

Spring 2023
**Course
Catalog**

Volume 22 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 2023

Registration begins	Monday, January 9 at 9 a.m.
New member orientation	Wednesday, January 25 at 10 a.m.
Spring classes begin	Monday, January 30
First six-week classes end	Monday, March 13
Second six-week classes begin	Monday, March 20
Classes end	Monday, May 1

Holidays – no classes

Presidents Day	Monday, February 20
Spring Recess	Tuesday-Friday, March 14-17
Patriots Day	Monday, April 17

Beginning and end dates of courses:

12-week courses	First 6 weeks	Second 6 weeks
Mondays: 1/30 – 5/1	Mondays: 1/30 – 3/13	Mondays: 3/20 – 5/1
Tuesdays: 1/31 – 4/25	Tuesdays: 1/31 – 3/7	Tuesdays: 3/21 – 4/25
Wednesdays: 2/1 – 4/26	Wednesdays: 2/1 – 3/8	Wednesdays: 3/22 – 4/26
Thursdays: 2/2 – 4/27	Thursdays: 2/2 – 3/9	Thursdays: 3/23 – 4/27
Fridays: 2/3 – 4/28	Fridays: 2/3 – 3/10	Fridays: 3/24 – 4/28

Academic Calendar Fall 2023

Registration begins	Monday, August 21 at 9 a.m.
New member orientation	TBA
Spring classes begin	Monday, September 11
First six-week classes end	Monday, October 23
Second six-week classes begin	Tuesday, October 24
Classes end	Friday, December 15

Holidays – no classes

Columbus Day	Monday, October 9
Veterans Day (Observed)	Friday, November 10
Thanksgiving Break	Tuesday-Friday, November 21-24

Beginning and end dates of courses:

12-week courses	First 6 weeks	Second 6 weeks
Mondays: 9/11 – 12/4	Mondays: 9/11 – 10/23	Mondays: 10/23 – 12/4
Tuesdays: 9/12 – 12/5	Tuesdays: 9/12 – 10/17	Tuesdays: 10/24 – 12/5
Wednesdays: 9/13 – 12/6	Wednesdays: 9/13 – 10/18	Wednesdays: 10/25 – 12/6
Thursdays: 9/14 – 12/7	Thursdays: 9/14 – 10/19	Thursdays: 10/26 – 12/7
Fridays: 9/15 – 12/15	Fridays: 9/15 – 10/20	Fridays: 10/27 – 12/15

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A Message from Our President

We at the Academy for Lifelong Learning were pleased to see so many members register for classes this past semester. Coming back to in-person classes was a morale booster. For those coordinators and members who preferred Zoom, we have been happy to continue with those course offerings also. This spring we will add an exciting new choice to our toolbox of learning. We will offer hybrid courses in which some members can participate via Zoom from home while the rest of the class meets in person. Through the miracle of technology, class members will be able to see, hear, and participate with everyone in the class.

As always, we continue to offer a variety of interesting and fun classes to our members. Each semester has such a variety to choose from—some are old favorites, others are new and different. I feel like it's a special birthday present when I get the catalog and start checking off the courses I want to take. I always have too many! There is definitely something for everyone! The Board of Directors greatly appreciates the time and efforts of our talented coordinators who are the lifeblood of ALL, and our Curriculum Committee members who work hard all year to bring valuable and interesting courses to our membership.

Dianne Tattersall, *President*

From the Curriculum Committee

Welcome to the spring 2023 semester of the Academy for Lifelong Learning of Cape Cod. We owe a debt of gratitude to our volunteer coordinators who continue to inspire us with their knowledge, commitment and desire to share their skills and talents with all of us. We encourage those of you with a special interest of your own to share it with us in the coming semesters. We look forward to learning together.

Registration opens on Monday, January 9, 2023 and classes begin on Monday, January 30, 2023. Second six-week classes begin on Monday, March 20, 2023.

All registration forms and documentation of vaccination (for those taking in-person classes) plus a check payable to ALL must be mailed to us at:

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

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

Miriam Kronish, *Chair*

ALL Curriculum Committee

Tim Maguire, Henry Tamzarian, Miriam Kronish, Erika Beasley

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

Covid Policy

ALL will follow the Covid protocols required by Cape Cod Community College for any ALL members attending in-person classes. At the time of printing, the college requires proof of vaccination (two Pfizer, two Moderna or one Johnson and Johnson). Please include a copy of your proof of vaccination when you mail your registration form and check or email a photograph of your proof to allvaccinations@gmail.com. Your registration for in-person classes cannot be processed if proof of vaccination has not been received. **IMPORTANT:** Members who have previously submitted proof of vaccination DO NOT need to resubmit. We will keep our membership informed of any changes to Covid protocol via email and our website, capecodall.org.

Course Selection

ALL offers a variety of learning experiences this spring semester: 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 after 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.

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

Registration

Registration processing begins Monday, January 9, and all members will have an equal chance of getting their course choices if their completed registration forms with a signed check (and proof of vaccination for those requesting in-person classes) are received by Friday, January 6. Registrations received after that date will be processed daily but not until the original group has been processed. Be sure to include a check for the membership fee, currently \$105.00, made out to ALL. Unfortunately, we cannot accept credit cards and debit cards. Filling out the form legibly is extremely important. If possible, please download and complete the registration form on your computer BEFORE printing. Please also make a copy of your completed registration form for your records. To ensure a fair assignment of classes, ALL uses a random selection process. No preference will be given to early postmarks. 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 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 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. The fee covers membership in ALL including any combination of courses as described above plus other educational and social activities (though some events may involve an additional charge). Having been enrolled once, and even if no further fees are paid, members remain on our records for another year and will continue to receive communications. Course coordinators are not paid and are not subject to the membership fee. In keeping with the purpose of ALL, there may be circumstances where ALL grants free membership to applicants in financial need. Application for this assistance is made via a letter to the president of ALL, and all such information is kept strictly confidential. Classes with low enrollments may be canceled outright, in which case registered attendees will be notified. Those who registered for these courses may enroll in other courses, based on space available, or receive a refund. Refunds of membership fees are available only through the first week of class except in special circumstances and will be issued after the class registration process is completed.

Withdrawals

If you find you are unable to attend a course after receiving your course confirmation, please leave a message or email so we may add the seat back into our inventory. If you begin a course and find that you will not continue to attend, please notify the ALL office as well as the coordinator. 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 am to 3:00 pm 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 at 2240 Iyannough Rd. (Route 132) in West Barnstable. Courses will be held in rooms **C-106** and **C-115**. Both rooms are on the mezzanine level of the **Grossman Commons Building**. The **Art Center** is in the **Tilden Arts Center Building**.

Use of Zoom

Beginning in January, 2023, spring semester 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 video entitled "Joining a Zoom Call for the First Time; Fun and Easy Online Connection," which is viewable at <https://www.youtube.com/watch?v=9isp3qPeQ0E>.

Helpful Hints When Using Zoom

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

- Join early – up to 5 minutes before the class start time.
- Have your video on unless you are experiencing connection issues.
- Find a 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 / at the same time as other participants.
- Be aware you are on camera and visible to your classmates, so try to avoid doing other tasks (eating, checking your phone, etc.).
- Use both the “mute” icon and the “leave video” icon (next to the “mute” icon) when eating or snacking, walking around, answering the phone, or leaving the room.
- If you wish to ask a question or offer a comment, please raise your hand so that the coordinator can see it on-screen.

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, book store, 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 and 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 on the drive leading to the Science Building. 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.

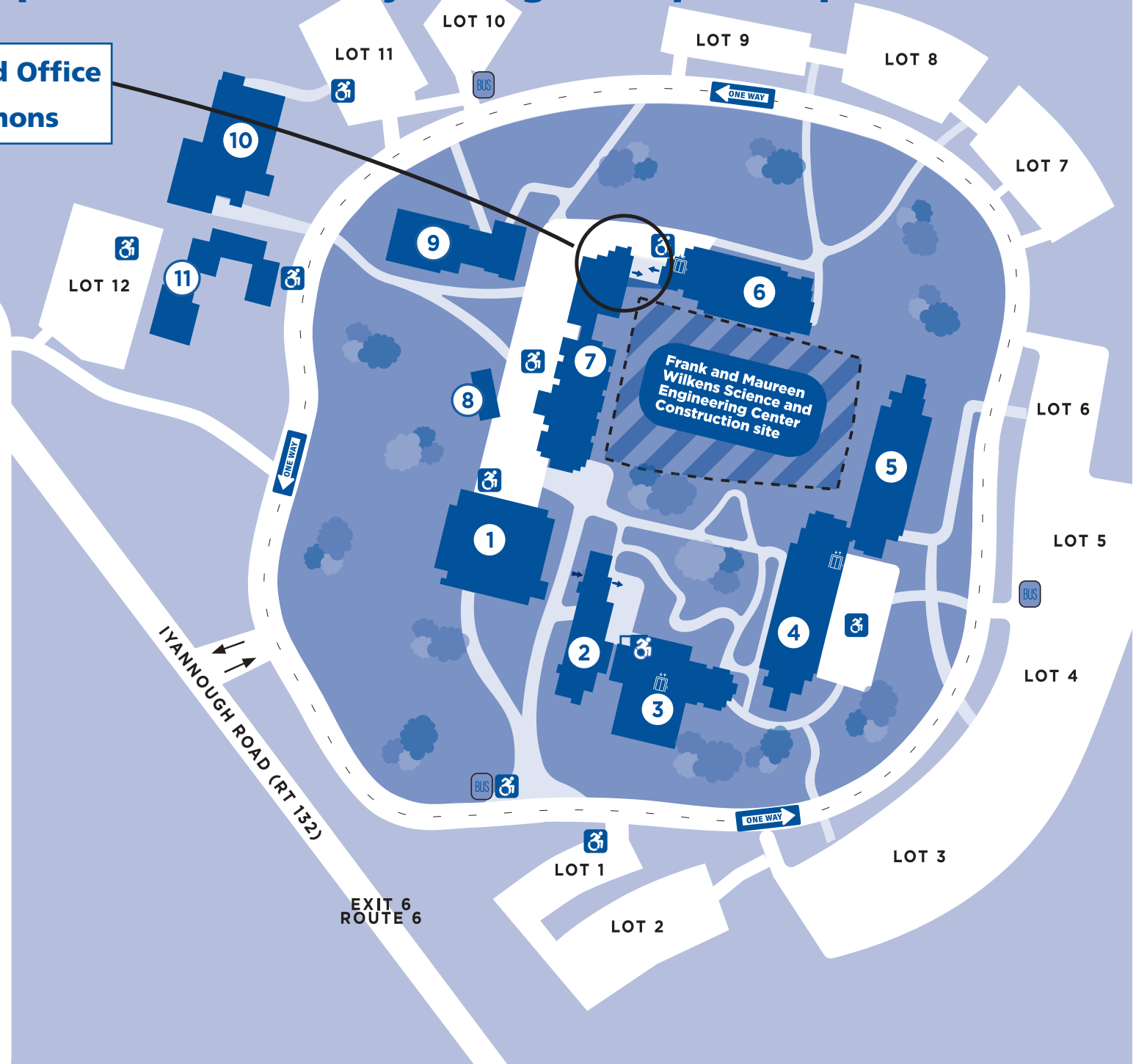
Cape Cod Community College Campus Map

**ALL Classrooms and Office
Grossman Commons**

CAMPUS MAP

- 1 TILDEN ARTS CENTER
- 2 NICKERSON
ADMINISTRATION BUILDING
- 3 WILKENS LIBRARY
- 4 MAUREEN M. WILKENS HALL
(Wilkens South)
- 5 FRANK WILKENS BUILDING
(Wilkens North)
- 6 SCIENCE BUILDING
- 7 GROSSMAN COMMONS
BUILDING**
- 8 WKKL RADIO STATION
- 9 LORUSSO TECHNOLOGY
BUILDING
- 10 LIFE FITNESS CENTER
- 11 FACILITIES/DELIVERIES

-  Accessible Entrance
-  Accessible Parking
-  Bus Stop
-  Elevator
-  Walking path



ALL WANTS YOU!

Consider becoming a coordinator of a class at the Academy for Lifelong Learning in the Fall 2023 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 fall classes on March 15. Proposals greatly appreciated by early March. 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.

MONDAY**Origami Club**

Monday 9:00AM - 10:20AM
12 Weeks 30-Jan

ALL1297-Z

Zoom
Limit: 15

The word origami can be understood from its parts: Oru = folds, Kami = paper. Origami is the art of paperfolding. Join us in a weekly tutorial led by a coordinator experienced in teaching origami both in person and on Zoom. There will be lots of variety: One week we may fold a box, the next a dragon, next a flower, next a tessellation, next something a participant would like to fold ... you get the idea! Participants new to origami will be offered a two-hour session on January 23, 2023, 9:00-11:00 to introduce origami basics. The coordinator will send a separate Zoom invitation for this. Please purchase and have available at each class the following supplies: Both 6 inch and 9-12 inch origami paper (kami) (color on one side, white on the other side). Good paper brands are Toyo and Aitoh. Also a bone folder (an old credit card could be used), scissors, rulers, a round chopstick, double pointed knitting needle, toothpicks, a few skewers, small craft clips, a few binder clips and tweezers.

Coordinator: Andrea Plate. Andrea is a retired math teacher who used origami as a teaching tool. She has studied with internationally known origami master, Michael LaFosse and tessellation master Madonna Yoder, at conventions in New York City, Cambridge, MA, conventions worldwide through Zoom and continues to explore independently. Her work is periodically displayed at the Plymouth Center for the Arts. She is passionate about sharing the joy and health benefits found with origami and teaches all ages both in person and on Zoom.

A-B-C-Darian Approach to Memoir Writing ALL1288-C

Monday 10:30AM - 11:50AM
12 Weeks 30-Jan

Grossman 115
Limit: 12

Many people don't know where to start when they want to write a memoir; by making alphabetical lists, choices become easier. I taught this course a few years ago and several people found it helpful. We will write something for every class, read it aloud and discuss it briefly.

Coordinator: June Calender. June has been teaching writing courses at ALL for over 10 years; the approach has varied. Most people tend to write memoirs—although she welcomes people who want to write fiction. June has edited the ALL anthology, *Reflections*, for several years. Prior to coming to Cape Cod, June was an off-off Broadway playwright (as far off as Alaska).

Theater: It's Alive!

Monday 10:30AM - 11:50AM
First 6 Weeks 30-Jan

ALL1282-C

Grossman 106
Limit: 18

This course strives to improve your understanding and appreciation of live theater. We will look at all aspects of theatrical art and various ways to evaluate shows that you attend. We will share experiences, glad or sad, with comedy, tragedy, melodrama and musicals. If you like going to Another Opening of Another Show, this class may be for you.

Coordinator: Roger Shoemaker. Roger taught and directed at Trinity College, Hartford CT, and was Artistic Director of professional summer theater there. He was Dean for the Arts at Walnut Hill School for the Arts in Natick, and recently retired as Director of Drama at DY High. In addition to directing over 100 plays, he wrote over 40 reviews for the *Cape Cod Times*. Roger greatly enjoyed coordinating his first ALL course, Be Hedda Gabler, this fall.

The Daughters of Yalta

Monday 10:30AM - 11:50AM
First 6 Weeks 30-Jan

ALL1286-Z

Zoom
Limit: 25

Author and American historian Catherine Grace Katz uncovers the dramatic and untold story of the three intelligent and glamorous young women (Sarah Churchill, Anna Roosevelt and Kathy Harriman) who accompanied their famous fathers to the Yalta Conference in February 1945. How much do you know or remember about the conference? We will read a part of Katz's book, *The Daughters of Yalta*, for each class. This is the author's first book and is available on Kindle and at your local library. Please read to page 51 for the first class. You will also be receiving maps and other printable materials for reference.

Coordinator: Patricia McKean. Pat has taught two previous classes at ALL: Using Children's Literature to Teach Science and Would You like a Better Understanding of Climate Change? She co-chairs the Sandwich Public Library Book Group.

MONDAY (Continued)**12 Directors/12 Masterpieces - New Edition** **ALL1173-Z**

Monday 1:30PM - 2:50PM

12 Weeks 30-Jan

Zoom

Limit: 35

This course will discuss and analyze 12 films from world-renowned directors past and present. The discussion will center on the story construction, the film's visual elements, the particular filmic style of the director, and why it is considered a masterpiece. Note that this is a new edition of the course, with new films. For the first class, please watch *The Bicycle Thief* directed by Vittorio De Sica (1949). A full list of 12 films will be provided at the first class.

Coordinator: Joseph Gonzalez. Joe worked as a bilingual script supervisor in movies, commercials, music videos and television, as well as a screenwriter of short and feature films for 36 years. He studied film at the New School for Social Research in New York City and has taught several cinema courses at ALL.

Discussing the Essay - Section A

Monday 12:00PM - 1:20PM

First 6 Weeks 30-Jan

ALL1267-HC

Grossman 115

Limit: 15

The text is a history of America told in many voices. The essays fit together into a mosaic suggesting where we've come from, who we are, and where we are going. Each class member will be encouraged to summarize an essay of their choice, describe the background of the author, and lead a class discussion of the essay. Two essays will be discussed each week. The text for the course is: *The Best American Essays of the Century*, edited by Joyce Carol Oates and Robert Atwan, available in paperback on Amazon or Barnes and Noble. For the first class, read Introduction and first essay, "Corn-pone Opinions" by Mark Twain.

Coordinator: Marilyn Nouri. Marilyn is a retired professor of sociology at State University of New York, Oneonta. She has offered many courses for ALL. She enjoys offering ALL classes using a discussion format.

Discussing the Essay - Section A

Monday 12:00PM - 1:20PM

First 6 Weeks 30-Jan

ALL1267-HZ

Zoom

Limit: 10

This is the Zoom version of this hybrid first six-week class.

Coordinator: Marilyn Nouri. Hybrid Zoom version.

Discussing the Essay - Section B

Monday 12:00PM - 1:20PM

Second 6 Weeks 20-Mar

ALL1304-HC

Grossman 115

Limit: 15

The essays in the text are an artful history of America told in many voices. The essays fit together into kind of a mosaic that suggests where we come from, who we are, and where we are going. Each class member is encouraged to select one essay to present to the class by describing the background of the author, summarizing the survey, and leading a class discussion about the essay. Two essays will be discussed each week. Members can choose to take both the first and second six-week sessions or just one of them. The text is: *The Best American Essays of the Century*, edited by Joyce Carol Oates and Robert Atwan. It is available in paperback on Amazon or Barnes and Noble. Everyone is expected to read two essays a week. Coordinator will send assignment prior to the first class.

Coordinator: Marilyn Nouri. Marilyn is a retired professor of sociology from the State University of New York, Oneonta. She has coordinated many classes for ALL, and enjoys using a discussion format.

Discussing the Essay - Section B

Monday 12:00PM - 1:20PM

Second 6 Weeks 20-Mar

ALL1304-HZ

Zoom

Limit: 10

This is the Zoom version of this hybrid second six-week class.

Coordinator: Marilyn Nouri. Hybrid Zoom version.

TUESDAY**The New Middle Ages**

Tuesday 9:00AM - 10:20AM

12 Weeks 31-Jan

ALL1242-Z

Zoom

Limit: 35

In May of 2001, a book of mine was published. Its title is *Tocsin: A Warning from the New Middle Ages*. Four months later, 9/11 dramatically announced its arrival. Over our 12-week course, we will look at the original Middle Ages to set the stage and then explore what the new variety has in store.

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

TUESDAY (Continued)

Film Noir 2: More Classic Films of the 40's and 50's **ALL1096-C**
 Tuesday 9:00AM - 10:20AM Grossman 106
 First 6 Weeks 31-Jan Limit: 25

This course is a continuation of the Fall 2022 course, Film Noir: Hollywood Classics of the 40's and 50's. We will further explore some great films outside of the core classic film noirs.

Coordinator: Richard Slapsys. Richard is an emeritus fine arts librarian at the University of Massachusetts Lowell, and has taught film classes as an adjunct to the English Department.

Travels with Waldemar: A Survey of American Art and an Overview of The Impressionists **ALL1287-C**
 Tuesday 10:30AM - 11:50AM Grossman 115
 12 Weeks 31-Jan Limit: 25

We will be watching one-hour videos by the entertaining art historian Waldemar Januszczak on European impressionist painting, American artists and sculpture as legacy. Other Waldemar videos may be added as short subjects. This course is a followup to Chris and David's course on Renaissance, Baroque and Rococo art by Waldemar.

Coordinators: Chris Johnston, David Johnston. Chris and David Johnston continue their survey of art after lifelong careers teaching math and science in prep school. This is their 10th year as ALL Coordinators.

FUNNY Business! **ALL1291-Z**
 Tuesday 10:30AM - 11:50AM Zoom
 First 6 Weeks 31-Jan Limit: 20

Hands down, our sense of humor is one of our greatest survival tools! Through fun activities and discussion, we will explore humor's origins, what makes us laugh, what ignites, cultivates and suppresses it, plus its invaluable contributions to improving our interpersonal lives, promoting overall sanity (!) and appreciating gender differences in humor. Like what Groucho said, "Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read." There is no text for this class. There will be recommended articles on humor.

Coordinator: Nina Greenwald. Nina is an educational psychologist, former faculty and director of The Graduate Program of Critical and Creative Thinking, University of Massachusetts Boston. Her specializations include creative thinking and creative problem solving, critical thinking, invention, humor and thinking, problem-based learning and educating gifted students. She has coordinated many courses for ALL.

American Poetry: A Place for the Genuine **ALL1284-C**
 Tuesday 10:30AM - 11:50AM Grossman 106
 First 6 Weeks 31-Jan Limit: 18

The poetry of this nation matured in the nineteenth century and grew into one of the glories of modernist literature in the twentieth century. Our most famous poets, Whitman, Dickinson, Frost, Eliot, Hughes, to cite these few, are read and loved throughout the world. In this course we will reacquaint ourselves with poems well known and discuss new favorites. The main text, *101 Great American Poems* edited by The American Poetry & Literacy Project (Dover Thrift Edition), will be supplemented by a selection of more contemporary verse. For the first class, please read Marianne Moore, "Poetry" on page 65.

Coordinator: Joseph Auciello. Joseph 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 offered several literature classes at Snow Library in Orleans. He looks forward to the meaningful depth of discussion this class will make possible.

MORE Funny Business! **ALL1292-Z**
 Tuesday 10:30AM - 11:50AM Zoom
 Second 6 Weeks 21-Mar Limit: 20

Humor! - an instant vacation from life's impositions that helps us step back from its "crazies" to take a different view. This time, we will have fun exploring ways this invaluable attribute occurs in different personality styles, improves social and communication skills, plus cultural differences in humor. And who knows what else we'll discover about how humor rescues us throughout our lives? Everyone is welcome to join, regardless of whether or not you have taken the first six-week course.

Coordinator: Nina Greenwald. Nina, former Director in the Critical and Creative Graduate Program, UMass Boston, is a published author and educational consultant/trainer, elected to the Danforth Associates of New England for excellence in teaching. Her specializations include creative problem solving, critical thinking, problem-based learning, invention, and humor and thinking.

TUESDAY (Continued)

Henry V and Troilus and Cressida: Shakespeare's View of War **ALL1294-Z**
 Tuesday 12:00PM - 1:20PM Zoom
 First 6 Weeks 31-Jan Limit: 20

Henry V and Hector, or Pistol and Thersites: does either pair suggest the view of war that Shakespeare espoused? We will explore this question while enjoying the ways that Shakespeare continually shifts the scene to play with his audience's expectations. Texts for this course are any edition of Shakespeare's *Henry V* and *Troilus and Cressida*. Please read Acts I and II of *Henry V* before the first class.

Coordinator: Nancy Yee. Nancy, professor emerita at Fitchburg State University, enjoys exploring Shakespeare's plays with fellow ALL members who invariably challenge conventional views of the bard and refuse to take anything for granted.

Turning Points: Ancient Battles that Shaped History - Section A **ALL1289-C**
 Tuesday 3:00PM - 4:20PM Grossman 106
 First 6 Weeks 31-Jan Limit: 25

We will take a look at six pivotal battles, see some video reenactments and discuss historical background of the battles themselves—and how they shaped history. Specifically, we will look at: Marathon... Alexander's triumph at Gaugamela... The Roman victory at Carthage... The Military unification of India... The Battle of Tours and The end of the Viking era. Class discussions will follow each description. This course will be repeated in the second six-week session.

Coordinator: Lawrence Brown. Larry has taught history in three schools for a total of 42 years, 34 of those at Cape Cod Academy. He taught ancient history for 27 years. This is his fourth year of teaching at ALL. He has published five books, including a geography textbook with Addison Wesley and has written over 1,500 columns for the *Cape Cod Times* since 1987.

Turning Points: Ancient Battles that Shaped History - Section B

ALL1290-C

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

Grossman 106
 Limit: 25

We will take a look at six pivotal battles, see some video reenactments and discuss historical background of the battles themselves—and how they shaped history. Specifically, we will look at: Marathon... Alexander's triumph at Gaugamela... The Roman victory at Carthage... The Military unification of India... The Battle of Tours and The end of the Viking era. Class discussions will follow each description.

Coordinator: Lawrence Brown. Lawrence Brown has taught history in three schools for a total of 42 years, 34 of those at Cape Cod Academy. He taught ancient history for 27 years. This is his fourth year of teaching at ALL. Brown has published five books, including a geography textbook with Addison Wesley and has written over 1,500 columns for the *Cape Cod Times* since 1987.

WEDNESDAY

Broadway Musicals: An American Invention

ALL1225-Z

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

Zoom
 Limit: 25

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

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

WEDNESDAY (Continued)**Great Decisions**

Wednesday 9:00AM - 10:20AM

First 6 Weeks 1-Feb

ALL1306-Z

Zoom

Limit: 25

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 2023 are: Energy Geopolitics, War Crimes, China and the US, Economic Warfare, Politics in Latin America, Global Famine, Iran at a Crossroads and Climate Migration. We will select six topics to discuss in our six-week class and view a 20- to 30-minute video on each weekly topic. This will be a discussion class. We invite participants to share insights, additional readings, knowledge and opinions on each of the topics discussed. The text for this class is *Great Decisions 2023 Briefing Book*. It can be ordered from fpa.org for \$35.00. For the first class, please read the chapter on Energy Geopolitics. 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 and co-led an ALL class, A Different Take on American History. She has participated in several Great Decisions classes. Bill is a retired financial executive with a background in finance and global supply chain management. He has also participated in several Great Decisions classes.

Caste in America

Wednesday 9:00AM - 10:20AM

Second 6 Weeks 22-Mar

ALL1283-Z

Zoom

Limit: 25

The origin of the American system of a social ladder keeps the rich on the highest rung. We will examine the development of American society through the history of the Jamestown Colony and later the Commonwealth of Virginia and how the choices they made still affect us today.

Coordinator: John Matley. A washashore of six years ago that finds this Academy for Lifelong Learning a delight.

Backgammon for Fun

Wednesday 10:30AM - 11:50AM

12 Weeks 1-Feb

ALL1272-C

Grossman 106

Limit: 18

Backgammon is a board game recommended for ages five and up. It is a game where a beginner can beat a tournament champion, but not very often. It is a game for two and can be exciting to watch. Come, watch, play and learn. If you have a set, please bring it to class.

Coordinators: Miriam Kronish, Herb Kronish. Miriam and Herb love the game. They have taught it to friends, students (for college credit) and seniors. They are ready to play when you are!

The Economist I

Wednesday 10:30AM - 11:50AM

First 6 Weeks 1-Feb

ALL1219-C

Grossman 115

Limit: 25

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

Coordinator: Paul Arnold. Paul Arnold is a former ALL president who has been facilitating various political classes for several years.

The Economist II

Wednesday 10:30AM - 11:50AM

Second 6 Weeks 22-Mar

ALL1305-HC

Grossman 115

Limit: 15

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

Coordinators: Thomas Richardson, Michael Sullivan. Tom is retired, has multiple degrees in chemistry, a commission in the US Navy and enjoyed a career in the international computer industry. He is a frequent reader of *The Economist*. Mike is an attorney and also a frequent reader of *The Economist*.

WEDNESDAY (Continued)**The Economist II**

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

ALL1305-HZ

Zoom
Limit: 10

This is the Zoom version of this hybrid class.

Coordinators: Thomas Richardson, Michael Sullivan.
Hybrid Zoom version.

15 Challenges of the Future

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

ALL999-Z

Zoom
Limit: 25

Based upon the think tank, The Millennium Project, program of the 15 Global Challenges, each session focuses upon 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. 15 Global Challenges for brief summaries of each challenge.

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.

**Hurricanes, Wildfires, Tornadoes—
What Should We Do?**

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

ALL1293-Z

Zoom
Limit: 25

We have witnessed recent news about hurricanes, floods, wildfires and tornadoes across our nation. These severe natural events can be emotionally, financially and logistically challenging for individuals, families, first responders and communities—even for the entire nation. What does science tell us about the characteristics of these extreme natural events and how can we better prepare for them? What policy changes might be needed? How can we change our buildings and communities to improve survival and reduce damages? Students will be invited (not required) to research and present selected topics to the class. The coordinator will distribute materials to the enrolled students before the first class.

Coordinator: Robert Opaluch. Bob is a retired engineer and psychology professor. He designed and built a passive solar house and renovated three homes. He is focused on the design of energy-efficient, healthy and affordable homes.

**Reconstruction: America's
Unfinished Revolution, 1863-1877**

Wednesday 12:00PM - 1:20PM
12 Weeks 1-Feb

ALL1264-C

Grossman 106
Limit: 18

This course, a chronological survey of the pivotal era immediately following the American Civil War, will address the challenges faced by a nation wracked by civil strife: the status of previously enslaved individuals, the standing of Southerners who led the rebellion, the terms under which the Southern states would be restored to the union, and the best means of economic advancement for the country as a whole. We will examine the responses to these challenges under the theme of "America's Unfinished Revolution." The course text is Allen C. Guelzo's *Reconstruction: A Concise History*, New York, Oxford U Press, 2018. For the first class, please read the Introduction.

Coordinator: Richard Stewart. Dick taught history for 43 years at Choate Rosemary Hall in Wallingford, Connecticut. His degrees are BA in History from Allegheny College and MA from Wesleyan University in Middletown, CT.

Nothing but the Gospel

Wednesday 12:00PM - 1:20PM
12 Weeks 1-Feb

ALL1285-Z

Zoom
Limit: 15

This course will be a study and discussion of a Jesus-centered faith—Christianity's Good News, i.e., the universal message extracted from the particulars of the ancient Near Eastern world. We will minimize long-established theology, tradition, cultural heritage and emotional strongholds to let a historical grammatical understanding of the New Testament speak for itself. We will examine the gospel's self presentation in 20 New Testament settings, with hopes to apply them today. All students of history, faith, holism and Jesus are welcome. The text will be readings from the New Testament, which will be distributed through weekly emails in preparation for discussion.

Coordinator: Rob Swanson. Rob has been a missionary and pastor and is now a partner with The Jesus Collective. He is author of *The Bible Reader's Companion* and has been a coordinator with ALL for six previous courses.

WEDNESDAY (Continued)**Experiencing Aging:
In Our Own Words****ALL1295-HC**Wednesday 12:00PM - 1:20PM
Second 6 Weeks 22-MarGrossman 115
Limit: 10

Using novelist, poet and memoirist May Sarton's *At Seventy: a Journal* as a text, along with writing on the subject from other women, we will be exploring what women have to say about the experience of aging. Class members will also be keeping a journal during the run of the class, doing our own writing and sharing with one another. Sarton says in her journal: "This is the best time in my life. I love being old because I am more myself than I have ever been. There is less conflict, I am happier, more balanced, and more powerful." Come share your own experience of aging. The course text is: *At Seventy: A Journal* by May Sarton. For the first class, please read journal entries for May and June.

Coordinator: Pat Stover. Pat has been coordinating courses for ALL for the last 14 years, usually with the theme of exploring women's issues from a feminist perspective. Now that Pat is in her 70's, the issue of aging is feeling close to home!

**Experiencing Aging:
In Our Own Words****ALL1295-HZ**Wednesday 12:00PM - 1:20PM
Second 6 Weeks 22-MarZoom
Limit: 10

This is the Zoom version of this hybrid class.

Coordinator: Pat Stover. Hybrid Zoom version.

**Getting Along and the
Practice of Empathic Negotiation****ALL1223-Z**Wednesday 1:30PM - 2:50PM
12 Weeks 1-FebZoom
Limit: 10

Much of life involves negotiation. How well do you negotiate with family members, friends, caregivers and service providers? This course is based on a book, *Nonviolent Communication: A Language of Life* by Marshall Rosenberg. It will offer you a new way to practice negotiation, a way that finds power through empathy and the willingness to be vulnerable. First we will cover principles and techniques. Then we will have some fun doing role-play negotiation exercises. The course mix will be 25% lecture, 75% discussion.

Coordinator: Frank Noonan. Frank is a retired professor in industrial engineering. Late in his career he began teaching domestic violence prevention classes, serving as a university ombudsman and doing spiritual direction. In teaching the course, he hopes to grow his own skills in the practice of compassionate negotiation.

So You Want to Be a PoetWednesday 1:30PM - 2:50PM
12 Weeks 1-Feb**ALL077-C**Grossman 106
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.

All About DreamsWednesday 1:30PM - 2:50PM
Second 6 Weeks 22-Mar**ALL636-C**Grossman 115
Limit: 15

The class will explore through lectures and discussion why we dream. We will look at different types of dreams and theories about the meaning of dreams.

Coordinator: Linda Koehler. Linda has taught psychology for 30 years in diverse settings, including Mercy College in NY and Quincy College in MA.

Beginning WatercolorWednesday 2:30PM - 5:30PM
Second 6 Weeks 22-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.

WEDNESDAY (Continued)

Northern Lights: Great Music from Scandinavia and Beyond **ALL1298Z**
 Wednesday 3:00PM - 4:20PM Zoom
 12 Weeks 1-Feb Limit: 25

Is there something special about the way Nordic composers see the world—or the musical means they use to capture it? From Grieg and Sibelius to a host of moderns, music from these distinctive cultures has repeatedly cycled in and out of fashion at concert halls around the world—though nowadays it is much more in than out. This course will feature performance videos of music by composers from Norway, Sweden, Denmark, Finland, Iceland, Latvia and Estonia. Some may be works you already know and love, and some may be pieces you've never heard of. But taken together, they are as fascinating, moving and multicolored as a beautiful night of aurora borealis.

Coordinator: John Temple. John is a retired business writer, lifelong listener, long-ago concert reviewer and instrument kit builder, and 20-year Barnstable Village resident. This will be his 11th ALL course and, like the others, it will focus on a relatively narrow area within the world of classical music. Prior examples have ranged from specific genres (chamber music, choral works, Mozart piano concertos) to topics that cross categories (masterclasses, nationalism in music, music of imprisonment and liberation).

Becoming a Photographer - Section A **ALL1239-C**
 Wednesday 3:00PM - 4:20PM Grossman 106
 First 6 Weeks 1-Feb Limit: 12

We will look at basic composition, light, cropping, balancing light and color, finally using graphic techniques to reinvent the photos you have taken. Taking photos during the week is required homework. We will share our work at the beginning of each class session. Students will build a portfolio week by week and at the end, we will assemble a virtual gallery. This course will be repeated in the second six-week session. Note: We will do two class sessions on Zoom where you can get into my graphic apps and see photo/graphic processing as it happens.

Coordinator: Lawrence Brown. Larry has been a portrait photographer for 40 years and a school photographer for 38 years. His marine photography has been featured in three books and dozens of boating articles. He has taught photography at CCA, at ALL—and to youngsters at the Cape Cod Art Center. He won Best in Show with his first contest entry last winter. His work is on display in the ALL lobby.

Becoming a Photographer - Section B **ALL1240-C**
 Wednesday 3:00PM - 4:20PM Grossman 106
 Second 6 Weeks 22-Mar Limit: 12

We will look at basic composition, light, cropping, balancing light and color, finally using graphic techniques to reinvent the photos you've taken. Taking photos during the week is required homework. We will share our work at the beginning of each class session. Students will build a portfolio week by week and at the end, we will assemble a virtual gallery. This course is a repeat of the first six-week session. Note: We will do two class sessions on Zoom where you can get into my graphic apps and see photo/graphic processing as it happens.

Coordinator: Lawrence Brown. Lawrence Brown has been a portrait photographer for 40 years and a school photographer for 38 years. Brown's marine photography has been featured in three books and dozens of boating articles. He has taught photography at CCA, at ALL—and to youngsters at the Cape Cod Art Center. He won Best in Show with his first contest entry last winter. His work is on display in the ALL lobby.

THURSDAY

Hidden Gifts from a New Group of Rebels **ALL1247-C**
 Thursday 9:00AM - 10:20AM Grossman 106
 First 6 Weeks 2-Feb Limit: 18

The women and men you will meet in this course left a legacy of love for this world. Their passion, spirit and actions still inspire many to follow their dreams of justice, of acceptance of all and of cherishing the wonder of our world. The six are Rachel Carson (our environment), Albert Camus (justice), Megan Rice (peace), Edward Curtis (respect for Native Americans), Barbara Jordan (overcoming racism) and Ernest Shackleton (heroic leadership). A list of books will be sent by the coordinator before the first class.

Coordinator: David Mulligan. Dave, a former missionary priest in Bolivia, Commissioner of Public Health in Massachusetts and an Associate Professor at Stonehill College, has been a long-time teacher at ALL.

THURSDAY (Continued)**Current Topics in Climate Change**

Thursday 9:00AM - 10:20AM

Second 6 Weeks 23-Mar

ALL1261-HC

Grossman 115

Limit: 15

The signs of climate change are all around us. This six-week hybrid course will cover current topics in climate change, some good and some not so good, and how we ourselves can help. This will be an interactive class, with presentation materials used to facilitate group discussion. There will be ample opportunity for topic changes as the term progresses. Coordinator will send the presentation material before each class, and asks students to review the news articles for that week and to bring their observations, questions and concerns for class discussion.

Coordinator: Paul Coteus. Paul is a retired physicist and IBM Fellow. Starting with Rachael Carson in the 60's, through the ozone crisis of the 1980's, and now the 21st century focus on climate change and greenhouse gas emissions, Paul has kept an active interest in how our planet is responding to human impact.

Current Topics in Climate Change

Thursday 9:00AM - 10:20AM

Second 6 Weeks 23-Mar

ALL1261-HZ

Zoom

Limit: 10

This is the Zoom version of this hybrid course.

Coordinator: Paul Coteus. Hybrid Zoom version.

Whitey Bulger: Declassified - Section A

Thursday 10:30AM - 11:50AM

First 6 Weeks 2-Feb

ALL1254-C

Grossman 106

Limit: 18

For 16 years, Whitey Bulger was on the FBI's 10 most wanted list. Books were written about him, movies and documentaries were produced and reams of newsprint were sold. The basis of the narrative came from testimony of fellow criminals who escaped the electric chair and long prison sentences by testifying against him. Not one journalist, author, producer, screenwriter or actor corresponded with or interviewed Bulger. In this course, we will explore Bulger's own words and the circumstances of his criminality and creation. This course will be repeated in the second six-week session.

Coordinator: Janet Uhlar. Janet is an author, a lecturer and a nurse. She is the co-founder of The Open Doorway, an advocacy group for those with substance use disorder. She is also a member of the Cape Cod and Islands Commission on the Status of Women. In 2013 Janet was seated on the jury of the Whitey Bulger trial.

Mindfulness: Cultivating Lasting Happiness

Thursday 10:30AM - 11:50AM

Second 6 Weeks 23-Mar

ALL1296-Z

Zoom

Limit: 15

This course will focus on teaching the core tenets of mindfulness, specific exercises utilizing it and the neurological research on how it works. Researchers have been discovering the calming effects of mindfulness and the benefits of practicing the exercises. Participants will be invited to incorporate them into their daily routine to reduce stress and enhance their sense of well-being. Discussion and feedback will take place and everyone will be welcome to share their experiences with mindfulness according to their individual comfort level. Suggested materials include *Wherever You Go, There You Are* by Jon Kabat-Zinn and *Cultivating Lasting Happiness, a 7-Step Guide to Mindfulness* by Terry Frahllich.

Coordinator: Leslie Dealy. Leslie is a recently retired social worker. During her 35-year career, she focused on treating clients with anxiety and depression. One of the most effective techniques was the use of mindfulness, helping clients to stay present in the moment. Leslie is an active and compassionate person. She has been involved in a variety of types of volunteer work and seeks to give back to the community. She has found ALL classes to be very stimulating and believes they foster community.

Whitey Bulger: Declassified - Section B

Thursday 10:30AM - 11:50AM

Second 6 Weeks 23-Mar

ALL1300-C

Grossman 106

Limit: 18

For 16 years, Whitey Bulger was on the FBI's Ten Most Wanted list. Books were written about him, movies and documentaries were produced and reams of newsprint were sold. The basis of the narrative came from testimony of fellow criminals who escaped the electric chair and long prison sentences by testifying against him. Not one journalist, author, producer, screenwriter or actor corresponded with or interviewed Bulger. In this course, we will explore Bulger's own words and the circumstances of his criminality and creation. This course is a repeat of the first 6 week course.

Coordinator: Janet Uhlar. Janet is an author, a lecturer and a nurse. She is the co-founder of The Open Doorway, an advocacy group for those with substance use disorder. She is also a member of the Cape Cod and Islands Commission on the Status of Women. In 2013 Janet was seated on the jury of the Whitey Bulger trial.

THURSDAY (Continued)**Butterflies Across Cape Cod**

Thursday 10:30AM - 11:50AM

Second 6 Weeks 23-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 2-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 2022: The O. Henry Prize Winners*, edited by Valeria Luiselli.

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.

Checking in on 2024 (In Person Version)

Thursday 1:30PM - 2:50PM

First 6 Weeks 2-Feb

ALL1299-C

Grossman 106

Limit: 15

The US mid-term elections are behind us and the leaders and issues that will drive the next few years are emerging. This course will check in on how the US population (and the rest of the world) will be reacting.

Topics will be determined by current events and are likely to include the lingering impact of the pandemic on the economy, the ongoing war in Ukraine, global political reconfiguration, the upcoming 2024 US elections, extremism, social media and climate change. This is a discussion class. The emphasis is on ways to maintain personal stability in what are bound to be challenging years. Come ready to discuss.

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

Checking in on 2024 (Zoom Version)

Thursday 7:00PM - 8:20PM

First 6 Weeks 2-Feb

ALL1301-Z

Zoom

Limit: 25

Coordinator: Marianne Triplette. Zoom Version

Building Bridges/Finding**Common Ground in 2024 (In Person Version)**

Thursday 1:30PM - 2:50PM

Second 6 Weeks 23-March

ALL1302-C

Grossman 106

Limit: 15

This course reviews the key issues, interest groups and candidates driving the upcoming US 2024 presidential elections. Special emphasis will be on understanding the dynamics of alternative perspectives, coalitions and extremism. Discussion will explore resources for understanding current issues and tools to fact check misinformation in media and social media. The focus will be on building bridges and (if possible) finding common ground for the common good. This is a discussion class. The emphasis is on maintaining personal stability in what are bound to be challenging years. Come ready to discuss key issues.

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

THURSDAY (Continued)**Writing Incubator**

Thursdays 3:00PM -4:20PM
12 weeks 2-Feb

ALL780-HC

Grossman 115
Limit:15

In the literary world an incubator is a group of like-minded people who provide space and time, while offering mentoring to others, to accomplish their 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, Bill Holcombe.

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

Writing Incubator

Thursdays 3:00PM -4:20PM
12 weeks 2-Feb

ALL780-HZ

Zoom
Limit:10

Coordinators: Nancy Shoemaker, Bill Holcombe

Hybrid Zoom version

Learning to Fish Cape Cod Bay and Beaches

Thursday 3:00PM - 4:20PM
Second 6 Weeks 23-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.

Building Bridges / Finding Common Ground in 2024 (Zoom Version)**ALL1303-Z**

Thursday 7:00PM - 8:20PM
Second 6 Weeks 23-March

Zoom
Limit: 25

This course reviews the key issues, interest groups and candidates driving the upcoming US 2024 presidential elections. Special emphasis will be on understanding the dynamics of alternative perspectives, coalitions and extremism. Discussion will explore resources for understanding current issues and tools to fact check misinformation in media and social media. The focus will be on building bridges and (if possible) finding common ground for the common good. This is a discussion class. The emphasis is on maintaining personal stability in what are bound to be challenging years. Come ready to discuss key issues.

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

FRIDAY**Introduction to Nichiren Buddhism****ALL866-Z**

Friday 10:30AM - 11:50AM
First 6 Weeks 3-Feb

Zoom
Limit: 15

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

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

FRIDAY (Continued)**Philosophy and Film**

Friday 1:00PM - 4:00PM*

12 Weeks 3-Feb

ALL756-C

Grossman 106

Limit: 18

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.

*Note: 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.

Bridge for Beginners

Friday 1:30PM - 2:50PM

12 Weeks 3-Feb

ALL910-HC

Grossman 115

Limit: 20

This hybrid course is open to all who would like to learn the card game bridge, which is an excellent way to keep our minds active in an enjoyable social setting. No experience is required. Some classes will involve visiting and using a free online platform for playing bridge that is easy to use. This is an easy-going class with only one rule: be kind to all at the bridge table. The only required text is: *A Handbook for Beginners* written by the coordinator and is provided free of charge to all students at the start of the semester.

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

Bridge for Beginners

Friday 1:30PM - 2:50PM

12 Weeks 3-Feb

ALL910-HZ

Zoom

Limit: 10

Coordinator: Christopher Senie. Hybrid Zoom version.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	12 Weeks	30-Jan	ALL1297-Z	Origami Club	Zoom	Andrea Plate
Monday	10:30AM - 11:50AM	12 Weeks	30-Jan	ALL1288-C	A-B-C-Darian Approach to Memoir Writing	Grossman 115	June Calender
Monday	10:30AM - 11:50AM	First 6 Weeks	30-Jan	ALL1282-C	Theater: It's Alive!	Grossman 106	Roger Shoemaker
Monday	10:30AM - 11:50AM	First 6 Weeks	30-Jan	ALL1286-Z	The Daughters of Yalta	Zoom	Patricia McKean
Monday	1:30PM - 2:50PM	12 Weeks	30-Jan	ALL1173-Z	12 Directors/12 Masterpieces - New Edition	Zoom	Joseph Gonzalez
Monday	12:00PM - 1:20PM	First 6 Weeks	30-Jan	ALL1267-HC	Discussing the Essay - Section A	Grossman 115	Marilyn Nouri
Monday	12:00PM - 1:20PM	First 6 Weeks	30-Jan	ALL1267-HZ	Discussing the Essay - Section A	Zoom	Marilyn Nouri
Monday	12:00PM - 1:20PM	Second 6 Weeks	20-Mar	ALL1304-HC	Discussing the Essay - Section B	Grossman 115	Marilyn Nouri
Monday	12:00PM - 1:20PM	Second 6 Weeks	20-Mar	ALL1304-HZ	Discussing the Essay - Section B	Zoom	Marilyn Nouri
Tuesday	9:00AM - 10:20AM	12 Weeks	31-Jan	ALL1242-Z	The New Middle Ages	Zoom	Stew Goodwin
Tuesday	9:00AM - 10:20AM	First 6 Weeks	31-Jan	ALL1096-C	Film Noir 2: More Classic Films of the 40's and 50's	Grossman 106	Richard Slapsys
Tuesday	10:30AM - 11:50AM	12 Weeks	31-Jan	ALL1287-C	Travels with Waldemar: A Survey of American Art and an Overview of The Impressionists	Grossman 115	Chris Johnston, David Johnston
Tuesday	10:30AM - 11:50AM	First 6 Weeks	31-Jan	ALL1291-Z	FUNNY Business!	Zoom	Nina Greenwald
Tuesday	10:30AM - 11:50AM	First 6 Weeks	31-Jan	ALL1284-C	American Poetry: A Place For The Genuine	Grossman 106	Joseph Auciello
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	21-Mar	ALL1292-Z	MORE Funny Business!	Zoom	Nina Greenwald
Tuesday	12:00PM - 1:20PM	First 6 Weeks	31-Jan	ALL1294-Z	Henry V and Troilus and Cressida: Shakespeare's View of War	Zoom	Nancy Yee
Tuesday	3:00PM - 4:20PM	First 6 Weeks	31-Jan	ALL1289-C	Turning Points: Ancient Battles that Shaped History - Section A	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	21-Mar	ALL1290-C	Turning Points: Ancient Battles that Shaped History - Section B	Grossman 106	Lawrence Brown
Wednesday	9:00AM - 10:20AM	12 Weeks	1-Feb	ALL1225-Z	Broadway Musicals: An American Invention	Zoom	Fran Lautenberger

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Wednesday	9:00AM - 10:20AM	First 6 Weeks	1-Feb	ALL1293-Z	Great Decisions	Zoom	Deborah Titolo, Bill Gentes
Wednesday	9:00AM - 10:20AM	Second 6 Weeks	22-Mar	ALL1283-Z	Caste in America	Zoom	John Matley
Wednesday	10:30AM - 11:50AM	12 Weeks	1-Feb	ALL1272-C	Backgammon for Fun	Grossman 106	Miriam Kronish, Herb Kronish
Wednesday	10:30AM - 11:50AM	First 6 Weeks	1-Feb	ALL1219-C	The Economist I	Grossman 115	Paul Arnold
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	22-Mar	ALL1305-HC	The Economist II	Grossman 115	Thomas Richardson, Michael Sullivan
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	22-Mar	ALL1305-HZ	The Economist II	Zoom	Thomas Richardson, Michael Sullivan
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	22-Mar	ALL999-Z	15 Challenges of the Future	Zoom	Tom Murphy
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	22-Mar	ALL1293-Z	Hurricanes, Wildfires, Tornadoes—What Should We Do?	Zoom	Robert Opaluch
Wednesday	12:00PM - 1:20PM	12 Weeks	1-Feb	ALL1264-C	Reconstruction: America's Unfinished Revolution, 1863-1877	Grossman 106	Richard Stewart
Wednesday	12:00PM - 1:20PM	12 Weeks	1-Feb	ALL1285-Z	Nothing but the Gospel	Zoom	Rob Swanson
Wednesday	12:00PM - 1:20PM	Second 6 Weeks	22-Mar	ALL1295-HC	Experiencing Aging: In Our Own Words	Grossman 115	Pat Stover
Wednesday	12:00PM - 1:20PM	Second 6 Weeks	22-Mar	ALL1295-HZ	Experiencing Aging: In Our Own Words	Zoom	Pat Stover
Wednesday	1:30PM - 2:50PM	12 Weeks	1-Feb	ALL1223-Z	Getting Along and the Practice of Empathic Negotiation	Zoom	Frank Noonan
Wednesday	1:30PM - 2:50PM	12 Weeks	1-Feb	ALL077-C	So You Want to Be a Poet	Grossman 106	Glyn Dowden, Mary Bonacker
Wednesday	1:30PM - 2:50PM	Second 6 Weeks	22-Mar	ALL636-C	All About Dreams	Grossman 115	Linda Koehler
Wednesday	2:30PM - 5:30PM	Second 6 Weeks	22-Mar	ALL711-C	Beginning Watercolor	Tilden Arts Center	Mary Lou Mack
Wednesday	3:00PM - 4:20PM	12 Weeks	1-Feb	ALL1298-Z	Northern Lights: Great Music from Scandinavia and Beyond	Zoom	John Temple
Wednesday	3:00PM - 4:20PM	First 6 Weeks	1-Feb	ALL1239-C	Becoming a Photographer - Section A	Grossman 106	Lawrence Brown
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	22-Mar	ALL1240-C	Becoming a Photographer - Section B	Grossman 106	Lawrence Brown

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Thursday	9:00AM - 10:20AM	First 6 Weeks	2-Feb	ALL1247-C	Hidden Gifts from a New Group of Rebels	Grossman 106	David Mulligan
Thursday	9:00AM - 10:20AM	Second 6 Weeks	23-Mar	ALL1261-HC	Current Topics in Climate Change	Grossman 115	Paul Coteus
Thursday	9:00AM - 10:20AM	Second 6 Weeks	23-Mar	ALL1261-HZ	Current Topics in Climate Change	Zoom	Paul Coteus
Thursday	10:30AM - 11:50AM	First 6 Weeks	2-Feb	ALL1254-C	Whitey Bulger: Declassified - Section A	Grossman 106	Janet Uhlar
Thursday	10:30AM - 11:50AM	Second 6 Weeks	23-Mar	ALL1296-Z	Mindfulness: Cultivating Lasting Happiness	Zoom	Leslie Dealy
Thursday	10:30AM - 11:50AM	Second 6 Weeks	23-Mar	ALL1300-C	Whitey Bulger: Declassified - Section B	Grossman 106	Janet Uhlar
Thursday	10:30AM - 11:50AM	Second 6 Weeks	23-Mar	ALL1265-C	Butterflies Across Cape Cod	Grossman 115	Joe Dwelly
Thursday	1:30PM - 2:50PM	12 Weeks	2-Feb	ALL055-Z	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	1:30PM - 2:50PM	First 6 Weeks	2-Feb	ALL1299-C	Checking In On 2024 (In Person Version)	Grossman 106	Marianne Triplette
Thursday	1:30PM - 2:50PM	Second 6 Weeks	23-Mar	ALL1302-C	Building Bridges/Finding Common Ground in 2024 (In Person version)	Grossman 106	Marianne Triplette
Thursday	3:00PM - 4:20PM	12 Weeks	2-Feb	ALL780-HC	Writing Incubator	Grossman 115	Nancy Shoemaker, Bill Holcombe
Thursday	3:00PM - 4:20PM	12 Weeks	2-Feb	ALL780-HZ	Writing Incubator	Zoom	Nancy Shoemaker, Bill Holcombe
Thursday	3:00PM - 4:20PM	Second 6 Weeks	23-Mar	ALL1305-C	Learning to Fish Cape Cod Bay and Beaches	Grossman 106	Steve Leary
Thursday	7:00PM - 8:20PM	First 6 Weeks	2-Feb	ALL1301-Z	Checking In On 2024 (Zoom Version)	Zoom	Marianne Triplette
Thursday	7:00PM - 8:20PM	Second 6 Weeks	23-Mar	ALL1303-Z	Building Bridges / Finding Common Ground in 2024 (Zoom Version)	Zoom	Marianne Triplette
Friday	10:30AM - 11:50AM	First 6 Weeks	3-Feb	ALL866-Z	Introduction to Nichiren Buddhism	Zoom	Susan Whalley, Steve Piontek
Friday	1:00PM - 4:00PM *	12 Weeks	3-Feb	ALL756-C	Philosophy and Film	Grossman 106	Tom Gotsill
Friday	1:30PM - 2:50PM	12 Weeks	3-Feb	ALL910-HC	Bridge for Beginners	Grossman 115	Christopher Senie
Friday	1:30PM - 2:50PM	12 Weeks	3-Feb	ALL910-HZ	Bridge for Beginners	Zoom	Christopher Senie

ALL Registration Form Spring 2023

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 02688-1599

For Office Use Only
Ck# _____ Amount _____
Invoice# _____ VAX _____
C _____ L _____ S _____

Proof of vaccination is required for in-person classes. Please include proof with your registration form or email to allvaccinations@gmail.com. Members who have provided proof of vaccination previously do not have to re-submit.

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 _____

For the \$105 membership fee, please select up to four 6-week courses, two 12-week courses or one 12-week and two 6-week courses. 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 9th, at 9 am for registration forms received by January 6th. 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 and PROOF OF VACCINATION (for in-person classes, if not previously provided.) Incomplete registrations cannot be processed.



Board of Directors 2022-2023

Dianne Tattersall	President and Chair of Hospitality	2024
Paul Coteus	Vice President and Chair of Finance	2024
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Miriam Kronish	Curriculum	2024
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Marianne Triplette	Communications	2023
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Office Administrator: Cynthia Jayne

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

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