

Wednesdays: 9/11 – 10/16

Thursdays: 9/12 – 10/17

Fridays: 9/13 – 10/18

Second 6 Weeks

Mondays: 10/28 – 12/9

Tuesdays: 10/22 – 12/3

Wednesdays: 10/23 – 12/4

Thursdays: 10/24 – 12/5

Fridays: 10/25 – 12/6

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A Message from Our President

On behalf of our Board of Directors, welcome to the Academy for Lifelong Learning of Cape Cod! For over thirty-five years, ALL has continued to offer quality enrichment and educational classes as well as host special and social events. We offer classes on three platforms: in-person learning on the campus of Cape Cod Community College, Zoom classes, and hybrid classes, which allow those at home on Zoom to interact with those in the classroom. There's something for everyone.

A big thank you for all the time and effort of the curriculum committee, coordinators, registration committee, office administrator Cynthia Jayne, our Board of Directors, and all the volunteers who work so hard to make ALL a success! And as a very wise man once said, "Commit yourself to lifelong learning. The most valuable asset you will ever have is your mind and what you put into it." – Albert Einstein

Dianne Tattersall, *President*

From the Curriculum Committee

Welcome to 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 semester. We look forward to learning together.

ALL Curriculum Committee: Miriam Kronish (Chair), Tim Maguire, Henry Tamzarian, Erika Beasley, John Ward, Roger Shoemaker, Claire Driscoll, Denise Benjamin

Note: Please remember that 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

The Academy for Lifelong Learning (ALL) is an organization open to anyone age 50 or over that offers its members the opportunity to pursue educational interests and to expand social relationships. Volunteerism is critical to ALL's ongoing success. Members are encouraged to become class coordinators (teachers), participate on committees, work on administrative activities, or just participate in any of ALL's activities and functions. The opportunity for social interaction is an important aspect of ALL. In addition to classes, the Academy offers social activities and special events such as lectures, occasional trips, theater productions and museum visits. ALL standing committees are responsible for the day-to-day operations, both social and educational. Most of the real work ensuring the smooth running of ALL takes place through the activities of these volunteer committees. Please consider volunteering for one of these committees:

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 the year.

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

Hospitality: Plans and organizes social events for the membership.

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

Communications: Informs ALL members about events and programs via ALL's newsletter and website.

Registration: Processes applications, collects membership fees and confirms class enrollment.

The Registration Process

Course Selection

ALL offers a variety of learning experiences: traditional in-person classes, remote Zoom classes and hybrid classes. Hybrid classes allow a coordinator to teach in-person and remote members at the same time using our new DTEN technology. The ALL course numbers include a suffix which signifies the type of learning experience you are requesting.

C=Classroom (in-person)

Z=Zoom (remote)

HC=Hybrid Classroom (In-person Hybrid)

HZ=Hybrid Zoom (Remote Hybrid)

As classroom space is limited, HZ members are not permitted to attend in person unless prearranged with the coordinator. Please be aware of these distinctions as you select your classes. If you wish to attend a hybrid class either in-person or on Zoom, please enter your preferred location with your preferred courses and the other location as one of your alternates.

For your planning purposes, a consolidated list of courses, arranged by day and time, appears on the pages following the course descriptions in this catalog. This list 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. Each semester, a member can select up to four 6-week classes, 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

There are two ways to register and pay your membership fee. Mail your completed registration form and signed check for \$105 to: Academy for Lifelong Learning of Cape Cod, Inc. Cape Cod Community College 2240 Iyannough Road, West Barnstable, MA 02668-1599 **-OR-** Email a copy of your registration form to allccregister@gmail.com and pay \$105 plus a \$5 handling fee (\$110 total) by credit card online at www.capecodall.org/registration. Important for credit card customers: Please do not list desired courses on the payment form. You must submit a registration form. Please make a copy of your completed registration form and payment for your records.

Registration processing begins Monday, January 8th, and all members will have an equal chance of getting their course choices if their completed registration forms with payments are received by Friday, January 5th. Registrations received after that date will be processed daily, but not until the original group has been processed. To ensure a fair assignment of classes, ALL uses a random selection process. No preference will be given to early postmarks or online payments. Incomplete information or documentation may delay the processing of your registration. 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 email or telephone if none of your selected courses or alternate courses is available or if your payment is missing or unsigned. Complete and accurate contact information is important if questions come up about your registration form. It is very important that ALL has your correct email address, since that is how you will receive class enrollment confirmations and that is how the coordinator will contact you with class information. Email your questions regarding the registration process to lifelonglearning@capecod.edu. 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. Please watch your email to take advantage of these opportunities to add classes with openings to your schedule as the semester begins.

Membership Fees

The membership fee, currently \$105 per person, is paid for each semester in which a member chooses to take courses. (There is a \$5 handling fee for online payment.) 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 cancelled 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 (not handling 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. 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.

FYI

The office administrator is on duty from 9:00 a.m. to 3:00 p.m. most weekdays, and the telephone number to reach us is 774-330-4400. We suggest that you send us comments and questions by email to lifelonglearning@capecod.edu.

Class Locations

In-person classes will be offered on the Cape Cod Community College main campus in rooms C-106 and C-115 on the mezzanine level of the Grossman Commons Building. The Art Studios are on the lower level of the Tilden Arts Center Building.

Use of Zoom

Classes will be in person, on Zoom, or hybrid, which is a combination of in-person and Zoom. If you have selected Zoom or hybrid classes and are unfamiliar with using Zoom, we recommend viewing a YouTube video entitled "Joining a Zoom Call for the First Time; Fun and Easy Online Connection."

Helpful Hints When Using Zoom

Conduct yourselves as you would if you were all in the same room. These tips 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 quiet 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 or 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** and the **Leave Video** buttons 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, or click the **Raise Hand** button, so that the coordinator can see it on-screen.

Important College Information

Holidays: If the college is closed on a holiday, ALL is also closed. See the holidays listed on the Academic Calendar page at the beginning of this catalog.

Weather-Related School Closings and Delays

If the college is closed or has a delayed opening due to inclement weather or other reasons, then ALL is also closed. The college closing or delay caused by weather will usually be announced on the radio and TV, and on the college's website www.capecod.edu. If the college announces a delayed opening time, ALL classes that are scheduled to start before that time are also canceled.

College Campus Public Safety Regulations and Disabled Parking Rules

General Regulations

- The campus speed limit is 20 miles per hour.
- Crosswalks are clearly marked. Cars must stop and wait until pedestrians have crossed the street safely.
- The one-hour parking spaces in front of Grossman were not created to park while going to class. They are designed for temporary use to unload, go to the help desk, bookstore, cafeteria, etc.
- Park in public lots, being especially careful to park within the white lines (front, back and sides).
- Be sure that your driver's license and registration are valid, and that you have a current inspection sticker and insurance.

Disabled 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 Grossman Commons entrance near the elevator opposite the radio station.
- The direct phone number to College Police is 774-330-4349. Please add this telephone number to your contact list.
- The College Police and Public Safety Office is located opposite the cafeteria on the first floor of Grossman.

Should you find that the Disabled Parking spots near Grossman Commons are not available, and you have a valid RMV Disabled plate/placard, the following alternatives are suggested by College Police: Additional Disabled Parking is located outside Maureen Wilkins Hall which is opposite parking lots #4 and #5. Another alternative is to call College Police 774-330-4949 to request to be taken to and from Grossman Commons before and after your class.

ALL WANTS YOU!

Consider becoming a coordinator at ALL in the Fall 2024 Semester.



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 spring classes on October 13. Proposals are greatly appreciated by early October. Contact lifelonglearning@capecod.edu if you need help submitting courses.

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.

Cape Cod Community College Campus Map

**ALL Classrooms and Office
Grossman Commons**

CAMPUS MAP

1 TILDEN ARTS CENTER

2 NICKERSON
ADMINISTRATION BUILDING

3 WILKENS LIBRARY

4 MAUREEN M. WILKENS HALL
(Wilkins South)

5 FRANK WILKENS BUILDING
(Wilkins North)

6 FRANK AND MAUREEN WILKENS
SCIENCE AND ENGINEERING CENTER

7 GROSSMAN COMMONS
BUILDING

8 WKKL RADIO STATION

9 LORUSSO TECHNOLOGY
BUILDING

10 LIFE FITNESS CENTER

11 FACILITIES/DELIVERIES

 Accessible Parking

 Bus Stop

 Elevator

 Walking path

 Bridge

 Stairs



MONDAY**Antigone: Alive!**

Monday 9:00AM - 10:20AM

First 6 Weeks 29-Jan

ALL1343-C

Grossman 106

Limit: 16

In this class, we will take a close look at Jean Anouilh's brilliant modern adaptation of Sophocles' timeless play, *Antigone*, written in the fifth century BCE. This version was written in Paris during the Nazi occupation and features compelling characters engaged in an eternal struggle: pragmatism vs morality; life vs death. From decisions in personal relationships to geopolitics, this conflict is central in all human decision-making. Using the tools of both theater and drama, we will take a multifaceted approach to this great work. We will use the Galantière translation of Anouilh's *Antigone*. Copies are available on Amazon, although I have several copies for class use.

Coordinator: Roger Shoemaker. Roger has a BA in Dramatic Literature and an MFA in Directing from Catholic University. He taught theater and directed productions at Trinity College, Hartford, CT, and spent 25 years as the Dean for the Arts at Walnut Hill School for the Arts, outside Boston. He enjoyed 10 fabulous post-retirement years teaching and directing at Dennis-Yarmouth Regional High School. He has acted in a performance of *Antigone*, and has also directed it. Twice.

Stories From Afar

Monday 9:00AM - 10:20AM

First 6 Weeks 29-Jan

ALL1354-C

Grossman 115

Limit: 20

In this class, we will tell stories about living outside the US, and compare and contrast cultures. You will be asked to compare and contrast the culture of one country where you have lived to the culture of New England. You may discuss anything that strikes your fancy, such as: food, clothing, language, history, geography, cities, towns and villages, housing, religions, traditions and rituals, holidays, work experience, special sights and activities, and building local friendships.

Coordinators: David Darling, Carol Darling. David and his wife, Carol, moved to Cape Cod in 2008 after being away from Massachusetts 34 years. They were Peace Corps volunteers in Botswana in the early 1970s. David earned a Ph.D. from the Department of Agricultural Economics at The Ohio State University. He spent the majority of his professional career in the Kansas State University Research and Extension Service as a state extension specialist in community economic development. He retired in 2005 with the rank of professor. Carol is a Cape Cod native, a graduate of Barnstable High School and the University of Massachusetts. Carol and David have lived and worked in Botswana, Poland and Canada. They have also traveled extensively.

More Delight, More Poems

Monday 10:30AM - 11:50AM

First 6 Weeks 29-Jan

ALL1344-C

Grossman 106

Limit: 25

This course offers a look at some of the best-known and highly-regarded poetry from England and America. A typical class will highlight three or four poems for reading and in-depth discussion. This course does not repeat any previous ones and will feature entirely new content. We continue to promise timeless verse for pleasure, reflection and good conversation. We will use *100 Best-Loved Poems*, edited by Philip Smith, Dover Thrift Editions. Please read Lewis Carroll's "Jabberwocky," page 71.

Coordinator: Joseph Auciello. Joseph, an unrepentant lover of literature, is a retired English and social studies teacher and department chair in public and private schools. He is a former member of a local school committee and a former member of the board of directors for the Cape Cod Collaborative. He has written widely on literature, education, and national and international politics. He looks forward to the meaningful depth of discussion this class will make possible. Joe has offered several courses on short stories and poetry at ALL.

Introduction to Chess

Monday 10:30AM - 11:50AM

First 6 Weeks 29-Jan

ALL1352-C

Grossman 115

Limit: 25

Chess is an exciting, engrossing game of strategy and skill which is played by hundreds of millions around the world and has been in existence for some 1500 years. Anyone can learn to play and have fun doing it. Come join us as we look to make the game readily accessible. No prior experience with chess is needed. When grandkids want to play, you'll be ready! Classes will be very interactive – a combination of teaching and game play. Participants are asked to bring a chess set to class.

Coordinators: Larry Pincus, John Heneghan. Larry is a retired physician who has become an avid chess player in retirement. John is a retired IT professional who likewise has gravitated strongly to the game in retirement.

Using Children's Literature To Teach Science**ALL1001-Z**

Monday 10:30AM - 11:50AM

First 6 Weeks 29-Jan

Zoom

Limit: 25

This six-week course will prepare parents and grandparents to "teach and amaze" their children and grandchildren. The coordinator will use children's books to teach simple science concepts. Each week, she will cover one aspect of science: physics, chemistry, astronomy, earth science, life science, and process skills. During this course, students will learn how to

MONDAY (Continued)

use a handheld microscope. Participants will need a computer to view each activity and download printable sheets from the coordinator’s website, which will be provided. Please have scissors, tape, glue stick, ruler, crayons, or colored pencils available for use during class. Additional materials necessary to participate in each activity will be available to pick up at the ALL office or at the coordinator’s home. She will use a document camera so that she can help participants with the activity.

Coordinator: Patricia McKean. Pat, a classroom science teacher for 44 years, received the Connecticut Christa McAuliffe Fellowship for her program, Using Children’s Literature to Teach Science. She 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*.

Memoirs - Lest We Forget
Monday 10:30AM - 11:50AM
First 6 Weeks 29-Jan

ALL1210-Z
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. Others 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.

Letters From an American
Monday 10:30AM - 11:50AM
Second 6 Weeks 18-Mar

ALL1346-HC
Grossman 115
Limit: 20

Heather Cox Richardson is a professor of history at Boston College and the author of seven books on history and politics. This course is based on her highly successful “Letters from an American,” a nightly newsletter covering national events in the context of American history. I or someone from the class will lead a discussion each week on one or more of her letters selected from the previous week. I find Heather’s articles fascinating, insightful and thought provoking. I hope you will

as well. I intend to keep discussions fact based and apolitical. Students are expected to obtain a subscription to her digital newsletter; both free and paid versions are available on her website and emailed to you daily. They are short and easily read in a few minutes. A few days before each class, I will pick which articles from the previous week you should read. Once you subscribe to her newsletter, however, I think you will want to read them every day!

Coordinator: Paul Coteus. Paul is a retired physicist and IBM Fellow. He enjoys meeting new people and engaging in thoughtful discussion. He hopes this class, focused on viewing the national news through the lens of American history, will meet both goals.

Letters From an American
Monday 10:30AM - 11:50AM
Second 6 Weeks 18-Mar

ALL1346-HZ
Zoom
Limit: 10

This is the Zoom version of this hybrid course.
Coordinator: Paul Coteus. Hybrid Zoom version.

12 Films That Film Buffs Should Know and Why - Section A
Monday 12:00PM - 1:20PM
12 Weeks 29-Jan

ALL1341-Z
Zoom
Limit: 25

Film buffs are usually exposed to a wider range of films than most casual viewers and may have a more diverse set of references to draw upon when evaluating a film. Each week, we will watch a different film and discuss its merits, artistry and complexity. A full list of films will be emailed after registration is completed. Please watch F.W. Murnau’s *Sunrise: A Story of Two Humans* (1927). Free on YouTube.

Coordinator: Joseph González. Joe has recently retired to Cape Cod from the NYC area. A former magazine editor, script supervisor, scriptwriter and Spanish dialect coach in films for 36 years, he has also written and published short stories in both English and Spanish. Joe holds a BA in English from Rutgers University, NJ, and has studied film at the New School for Social Research, NYC. He has an MA in Spanish Literature and a Certificate in Translation from Montclair State University, NJ. Joe has taught several film courses at ALL.

MONDAY (Continued)**Discussing the Essay**

Monday 12:00PM - 1:20PM

First 6 Weeks 29-Jan

ALL1349-Z

Zoom

Limit: 15

This course discusses essays. Essays can offer opinions, impart knowledge and information, or share personal experience. This semester, we will be discussing the essays that span the time period of 1982 to 2000. The discussion of the essays revolves around considering the time period in which they were published as well as their continued relevance to today. Many of the essayists are writers you know. Class members are encouraged to summarize an essay of their choice, describe the background of its author, and lead a discussion of the essay. Two essays will be discussed each week. For the first class, read "A Drugstore in Winter" and "Okinawa: The Bloodiest Battle of All" from *The Best American Essays of the Century*, edited by Joyce Carol Oates and Robert Atwan, available via Amazon or Barnes & Noble. This course can be taken separately or together with the following Still Discussing the Essay course.

Coordinators: Brett Burgess, Deborah Titolo. Brett has been taking ALL classes for three years. He is a passionate reader, especially of the classics, and loves to discuss all genres of literature, including essays. Deborah is a retired high school librarian who has co-led numerous classes in Global Literature at her local ALL. She has co-led A Different Take on American History and Great Decisions at Cape Cod ALL. She has participated in all three previous semesters of the Essays course.

Still Discussing the Essay

Monday 12:00PM - 1:20PM

Second 6 Weeks 18-Mar

ALL1350-Z

Zoom

Limit: 15

In this session, we will be discussing the essays that are included in *The Best American Essays 2022*. The discussion of the essays revolves around considering the themes of the essays and how the author presents his point of view. Class members are encouraged to summarize an essay of their choice, describe the background of its author, and lead a discussion of the essay. Two essays will be discussed each week. The text for the course is *The Best American Essays 2022*, edited and with an introduction by Alexander Chee. Reading assignments for the first class will be sent to class members in the introductory email. This course can be taken separately or together with the previous Discussing the Essay course.

Coordinators: Brett Burgess, Deborah Titolo. Brett has been taking ALL classes for three years. He is a passionate reader, especially of the classics, and loves to discuss all genres of literature, including essays. Deborah is a retired high school librarian who has co-led numerous classes in Global Literature at her local ALL. She has co-led A Different Take on American History and Great Decisions at Cape Cod ALL. She has participated in all three previous semesters of the Essays course.

12 Films That Film Buffs Should**Know and Why - Section B**

Monday 1:30PM - 2:50PM

12 Weeks 29-Jan

ALL1342-Z

Zoom

Limit: 25

Film buffs are usually exposed to a wider range of films than most casual viewers and may have a more diverse set of references to draw upon when evaluating a film. Each week, we will watch a different film and discuss its merits, artistry and complexity. A full list of films will be emailed after registration is completed. Please watch F.W. Murnau's *Sunrise: A Story of Two Humans* (1927). Free on YouTube.

Coordinator: Joseph González. Joe has recently retired to Cape Cod from the NYC area. A former magazine editor, script supervisor, scriptwriter and Spanish dialect coach in films for 36 years, he has also written and published short stories in both English and Spanish. Joe holds a BA in English from Rutgers University, NJ, and has studied film at the New School for Social Research, NYC. He has an MA in Spanish Literature and a Certificate in Translation from Montclair State University, NJ. Joe has taught several film courses at ALL.

If You Met My Family You'd Understand

Monday 1:30PM - 2:50PM

First 6 Weeks 29-Jan

ALL1357-HC

Grossman 115

Limit: 18

This course will be an exploration of chronic anxiety through the lens of Bowen Family Systems Theory. Through a study of Jack Shitama's book *If You Met My Family You'd Understand*, we will explore a framework for understanding emotional systems in the family, workplace and society. We will discuss the mechanisms by which anxiety is spread through emotional systems (any group of two or more people) and ways in which we can act in more mature ways to alleviate that anxiety in ourselves and those around us. This class will be mostly discussion with some mindfulness practices.

Coordinator: David Mullen. Dave has taught Bowen Family Systems Theory and mindfulness in professional development courses for over a decade and is currently co-teaching a Zoom class through the Non-Anxious Leader Network. He is a retired educator with over 40 years experience, 30 of those as a Head of School in Maryland.

If You Met My Family You'd Understand

Monday 1:30PM - 2:50PM

First 6 Weeks 29-Jan

ALL1357-HZ

Zoom

Limit: 10

This the Zoom version of this hybrid course.

Coordinator: David Mullen. Hybrid Zoom version.

MONDAY (Continued)**Sample a New Leisure Activity**

Monday 1:30PM - 2:50PM

First 6 Weeks 29-Jan

ALL1329-C

Grossman 106

Limit: 25

Whether you are looking for relief from stress or an outlet for boredom – or just need a change of pace, this course can help you find your new passion. To get you inspired and motivated to try something new, we will offer a sampler buffet of activities presented by some amazing experts: knitting (Sue Driscoll); square dancing (David Perrault); speak a little more Spanish (Mary Ann Donovan); tips and tricks for cooking Cape Cod shellfish and fin fish (Judy Bell); become a better storyteller (Sandy Murray and Pat McKean); and dominos and more (Mary Ann Donovan and Pat McKean). We will provide any equipment you might need. Please come to relax and have fun!

Coordinator: Patricia McKean. Pat has taught many classes at ALL, including how to teach science courses using children's literature and, most recently, a history course. She will be moderating this course.

Why Not Wine?

Monday 3:00PM - 4:20PM

First 6 Weeks 29-Jan

ALL1340-Z

Zoom

Limit: 25

This course will review wine from the grape, through winemaking, to the retail product and its storage. It will be global in scope touching on regional characteristics, the many varieties of grapes, and how to decide what to buy for oneself. The final session will be an optional early evening tasting event at a local restaurant for a modest fee.

Coordinator: John Ward. John is a lifelong (adult) wine drinker and researcher, and has taught this course both at Snow Library (Orleans) and Eldredge Library (Chatham). He has a chemistry degree from Oxford University and has taught several ALL classes, particularly The Chemistry of Life and The World Around Us. He established the Nauset Newcomers Wine Aficionados in 2008, and it is still running.

Aging, Philosophy and a Changing Perspective

Monday 3:00PM - 4:20PM

Second 6 Weeks 18-Mar

ALL1321-C

Grossman 106

Limit: 20

Do we live in a time where aging can be an expansion versus a decline of life? This class says, "Yes!" Individuals labeled senior citizens are living engaged lives, some into their 80s and 90s. How might a different outlook on the philosophy of life reveal a better older age for you? The class will explore the topics of

ageism, philosophy, elderhood, and quality of life that affect the bounty of older life. With a focus on one's moral agency, you will be challenged to explore just what older age means for you. What defines leading a good life, with and for others, according to your highest aspirations as a participating member of society? Participants will be invited to share their views of aging along with aspirations and concerns at this time of life. Suggested readings will be provided.

Coordinator: Maggie French. Maggie – life coach and emerging crone. Maggie was a financial executive in manufacturing and health care for 25 years, followed by a decade as a certified life coach in personal and professional development. The study of philosophy, its changing nature and impact on the values of aging in our society provide her with an enhanced perspective of her life as she enters her 70th year.

TUESDAY**Cape Cod History Course**

Tuesday 9:00AM - 10:20AM

First 6 Weeks 30-Jan

ALL1359-C

Grossman 106

Limit: 20

The course is for newcomers and "oldcomers" to Cape Cod. It will center on discussion points related to the Cape's history and mystery. Slides and handouts will supplement the lecture format.

Coordinator: James Coogan. Jim is a retired history teacher and a writer of more than a dozen books about Cape Cod. Raised in Brewster, he is a well-known lecturer on Cape-related topics. His most recent book, *Cape Cod Passage: A Novel of People and Events That Have Shaped the Narrow Land*, was published in 2022. Jim lives with his wife Beth in Sandwich, Massachusetts.

Surviving Entropy

Tuesday 10:30AM - 11:50AM

12 Weeks 30-Jan

ALL1311-Z

Zoom

Limit: 38

Stew has taught two courses warning about impending entropy: an age of disorder. In this class, he intends to explore how the world can survive this condition.

Coordinator: Stew Goodwin. Stew has been a coordinator at ALL for over 15 years teaching a variety of courses. Prior to moving to the Cape full time in 1989, he spent 35 years in the international investment business headquartered in New York City. After moving to the Cape, Stew has been involved in a number of nonprofit and governmental organizations.

TUESDAY (Continued)**For the Grandchildren**

Tuesday 10:30AM - 11:50AM

12 Weeks 30-Jan

ALL1348-C

Grossman 115

Limit: 15

I've heard people say, "I don't know much about my grandparents, so I am going to write poetry or essays about myself so my grandchildren will know something about me." This course will get you started – it will NOT be a memoir class per se. You will create a book or computer file sharing the kind of information you wish you knew about your own grandparents. Each week, you will write as much as you wish about yourself, using a list of the kinds of things you wish you knew about your grandparents. You probably know your family's ethnic and religious background (but maybe not). You will write basic facts and tell memories and incidents about your parents that you want to tell your grandchildren. You may dig up photographs or school report cards, etc. You will share some of your writing with the class.

Coordinator: June Calender. June has been teaching writing courses for ALL for over 10 years and her approach has varied. She has edited the ALL anthology, *Reflections* for several years. Prior to coming to Cape Cod, June was an off-broadway playwright (as far as Alaska). June has recently published a novel called *The Friendship Quilts*.

French Cinema from the '30s to the '70s

Tuesday 10:30AM - 11:50AM

Second 6 Weeks 19-Mar

ALL1360-Z

Zoom

Limit: 15

France has been at the forefront of motion pictures since the early days of cinema, from the Lumière brothers' invention of the Cinématographe in 1895 to the artistic creations of Georges Méliès. However, the golden age of French cinema began in the '30s with the development of sound. In this class, we will explore French cinema from this golden age of the '30s, through the New Wave movement of the '50s and the political uprising of May 1968. We will view six French classics, such as *Rules of the Game*, to act as guides through the eras, discussing social conditions, directors, actors and genres in our analysis of the movies. Participants will watch films online through streaming platforms and join a Zoom session for group discussions. Please watch *Rules of the Game*, directed by Jean Renoir, prior to the first meeting.

Coordinator: John Stowe. John has had a long career in the computer industry and used movies to help see beyond the keyboard. He carried his love of movies into a study of movie history, techniques, genres and players during his retirement, particularly with foreign-language movies.

Let's Talk About Food II

Tuesday 10:30AM - 11:50AM

Second 6 Weeks 19-Mar

ALL1070-C

Grossman 106

Limit: 25

Our food practices here are a result of waves of immigration, the immigrants' challenges, their foodways, and the interaction of what was already here and what could be grown, imported or produced. This course will explore the waves of immigration, the challenges the immigrants faced, and where and how they made their way into enriching the American diet. For the last class, we will meet that evening in my home to share a meal. Everyone will be expected to contribute a dish that either represents their own heritage or the ethnic food 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. She also enjoys cooking new and varied recipes. A retired professor of Sociology from SUNY Oneonta, she has coordinated many classes on a variety of social science topics for ALL.

Introduction to French

Tuesday 1:30PM - 2:50PM

12 Weeks 30-Jan

ALL1345-C

Grossman 106

Limit: 20

Using a multi-prong approach, understanding and speaking are obtained through class participation. A printed copy of each lesson will be provided at the end of each class, which will allow students to obtain reading and writing skills. There will be a review the following week prior to the introduction of new material. This approach lends itself to lively interactive classes.

Coordinator: Marie Boucher. Marie has an MA in French Literature and is also a certified French/English translator. She has served as a translator for Arid Lands Studies at the University of Arizona, where she was also a teaching assistant. In addition, she taught adult education classes in Tucson, AZ, and Lexington and Wellesley, MA. Marie has lived in French-speaking countries and has US/Belgium dual nationality.

Functional Art

Tuesday 2:30PM - 5:30PM *

First 6 Weeks 30-Jan

ALL1356-C

Tilden Arts Center

Limit: 12

In this course, we will be using techniques from the Mackenzie-Childs style of design in order to create pieces of decorative furniture and furnishings. (See examples at mackenzie-childs.com.) This will be a three-hour class held in the studio of the Tilden Arts Center at Cape Cod Community College. A list of supplies and instructions on furniture preparation will be sent to class participants before class begins. Members will be

TUESDAY (Continued)

asked to come to class with a primed and base-coated piece of furniture or furnishing, along with basic painting supplies.

Coordinator: Joan Freedman. Joan has taken lessons in furniture painting for 10 years from Ginny Boylan in Cummaquid and at the Cotuit Center for the Arts. She is delighted to bring this course to ALL.

WEDNESDAY

Great Decisions
Wednesday 9:00AM - 10:20AM
First 6 Weeks 31-Jan

ALL1306-Z
Zoom
Limit: 20

Great Decisions is a world affairs discussion program designed by the Foreign Policy Association (fpa.org). Each year the FPA chooses eight topics to discuss, and produces print and video materials to provide the background for these discussions. Topics for 2024 are: Mideast Realignment, Climate technology and competition, Science across borders, U.S.- China trade rivalry, NATO’s future, Understanding Indonesia, High Seas Treaty, and Pandemic preparedness. This will be a discussion class. We invite participants to share insights, additional readings, knowledge and opinions on each of the topics discussed. *The Great Decisions 2024 Briefing Book* can be ordered from fpa.org for \$35.00. For the first class, please read the chapter on Mideast Realignment. We will begin the class by viewing an informational video on this topic.

Coordinators: Deborah Titolo, Bill Gentes. Deborah is a retired high school librarian who has co-led classes in Global Literature, A Different Take on American History, and Great Decisions in Spring 2023. She has participated in several Great Decisions classes, and enjoys taking many different courses through ALL. Bill is a retired financial executive with a background in finance and global supply chain management. He has also participated in and co-led several Great Decisions classes.

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

ALL999-HC
Grossman 115
Limit: 18

Based upon the think tank, The Millennium Project’s program of the 15 Global Challenges, each session focuses on one of the challenges: the environment, global water, population growth, the internet, democracy, economies, health, women, war and peace, education, energy, crime, science and technology, and global ethics. These topics will include a data base for conversation about how we can create a healthy futures plan for the challenge. Go to millennium-project.org for free, brief

summaries of each of the 15 challenges.

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 has taught these challenges in the high schools of Washington, DC, and at various times, as a lecturer in Vancouver and Toronto in Canada.

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

ALL999-HZ
Zoom
Limit: 10

This is the Zoom version of this hybrid class.

Coordinator: Tom Murphy. Hybrid Zoom version.

The Economist
Wednesday 10:30AM - 11:50AM
12 Weeks 31-Jan

ALL1328-HC
Grossman 115
Limit: 25

This popular and lively class is based on *The Economist*, a weekly publication acclaimed for its coverage and analysis of world events, politics, business, technology, the arts and other issues of current interest. Each week, we will discuss the previous week’s edition. After the first session, volunteers will choose articles and lead the discussion for subsequent weeks. Access to *The Economist* is recommended for this course. Short and long-term subscriptions are available in print and/or digital format directly from www.economist.com. *The Economist* articles for the first class will be sent by the coordinator during the prior week.

Coordinators: Michael Sullivan, Bill Holcombe. Mike, a mostly retired NYC litigator, has been an active ALL member for several years and has taught this class for last two semesters. He has a keen interest in national and world events. Bill is retired and has lived and worked outside the US for over 20 years. He still travels to Europe regularly where he used to enjoy coffee with the *International Herald Tribune*.

The Economist
Wednesday 10:30AM - 11:50AM
12 Weeks 31-Jan

ALL1328-HZ
Zoom
Limit: 12

This is the Zoom version of this hybrid course.

Coordinators: Michael Sullivan, Bill Holcombe. Hybrid Zoom version.

WEDNESDAY (Continued)**London Redux: More walks, places and stories about our favorite city** **ALL1351-C**

Wednesday 10:30AM - 11:50AM

Grossman 106

12 Weeks 31-Jan

Limit: 25

Follow us as we delve into dark corners, hidden truths and lesser-known characters and neighborhoods in a new exploration of London's history and personages. We will use videos, photos and other media to bring London to you.

Coordinators: Chris Johnston, David Johnston. David and Chris have been teaching for many years at ALL and have collaborated on courses dealing with art history, travel and museums.

So You Want To Be a Poet

Wednesday 12:00PM - 1:20PM

ALL077-C

Grossman 106

12 Weeks 31-Jan

Limit: 15

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 that you cannot say anything negative about your own writing. Please bring copies of a poem to the first class.

Coordinators: Glyn Dowden, Mary Bonacker. Glyn, from Wales, has self-published his memoirs, two poetry books, a book of essays and a book of short stories. He is currently working on three other books, performing poetry readings and is involved in a reenactment stage performance of the Welsh poet Dylan Thomas. Mary, a retired systems analyst, a paralegal and a special education aide, participated in a poetry group during Covid-19 and has been a member of a women's writing group since 2018.

Franz Kafka: Shorter (and Shortest) Fictions **ALL1353-C**

Wednesday 12:00PM - 1:20PM

Grossman 115

First 6 Weeks 31-Jan

Limit: 25

On the centenary of his premature death, let's let a few weird, witty, cryptic, startling, moving, harrowing, visceral, cerebral, dream-scary, cartoon-funny, heart-bruising, spirit-wrestling, brain-tingling fictions conjured by Prague's most famously anxious German-writing Jew mess with our minds. Let's see what stories ranging from the 50-page "The Metamorphosis" to a bonbon-brief 45 words of nail-on-the-head prose do to us and what we make of them. Students should acquire, if at all possible, *Franz Kafka: The Complete Stories* (Schocken Books, NY, ISBN #0-8052-1055-5). We will look at some lesser-known fictions that may not appear in other collections. It would be great, for close analysis and class discussion, to share translations and page numbers.

Coordinator: Robert Chibka. Bob taught fictions and fiction-writing at Boston College for 30-some-odd years before retiring to Brewster. He enjoys being pushed around by sentences and returning the favor.

Great Books

Wednesday 1:30PM - 2:50PM

12 Weeks 31-Jan

ALL013-C

Grossman 106

Limit: 15

The Great Books program provides a thoughtful, analytical way to view classic literature. Using *Great Conversations: 4* as the class text, we will explore the works of great authors through a questioning lens to help us deconstruct and build meaning in complex and ambiguous text by the greatest authors of the Western world. Using a variety of questions and sharing insights through lively discussion makes Great Books a fabulous literary program. If students do not already have the book, copies are available from several used book stores, such as AbeBooks.com.

Coordinator: Judith Egan. Judy, a professional teacher, has implemented a Great Books program in grades 1-6 for 10 years. She is an avid reader of a variety of genres and values the skill of questioning required to create deep meaning.

Sustainable Gardening

Wednesday 1:30PM - 2:50PM

Second 6 Weeks 20-Mar

ALL1163-C

Grossman 115

Limit: 20

Let's "go green" in our gardens and have ourselves a really good time doing it. This class will focus on sustainable practices in the home garden as we all "dig in" with the arrival of spring. The class will include lectures (short!), class discussion (lots!) and a few hands-on projects (fun!). Possible topics include: birds, brush piles, compost, leaves, mulch, natives and pollinators.

Coordinator: Gina Poole. Gina is a teacher, musician and lifelong lover of music and gardens. She is a certified master gardener who now gardens in Sandwich Village and East Brewster.

Twentieth-century Russians

Wednesday 3:00PM - 4:20PM

12 Weeks 31-Jan

ALL1355-Z

Zoom

Limit: 25

As the world looks on at Vladimir Putin's continuing attempts to resurrect the Russian empire, it may be time to revisit the music the country's composers produced during the last century—before, during and after the USSR, and often in defiance of Tsarist, Soviet and post-Soviet prohibitions. Who were they? Famous names include Rimsky-Korsakoff, Rachmaninoff,

WEDNESDAY (Continued)

Scriabin, Stravinsky and Shostakovich; others worth knowing range from Medtner and Myaskovsky to composers traditionally identified as Russian but who actually came from Ukraine (Glière, Prokofiev, Silvestrov), Georgia (Kancheli), Armenia (Khachaturian, Terteryan), or other sometime-Soviet republics. The course will showcase composing and performing traditions that have flourished despite periods of extreme adversity and should continue to inspire us today.

Coordinator: John Temple. John is a retired business writer, long-ago concert reviewer, and 20-year Barnstable resident. This will be his 13th ALL course and, like the others, will concentrate on a limited subset of classical music and include performance videos of complete works. Prior courses have focused on specific composers (e.g. Mozart concertos, Mahler symphonies), musical genres (chamber music, choral works), and topics that cross categories (nationalism in music, music of the 1930s, etc.).

Becoming America

Wednesday 3:00PM - 4:20PM
First 6 Weeks 31-Jan

ALL1358-C

Grossman 106
Limit: 25

In these six sessions, we will strive to better understand how we became the nation we are today. We will discuss the following topics: the "First People" and their legacy; the colonial heritage; slavery and its enduring impact; pioneering the arts of self-government and its limitations; becoming an industrial, cultural and military colossus; and the struggle for economic justice. We will uncover the essential arguments America has always had in finding our way and defining ourselves.

Coordinator: Lawrence Brown. Larry was a humanities teacher at Cape Cod Academy for 34 years, at ALL for five years and a columnist for the *Cape Cod Times* for 37. He has published five books, including a text on Hindu theology and a World Geography textbook. He has also been a teacher of American history.

THURSDAY**Beginning Tai Chi**

Thursday 9:00AM - 10:20AM
12 Weeks 1-Feb

ALL1338-Z

Zoom
Limit: 12

We will start by learning a short choreographed 10-movement "form." Along with movement, we'll delve into Chinese culture and the history of this art and how we can use parts of what was once the most feared and lethal method of fighting in China to promote and to extend wellness. The short (about three-minute) forms can be used at home to relieve stress, insomnia and as low impact exercises to aid in strengthening flexibility, strength and balance. All that is required is comfortable clothing, a space about six feet wide and four feet deep. But be aware, one never learns Tai Chi; it is a continuing journey to extending the quality of life.

Coordinator: Bil Mikulewicz. When he retired, fearful of becoming a couch potato like his father, Bil started studying Tai Chi and became addicted. He has been learning Tai Chi for 12 years, and teaching it the last seven. He is certified to teach the hand form of Yang Family Tai Chi Chuan, one of the five historic schools recognized in China.

Hannah Arendt

Thursday, 10, 9:00AM - 10:20AM
Second 6 Weeks 21-Mar

ALL1309-HC

Grossman 115
Limit: 15

This course will discuss the life and works of Hannah Arendt, a young German/Jewish philosopher who escaped the holocaust and came to the US. She became one of the most prominent political philosophers in the world and left a legacy of important works, including *The Origins of Totalitarianism*, *The Human Condition* and *Eichmann in Jerusalem*. A fractured world needs her insights today. This will not be a lecture but a discussion course utilizing a few chapters each week of the book *Hannah Arendt* by Samantha Rose Hill, part of the *Critical Lives* series.

Coordinator: David Mulligan. Dave has been teaching at ALL for about 10 years. His background includes being a missionary in Bolivia, Commissioner of MA Dept. of Public Health, and a Professor at Stonehill College.

Hannah Arendt

Thursday 9:00AM - 10:20AM
Second 6 Weeks 21-Mar

ALL1309-HZ

Zoom
Limit: 10

This is the Zoom version of this hybrid course.

Coordinator: David Mulligan. Hybrid Zoom version

Great Decisions

Thursday 10:30AM - 11:50AM
First 6 Weeks 1-Feb

ALL1293-C

Grossman 106
Limit: 25

Great Decisions is a political discussion course based on the *Great Decisions 2024 Briefing Book* published by the Foreign Policy Association (fpa.org). There will be eight topics listed for discussion of which we will choose six, given our six-week format. There will be a short video for each subject at the beginning of each class. Outside source materials, newspapers, magazines, etc. are encouraged and very welcome. The issues are generally fairly complex but do lend themselves to discussion, if not solutions. That being said, your facilitators are always hopeful. The *Great Decisions 2024 Briefing Book* is a must for this course, \$35.00 from fpa.org.

Coordinators: Paul Arnold, David Gilliland. Paul is a past ALL President and generally teaches political discussion courses. He looks forward to a stimulating discussion class, filled with bright ALL members. David is a Naval Academy graduate who recently retired as a Delta Airlines pilot. This will be his second time co-coordinating the Great Decisions course.

THURSDAY (Continued)**The Great Yeats**

Thursday 10:30AM - 11:50AM
First 6 Weeks 1-Feb

ALL1228-C

Grossman 115
Limit: 25

This course will cover a wide-ranging selection of poems by William Butler Yeats, one of the greatest of 20th century poets. The focus will be on volumes from 1919 on. Background on Yeats' interesting life will provide the context for these magnificent works. The course text, *The Collected Poems of W.B. Yeats*, is suggested, but not required.

Coordinator: Steve Piontek. Steve has loved the poems of William 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.

Butterflies Across Cape Cod

Thursday 10:30AM - 11:50AM
Second 6 Weeks 21-Mar

ALL1265-C

Grossman 115
Limit: 15

In this course, we will identify butterfly species that are found on Cape Cod and use a PowerPoint presentation to look at the identifying characteristics, anatomy and life stages of butterflies. We will explore the relationship between butterflies and plants that will guide us in finding habitat that supports the various species. We will also suggest publicly accessible places to find butterflies and discuss habitat rehabilitation and how to invite butterflies into our neighborhoods and yards.

Coordinator: Joe Dwelly. Joe has surveyed for butterflies across Cape Cod since 2011 and has established a database of species and species density. A member of the Massachusetts Butterfly Club, a chapter of the North American Butterfly Association (NABA), Joe has led NABA July counts and field walks and has served as a regional coordinator for the eButterfly database.

Loving the Short Story

Thursday 1:30PM - 2:50PM
12 Weeks 1-Feb

ALL055-Z

Zoom
Limit: 25

Students will discuss two stories at each session, sharing ideas and perceptions to enhance the understanding of the readings. The new text for spring semester will be *The Best Short Stories 2023: The O. Henry Prize Winners*, edited by Lauren Groff.

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.

Beginning Watercolor

Thursday 2:30PM - 5:30PM *
Second 6 Weeks 21-Mar

ALL711-C

Tilden Arts Center
Limit: 10

This class will introduce beginners to drawing and perspective principles needed for a watercolor composition using 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) 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 by email at least three weeks before the start of the first class. Make sure you have the correct email address on your application.

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 in one-woman and two-women shows, and juried exhibitions.

Experiencing Aging:**Continuing Conversations for Women**

Thursday 3:00PM - 4:20PM
Second 6 Weeks 21-Mar

ALL1324-Z

Zoom
Limit: 15

This course continues the series on aging for women. This is a discussion class with class members receiving a weekly email containing a reading or article of interest on the topic of aging and questions for discussion. Most important are class members' own stories about their aging experiences. We women can support, encourage and inspire one another and, most importantly, have a lot of laughs! Come to the first class prepared to introduce yourself to other class members by sharing where you are currently on your aging journey. There is no specific text for this class. Lots of different resources are drawn upon. You will also receive a bibliography of books for further reading on the topic.

Coordinator: Pat Stover. Pat has been coordinating classes at ALL for over 14 years, primarily focused on women's issues from a feminist perspective. Currently, Pat continues her focus on women's aging and the support, encouragement and inspiration we women can provide for each other by sharing our own stories.

Learning to Fish Cape Cod Bay and Beaches

Thursday 3:00PM - 4:20PM
Second 6 Weeks 21-Mar

ALL1305-C

Grossman 106
Limit: 25

More people fish worldwide than those who play golf and tennis combined, and women now represent the largest growth segment. Designed for beginners and seasoned beach or boat anglers, this course will provide fishing basics, introduce techniques and discuss the skills needed for this great pastime. We will learn where and how to fish and discuss fishing gear types, best fishing times and best locations. Course material and discussions will focus on the combined experience base of the participants to ensure that course objectives are met for all.

Coordinator: Steve Leary. Steve, a licensed US Coast Guard charter boat captain, has fished Cape Cod waters for over 30 years and authored a number of articles for *My Fishing Cape Cod*. Owner of Wingman Sportfishing Charters operating out of Barnstable Harbor, he is a Pro-Staff Captain for Goose Hummock Shops, A Band Of Anglers and NorthCoast Boats.

THURSDAY (Continued)**Writing Incubator**

Thursday 3:00 pm - 4:20 pm
12 Weeks 1-Feb

ALL780-Z
Zoom
Limit: 15

Do you write? Just beginning? Or for many years now? This long-standing ALL class offers writers a relaxed, comfortable atmosphere to deepen their writing habits through weekly reading, critique and discussion of developing writing skills. Essay, novel or poetry – whatever your genre, sharing your work will advance your writing style and deepen the growth and knowledge of your writing skills.

Coordinators: Mary Lou Heintz, Maggie French. Mary Lou is a retired psychologist and long-time field naturalist who has been part of the Writing Incubator for several years, writing about nature, history and travel. She was a judge for The Golden Crown Literary Society for several years. Maggie – life coach and emerging crone. Maggie was a financial executive in manufacturing and health care for 25 years, followed by a decade as a certified life coach in personal and professional development. The study of philosophy, its changing nature and impact on the values of aging in our society provide her with an enhanced perspective of her life as she enters her 70th year.

FRIDAY**Introduction to Nichiren Buddhism**

Friday 10:30AM - 11:50AM
Second 6 Weeks 22-Mar

ALL866-C
Grossman 106
Limit: 20

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 49 years. Steve, a retired magazine editor who also teaches ALL courses about opera, has been practicing Nichiren Buddhism for over 50 years.

Philosophy and Film

Friday 1:00PM - 4:00PM *
12 Weeks 2-Feb

ALL756-C
Grossman 106
Limit: 19

This course explores some of the great ideas of both Eastern and Western thought. To understand the ideas as best we can, we will view and discuss six classic American films that illustrate them: *The Matrix*, *Crimes and Misdemeanors*, *Groundhog Day*, *High Noon*, *Double Indemnity* and *On the*

Waterfront. No previous knowledge of philosophy is required, but a love of films and a desire to improve critical thinking about them is. *Class times will vary in length. Those classes in which we introduce a topic will be 90 minutes (weeks 1,3,5,7,9,11). Those classes in which we view and discuss the film will be three hours (weeks 2,4,6,8,10,12).

Coordinator: Tom Gotsill. Tom taught literature, philosophy and humanities on the secondary level for 40 years. He also taught graduate courses at Northeastern University. He is a writer whose work can be found at www.tomgotsill.com.

Mindfulness Meditation in Theory and Practice

Friday 1:30PM - 2:50PM
First 6 Weeks 2-Feb

ALL1323-C

Grossman 115
Limit: 25

This course will include the history and background of mindfulness meditation, plus in-class practice of a variety of meditation techniques. Subjects covered include the meaning of mindfulness and meditation, the benefits of meditation, various techniques of meditation, the history of meditation, guided meditation, and advanced meditation techniques. Students will be encouraged to meditate at home between classes.

Coordinator: James Kershner. James is a professor emeritus at Cape Cod Community College. He holds a bachelor's degree from Marietta College and a master's degree from Penn State University. He has been meditating over the past 50+ years and was ordained by Zen Master Thich Nhat Hanh as a meditation leader in 2002. He has been leading a meditation group, the Cape Sangha, since 1997. He has taught workshops in a variety of settings. He is the author of a spiritual memoir, *Becoming Peacemaker*.

Jazz Fundamentals

Friday 3:00PM - 4:20PM
12 Weeks 2-Feb

ALL813-C

Grossman 115
Limit: 25

What is this thing called "jazz"? Our goal is to help you develop a deeper understanding of America's original art form, jazz, so you can fully enjoy listening to recordings and watching live performances. Lectures and class discussions will cover its origins, cultural context, theory, evolution, stylistic periods and influential contributors. We will spend a large portion of class time listening to significant recordings and watching videos.

Coordinators: Greg Polanik, Corina Iukovici. A semi-professional musician by night, Greg has over 50 years of performance experience. He has formally studied music theory, jazz history, jazz improvisation and musical acoustics, and has spent many nights in the jazz clubs of St. Louis. Corina shares Greg's love of jazz. She co-coordinated previous editions of this class, as well as their Música Cubana course.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	First 6 Weeks	29-Jan	ALL1343-C	Antigone: Alive!	Grossman 106	Roger Shoemaker
Monday	9:00AM - 10:20AM	First 6 Weeks	29-Jan	ALL1354-C	Stories From Afar	Grossman 115	David Darling, Carol Darling
Monday	10:30AM - 11:50AM	First 6 Weeks	29-Jan	ALL1344-C	More Delight, More Poems	Grossman 106	Joseph Auciello
Monday	10:30AM - 11:50AM	First 6 Weeks	29-Jan	ALL1352-C	Introduction to Chess	Grossman 115	Larry Pincus, John Heneghan
Monday	10:30AM - 11:50AM	First 6 Weeks	29-Jan	ALL1001-Z	Using Children's Literature To Teach Science	Zoom	Patricia McKean
Monday	10:30AM - 11:50AM	First 6 Weeks	29-Jan	ALL1210-Z	Memoirs - Lest We Forget	Zoom	Dianne Tattersall
Monday	10:30AM - 11:50AM	Second 6 Weeks	18-Mar	ALL1346-HC	Letters From an American	Grossman 115	Paul Coteus
Monday	10:30AM - 11:50AM	Second 6 Weeks	18-Mar	ALL1346-HZ	Letters From an American	Zoom	Paul Coteus
Monday	12:00PM - 1:20PM	12 Weeks	29-Jan	ALL1341-Z	12 Films That Film Buffs Should Know and Why-Section A	Zoom	Joseph González
Monday	12:00PM - 1:20PM	First 6 Weeks	29-Jan	ALL1349-Z	Discussing the Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	12:00PM - 1:20PM	Second 6 Weeks	18-Mar	ALL1350-Z	Still Discussing the Essay	Zoom	Brett Burgess, Deborah Titolo
Monday	1:30PM - 2:50PM	12 Weeks	29-Jan	ALL1342-Z	12 Films That Film Buffs Should Know and Why-Section B	Zoom	Joseph González
Monday	1:30PM - 2:50PM	First 6 Weeks	29-Jan	ALL1357-HC	If You Met My Family You'd Understand	Grossman 115	David Mullen
Monday	1:30PM - 2:50PM	First 6 Weeks	29-Jan	ALL1357-HZ	If You Met My Family You'd Understand	Zoom	David Mullen
Monday	1:30PM - 2:50PM	First 6 Weeks	29-Jan	ALL1329-C	Sample a New Leisure Activity	Grossman 106	Patricia McKean
Monday	3:00PM - 4:20PM	First 6 Weeks	29-Jan	ALL1340-Z	Why Not Wine?	Zoom	John Ward
Monday	3:00PM - 4:20PM	Second 6 Weeks	18-Mar	ALL1321-C	Aging, Philosophy and a Changing Perspective	Grossman 106	Maggie French
Tuesday	9:00AM - 10:20AM	First 6 Weeks	30-Jan	ALL1359-C	Cape Cod History Course	Grossman 106	James Coogan
Tuesday	10:30AM - 11:50AM	12 Weeks	30-Jan	ALL1311-Z	Surviving Entropy	Zoom	Stew Goodwin
Tuesday	10:30AM - 11:50AM	12 Weeks	30-Jan	ALL1348-C	For the Grandchildren	Grossman 115	June Calender
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	19-Mar	ALL1360-Z	French Cinema from the '30s to the '70s	Zoom	John Stowe
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	19-Mar	ALL1070-C	Let's Talk About Food II	Grossman 106	Marilyn Nouri
Tuesday	1:30PM - 2:50PM	12 Weeks	30-Jan	ALL1345-C	Introduction to French	Grossman 106	Marie Boucher
Tuesday	2:30PM - 5:30PM *	First 6 Weeks	30-Jan	ALL1356-C	Functional Art	Tilden Arts Center	Joan Freedman
Wednesday	9:00AM - 10:20AM	First 6 Weeks	31-Jan	ALL1306-Z	Great Decisions	Zoom	Deborah Titolo, Bill Gentes
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	20-Mar	ALL999-HC	15 Challenges of the Future	Grossman 115	Tom Murphy

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	20-Mar	ALL999-HZ	15 Challenges of the Future	Zoom	Tom Murphy
Wednesday	10:30AM - 11:50AM	12 Weeks	31-Jan	ALL1328-HC	The Economist	Grossman 115	Michael Sullivan, Bill Holcombe
Wednesday	10:30AM - 11:50AM	12 Weeks	31-Jan	ALL1328-HZ	The Economist	Zoom	Michael Sullivan, Bill Holcombe
Wednesday	10:30AM - 11:50AM	12 Weeks	31-Jan	ALL1351-C	London Redux: More walks, places and stories about our favorite city	Grossman 106	Chris Johnston, David Johnston
Wednesday	12:00PM - 1:20PM	12 Weeks	31-Jan	ALL077-C	So You Want To Be a Poet	Grossman 106	Glyn Dowden, Mary Bonacker
Wednesday	12:00PM - 1:20PM	First 6 Weeks	31-Jan	ALL1353-C	Franz Kafka: Shorter (and Shortest) Fictions	Grossman 115	Robert Chibka
Wednesday	1:30PM - 2:50PM	12 Weeks	31-Jan	ALL013-C	Great Books	Grossman 106	Judith Egan
Wednesday	1:30PM - 2:50PM	Second 6 Weeks	20-Mar	ALL1163-C	Sustainable Gardening	Grossman 115	Gina Poole
Wednesday	3:00PM - 4:20PM	12 Weeks	31-Jan	ALL1355-Z	Twentieth-century Russians	Zoom	John Temple
Wednesday	3:00PM - 4:20PM	First 6 Weeks	31-Jan	ALL1358-C	Becoming America	Grossman 106	Lawrence Brown
Thursday	9:00AM - 10:20AM	12 Weeks	1-Feb	ALL1338-Z	Beginning Tai Chi	Zoom	Bil Mikulewicz
Thursday	9:00AM - 10:20AM	Second 6 Weeks	21-Mar	ALL1309-HC	Hannah Arendt	Grossman 115	David Mulligan
Thursday	9:00AM - 10:20AM	Second 6 Weeks	21-Mar	ALL1309-HZ	Hannah Arendt	Zoom	David Mulligan
Thursday	10:30AM - 11:50AM	First 6 Weeks	1-Feb	ALL1293-C	Great Decisions	Grossman 106	Paul Arnold, David Gilliland
Thursday	10:30AM - 11:50AM	First 6 Weeks	1-Feb	ALL1228-C	The Great Yeats	Grossman 115	Steve Piontek
Thursday	10:30AM - 11:50AM	Second 6 Weeks	21-Mar	ALL1265-C	Butterflies Across Cape Cod	Grossman 115	Joe Dwelly
Thursday	1:30PM - 2:50PM	12 Weeks	1-Feb	ALL055-Z	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	2:30PM - 5:30PM *	Second 6 Weeks	21-Mar	ALL711-C	Beginning Watercolor	Tilden Arts Center	Mary Lou Mack
Thursday	3:00PM - 4:20PM	Second 6 Weeks	21-Mar	ALL1324-Z	Experiencing Aging: Continuing Conversations for Women	Zoom	Pat Stover
Thursday	3:00PM - 4:20PM	Second 6 Weeks	21-Mar	ALL1305-C	Learning to Fish Cape Cod Bay and Beaches	Grossman 106	Steve Leary
Thursday	3:00PM - 4:20PM	12 Weeks	1-Feb	ALL780-Z	Writing Incubator	Zoom	Mary Lou Heintz, Maggie French
Friday	10:30AM - 11:50AM	Second 6 Weeks	22-Mar	ALL866-C	Introduction to Nichiren Buddhism	Grossman 106	Susan Whalley, Steve Piontek
Friday	1:00PM - 4:00PM *	12 Weeks	2-Feb	ALL756-C	Philosophy and Film	Grossman 106	Tom Gotsill
Friday	1:30PM - 2:50PM	First 6 Weeks	2-Feb	ALL-1323-C	Mindfulness Meditation in Theory and Practice	Grossman 115	James Kershner
Friday	3:00PM - 4:20PM	12 Weeks	2-Feb	ALL813-C	Jazz Fundamentals	Grossman 115	Greg Polanik, Corina Iukovici

ALL Registration Form Spring 2024

If possible, please download and complete this form on your computer before printing.

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

For Office Use Only

Invoice# _____ Amount _____
Reference/Ck# _____
C _____ L _____ S _____

Mail your completed form with your check for \$105 to the above address. OR
Email this form to allccregister@gmail.com and pay the membership fee plus a \$5 handling fee (\$110 total)
by credit card online by selecting the "Pay By Credit Card Here" Button at capecodall.org/registration.

Name _____ Date of Birth _____

Street _____

City _____ State _____ ZIP _____ New address? _____

Phone (Home) _____ (Cell) _____ New phone #? _____

Email _____ New Email Address? _____

Emergency Contact _____ Phone _____ Relationship _____

FIRST TIME Member? _____ How did you learn about ALL? _____

Please contact me about "coordinator" opportunities. Y _____ N _____

Please select up to four 6-week courses, two 12-week courses or one 12-week and two 6-week courses.

Please choose alternates in case your preferred courses are full.

Please list courses in order of preference, including alternate choices.

Please note: Course number suffixes signify location.

C=Classroom Z=Zoom HC=Hybrid Classroom HZ=Hybrid Zoom

Preferred Courses

(Ofc. Use)	Course #	Location C,Z,HC,HZ	Course Name	Day/Time	12 wk	1 st 6 wk	2 nd 6 wk
1.	ALL						
2.	ALL						
3.	ALL						
4.	ALL						

Alternate Courses (if preferred are full)

1.	ALL						
2.	ALL						
3.	ALL						
4.	ALL						

The ALL Registration process will open on Monday, January 8th at 9 am for registration forms received by January 5th. No preference will be given to early postmarks or delivery dates.



Board of Directors 2023-2024

Dianne Tattersall	President and Chair of Hospitality	2024
Paul Coteus	Vice President	2025
Kirk Young	Treasurer	2024
Patricia McKean	Clerk	2026
Rita Ailinger	Desk Volunteer Coordinator	2026
Jean DeVincentis	Registration	2024
Diane Hoover	Special Events	2024
Miriam Kronish	Curriculum	2024
Marilyn Nouri	Long-Range Planning	2024
Marianne Triplette	Communications	2026
Joan Freedman	Member-at-Large	2025
Alice Mitchell	Member-at-Large	2026
Denise Benjamin	Member-at-Large	2026

Office Administrator: Cynthia Jayne

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