

Fall 2020
**Course
Catalog**
Volume 19 Number 2

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.

Course Index by Category

Arts and Culture

- ALL1164** Native Americans in the Arts 8
ALL1152 Great Films of Three Decades 1960s, 1970s and 1980s 16

Current Events

- ALL1120** China's Conundrum: Growth vs. Stability 9
ALL1121 China's Global Objectives..... 10
ALL1160 The Future of American Foreign Policy ***CANCELLED*** 10
ALL1158 An Election Roundtable 12
ALL899 The Election 2020..... 13
ALL1156 The Vietnam War and American Diplomacy 13
ALL1139 Gunfight..... 15
ALL999 15 Challenges of the Future 18

Film, Music, Drama

- ALL1169** Hitchcock: The Dark Side of Genius and Pure Cinema 8
ALL1118 Hitchcock: The Dark Side of the Genius (a continuation) 8
ALL1149 Music of Liberation..... 14

Health and Wellness

- ALL1168** Happiness, Wellbeing and Stability in Challenging 13
Times: Tools for building a personal "new normal"
ALL1154 Social Issues in Public Health..... 16
ALL1155 The Great Influenza 17

History

- ALL1128** Massachusetts History, Pride and Prejudice?..... 10
ALL1166 Some Aspects of the American Revolution 11
ALL1069 The Black Experience in America (Part 2)..... 12
ALL913 Major Presidential Campaigns in US History 14
ALL1144 Hoffa, the Mafia, the Middle Class 16
ALL1170 The Black Experience in America 19

Law and Government

- ALL1108** Immigration in America: Policy and Practice..... 13

Literature

- ALL1150** Hidden Gifts from Reprobates and Rebels..... 15
ALL737 Pride and Prejudice and Emma: 15
Reading Jane Austen Today
ALL055 Loving the Short Story 16

Personal Interest

- ALL1105** Origami Introduction 7
ALL1157 Intermediate Origami - snowflakes and?..... 7
ALL1167 Beyond Red or White: The Zoom Edition! 9
ALL1165 The Mastery of Good Habits and Great Skills 9
ALL1163 Sustainable Gardening 10
ALL1159 Travel Talk: The Future Look of Travel..... 15
ALL479 The Art of Negotiation and Nonviolent Communication... 19
ALL878 Basics of Estate Planning..... 19

Philosophy and Religion

- ALL1051** Food for Thought: Plato at the Table 8
ALL489 How Philosophy Can Change Your Life..... 12
ALL1171 The Roots of Faith-B 12
ALL1147 The Seat of the Soul 14
ALL1131 Holism 101 14
ALL1142 The Roots of Faith-A..... 17
ALL866 Introduction to Nichiren Buddhism..... 18

Science

- ALL1127** Climate Change and What You Can Do About It..... 7
ALL1148 What's the Weather 11
ALL1153 Would You Like to Improve your Understanding..... 17
of Climate Change?
ALL1001 Using Children's Literature to Teach Science..... 18

Social Issues

- ALL1161** Replacing Discrimination 11
ALL1123 The Art of Discussion 14
ALL1162 The Idea of Community 16

Writing and Rhetoric

- ALL077** So You Want to be a Poet ***CANCELLED*** 12
ALL780 Writing Incubator 17
ALL1030 Telling Stories 18

The Academy for Lifelong Learning

Academic Calendar for Fall 2020

Registration begins	Monday, August 24 at 9 a.m.
New Member Orientation	Cancelled
Coordinators' Luncheon	Cancelled
Classes begin	Monday, September 14
First six-week classes end	Monday, October 26
Second six-week classes begin	Tuesday, October 27
Classes end	Wednesday, December 16

Holidays – no classes

Columbus Day	Monday, October 12
Veteran's Day (observed)	Wednesday, November 11
Thanksgiving Break	Tuesday-Friday, November 24-27

Beginning and end dates of courses:

12-week courses		First 6 weeks		Second 6 weeks	
Mondays:	9/14 – 12/7	Mondays:	9/14 – 10/26	Mondays:	11/2 – 12/7
Tuesdays:	9/15 – 12/8	Tuesdays:	9/15 – 10/20	Tuesdays:	10/27 – 12/8
Wednesdays:	9/16 – 12/16	Wednesdays:	9/16 – 10/21	Wednesdays:	10/28 – 12/16
Thursdays:	9/17 – 12/10	Thursdays:	9/17 – 10/22	Thursdays:	10/29 – 12/10
Fridays:	9/18 – 12/11	Fridays:	9/18 – 10/23	Fridays:	10/30 – 12/11

Spring Calendar 2021

Registration begins	Monday, January 11 at 9 a.m.
New Member Orientation	TBA
Coordinators' Luncheon	TBA
Spring Classes begin	Monday, February 1
First six-week classes end	Monday, March 15
Second six-week classes begin	Monday, March 22
Classes end	Monday, May 3

Holidays – no classes

Presidents' Day	Monday, February 15
Spring Recess	Tuesday-Friday, March 16-19
Patriots' Day	Monday, April 19

Beginning and end dates of courses:

12-week courses		First 6 weeks		Second 6 weeks	
Mondays:	2/1 – 5/3	Mondays:	2/1 – 3/15	Mondays:	3/23 – 5/3
Tuesdays:	2/2 – 4/27	Tuesdays:	2/2 – 3/9	Tuesdays:	3/24 – 4-27
Wednesdays:	2/3 – 4/28	Wednesdays:	2/3 – 3/10	Wednesdays:	3/25 – 4-28
Thursdays:	2/4 – 4/29	Thursdays:	2/4 – 3/11	Thursdays:	3/26 – 4-29
Fridays:	2/5 – 4/30	Fridays:	2/5 – 3/12	Fridays:	3/27 – 4/30

A Message from Our President

We at the Academy for Lifelong Learning hope this finds all of you safe and in good health! The Fall 2020 catalog, like the times we are in, looks different from our previous terms. The spring 2020 semester was abbreviated because of the coronavirus pandemic. This Fall we continue to operate with restricted access to the 4Cs campus and no access to Bridgewater State's South Yarmouth building. The ALL board of directors' choice was either to shift to offering a remote learning format or to cancel the fall semester entirely. After surveying our membership and our coordinators, the board voted to restructure the fall 2020 semester program to a remote-learning classroom format using Zoom.

We very much appreciate that some of our members may find this format unappealing. A majority of those we surveyed, both members and coordinators, prefer face-to-face classes but expressed interest in participating in a remote learning-based experience. Our decision was further supported by feedback that several ALL coordinators had successfully completed their Spring 2020 classes online. I am grateful to the many class coordinators who decided to offer their classes on-line and to the members who participated in those classes.

Our board is committed to continuing to serve the ALL membership and to meeting these challenges. I look forward to an early lifting of the pandemic restrictions, and I miss connecting with each other in person, both in class and at social events. We are identifying resources to help us all become more comfortable with Zoom and remote learning. Reflecting this, the Fall catalog includes class listings, an explanation of the registration process, and information about on-line class protocols, as well as advice for using Zoom.

As of this writing we have no clear idea what is in store for spring and fall semesters of 2021. Like you, we are developing a level of comfort with the technology, but we intend to do whatever we can to offer our members a wide variety of interesting and fun learning experiences.

I look forward to hearing your thoughts and suggestions in the coming months.

Jim Lathrop, *President*

From the Curriculum Committee

Welcome to the Fall 2020 semester of the Academy for Lifelong Learning of Cape Cod. This promises to be a semester unlike any other. Because of the Coronavirus, our courses will be presented on Zoom. As active learners, we look forward to this new challenge. Your curriculum committee proudly presents this catalog which contains a wide range of offerings - from historic events to contemporary issues. The richness of our program reflects the talents and skills of our coordinators. We encourage those of you with a special interest of your own to share it with us. Please consider offering a course in the spring 2021 semester or beyond.

Registration opens on Monday, August 24. Members will be able to browse the catalog online, complete the online registration form and print a hard copy to be mailed with your check to ALL. Classes begin on Monday, September 14. If you are enrolled in a class but find that you cannot attend, please notify the ALL office at 774-330-4400 so the coordinator can contact a person on the waiting list to take your place. We appreciate your suggestions and look forward to learning together.

Miriam Kronish, *Chair*

ALL Curriculum Committee

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

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. 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, it will be assumed that none are desired, and your payment will be refunded after all registrations are processed.

Registration

Registration processing begins Monday, August 24, and all members will have an equal chance of getting their course choices if their completed registration forms with a signed check are received by Friday, August 21. Registrations received after that date will be processed daily, but not until the original group is 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. 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 numbered registration form and please 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 enrolment 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 not be staffed for a while. Messages left at 774-330-4400 will be checked remotely on a regular basis but 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.

During the first week of classes, 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 enroll in any of those courses if they have the approval of the coordinator.

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.

In keeping with the purpose of ALL, there may be circumstances where ALL grants free membership to applicants in 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 tuition 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. Course coordinators are not subject to the membership fee.

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 be attending, 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 or acadlll@capecod.edu.

Use of Zoom

ALL decided to use Zoom as the application for conducting remote classes. Many of you may already be comfortable using Zoom after a few months of pandemic isolation. Class coordinators will email a link to the class with a meeting ID and password only to registered members of the class before the first meeting.

Please familiarize yourself with Zoom. There are excellent tutorial resources available online. One very useful video, entitled "Joining a Zoom Call for the First Time; Fun and Easy Online Connection", should be viewed by anyone who is not yet comfortable using this communications tool. It is viewable at: <https://www.youtube.com/watch?v=9isp3qPeQ0E>. Other training opportunities will be communicated through email or our newsletter.

Helpful Hints

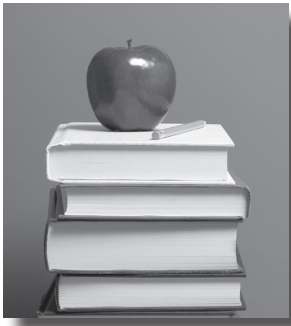
There are some basic behaviors while using any face-to-face medium that are especially important in a classroom environment. Think of a Zoom class as a face-to-face meeting and conduct yourself as you would if you were all present in the same room. In addition, there are some additional useful tips below to observe to help ensure the meeting goes smoothly for all involved:

- Join early – up to 5 minutes before the meeting start time.
- If you haven't used Zoom before, click the link to download Zoom prior to the day of the meeting and familiarize yourself with any features you may need to use on the day – mute/unmute microphone, stop/start video, screenshare etc.;
- Have your video on unless you are experiencing connection issues.
- Find a quiet space without interruptions or background noise.
- 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.
- Mute your microphone when not talking.
- Try to avoid talking over / at the same time as other participants.
- Be aware you are on camera, so try to avoid doing other tasks (checking emails, looking at your phone, etc.)
- 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 payment, that are received by Friday, August 21, 2020, 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 August 21 are processed when received. Please be sure to include alternate choices in case the classes you chose are full.

ALL NEEDS YOU!

Become a Coordinator of a class at the Academy for Lifelong Learning in the Spring 2021 Session.



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

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

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

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

**The Curriculum Committee will begin scheduling classes on October 16.
Proposals greatly appreciated by early October.**

MONDAY**Origami Introduction**

Monday 9:00AM - 10:20AM

First 6 Weeks 14-Sep

ALL1105

Zoom

Limit: 15

This course is designed to provide the new Origami folder with the skills and confidence to fold independently. Through a wide variety of traditional models you will experience the joy of turning a piece of paper into a box, a bowl, a bird, or a beautiful flower (to name a few). You will also experience some of the other benefits of origami: increased concentration and focus, improved fine motor skill, more ability to visualize in three dimensions, and the benefits of participating in a meditative experience. Purchase the book *Everyone Can Learn Origami* by Peter Sadyak. Purchase 100-200 sheets of 6x6 solid color origami paper, color on one side, white on the other. Good brands are Taro, Aitoh or Tuttle. The instructor has been teaching through Zoom throughout these last months.

Coordinator: Andrea Plate. Andrea has practiced Origami for years and displays her work in local art shows. She is always expanding her practice by studying independently through YouTube tutorials, keeping a large Origami library, by participating in online workshops and attending two annual Origami Conventions (NYC and Cambridge).

Intermediate Origami - snowflakes and?

Monday 10:30AM - 11:50AM

12 Weeks 14-Sep

ALL1157

Zoom

Limit: 15

This course is for confident intermediate folders. You should know how to fold a bird base from memory, and be fair-to-good at inside reverse folds, outside reverse folds, and a basic sink fold. In the first six weeks we will focus on folding a few snowflake models from tracing paper. Backlighting these models in a window or with a light exposes the amazing internal structure. The group will decide what the folding focus will be for the second six weeks. Andrea has been teaching

origami workshops on zoom throughout these last few months. Please Note: You will need letter-size, good quality, tracing paper. There may be a book purchase part way through the 12 weeks.

Coordinator: Andrea Plate. Andrea has practiced Origami for years and displays her work in local art shows. She is always expanding her practice by studying independently through YouTube tutorials, keeping a large Origami library, by participating in online workshops and attending two annual Origami Conventions (NYC and Cambridge).

Climate Change and What You Can Do About It**ALL1127**

Monday 10:30AM - 11:50AM

First 6 Weeks 14-Sep

Zoom

Limit: 25

We will briefly explain the science behind climate change, covering the carbon cycle, ocean currents, atmospheric wind patterns, and the greenhouse effect. We will then determine our individual carbon footprints and discuss the myriad ways in which they can be reduced. Finally, we will discuss the grief that people feel about climate change and their coping strategies for it. Coordinators will provide references for material covered in the class. This course was offered but not taught in the spring of 2020. If you are a brand new student, please feel free to email a coordinator explaining why you are taking the class and what you expect to learn.

Coordinators: Paul Coteus and Cindi Bucken.

Paul, a recently retired elementary particle physicist and IBM Fellow, has led a small team of scientists, engineers, and other concerned citizens to study the best way to remove excess carbon from the atmosphere (see globalcarboncatchers.com). Cindi, a retired guidance counselor, supports local efforts related to climate justice, including climate change.

MONDAY (Continued)**Hitchcock: The Dark Side of Genius and Pure Cinema ALL1169**

Monday 12:00PM - 1:20PM

12 Weeks 14-Sep

Zoom

Limit: 25

Celebrated as one of the greatest craftsmen and best-known cinematic figures in the history of filmmaking, Alfred Hitchcock used film as a conduit to express his views of the world as well as a visual palette to explore many of his dark obsessions, philosophy of life and his sexuality. In this 12-week course we will view and analyze ten of his films paired according to themes that fascinated him including momism, voyeurism, transference of guilt and the dichotomy of good and evil within the individual. It is suggested that you watch the documentary Hitchcock/Truffaut but not necessary. You can search on line for the title. Some sites offer the documentary in full, but you may have to pay. There are also individual episodes for free. It is available in the local Cape Cod libraries and on Netflix.

Coordinator: Joseph Gonzalez. Joe has worked as a bilingual script supervisor in movies, commercials, music videos, and television and as a screenwriter of short and feature films. He studied film at the New School for Social Research in NYC.

Food for Thought: Plato at the Table ALL1051

Monday 12:00PM - 1:20PM

Second 6 Weeks 2-Nov

Zoom

Limit: 25

We will have an historical review of the cuisine of ancient Greece and Rome with philosophical commentary sprinkled in. The course is based on the cookbook *The Philosopher's Kitchen* by Francine Segan, filled with what one celebrity chef called "delectable, timeless, and earthy recipes" adapted for the modern cook. Since the course is offered virtually, Mare will share some prepared Mediterranean dishes with their recipes; afterwards we will discuss some timely topics related to knowledge, justice, love, politics, and healthcare. Your coordinator will also provide the links to the articles and videos we will discuss. It is not necessary to purchase

the text although some used copies are available online at very reasonable prices.

Coordinator: Mare Ambrose. Mare is currently a part-time professor of English and philosophy at a local community college. This class combines her lifelong passions for philosophy and food.

Hitchcock: The Dark Side of the Genius (a continuation) ALL1118

Monday 1:30PM - 2:50PM

First 6 Weeks 14-Sept

Zoom

Limit: 25

Celebrated as one of the greatest craftsmen and best-known cinematic figures in the history of filmmaking, Alfred Hitchcock used film as a conduit to express his views of the world and as a visual palette to explore many of his dark obsessions: his philosophy of life and his sexuality. In this course we will view and analyze six of his films paired according to themes that fascinated him including momism, voyeurism, transference of guilt and the dichotomy of good and evil within the individual. Please Note: This course is a six-week course designed as a continuation for the students who enrolled in the 12-week course in Spring 2020 that was cancelled halfway due to the Coronavirus pandemic. The course will pick up with class number 7 as described in the original 12-week syllabus and will continue through class 12. For the first week watch "Frenzy" (1972).

Coordinator: Joseph Gonzalez. Joe has worked as a bilingual script supervisor in movies, commercials, music videos, and television and as a screenwriter of short and feature films. He studied film at the New School for Social Research in NYC.

Native Americans in the Arts ALL1164

Monday 1:30PM - 2:50PM

Second 6 Weeks 2-Nov

Zoom

Limit: 25

This course examines the cultural contributions made by Native Americans in literature, performing arts and visual media. Among those whose lives and works will be discussed are authors N. Scott Momaday (Pulitzer Prize winner), Louise Erdrich, Sherman Alexi, and Joy Harjo (U.S.

MONDAY (Continued)

Poet Laureate); Maria Tallchief (America's first major prima ballerina); Maria Martinez (potter); Allan Houser (sculptor); singers and songwriters Jim Young and Buffy Sainte Marie; and Kay Walking Stick (landscape artist and educator). We will also include a sprinkling of actors and maybe even a little of Longfellow's Hiawatha.

Coordinators: Frank Cuphone and John Kennedy. Frank is a life long student of Native American history and culture. John has taught many courses on literature and American history.

Beyond Red or White: ALL1167
The Zoom Edition!
 Monday 3:00PM - 4:20PM Zoom
 First 6 Weeks 14-Sept Limit: 25

We will focus this special Zoom edition on wineries and vineyards of the Eastern Seaboard. Almost all of these places will be no more than a tank (or two) of gas away. And more than a few of them produce stunning, standout wines and sparkling wines. Each week, we'll explore a different region (like Virginia and the Finger Lakes) and some wine trails in the Northeast worth visiting. As always, we'll have a nice blend of discussing wine making and technique without losing the focus on what makes wine fun—the product. There will be some truly amazing white wines featured, some sparkling wines with a world-class reputation, some very noteworthy reds, and a whole lot of unusual and undiscovered gems. This is a great opportunity to explore wines that are not mass-market and not mass-produced and for discovering that below-the-radar local brands can deliver outstanding quality and very solid value. Most of these wineries are locally/family owned and operated. I'll provide a list of some of the wines that should be available in our local market area and will extend the Zoom time to allow for some virtual (and totally optional) tastings. And, if circumstances change enough, I will schedule an optional seventh session to include a visit to one of the South Coast wineries!

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

The Mastery of Good Habits and Great Skills ALL1165
 Monday 3:00PM - 4:20PM Zoom
 Second 6 Weeks 2-Nov Limit: 25

Most people think that forming good habits and achieving useful skills are a couple of really difficult tasks—and, if you don't know the right approaches and techniques, they can be just that. However, it turns out that there's a whole science behind all of this. By employing the proper techniques, it's actually pretty easy. Come and learn how to apply the techniques which scientists have discovered and tested. In the process, become more organized and free up your mind for the things that matter most in life: making friends, making smart decisions and being more creative, for example. The text for this course is *Good Habits, Bad Habits* by Wendy Wood. Please read Chapter 1 before the first class.

Coordinator: Don Ellicott. Don is a retired history teacher who has recently been teaching courses at ALL dealing with psychology and neurology.

TUESDAY

China's Conundrum: ALL1120
Growth vs. Stability
 Tuesday 9:00AM - 10:20AM Zoom
 First 6 Weeks 15-Sep Limit: 25

China is facing some difficult choices. Perhaps the most difficult is whether to pursue economic growth or social stability. We will explore this conundrum.

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

TUESDAY (Continued)

Massachusetts History, Pride and Prejudice? **ALL1128**
 Tuesday 9:00AM - 10:20AM Zoom
 First 6 Weeks 15-Sep Limit: 25

History is what we choose to remember. Course topics: The Salem Witch trials--victims, villains, the motivations of religious and political leaders; Massachusetts Bay Colony--the first English speaking jurisdiction in North America to enact legislation regulating enslavement; the 1721 smallpox epidemic in Boston that was magnified by power, prejudice and fake news. On the 250th anniversary of the Boston Massacre we will review its causes and John Adams' defense of Captain Preston. We will also discuss the building, utility and cost of the Worcester Canal, the Hoosac Tunnel and the Quabbin Reservoir. Students will be introduced to some of the people who have woven Massachusetts' historic fabric. Students are asked to appear with an open mind, a good sense of humor and tolerance of a novice coordinator.

Coordinator: Stephen Anderson. Steve is a lifelong resident of Massachusetts. He is a retired trial lawyer who traveled the state. His interest in local history was enhanced by plaques and memorials he read at courthouses while waiting for judges or juries, mostly judges. He has been a member of ALL for three years. So far so good!

China's Global Objectives **ALL1121**
 Tuesday 9:00AM - 10:20AM Zoom
 Second 6 Weeks 27-Oct Limit: 25

China has assumed significant stature in the world. What objectives do they have? We will explore these in depth and make some projections.

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

The Future of American Foreign Policy **ALL1160**

****CANCELLED**** Zoom
 Tuesday 10:30AM - 11:50AM Limit: 25
 First 6 Weeks 15-Sep

During this course we will briefly review America's leadership role in international affairs and the disengagement from foreign affairs leadership during the Trump Administration. We will examine the challenges of the COVID-19 virus on international affairs, economic stresses resulting from the pandemic, the costs of reengaging in foreign affairs and the ramifications of not doing so, on issues such as China, Russia and climate change. There will be considerable class interaction and some guest lecturers.

Coordinator: Rosemary O'Neill. Rosemary retired from the U.S. Foreign Service in 2003. Her 37 years of service incorporated positions as a political officer and analyst, involving work relating to countries in the Islamic world, including Egypt during the Egypt-Israel peace negotiations. Rosemary also worked with women during the early years of the U.S. involvement in Afghanistan. In addition, she spent some 40 years observing developments in Northern Ireland and the Republic of Ireland.

Sustainable Gardening **ALL1163**
 Tuesday 10:30AM - 11:50AM Zoom
 First 6 Weeks 15-Sep Limit: 20

Let's "Go-Green" in our gardens, and have ourselves a really good time doing it. This class will focus on learning and sharing sustainable practices. The class will include lectures (short!), class discussion (lots!) and hands-on in-class projects (fun!). Possible topics include: birds, compost, mulch, native plants, organic alternatives, pollinators and wildlife. Come to class prepared to "get down and dirty."

Coordinator: Gina Poole. Gina is a teacher, musician and life-long lover of music...and gardens! She is a certified Master Gardener who now gardens in Sandwich Village and East Brewster.

TUESDAY (Continued)**What's the Weather**

Tuesday 10:30AM - 11:50AM
Second 6 Weeks 27-Oct

ALL1148

Zoom
Limit: 25

We will use *The Weather Book* by Jack Williams, and other sources, to better understand the fundamentals of climate and weather, and how the weather is modeled and forecast. The class will have a special focus on weather conditions predicted for Cape Cod in the seasons and years ahead. Attendees will leave the class with a better understanding of what makes our weather change and what long-term conditions are expected for the Cape. Text: *The Weather Book, Second Edition*, by Jack Williams for USA Today. ISBN 0-679-77665-6, available new or used. Any required reading will be emailed before class starts.

Coordinators: Paul Coteus and John Ward.

John, a long time private pilot and amateur meteorologist, will focus on what drives the weather short term and how to better understand forecasts. Paul, a recently retired physicist and IBM Fellow, will focus on climate. He has been leading a small team of scientists, engineers, and concerned folks to study methods to remove excess carbon from the atmosphere (see globalcarboncatchers.com).

Some Aspects of the American Revolution

Tuesday 10:30AM - 11:50AM
Second 6 Weeks 27-Oct

ALL1166

Zoom
Limit: 25

The American Revolution has been an ongoing subject of study since the first history of the event was published in 1788. Each year, historians publish scores of journal articles and monographs covering its events and personalities from the 1750s to 1800, some seminal contributions and others more mundane. What we thought we knew about say the Boston Massacre or Benedict Arnold or Valley Forge, based upon a college course, has often been drastically modified. This course will explore five or six topics that have

been recently re-examined. In lecture format, the topics to be explored include the causes of the American Revolution; how the American Revolution evolved over time; the critical year of 1774; the "Conway Cabal;" the dark side of the American Revolution; and the concept of slavery in the American Revolution.

Coordinator: Jim Sefcik. Jim has taught courses on the American Revolution in ALL programs at CCC and in New York. He has taught in the Open University of Wellfleet as well as at the college level in Pennsylvania and New Orleans, Louisiana.

Replacing Discrimination

Tuesday 12:00PM - 1:20PM
First 6 Weeks 15-Sep

ALL1161

Zoom
Limit: 25

Discrimination is an inherent aspect of cultural formation. This discrimination can occur at an individual and/or institutional level and can have positive or negative social consequences. This course will consider how different societies have learned to resolve destructive examples of discrimination. Included will be examples from Germany's restitution efforts, South Africa's reconciliation activities, and Black slavery repatriation.

Coordinators: Ivan Barofsky and John

Joseph Kennedy, Jr. Ivan is a retired Medical Psychologist who was a faculty member of the Johns Hopkins Medical School. He will provide the psychological aspects of resolving individual and institutional discrimination. John will provide the historical and social consequences of individual and historic discrimination. He is a life-long educator, teaching at many levels of education, from public schools to Universities.

TUESDAY (Continued)**The Black Experience in America (Part 2)** **ALL1069**

Tuesday 12:00PM - 1:20PM Zoom
 Second 6 Weeks 27-Oct Limit: 25

We will wrap up Jim Crow, migrate north, see the insidious ways of subjugation there. We will examine segregation during WWII, return for the battle of civil rights then turn our eyes to leveling the playing fields where people are treated equally.

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.

So You Want to be a Poet **CANCELLED** **ALL077**

Tuesday 1:30PM - 4:30PM Zoom
 12 Weeks 15-Sep Limit: 25

This creative writing course involves writing poetry and reading and sharing students' poems in class, and gently critiquing the students' work. The only rule is that there are no rules, except you cannot say anything bad about your own writing. Bring copies or poems you have written to share with the class.

Coordinator: Victoria Branagan. Victoria is a publisher, writer and entrepreneur and co-coordinated this class for many semesters with Peter Saunders. She is a long time student of this course and wishes to continue Peter's love for poetry.

How Philosophy Can Change Your Life **ALL489**

Tuesday 1:30PM - 2:50PM Zoom
 12 Weeks 15-Sep Limit: 25

This is a reading and discussion class based on the book *How Philosophy Can Change Your Life* by Marietta McCarty. Each week we will read one of the book's ten chapters, for example, "Simplicity," "Perspective," "Belonging," and "Joy," and explore its significance. We will discuss two well-known philosophers in each chapter

whose work lends itself to an investigation of that idea. Please read the Welcome section of the text for the first class. Text: *How Philosophy Can Change Your Life* by Marietta McCarty.

Coordinator: Claire Briand. Claire is a retired speech/language pathologist with a lifelong interest in philosophy.

An Election Roundtable **ALL1158**

Tuesday 3:00PM - 4:20PM Zoom
 First 6 Weeks 15-Sep Limit: 25

With an election looming, the seminar has two objectives: to offer opportunities for participants to suggest and discuss topics that matter to them and for the group to experience respectful, even cordial, discussions about what is happening in the country, where we are headed and what citizens can do.

Coordinator: Lawrence Brown Lawrence has been a teacher at Cape Cod Academy for 34 years and a columnist for the *Cape Cod Times* for 34. He has published 5 books including a text on Hindu theology and lectured at two Parliaments of the World's Religions.

The Roots of Faith-B **ALL1171**

Tuesday 3:00PM - 4:20PM Zoom
 Second 6 Weeks 27-Oct Limit: 25

The seminar has two objectives - to provide an understanding of the historical forces that helped shape the world's major faiths - and to discuss our own reactions to the timeless questions each faith tries to address. We will discuss the intuition of something divine, Plato vs. Aristotle, the forces behind Christianity & Islam, Buddhism, Confucianism and Taoism. This course is also offered in the 1st six-week session.

Coordinator: Lawrence Brown. Lawrence has been a teacher at Cape Cod Academy for 34 years and a columnist for the *Cape Cod Times* for 34. He has published 5 books including a text on Hindu theology and lectured at two Parliaments of the World's Religions.

WEDNESDAY**The Election 2020**

Wednesday 10:30AM - 11:50AM
12 Weeks 16-Sep

ALL899

Zoom
Limit: 25

We will discuss all the issues involved in the November presidential election, as well as state and local races of importance.

Coordinator: Stephen Pastore. Stephen has been a syndicated columnist and radio talk show host.

Immigration in America: Policy and Practice

Wednesday 10:30AM - 11:50AM
First 6 Weeks 16-Sep

ALL1108

Zoom
Limit: 25

We will examine various aspects of immigration policy, types of immigration including family reunification, refugees, asylum, employment, DACA, and the undocumented. Emphasis will be on the implementation, so we will also review the role of bureaucracies, public and private, in the immigration process. Short on-line reading assignments will be posted. Powerpoint presentations will be available and included with the discussions. The format of the course will be oriented toward discussion. For the first class, please review your family history of immigration. Who came? When did they come? Where did they come from? Why did they come? Be prepared to discuss these in class.

Coordinator: Richard Vengroff. Richard is a political scientist specializing in comparative politics (North America and Africa) and immigration policy and practice. In recent years he has worked as a counselor on immigration issues for refugees, asylees and other immigrants with non profits in Cambridge, Lowell and on Cape Cod (currently with CACCI).

The Vietnam War and American Diplomacy

Wednesday 10:30AM - 11:50AM
Second 6 Weeks 28-Oct

ALL1156

Zoom
Limit: 25

Foreign policy issues raised by America's experience in the Vietnam War remain with us today: our role in the international arena, the limits of American power, the costs and risks of entrapment in internal conflicts abroad, our responsibilities to allies, and, not least, the relationships between diplomacy and the use of force, and between American values and national security interests. We will consider those issues as we examine American foreign policy and Vietnam diplomacy during the terms of three American presidents: John Kennedy, Lyndon Johnson, and Richard Nixon. What could we have learned from the Vietnam experience that might have been applied to our involvement in more recent conflicts in Iraq, Afghanistan, and Syria?

Coordinator: Russell Leng. Russ is Jermain Professor Emeritus at Middlebury College, where he taught courses on international politics for forty years. This is his fifth year as an ALL coordinator.

Happiness, Wellbeing and Stability in Challenging Times:**Tools for building a personal "new normal"**

Wednesday 12:00PM - 1:20PM
12 Weeks 16-Sep

ALL1168

Zoom
Limit: 25

No one knows what turbulence and challenges the last quarter of 2020 will bring. At the same time, each of us want to end the year with happiness and well-being. This course explores models of happiness, self awareness, energy management and spiritual growth as tools for accomplishing this. A reading list and videos in each of these areas will be provided for participants to access and discuss. The focus is on providing resources so that each individual can identify a personal path forward as we all face the "new normal" that is coming.

Coordinator: Marianne Triplette. Marianne 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.

WEDNESDAY (Continued)**Major Presidential Campaigns in US History** **ALL913**

Wednesday 12:00PM - 1:20PM Zoom
12 Weeks 16-Sep Limit: 18

This course will examine several important presidential election campaigns in US history with reference to: electoral coalitions, the appeal of the major candidates, the issues of the day, the outcome of the election, and its effects. It will also consider the shifting emphasis of the major parties on the size and scope of the federal government's power. The emphasis will be on "the critical elections" that realigned the balance between the existing parties, for example-- Lincoln's victory in 1860, Roosevelt's in 1932, and Reagan's in 1980. We will be attentive to the workings of that famously elusive institution— The Electoral College. Our text will be Paul F. Boller, Jr., *Presidential Campaigns*, New York: Oxford U. Press, 2004. For the first class please read Chapters 1-5 on the early presidential elections.

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 taught at ALL since 2015.

The Art of Discussion **ALL1123**

Wednesday 1:30PM - 2:50PM Zoom
First 6 Weeks 16-Sep Limit: 25

We seldom experience full and fulfilling discussion. Many discussions end prematurely or abruptly. What can we do to build bridges of good communications? This course will look at general principles of communication and argumentation from disparate sources, with examples from the areas of morality, philosophy, religion and politics - all needed now more than ever. Time will be allotted for practice of discussion in class.

Coordinator: Rob Swanson. Rob is a retired pastor and missionary. He is an author, personal counselor, with experience in media and group communication.

The Seat of the Soul

Wednesday 1:30PM - 2:50PM
First 6 Weeks 16-Sep

ALL1147
Zoom
Limit: 25

This course looks at The Big Questions with many or no answers of Meaning/Illusion/Ethics/Responsibility/Who We Are / Why We Are and more. The course text is *The Seat of the Soul* by Gary Zukav, 25th ed. Study Guide in back. Please read chapter one "Evolution" for the first class.
Coordinator: Barbara Leedom. Barbara has coordinated dozens of ALL courses on The Big Questions.

Holism 101

Wednesday 1:30PM - 2:50PM
Second 6 Weeks 28-Oct

ALL1131
Zoom
Limit: 15

This course will examine what we can do to become spiritually, socially, emotionally, mentally, and physically sound. When too much attention is given to one thing the result can be neglect of other areas and failure of some sort. "*It is about time we get life right.*" Class participants will be asked to share their insights and experiences.
Coordinator: Rob Swanson. Rob is a retired pastor and missionary. He is an author, personal counselor and lifelong pursuant of wellness.

Music of Liberation

Wednesday 3:00PM - 4:20PM
12 Weeks 16-Sep

ALL1149
Zoom
Limit: 25

In the midst of a global pandemic, classical music has offered consolation and hope to people everywhere. As we gradually emerge from our shells, what better way to celebrate than with music of joyful liberation. And what a nice coincidence that 2020 also happens to mark Beethoven's 250th birthday! He's just one of several composers who've helped move the world from the depths of despair to amazing summits of triumph and affirmation. In this course we'll see and hear many such works spanning three centuries—including some that you probably know well and some that may surprise you.

Coordinator: John Temple. John is a retired business writer, lifelong listener, long-ago music student, classical concert reviewer, and occasional builder and restorer of musical instruments. His previous ALL courses have included Mozart's piano concertos, chamber music, choral music, unfinished symphonies, and musical masterclasses.

THURSDAY**Hidden Gifts from Reprobates and Rebels** **ALL1150**

Thursday 9:00AM - 10:20AM Zoom
 First 6 Weeks 17-Sep Limit: 25

The reprobates and rebels we will discuss in this course (6 women and 6 men) were often under-appreciated, imperfect, lonely, and disparaged in their times. Yet they seized life, took risks, and left us with fragments of wisdom, courage, virtue, and genius. These fragments can enrich our lives today. The twelve include, among others, Camus, Plotina, Simone Weil, Nietzsche, Buber, and Spinoza. The format of the course includes videos and discussion. A list of suggested readings will be provided at the first class.

Coordinator: David Mulligan. Dave is a former missionary, Commissioner of Public Health in Massachusetts, and an associate professor at Stonehill College.

Travel Talk: The Future Look of Travel **ALL1159**

Thursday 9:00AM - 10:20AM Zoom
 First 6 Weeks 17-Sep Limit: 25

The coronavirus has certainly impacted the life of travelers. Many cruises and trips had to be cancelled since March. Now our thoughts are turning to the future. During this course we will explore what will the future of travel look like? When will it be safe to travel again domestically and internationally? How will airports and car rentals change? What will river and ocean cruises do to lure travelers back? What changes are airlines making? How will package tours reflect the concerns of travelers? Will cancellation policies change? The questions and comments of class members will be welcomed.

Coordinator: Connie Champlin. Connie has traveled extensively for the past 45 years to practically every state in the U.S. and almost all continents. She has taught a travel class in Sandwich and the Tips and Techniques for Travelers class at ALL eleven times.

Gunfight **ALL1139**

Thursday 10:30AM - 11:50AM Zoom
 First 6 Weeks 17-Sep Limit: 25

The history of gun rights and gun control in America will be the focus of this discussion course. The birth of the Second Amendment, the rise of the Ku Klux Klan, and the transformation of the NRA from a sports organization to an outsized influence lobby will be part of the discussion. The gun debate illuminates both our cultural divide and today's divisive politics. The course text is *Gunfight: The Battle Over The Right To Bear Arms In America* by Adam Winkler. Please read the Preface, Introduction, and chapters one and two, pages 1-43 before the first class. If possible, read the whole book before we begin, since the text skips around chronologically.

Gunfight is very much a discussion course and we welcome your input both concerning the text or any outside sources, newspapers, magazines etc.

Coordinators: Paul Arnold and Jim Connolly. Paul and Jim, longtime ALL members, have taught many courses together (and are still good friends). Paul is a former ALL president.

Pride and Prejudice and Emma: Reading Jane Austen Today **ALL737**

Thursday 10:30AM - 11:50AM Zoom
 First 6 Weeks 17-Sep Limit: 35

How do contemporary events shape our responses to the world of Austen's novel? Can we trust our own judgment? How do we distinguish between fact and fiction? Who is truly honest or reliable? With her inimitable comic touch Austen explores these age-old questions in *Pride and Prejudice* and *Emma*, questions that we must ask ourselves every day. Please read *Pride and Prejudice*, Volume I, chapters 1-23, for the first class.

Coordinator: Nancy Yee. Nancy is an Emerita Professor of English at Fitchburg State University. She first read Austen in college and has never stopped reading, writing about, and finding new pleasures in Austen.

THURSDAY (Continued)

Great Films of Three Decades, 1960s, 1970s and 1980s **ALL1152**
Zoom
Limit: 25

****TUESDAY 12:00PM - 1:20PM**

TWELVE Weeks 15-Sept

Participants will view assigned films at home before a class discussion, usually two per week, all of which will be readily available online or through our local library system.

Coordinator: Stephen Pastore. Stephen has coordinated classes on film at ALL for many years.

Hoffa, the Mafia, the Middle Class **ALL1144**
Thursday 12:00PM - 1:20PM Zoom
First 6 Weeks 17-Sep Limit: 25

We will examine a person once thought to be the most powerful man in the nation, the history of the union he led, his ties to organized crime, the Kennedy effect, and then the consequences of his actions on this country.

Coordinator: John Matley. John has spent 24 years in management of the trucking industry, with both union and non-union firms.

Social Issues in Public Health **ALL1154**
Thursday 12:00PM - 1:20PM Zoom
First 6 Weeks 17-Sep Limit: 25

Social/societal characteristics determine over one-half of the health of the population. Medical care, alternately, determines less than one-fourth of health, but we only think about public health when a crisis brings it to our attention. In this class we will explore some of its history and then examine HIV/Aids as a case study in understanding the social epidemiology of public health. Then we will apply what we have learned to the present day.

Coordinator: Marilyn Nouri. A sociologist by training and a retired professor from State University of New York in Oneonta, Marilyn has coordinated many different classes for ALL, all informed by a sociological perspective. The class is a combination of PowerPoint and discussion.

The Idea of Community **ALL1162**
Thursday 12:00PM - 1:20PM Zoom
Second 6 Weeks 29-Oct Limit: 20

Community is one of those terms that is used for a multitude of purposes and to describe a variety of social groups. In this class we will explore that concept, trace its historical use, and consider the many ways scholars, politicians and others have thought it to be a significant part of social life. The first class will introduce the idea, and the next four classes will look at community from a variety of points of view, presented in articles that will be provided on-line. Class members will be expected to read the provided articles and come to class prepared to discuss one or two articles each of the next four weeks. The last class will be used to pull the articles together and summarize the ideas about community in American society. Readings will be from on-line articles.

Coordinator: Marilyn Nouri. Marilyn is a retired college professor who has taught many classes for ALL informed by a sociological perspective. This is her second course on community, the first being "It Takes a Village."

Loving the Short Story **ALL055**
Thursday 1:30PM - 2:50PM Zoom
12 Weeks 17-Sep Limit: 20

The students will discuss two stories at each session, sharing ideas and perceptions to enhance the understanding of the readings. The text for this course will be *O. Henry Prize Stories 2019*, edited by Laura Furman. Please read the introduction, *The Funny Little Snake* by Tessa Hadley, and *Synchronicity* by John Keeble for the first class.

Coordinators: Sheryl Lajoie and 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.

THURSDAY (Continued)**Would You Like to Improve your Understanding of Climate Change?** **ALL1153**

Thursday 1:30PM - 2:50PM Zoom
 Second 6 Weeks 29-Oct Limit: 16

This course is an introduction to climate change. We will use the text *Global Weirdness*, produced by Climate Central. Although this book was published in 2012, the science concepts remain the same; only the data has changed. Each week, participants will be assigned specific chapters to read. In class, we will discuss the chapters' content and I will use hands-on activities and class demonstrations to help you gain a better understanding of the weather of the future. I will make use of a document camera. I will have information about obtaining copies of the book. I may ask you to gather some materials for certain hands-on activities.

Coordinator: Patricia McKean. Pat was a classroom science teacher for 44 years, starting at the college level and ending in Pre-School through 4th grade. She has presented teacher and student workshops nationally and internationally and specializes in teaching science through literature. She has retired and 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 **ALL780**

Thursday 3:00PM - 6:00PM Zoom
 12 Weeks 17-Sep Limit: 25

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 writing.

Coordinators: Nancy Shoemaker and 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 100+ poems since 2014. Protest of authority is a lifelong theme.

The Roots of Faith-A

Thursday 3:00PM - 4:20PM
 First 6 Weeks 17-Sep

ALL1142
 Zoom
 Limit: 25

The seminar has two objectives - to provide an understanding of what historical forces helped shape the world's major faiths - and to discuss our own reactions to the timeless questions each faith tries to address. We will discuss the intuition of something divine, Plato vs. Aristotle, the forces behind Christianity & Islam, Buddhism Confucius and Lao Tzu. This course is also offered in the 2nd six-week session.

Coordinator: Lawrence Brown. Lawrence has been a teacher at Cape Cod Academy for 34 years and a columnist for the Cape Cod Times for 34. He has published 5 books including a text on Hindu theology and lectured at two Parliaments of the World's Religions.

The Great Influenza

Thursday 3:00PM - 4:20PM
 Second 6 Weeks 29-Oct

ALL1155
 Zoom
 Limit: 25

The class will take part in an extensive discussion of John M. Barry's 2004 book about the 1918-19 pandemic that killed up to 100 million worldwide. Class size will be kept small to facilitate discussion and participation. Classes may include speakers offering insights on subjects such as laboratory research, peer review, and what we are learning to be more prepared for the next pandemic-be it a decade from now, or a century. The course text is *The Great Influenza* by John M. Barry. Please read the first 60 pages of the book. We will cover approximately this same number of pages each week to be able to complete the class in six weeks.

Coordinator: Lili Seely. Lili majored in psychology with secondary concentration in philosophy and anthropology. She is enamored of great film, especially independent, foreign and documentaries. Her passion for great films shares mental space with the same passion for great books. Her first reading of this book was a dozen years ago and in January of 2020 she began to reread the book through the eyes of this now contemporaneous event.

FRIDAY**Using Children's Literature to Teach Science****ALL1001**

Friday 9:00AM - 10:20AM

Zoom

Second 6 Weeks 30-Oct

Limit: 16

This 6-week course will prepare participants to "teach" simple science concepts to anyone, especially their children and grandchildren. Each week Pat will use 4 books and activities to introduce one aspect of science: Physics, Chemistry, Astronomy, Earth Science, Life Science, Math, and Process skills. The text will come from the website: <https://intranet.cshgreenwich.org/heartNet/childrensLitAndScience.asp>. Participants will need a computer to use the website to view each activity. Please have scissors, tape, glue stick, ruler, crayons, or colored pencils available for use during class. Participants will be mailed a hand magnifier, a metric measuring tape, and other materials necessary to participate in each activity. Coordinator will make use of a document camera so that she can help participants with the activity.

Coordinator: Patricia McKean. Pat was a classroom science teacher for 44 years, starting at the college level and ending in Pre-School through 4th grade. She has presented teacher and student workshops nationally and internationally and specializes in teaching science through literature. She has retired and currently serves as a Science Education Consultant. She serves as a Peer Reviewer for the National Science Teachers Association's journal *Science and Children*.

15 Challenges of the Future**ALL999**

Friday 9:00AM - 10:20AM

Zoom

Second 6 Weeks 30-Oct

Limit: 20

This is a Global World view course on 15 Challenges of the Future. It is based upon the data base of a think tank, The Millennium Project (themp.org), The Challenges include; The environment (Global Warming), Global Water, Population Growth, democracy, the Internet and Communications, Economies, Health, Education, Peace and Conflict, Women's Issues, Energy,

Crime, Science and technology ..and finally Global Ethics, or How do we find meaning in all this? We rotate doing a few of the challenges each 6 week session. These are fascinating times and a healthy look at the ideas behind them is enlightening. 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 D.C., as an education associate for 20 years and as a physician, has edited the *Challenge on Global Health* and he has taught these Challenges in the high schools of Washington, D.C. and at various times as a lecturer in Vancouver and Toronto, Canada.

Telling Stories**ALL1030**

Friday 10:30AM - 11:50AM

Zoom

12 Weeks 18-Sep

Limit: 25

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. You will write each week and read your work to the class.

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

Introduction to Nichiren Buddhism**ALL866**

Friday 10:30AM - 11:50AM

Zoom

12 Weeks 18-Sep

Limit: 25

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

FRIDAY (Continued)

Coordinators: Susan Whalley and 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.

The Black Experience in America **ALL1170**
 Friday 12:00PM - 1:20PM Zoom
 12 Weeks 18-Sep Limit: 25

This course on The Black Experience in America 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 them. 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 their 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.

The Art of Negotiation and Nonviolent Communication **ALL479**
 Friday 1:30PM - 2:50PM Zoom
 12 Weeks 18-Sep Limit: 15

How well do you negotiate with contractors, caregivers, family members, friends and various service providers? This course is based on (i) the Harvard Negotiation Project method of principled negotiation and (ii) nonviolent communication techniques. The goal is to improve your negotiating skills for getting to yes without giving in. First, we cover principles and techniques. Then, we have some fun with role playing and group negotiation exercises. Participants will create the menu of negotiation topics. Our course text is *Getting To Yes* by R. Fisher, W. Ury and B. Patton.

Coordinator: Frank Noonan. Frank is professor emeritus at Worcester Polytechnic Institute. He is a certified spiritual director and a volunteer facilitator for domestic violence offender treatment classes.

Basics of Estate Planning **ALL878**
 Friday 3:00PM - 4:20PM Zoom
 First 6 Weeks 18-Sep Limit: 30

This updated course covers the basics of estate planning: powers of attorney, healthcare proxy, advanced care directives, wills and trusts, probate of estates, estate taxation, MassHealth/Medicaid/Nursing Home concerns and; What has the COVID-19 crisis taught us about timely estate planning?

Coordinator: Arthur Crooks, Jr. Arthur is an estate planning and elder law attorney with over 30 years in practice. He serves as chairman of the Dennis Council on Aging. He has taught this course at ALL for over 20 years.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	First 6 Weeks	14-Sep	ALL1105	Origami Introduction	Zoom	Coordinator: Andrea Plate
Monday	10:30AM - 11:50AM	12 Weeks	16-Sep	ALL1157	Intermediate Origami - snowflakes and?	Zoom	Coordinator: Andrea Plate
Monday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL1127	Climate Change and What You Can Do About It	Zoom	Coordinators: Paul Coteus, Cindi Bucken
Monday	12:00PM - 1:20PM	12 Weeks	14-Sep	ALL1169	Hitchcock: The Dark Side of Genius and Pure Cinema	Zoom	Coordinator: Joseph Gonzalez
Monday	12:00PM - 1:20PM	Second 6 Weeks	2-Nov	ALL1051	Food for Thought: Plato at the Table	Zoom	Coordinator: Mare Ambrose
Monday	1:30PM - 2:50PM	First 6 Weeks	14-Sep	ALL1118	Hitchcock: The Dark Side of the Genius (a continuation)	Zoom	Coordinator: Joseph Gonzalez
Monday	1:30PM - 2:50PM	Second 6 Weeks	2-Nov	ALL1164	Native Americans in the Arts	Zoom	Coordinators: Frank Cuphone, John Kennedy
Monday	3:00PM - 4:20PM	First 6 Weeks	14-Sep	ALL1167	Beyond Red or White: The Zoom Edition!	Zoom	Coordinator: Ron Fernandes
Monday	3:00PM - 4:20PM	Second 6 Weeks	2-Nov	ALL1165	The Mastery of Good Habits and Great Skills	Zoom	Coordinator: Don Ellicott
Tuesday	9:00AM - 10:20AM	First 6 Weeks	15-Sep	ALL1120	China's Conundrum: Growth vs. Stability	Zoom	Coordinator: Stew Goodwin
Tuesday	9:00AM - 10:20AM	First 6 Weeks	15-Sep	ALL1128	Massachusetts History, Pride and Prejudice?	Zoom	Coordinator: Stephen Anderson
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	27-Oct	ALL1121	China's Global Objectives	Zoom	Coordinator: Stew Goodwin
Tuesday	10:30AM - 11:50AM	First 6 Weeks	15-Sep	ALL1160	**CANCELLED** The Future of American Foreign Policy	Zoom	Coordinator: Rosemary O'Neill
Tuesday	10:30AM - 11:50AM	First 6 Weeks	15-Sep	ALL1163	Sustainable Gardening	Zoom	Coordinator: Gina Poole
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	27-Oct	ALL1148	What's the Weather	Zoom	Coordinators: Paul Coteus, John Ward
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	27-Oct	ALL1166	Some Aspects of the American Revolution	Zoom	Coordinator: Jim Sefcik
Tuesday	12:00PM - 1:20PM	First 6 Weeks	15-Sep	ALL1161	Replacing Discrimination	Zoom	Coordinators: Ivan Barofsky, John Joseph Kennedy, Jr.

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	12:00PM - 1:20PM	Second 6 Weeks	27-Oct	ALL1069	The Black Experience in America (Part 2)	Zoom	Coordinator: John Matley
Tuesday	1:30PM - 2:50PM	12 Weeks	15-Sep	ALL489	How Philosophy Can Change Your Life	Zoom	Coordinator: Claire Briand
Tuesday	1:30PM - 4:30PM	12 Weeks	15-Sep	ALL077	**CANCELLED** So You Want to be a Poet.	Zoom	Coordinator: Victoria Branagan
Tuesday	3:00PM - 4:20PM	First 6 Weeks	15-Sep	ALL1158	An Election Round Table	Zoom	Coordinator: Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	27-Oct	ALL1171	The Roots of Faith-B	Zoom	Coordinator: Lawrence Brown
Wednesday	10:30AM - 11:50AM	12 Weeks	16-Sep	ALL899	The Election 2020	Zoom	Coordinator: Stephen Pastore
Wednesday	10:30AM - 11:50AM	First 6 Weeks	16-Sep	ALL1108	Immigration in America: Policy and Practice	Zoom	Coordinator: Richard Vengroff
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	28-Oct	ALL1156	The Vietnam War and American Diplomacy	Zoom	Coordinator: Russell Leng
Wednesday	12:00PM - 1:20PM	12 Weeks	16-Sep	ALL1168	Happiness, Wellbeing and Stability in Challenging Times: Tools for building a personal "new normal"	Zoom	Coordinator: Marianne Triplette
Wednesday	12:00PM - 1:20PM	12 Weeks	16-Sep	ALL913	Major Presidential Campaigns in US History	Zoom	Coordinator: Richard Stewart
Wednesday	1:30PM - 2:50PM	First 6 Weeks	16-Sep	ALL1123	The Art of Discussion	Zoom	Coordinator: Rob Swanson
Wednesday	1:30PM - 2:50PM	First 6 Weeks	16-Sep	ALL1147	The Seat of the Soul	Zoom	Coordinator: Barbara Leedom
Wednesday	1:30PM - 2:50PM	Second 6 Weeks	28-Oct	ALL1131	Holism 101	Zoom	Coordinator: Rob Swanson
Wednesday	3:00PM - 4:20PM	12 Weeks	16-Sep	ALL1149	Music of Liberation	Zoom	Coordinator: John Temple
Thursday	9:00AM - 10:20AM	First 6 Weeks	17-Sep	ALL1150	Hidden Gifts from Reprobates and Rebels	Zoom	Coordinator: David Mulligan
Thursday	9:00AM - 10:20AM	First 6 Weeks	17-Sep	ALL1159	Travel Talk: The Future Look of Travel	Zoom	Coordinator: Connie Champlin
Thursday	10:30AM - 11:50AM	First 6 Weeks	17-Sep	ALL1139	Gunfight	Zoom	Coordinators: Paul Arnold, Jim Connolly

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Thursday	10:30AM - 11:50AM	First 6 Weeks	17-Sep	ALL737	Pride and Prejudice and Emma: Reading Jane Austen Today	Zoom	Coordinator: Nancy Yee
**Tuesday	12:00PM - 1:20PM	12 Weeks	15-Sep	ALL1152	Great Films of Three Decades 1960s, 1970s and 1980s	Zoom	Coordinator: Stephen Pastore
Thursday	12:00PM - 1:20PM	First 6 Weeks	17-Sep	ALL1144	Hoffa, the Mafia, the Middle Class	Zoom	Coordinator: John Matley
Thursday	12:00PM - 1:20PM	First 6 Weeks	17-Sep	ALL1154	Social Issues in Public Health	Zoom	Coordinator: Marilyn Nouri
Thursday	12:00PM - 1:20PM	Second 6 Weeks	29-Oct	ALL1162	The Idea of Community	Zoom	Coordinator: Marilyn Nouri
Thursday	1:30PM - 2:50PM	12 Weeks	17-Sep	ALL055	Loving the Short Story	Zoom	Coordinator: Sheryl Lajoie, Deb Selkow
Thursday	1:30PM - 2:50PM	Second 6 Weeks	29-Oct	ALL1153	Would You Like to Improve your Understanding of Climate Change?	Zoom	Coordinator: Patricia McKean
Thursday	3:00PM - 4:20PM	First 6 Weeks	17-Sep	ALL1142	The Roots of Faith-A	Zoom	Coordinator: Lawrence Brown
Thursday	3:00PM - 4:20PM	Second 6 Weeks	29-Oct	ALL1155	The Great Influenza	Zoom	Coordinator: Lili Seely
Thursday	3:00PM - 6:00PM	12 Weeks	17-Sep	ALL780	Writing Incubator	Zoom	Coordinator: Nancy Shoemaker, Bill Holcombe
Friday	9:00AM - 10:20AM	Second 6 Weeks	30-Oct	ALL1001	Using Children's Literature to Teach Science	Zoom	Coordinator: Patricia McKean
Friday	9:00AM - 10:20AM	Second 6 Weeks	30-Oct	ALL999	15 Challenges of the Future	Zoom	Coordinator: Tom Murphy
Friday	10:30AM - 11:50AM	12 Weeks	18-Sep	ALL1030	Telling Stories	Zoom	Coordinator: June Calender
Friday	10:30AM - 11:50AM	12 Weeks	18-Sep	ALL866	Introduction to Nichiren Buddhism	Zoom	Coordinator: Susan Whalley, Steve Piontek
Friday	12:00PM - 1:20PM	12 Weeks	18-Sep	ALL1170	The Black Experience in America	Zoom	Coordinator: John Matley
Friday	1:30PM - 2:50PM	12 Weeks	18-Sep	ALL479	The Art of Negotiation and Nonviolent Communication	Zoom	Coordinator: Frank Noonan
Friday	3:00PM - 4:20PM	First 6 Weeks	18-Sep	ALL878	Basics of Estate Planning	Zoom	Coordinator: Arthur Crooks, Jr.

REGISTRATION FORM — Fall 2020

FOR OFFICE USE ONLY

CK# _____ Amount _____

Reg.1 _____ Reg.2 _____ Reg.3 _____

Scholarship _____ Legacy _____

Academy for Lifelong Learning
2240 Iyannough Road
West Barnstable, MA 02668-1599
(774)-330-4400

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

**** Something new: Please complete your form (using your computer, tablet or phone) if you can, BEFORE printing.**

Name _____ 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. Paid members may join unfilled classes **after checking with the coordinator** at no additional cost.

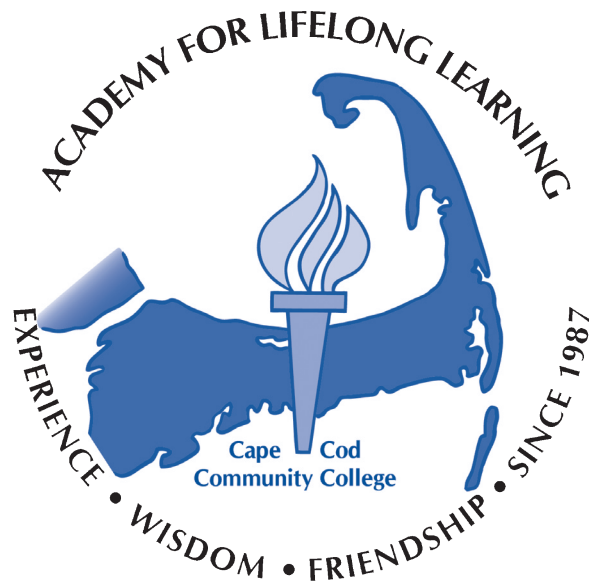
Preferred course(s)

(Off. Use)	Course #	Course Name (preferred)	Day	Time	12 wks.	1st 6 wks.	2nd 6 wks.
_____	1. ALL _____	_____	_____	_____	_____	_____	_____
_____	2. ALL _____	_____	_____	_____	_____	_____	_____
_____	3. ALL _____	_____	_____	_____	_____	_____	_____
_____	4. ALL _____	_____	_____	_____	_____	_____	_____

Alternate Choices in the event preferred courses are full

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

The ALL Registration process will open on Monday, August 24th at 9 a.m. for registration forms received by August 21st. 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 2020-2021

Jim Lathrop	President	2022
Dianne Tattersall	Vice President, and Chair of Hospitality	2023
Kirk Young	Treasurer	2023
Noelle Howland	Clerk	2021
Rita Ailinger	Desk Volunteer Coordinator	2022
Jean DeVincentis	Member-at-Large	2023
Jackie Faulhaber	Registration	2021
Miriam Kronish	Curriculum	2023
Patricia McKean	Finance	2022
Marilyn Nouri	Long Range Planning	2023
Rona Robinson	Member-at-Large	2021
Marianne Triplette	Communications	2022
(open)	Policies and Procedures	
(open)	Special Events	
Judith Roettig	Immediate Past President	2021

Office Administrator: Nancy Weida

Academy for Lifelong Learning Cape Cod, Inc.
Cape Cod Community College
 2240 Iyannough Road • West Barnstable MA 026681599
 Tel: (774)330-4400 • Website: www.capecodall.org
 E-Mail: lifelonglearning@capecod.edu