

Spring 2020

Course Catalog

Volume 19 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.

New to the Academy for Lifelong Learning?

Please come to the New Member Orientation

Wednesday, January 29, 2020
10:00 a.m. – 11:00 a.m.

Lorusso Applied Technology Building Solarium

Take elevator to the second floor and you are there

**Come meet the ALL Board of Directors who
will answer your questions and help you
become familiar with our organization**

A handbook for new members will be available

Coffee, tea, and pastries

ACADEMIC CALENDAR FOR SPRING 2020

Registration begins	Monday, January 13 at 9 a.m.
New Member Orientation	Wednesday, January 29 at 10 a.m.
Coordinators' Luncheon	Wednesday, January 29 at noon
Classes begin	Monday, February 3
First six-week classes end	Monday, March 16
Second six-week classes begin	Monday, March 23
Classes end	Monday, May 4

Holidays – no classes

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

ACADEMIC CALENDAR FOR FALL 2020

Registration begins	Monday, August 17 at 9 a.m.
New Member Orientation	Wednesday, September 9 at 10 a.m.
Coordinators' Luncheon	Wednesday, September 9 at noon
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
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A Message from Our President

We at the Academy for Lifelong Learning are very pleased to offer our members a wide variety of interesting and fun classes in this Spring 2020 catalog. We strive to provide a stimulating array of classes to appeal to the diverse interests of our members within a culture of respect for new and different ideas. Enthusiastic and knowledgeable volunteer coordinators lead these classes. You can keep up with current events, explore opportunities for personal growth and stimulate your brain by exploring new topics of interest, all in the company of congenial and engaged classmates. In addition, we have a variety of opportunities for socializing with fellow members.

I moved from Chicago to the Cape to be with family when I retired seven years ago. Luckily, a family member suggested that the Academy for Lifelong Learning might be an opportunity to learn, meet people and give back to a larger community. For some reason, we tend to divide our adult life into two categories: our work life and retired life. At ALL I found that what defines me is my sense of purpose: the reason that I wake up is to learn and experience something new. The best advice I got from an ALL member is to take classes about something I didn't know; to learn new ideas and skills.

Whether you are a returning member or a new member, here are a couple of tips I have learned:

- When you get your catalog, either in the mail or at a library, sit down and fill out the registration form. Mail it or drop it off at the ALL office.
- Registration processing begins on January 13 – that means we process what has been received prior to the 13th.
- Be sure to include fee payment – if not, it slows down your registration processing.
- Always include alternate classes – some of the best classes I have taken were my alternate choices.
- Read the information in the catalog thoroughly and carefully – most of your questions will be answered.
- When in doubt, give us a call. Leave a message and we will get back to you.

We very much appreciate the time and efforts of ALL's class coordinators, curriculum committee members and all the volunteers who work throughout the year to bring worthwhile classes to our members.

Judy Roettig, *President*

From the Curriculum Committee

Welcome to the spring 2020 semester of the Academy for Lifelong Learning (ALL). We are delighted to present you with a wide range of course offerings – from historic events to contemporary issues, from philosophy and film to conversational Spanish, from Argentine tango to everyday organic chemistry, from literature and poetry to music and art. Our courses are designed to attract you, our lifelong learners. 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 fall 2020 semester or beyond.

Registration opens on Monday, January 13, 2020. If you are enrolled in a course 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

The ALL office will open at 9 a.m. on Monday, January 13, 2020. 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 Monday, January 13, 2020, will have an equal chance of getting the courses they selected. No preference will be given to early postmarks or delivery dates. We strongly encourage you to submit your form by mail. All registration forms submitted after January 13 are processed when received. Please be sure to include alternate choices in case the classes you chose are full.

Welcome to ALL

Overview

The Academy for Lifelong Learning of Cape Cod, Inc. (ALL) was established in 1987 as part of the Center for Successful Aging at Cape Cod Community College. In 1990, ALL was "spun off" from the college and became an independent self-governing entity. In 2001 we obtained 501(c)(3) status from the IRS. Throughout our history ALL has maintained a close and mutually beneficial relationship with the college.

ALL is an organization of men and women aged 50 and older 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, 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 primarily offers academic courses but also has several creative and "how-to" courses. Classes may vary from semester to semester. The academic offerings may include courses in literature, history, philosophy, the social sciences, religion, and art appreciation and interpretation. The creative and "how-to" courses may include topics such as origami, beading, painting, bridge and various other skills of interest to our membership.

Those members who teach courses are known as coordinators. They bring their personal passions, avocations and teaching experience to our classes. Some classes are traditional in structure where coordinators have the role of teacher, while other coordinators prefer a discussion structure and act as facilitators. There are two semesters or sessions per calendar year – fall and spring. Course offerings are generally on either a six-week or a 12-week basis. ALL courses are not for academic credit with the college or elsewhere.

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

New Members:

By indicating "First time member" on your registration form, you will receive an invitation to ALL's New Member Orientation. This is an opportunity to meet the Board and other new members, learn more about the organization, plus get a tour of the campus. Be sure to save the date, Wednesday, January 29, at 10 a.m. for this event.

Board of Directors

ALL's board of directors manages the business affairs and the day-to-day operation of the corporation. The board of directors has no fewer than six and no more than 15 members at any time, and each member is elected by the membership for a three-year term. Directors serve without compensation for their services and most are chairs of active committees or officers of the corporation. The current board consists of 15 members, with about one-third elected or appointed each year. The board list for this year can be found at the back of this catalog.

Committees

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, summarized below:

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 board of directors also establishes ad hoc committees, as needed, for specific tasks and projects.

Course Selection

For your planning purposes, a consolidated list of courses arranged by day and time appears after the course descriptions in this catalog. Please complete the course selection area of the registration form using each course number, name, day and time.

For some courses, supplemental information describing class content may be found on our website www.capecodall.org.

Registration

Completed registration forms may be mailed or hand-delivered to the ALL office prior to January 13. The office is located on the college campus on the mezzanine level of the Grossman Commons Building adjacent to Rooms C-106 and C-115. Registration processing begins Monday, January 13, 2020. 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. Any incomplete section may delay the processing of the registration form. Please make a copy of your completed registration form for your records. Once your registration has been processed you will receive a confirmation in the mail. We will attempt to contact you by telephone if none of your selected courses or alternate courses are available.

Note: Complete and accurate contact information is very helpful if questions come up about your registration form and would be important in the event of an emergency. Please be sure to include alternate choices in case your class choices are filled.

The ALL office will open at 9 a.m. on Monday, January 13. To ensure a fair assignment of classes, ALL uses a random selection process. All members whose completed registration forms are received by Monday, January 13 with payment will have an equal chance of getting their course choices. No preference will be given to early postmarks or delivery dates. We encourage you to submit your form by mail. Forms received after January 13 will be processed when received but not before all prior course assignments are completed.

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. Because of space limitations and coordinator requests, class sizes may vary. 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 the registration process is completed.

After the first week of each semester members may enroll in additional courses if space is available and they have the approval of the coordinator. During the first week of classes, a list of courses with seats available will be posted in the ALL office. Refunds of membership fees are available only through the first week of class except in special circumstances.

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 though no further fees are paid – a member remains 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 will be issued after the class registration process is completed.

Course coordinators are not subject to the membership fee.

Withdrawals

If, after receiving your course confirmation, you find you are unable to attend a course, please notify the ALL office at (774) 330-4400 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 office as well as the coordinator.

Class Locations

Most courses are offered on the Cape Cod Community College (CCCC) campus at 2240 Iyannough Road, West Barnstable. Additional classes are available at several satellite campuses around the Cape. Following are the addresses, phone numbers and directions to the sites where classes are offered. When selecting back-to-back classes, be sure to allow for travel time between sites.

Rooms C-106 and C-115 are on the mezzanine level of the Grossman Commons Building at CCCC.

The **Multimedia Center** is in the basement of the Wilkens Library at CCCC.

The **Art Center** is in the Tilden Arts Center building at CCCC.

Cape Cod Community College Downtown Hyannis campus (508-778-2221) is located at 540 Main St., Hyannis, behind Colombo's Restaurant.

See maps of the college's main and downtown Hyannis campuses in this catalog.

Bridgewater State University's Cape Cod campus (508-531-1844) is located at 1175 Route 28, South Yarmouth, opposite the Massachusetts State Police barracks.

Mashpee Senior Center (508-539-1440) is located at 26 Frank E. Hicks Drive, Mashpee, off Route 151 near the police and fire stations.

Barnstable Adult Community Center (508-862-4750) is located at 825 Falmouth Road (Route 28) in Hyannis, adjacent to the Barnstable Intermediate School.

If you have any questions or concerns, please call or visit the ALL office. The phone number is (774) 330-4400. The office is located on the mezzanine level of the Grossman Commons Building adjacent to Rooms C-106 and C-115.

FAQs are addressed on our website: www.capecodall.org.

IMPORTANT COLLEGE PHONE NUMBERS

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. If the college announces a delayed opening time, ALL classes that are scheduled to start before that time are also canceled.

To confirm, please call Cape Cod Community College's hotline at (508) 375-4070 or Bridgewater State University's hotline at 508-531-1777.

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.
- 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.

Handicapped 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 Campus Security Office is 774-330-4349. Please add this telephone number to your contact list. The Campus Security Office is located opposite the cafeteria on the first floor of Grossman.

Should you find that Disabled Parking spots near Grossman Commons are not available and you have a valid RMV Disabled plate/placard, the following alternatives are suggested by Campus Security:

- Additional Disabled Parking is located on the drive leading to the Science Building.
- Call Campus Security (774-330-4349) to pick you up in a college parking lot close to Grossman Commons and arrange for drop off after your class.

ALL NEEDS YOU!

Become a Coordinator of a class at the Academy for Lifelong Learning in the Fall 2020 Session at one of our many locations.



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.

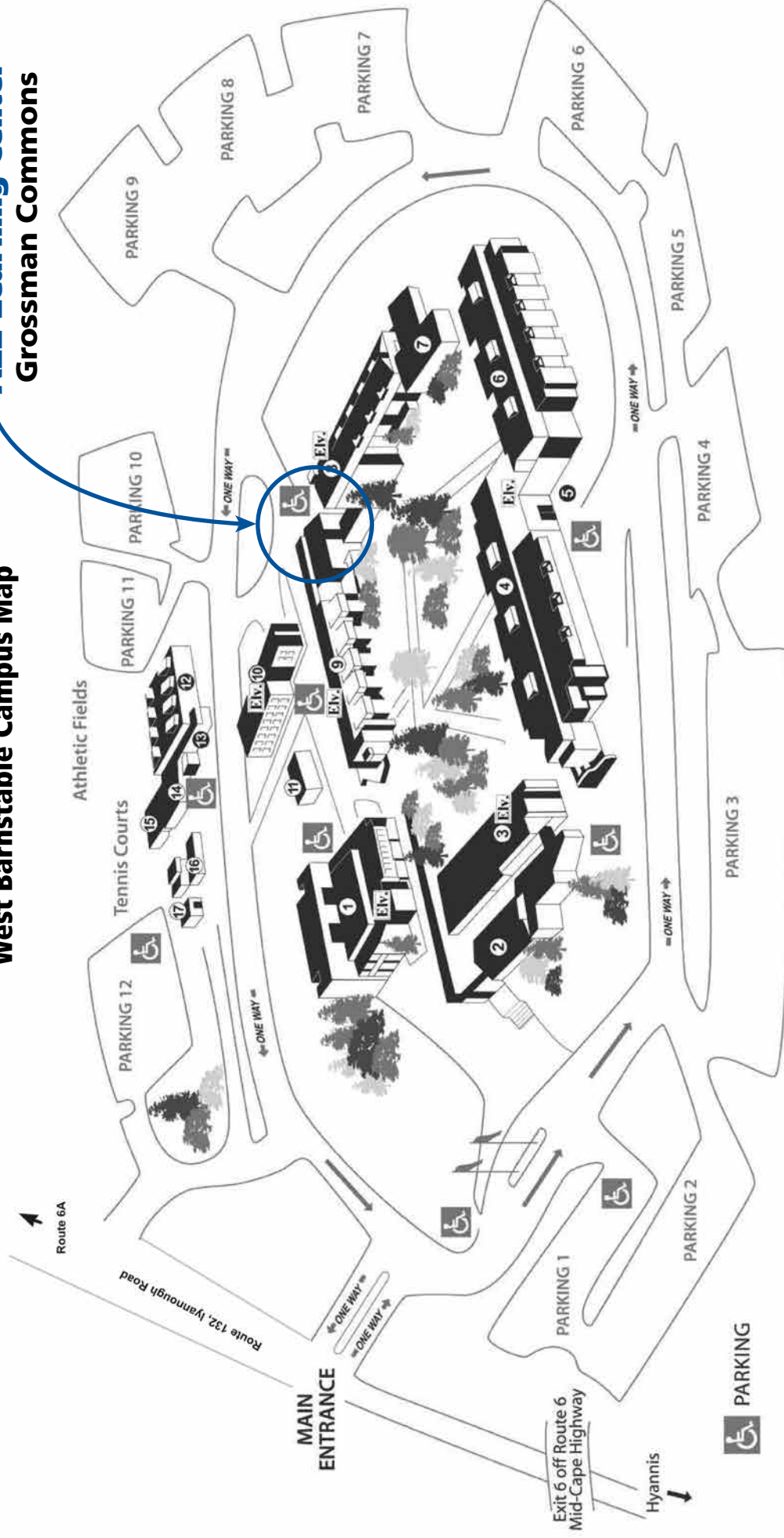
Course Description (50 to 75 words) Please describe your course and briefly discuss what you expect to accomplish in class and list any readings, materials, videos, field trips, etc. you intend to use. Explain what students will learn and how you will use lectures, class discussion and other teaching 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 March 12.
Proposals greatly appreciated by early March.**

**Cape Cod Community College
West Barnstable Campus Map**

**ALL Learning Center
Grossman Commons**

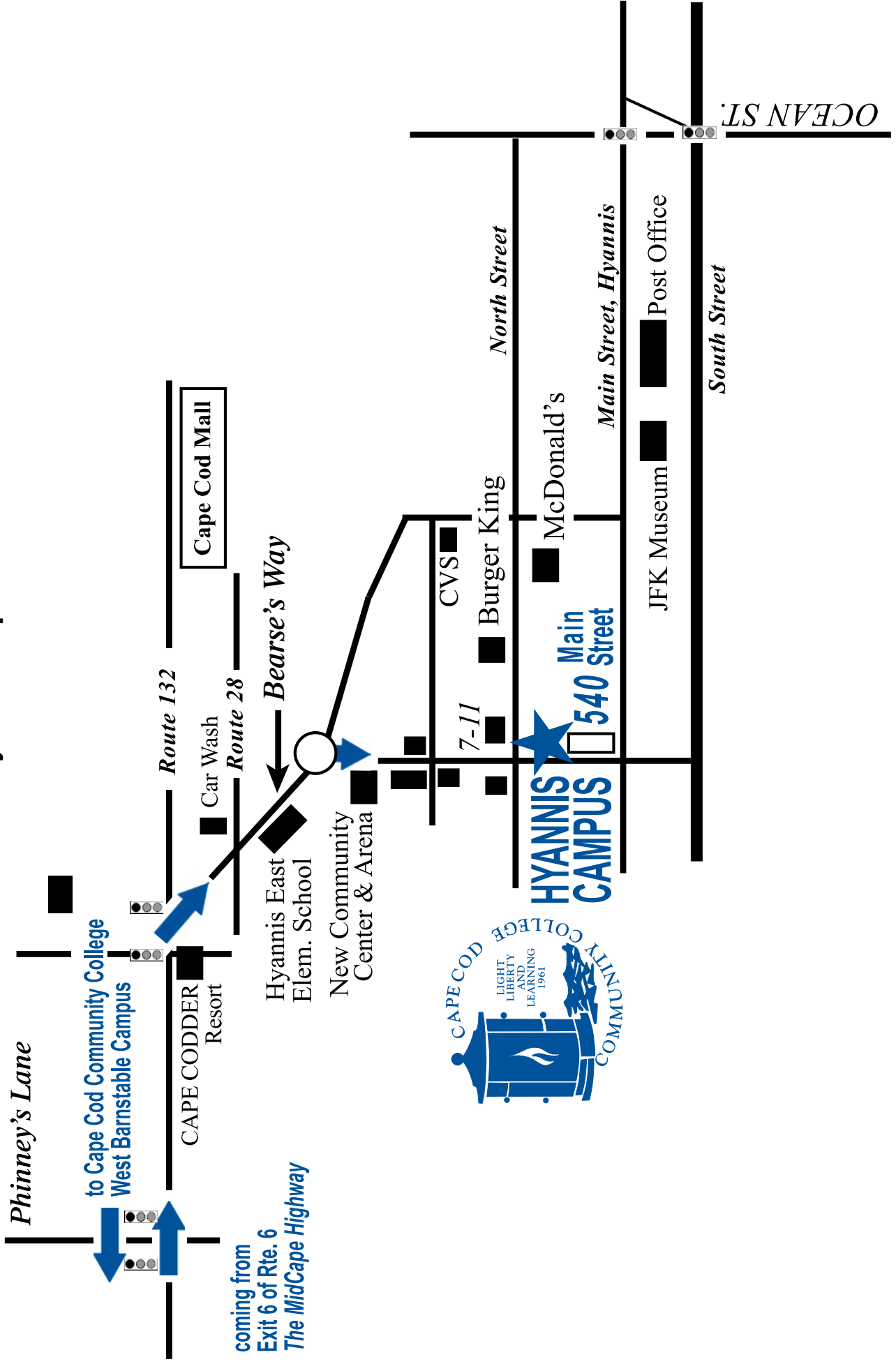


Building Legend

- | | | | | | |
|---|-----------------------------------|-----|---------------------------|-------|-------------------------------------|
| 1 | Tilden Arts Center | 5 | North/South Connector | 10 | Lorusso Applied Technology Building |
| 2 | Nickerson Administration Building | 6 | Wilkens North | 11 | Makkey Broadcasting Center |
| 3 | Wilkens Library | 7,8 | Science Hall | 12-15 | Life Fitness Complex |
| 4 | Wilkens South | 9 | Grossman Commons Building | 16-17 | Facilities Management Building |

Cape Cod Community College

Hyannis Campus



CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

MONDAY

20th Century Operas

Monday 9:00-10:20
12 weeks 3-Feb

ALL1124
C-115
Limit: 25

The 20th century abounds in operatic masterpieces. This 12-week course will look at individual works by Puccini, Richard Strauss, Ravel, Prokofiev, Britten and Janacek, among others. Performances from major opera houses around the world will be featured.

Coordinator: Steve Piontek. Steve has taught several ALL courses on opera, including, most recently, Mozart's *da Ponte* operas and Wagner's *Ring Cycle*. He loves sharing his passion and enthusiasm with seasoned opera lovers and newcomers alike.

Famous Romans

Monday 9:00-10:20
12 weeks 3-Feb

ALL1133
C-106
Limit: 25

This course is an introduction to Roman history through the lives of three great Romans. We will focus on three important events: the Great War with Hannibal, Caesar and the end of the Roman Republic, and the immense majesty of the Roman Empire of the first and second centuries AD. The theme is the cultural and political history of Rome. We will also explore the impact of Greek civilization on the Romans and the intellectual currents and legacy of the Roman Empire against the backdrop of the rise and spread of Christianity.

Coordinator: Paula Stefani. Paula has led many courses at ALL on diverse topics in history.

Climate Change and What I Can Do about It

Monday 10:30-11:50
Second 6 weeks 23-Mar

ALL1127
C-106
Limit: 25

We will briefly explain the science behind climate change, covering the carbon cycle, ocean currents, atmospheric wind patterns, and the greenhouse effect. Then we will 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. Please email coordinator explaining 1) why you are taking this class; 2) what you expect to learn; 3) what specific questions you would like to ask now.

Coordinators: Paul Coteus and Cindi Bucken. Paul, a recently retired Elementary Particle Physicist and IBM Fellow, for the past few years 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 social justice, including climate change.

Thinkertoys!

Monday 10:30-11:50
Second 6 weeks 23-Mar

ALL1060
C-115
Limit: 20

Creativity is not an accident but a consequence of the intention to be creative. THINKERTOYS are strategies or techniques for producing ideas, each a way of seeing that can change how we perceive our own creativity, bolster creative thinking confidence and strip creativity of its mystique. Each week, you will play with a different THINKERTOY to discover how to become an idea person, to know where to look for that breakthrough idea, and to make better sense out of the world. A few of the THINKERTOYS we will use to creatively envision what is and what can be are intuitive, linear, metaphorical, incubation, and collaborative.

Coordinator: Nina Greenwald. Nina is a retired Professor of Critical and Creative Thinking at UMass Boston. She is a specialist in creative thinking and problem solving, problem- and inquiry-based learning, humor and thinking, and thinking through multiple intelligences.

Hitchcock: The Dark Side of Genius and Pure Cinema

Monday 12:00-1:20
12 weeks 3-Feb

ALL1118
C-106
Limit: 25

Celebrated as one of the greatest craftsman 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 sexuality. In this 12-week course we will view and analyze ten of his films, paired according to the themes that fascinated him including momism, voyeurism, transference of guilt, fear of authority, the ice-cold blonde and the dichotomy of good and evil within the individual. It is recommended that students watch the documentary *Hitchcock/Truffaut* before the first class.

Coordinator: Joseph Gonzalez. Joe is a native Cuban raised and educated in the United States. He worked as a bilingual script supervisor in movies, commercials, music videos, and television as well as a screen writer of short and feature films. He studied film at the New School for Social Research in NYC.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

MONDAY (Continued)

Understanding Art **ALL1136**
Monday 12:00-1:20 C-115
12 weeks 3-Feb Limit: 25

This course will offer a thorough and insightful look at art from the 19th century to the present.

Coordinator: Stephen Pastore. Stephen is a former president of the Georges de La Tour Society.

How Economics Influences Politics **ALL1117**
Monday 1:30-2:50 C-106
12 weeks 3-Feb Limit: 25

The course will clarify your understanding of key economic principles and emphasize the interplay between economics and politics. Classes will have a lecture format utilizing Power Point slides, and class members will be encouraged to participate in discussion. Some topics, in addition to the economic/political news of the day, will include how our and other world economies work and how we value economic assets.

Coordinator: Alan Berger. Alan has been an active member of ALL for ten years. He has a keen interest in business, economics, and politics and has a BA with a concentration in economics from the University of Michigan and an MBA from the Sloan School at MIT.

Techniques to Unlock Photographic Creativity **ALL827**
Monday 1:30-2:50 C-115
First 6 weeks 3-Feb Limit: 15

This course will cover important concepts for improving our photographs such as using the camera's manual mode to improve creativity, and using ISO, aperture, and shutter speed as exposure tools. Lectures, weekly assignments, critiques of students' works, and the coordinator's photographs will augment discussions. Participants should be familiar with their owner's manual.

Coordinator: Daniel Gorman. Daniel has had photographs published in two books and a photograph accepted in the Photographic Society of Rhode Island Ocean State International Exhibition for three consecutive years.

Basic Conversational Spanish **ALL1020**
Monday 2:00-3:15 Wilkens North/Wilkens South
12 weeks 3-Feb Limit: 25

This class provides those with little or no knowledge of Spanish with a basic vocabulary to communicate their needs in any Spanish-speaking environment. Classes will center on the daily usage of the language for travelers, social situations, dining, shopping, health emergencies, directions and personal necessities. Within that framework there will be discussions on grammar and culture. It is suggested, but not required, that you purchase a small English/Spanish dictionary.

Coordinator: Joseph Gonzalez. Joe is a native Cuban, raised and educated in the United States. He is the co-editor of *Escrivivientes*, the Spanish language literary magazine of Montclair State University. He is now working on a book of short stories in Spanish, three of which have been published.

Optimizing Brain Fitness **ALL1132**
Monday 3:00-4:20 C-106
First 6 weeks 3-Feb Limit: 25

You can increase the power of your brain through your own efforts. The brain's ability to change in response to experience is the key to understanding the brain's development, which continues to evolve throughout your lifespan. This course consists of twelve 30-minute lectures by Professor Richard Restak under the auspices of *The Great Courses*. Supplementary reading material and a summary of each lecture will be provided.

Coordinator: Gershen Rosenblum. Gersh is a retired clinical psychologist who has coordinated a variety of ALL classes over the past 8 years.

Beyond Red or White: The Wines of North America **ALL1104**
Monday 3:00-4:20 C-106
Second 6 weeks 23-Mar Limit: 25

This course will be a wine journey through North America. We will discuss unusual wine styles-where grapes are not used, regional favorites, rising stars, and undiscovered gems. While we'll cover some of 'the usual suspects' like Napa and Sonoma, the primary focus will be on emerging and rising areas and on the passion and persistence of the smaller (mostly individually-owned) wineries and winemakers. Each class will include some tasting suggestions. After class three and class six, there will be an optional off-site session with wine tastings and commentary. Final sites are TBD and there will be an additional cost to participate.

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.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

TUESDAY

New York City: A History **ALL1130**
Tuesday 9:00-10:20 C-115
12 weeks 4-Feb Limit: 25

New York City is our greatest metropolis. This course describes the first four centuries of its life from 1609 until the present using the documentary of the same name by Ric Burns as a guide through its complex history. There will be time for viewing additional historical material and for class discussion.

Coordinators: Chris Johnston and David Johnston. Chris and David have coordinated other ALL courses on their favorite subjects of art, history and science.

China's Conundrum: Growth vs. Stability **ALL1120**
Tuesday 9:00-10:20 C-106
First 6 weeks 4-Feb 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.

China's Global Objectives **ALL1121**
Tuesday 9:00-10:20 C-106
Second 6 weeks 24-Mar Limit: 25

China has assumed significant stature in the world. What objectives does it 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.

**Politics, Current Events and
Other Troubling Matters** **ALL1137**
Tuesday 10:30-11:50 C-106
12 weeks 4-Feb Limit: 25

This class will offer discussion of all things relevant to today's chaotic world.

Coordinator: Stephen Pastore. Stephen has taught many courses at ALL.

Massachusetts History: Pride, Prejudice and...? **ALL1128**
Tuesday 10:30-11:50 C-115
Second 6 weeks 24-Mar Limit: 25

This course reviews the history, hidden and obvious, of Massachusetts. Topics will include the enslavement of Africans and the long legal process that led to emancipation; the role of politics, power and greed in the Salem Witch Trials; the 1721 small pox epidemic in Boston and its medical, ethical and legal consequences; the economic and political pressures that led to the Revolution; and public works projects that worked and didn't, e.g. the Worcester Canal, Hoosac Train Tunnel and the Quabbin Reservoir.

Coordinator: Stephen Anderson. Steve is a trial attorney who tried cases from the Berkshires to Barnstable. Much of his interest in these topics comes from reading plaques at courthouses while waiting for judges or juries.

**Authentic Happiness: Positive Psychology
and the Plus-Plus Life** **ALL1145**
Tuesday 12:00-1:20 C-106
12 weeks 4-Feb Limit: 25

For 20 years Positive Psychology has explored the factors that contribute to authentic happiness. This upbeat/highly participatory course uses videos and discussion to explore what it means to be happy and flourish. Special emphasis on the work of Marty Seligman (founder of Positive Psychology) and Ellen Langer (known for her work on mindfulness and aging). Class members will be asked to consider a variety of actions to increase resilience and well being in their own lives.

Coordinator: Marianne Triplette. Marianne has more than three decades experience as a professor and business leadership and life coach. She earned degrees in organizational behavior and group dynamics.

Sharing Spiritual Memoir **ALL1140**
Tuesday 12:00-1:20 C-115
First 6 weeks 4-Feb Limit: 10

This course is not about religion, nor is it about writing technique. It is about reading your written work (or informal storytelling) about transcendent life experience such as acceptance and change, suffering and joy, journey and home, success and failure. Sharing memoir can replace confusion with clarity and bring more freedom. A required paperback text: *Falling Upward: A Spirituality for the Two Halves of Life* by Richard Rohr will be used for class discussion and to prime our introspective pumps.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

TUESDAY (Continued)

Coordinator: Francis Noonan. Frank is professor emeritus at Worcester Polytechnic Institute. He is certified in spiritual direction and counseling and is also a hospice volunteer.

Hoffa, Teamsters, Mafia and the American Middle Class **ALL1144**
Tuesday 12:00-1:20 C-115
Second 6 weeks 24-Mar Limit: 25

This course will be a brief description of the American labor movement at a time when its consolidated power and funding both created Las Vegas and propelled many into the middle class.

Coordinator: John Matley. John is a trucking executive who started in the trenches of the industry and after deregulation was in charge of strategic planning and numerous other departments.

Conversational French **ALL029**
Tuesday 1:30-2:50 C-106
12 weeks 4-Feb Limit: 25

Conversational French provides students an opportunity to use and practice their French skills with fellow students and native speakers of French. Emphasis is on speaking and listening for comprehension. Students collaborate in selecting topics for discussion and class activities, from reciting poems to watching films, reading Francophone works, discussing current events, explicating cultural elements (proverbs, cartoons, children's stories, music, and personal experiences). Students work independently, in pairs, in groups, face to face, in and out of class. Previous knowledge of French, curiosity, courage, and *joie de vivre* are recommended.

Coordinator: Lore De Bower. Lore has a Ph.D. in French Medieval Women's Studies. She has taught French and humanities for decades.

So You Want to Be a Poet **ALL077**
Tuesday 1:30-4:00 C-115
12 weeks 4-Feb Limit: 25

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 you cannot say anything bad about your own writing. Bring copies of poems you have written.

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 of poetry.

The Constitution Project **ALL1141**
Tuesday 3:00-4:20 C-106
First 6 weeks 4-Feb Limit: 20

In many ways, the Founders had more in common with affluent Romans than with us. Given the modern realities in demographics, weaponry, social media and technology, what might we want to change and what would our Amendments actually say? Some class members or teams will select specific areas, do research, and suggest amendments. Others will form a Constitutional Convention to debate, then vote up or down.

NOTE: Some outside research and teamwork will be required. Students will be emailed a detailed package once class lists are available.

Coordinator: Lawrence Brown. Larry has been a teacher at Cape Cod Academy for 34 years and a columnist for the *Cape Cod Times* for 32. He has published five books, including a text on Hindu theology, and has lectured at two Parliaments of the World's Religions.

The Roots of Faith **ALL1142**
Tuesday 3:00-4:20 C-106
Second 6 weeks 24-Mar Limit: 25

This course 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, and the forces behind Christianity, Islam, Buddhism, Confucianism, and Taoism. Each session is built around one of the fundamental spiritual questions and the historical context in which the religion was formed. The first half of each class sets the stage; the second 40 minutes is open.

Coordinator: Lawrence Brown. Larry has been a teacher at Cape Cod Academy for 34 years and a columnist for the *Cape Cod Times* for 32. He has published five books including a text on Hindu theology and has lectured at two Parliaments of the World's Religions.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

WEDNESDAY

Apps for the iPhone and iPad

Wednesday 9:00-10:20

Second 6 weeks 25-Mar

ALL958

C-115

Limit: 25

Apple introduced the iPhone in 2007, App Store in 2008, iPad in 2010, and Apple Watch in 2015. Today, there are more than two million apps for the iPhone, one million for the iPad, and ten thousand for the Apple Watch. This course will explore apps and their features and functions for the iPhone and iPad. Various apps will be demonstrated and displayed on the large classroom screen. Participants will be encouraged to share their favorite apps. Course materials include the free on-line guide to the iPhone and iPad User Guides for iOS 13.

Coordinator: Wayne Hoover. Wayne was a former government computer specialist and mathematician. He earned a PhD. in mathematics at Michigan State University and taught at George Washington University and also at CCCC.

The 15 Global Challenges

Wednesday 9:00-10:20

Second 6 weeks 25-Mar

ALL999

C-106

Limit: 25

This is a course based on the *15 Challenges of the Future*, a product of the global think tank, and The Millennium Project (themp.org). The challenges it will include are the environment, population growth, global communication and the internet, global economies, science and technology, and global ethics. We will focus on women's issues, global health and population and cultures. The course text is *State of the Future*, version 19.0 available online; however, the free short summary of each challenge will be adequate for the course, available at themp.org.

Coordinator: Tom Murphy. Tom is a retired physician and radiologist who has taught these challenges for the last 20 years.

The Best Films You've Probably Never Seen **ALL1138**

Wednesday 10:30-11:50

12 weeks 5-Feb

C-115

Limit: 25

This class will offer a discussion of fascinating films that are not only interesting, but also insightful and important. Members will be responsible for seeing the assigned films before class discussion. The first class will discuss *A Single Man* and *The Age of Innocence* (Scorcesse). All films are readily available online or through your local library.

Coordinator: Stephen Pastore. Stephen has lectured on film and literature extensively in the U.S. and the U.K.

Great Books

Wednesday 10:30-11:50

12 weeks 5-Feb

ALL013

C-106

Limit: 25

This class will reflect on a wide range of ideas and authors such as Plato, Henry James, Thoreau and Chekhov. We will use the Great Books Series called *Great Conversations, Book 4* which focuses on various themes and uses selections from classic and contemporary works in various genres and disciplines. The book can be purchased online at greatbooks.org or by phone at 800-222-5870 ext 2. Class members will be encouraged to bring their questions, share their ideas and insights and to volunteer to facilitate classes. Newcomers are always welcome.

Coordinators: Mary Joyce and Beverly Jacobson.

Mary and Bev are professional teachers, lifelong learners, and avid readers who encourage others to bring their questions and share their ideas and insights.

The American Civil War

Wednesday 12:00-1:20

12 weeks 5-Feb

ALL1129

C-106

Limit: 25

This course is a chronological survey of the American Civil War, 1861-65. The core narrative is fixed by such major battles or campaigns as the Peninsula Campaign, the Battles of Vicksburg and Gettysburg, and Grant's Overland Campaign. It will examine the political, economic, and social changes of the war including Lincoln's Emancipation Proclamation. The course text is James M. McPherson, *Battle Cry of Freedom: The Civil War Era*, New York: Oxford. 1988. For first class read Chapter 10, Amateurs Go to War.

Coordinator: Richard Stewart. Richard 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. He has participated in ALL since 2015.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

WEDNESDAY (Continued)

Women in Literature

Wednesday 12:00-1:20
12 weeks 5-Feb

ALL479

C-115
Limit: 25

This is a reading and discussion course examining the roles, nature, and relationships of women through fiction, poetry, drama, and essays by women writers. Each semester we examine a different theme or socially significant or historically important aspect of literature written by women. This semester, we will focus on short stories that have inspired full-length movies which will be viewed in class.

Coordinator: Elaine Horne. Elaine is a retired Professor of English and department chair at Manchester Community College in Connecticut. Prior to that, she was an adjunct professor of English at Central Connecticut State University and Greater Hartford Community College.

The Art of Discussion

Wednesday 1:30-2:50
First 6 weeks 5-Feb

ALL1123

C-106
Limit: 25

We seldom experience full and fulfilling discussion. Many 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 and with examples from the areas of morality, philosophy, religion, and politics. 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, and lifelong leader in media and group communication.

Let's Discuss Your Photographs

Wednesday 1:30-2:50
First 6 weeks 5-Feb

ALL1125

C-115
Limit: 15

This course is for anyone interested in showing and discussing their photography. Beginners with a smart phone camera or more experienced photographers with interesting prints from the past are encouraged to participate. A few easy tips to improve photography skills will be suggested. If a participant would like help selecting an image to enter into a county fair, this is the class. Discussions will be open and free-wheeling with anyone welcome to comment.

Coordinator: Daniel Gorman. Daniel has had photographs published in two books and a photograph accepted in the Photographic Society of Rhode Island Ocean State International Exhibition for three consecutive years.

Holism 101

Wednesday 1:30-2:50
Second 6 weeks 25-Mar

ALL1131

C-106
Limit: 25

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 leader in pursuing wellness.

The Complete Financial Management Workshop

Wednesday 2:00-3:15
First 6 weeks 5-Feb

ALL1064

Wilkins North/Wilkins South
Limit: 25

Whether you are retired or planning for retirement, are you financially ready for what could be more than a 30-year retirement? This workshop focuses on strategies to help you improve your overall financial well-being. It will cover cash management, risk management, investment concepts, tax planning, retirement planning and estate conservation. A complimentary consultation will be offered to all attendees at the end of the course. A comprehensive workbook will also be provided to everyone. Please Note: This course is strictly educational; no products or services will be solicited.

Coordinators: Michael Garrison and Greenleaf Garrison. Michael, a certified financial planner (CFP), has been helping individuals achieve their financial goals for nearly 35 years. He is the creator of *The Financial Freedom Navigator*, a holistic approach to investment and wealth management. Greenleaf, a certified financial planner with a master's degree in mental health counseling, provides family-based financial planning services.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

WEDNESDAY (Continued)

Immigration in America **ALL1108**
Wednesday 2:00-3:15 Wilkens North/Wilkens South
Second 6 weeks 25-Mar Limit: 25

The course examines the history, politics, and practice of immigration in the US including current legal and administrative practice and policy issues. There will be power point presentations and on-line information given in class.

Coordinator: Richard Vengroff. Richard, a professor emeritus at University of Connecticut with over 40 years in higher education as professor and dean, is currently a certified immigration advisor in the CACCI Immigration Resource Center in Falmouth.

Beginning Watercolor **ALL711**
Wednesday 2:30-5:30 Tilden Arts Center Building
Second 6 weeks 25-Mar 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, one woman and two women shows, and juried exhibitions.

Masterpieces of Choral Music **ALL1146**
Wednesday 3:00-4:20 C-115
12 weeks 5-Feb Limit: 20

From time immemorial, massed human voices raised in song have had the power to lift spirits, move nations and change the course of history. Classical music's great composers have refined, intensified and exploited this power to produce an amazing array of choral

masterworks. In this course, we will hear some shining examples spanning hundreds of years, some familiar, some not so familiar. No, we will not be highlighting Handel's Messiah or Beethoven's Ninth. But we will see and hear other pieces large and small, loud and soft, ancient and modern, and every bit as good.

Coordinator: John Temple. John is a semi-retired business writer, lifelong listener, former classical concert reviewer for The Boston Globe and Providence Journal. His previous ALL courses have covered Mozart's piano concertos, masterpieces of chamber music, and masterclasses led by great musicians.

THURSDAY

Power, Hypocrisy, Justice, and the Law: Shakespeare's Problem Plays **ALL1122**
Thursday 9:00-10:20 C-106
First 6 weeks 6-Feb Limit: 25

Measure for Measure and *All's Well That Ends Well* are considered 'problem plays' because they defy so many of our expectations. Never easily categorized, they continue to spark controversy, especially the choices of their two very different heroines, Isabella and Helena. We will take a fresh look at the ongoing debate over the complex world that Shakespeare created in these two plays. Please read Act I of *Measure for Measure* for the first class.

Coordinator: Nancy Yee. Nancy is a former English department chair and Professor Emerita at Fitchburg State University. The breadth and depth of Shakespeare's plays have always enthralled her.

Marine Fishes of the Cape Cod Area **ALL1126**
Thursday 9:00-10:20 C-115
First 6 weeks 6-Feb Limit: 25

This course is for those unfamiliar with the marine fishes (both commercially important species and many other ecologically significant non-commercial species) in our Cape Cod waters. The class will address what marine fish there are, a bit of their ecology, and an overview of some of the ongoing commercial marine fisheries in the area. It will also touch on some of the important commercial fishes promulgated from our harbors. With some of the information I cover I hope to give the washashore (I am one also) a better understanding of Cape marine fisheries issues that we all read/hear about daily.

Coordinator: Brian Kelly. Brian spent 38 years in an environmental career, 34 with the Massachusetts Division of Marine Fisheries (DMF) on Cape Cod as a field biologist. For 20 years he was seaside observer for the DMF, working aboard commercial fishing boats based out of Cape ports.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

THURSDAY (Continued)

Gunfight

Thursday 9:00-10:20
Second 6 weeks 26-Mar

ALL1139

C-106

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 and applicable current news articles. Please read Preface and Introduction and the first two chapters.

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

Sports Talk

Thursday 10:30-11:50
12 weeks 6-Feb

ALL276

C-106

Limit: 25

We welcome sports fans of all allegiances to join us for discussion about sport and the teams they love. We look at athletes for their roles both on and off the field of competition. Occasionally we have guests who share some of their unique sports experiences. If you like sports you will love this class.

Coordinators: Alan Dewar and Dave Sanborn. Alan is a retired teacher who has lived on Cape Cod for 43 years. He is a lifelong Boston sport fan. As a teacher he loves to get all class members involved in discussion and debates. Dave is a retired teacher from Vermont. He is a lifelong sports fan and has played baseball and hockey in college. He also ran many Boston Marathons and is an avid golfer.

Everyday Organic Chemistry

Thursday 10:30-11:50
First 6 weeks 6-Feb

ALL1005

C-115

Limit: 25

Organic chemistry gets a bad rap. It is widely believed to be one of the most difficult of the core science subjects, and its adjective has been hijacked by the food industry to mean something quite different. It is simply the chemistry of carbon and is both us and much of the world around us. At the everyday level, organic chemistry is both simple and elegant, simple because it obeys a small number of rules and elegant in its beauty and versatility. This course offers

a grand tour of some of the organic compounds, both natural and synthetic, that shape our lives.

Coordinator: John Ward. John has a Masters in Chemistry from Oxford and an MBA from Manchester. He has spent most of his career in the New York financial services industry and has a lifelong love of chemistry.

The Black Experience in America

Thursday 12:00-1:20
12 weeks 6-Feb

ALL1069

C-106

Limit: 25

This course will present an overview of the Black experience in America. Topics will include causes of the American Civil War, Reconstruction, Jim Crow, the Great Migration, and the civil rights movement.

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 shared similar experiences.

Music at Your Fingertips - Part 2

Thursday 12:00-1:20
12 weeks 6-Feb

ALL1143

C-115

Limit: 10

This course is a continuation of Music at Your Fingertips. It is designed for people who are learning to read and play music. Musical literacy is our goal. Keyboards are welcome. The course text is *Adult All-In-One Course: Level 1* by Willard Palmer, Morton Manus and Amanda Vick Lethco.

Coordinator: Miriam Kronish. Miriam has been playing the piano since she was five. She has taught courses in music at Lesley University and is currently an accompanist for a chorus at Heatherwood in Yarmouth.

Loving the Short Story

Thursday 1:30-2:50
12 weeks 6-Feb

ALL055

C-106

Limit: 25

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 *The Best American Short Stories 2019* edited by Anthony Doerr. Also included will be selected on-line stories. Please read the introduction, "The Era" by Nana Kwame Adjei-Brenyah and "Natural Light" by Kathleen Alcott 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 longtime class participant, she loves to share story talk with others; sometimes it teaches her how to be in a complicated world.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

THURSDAY (Continued)

Jazz Fundamentals

Thursday 3:00-4:20
12 weeks 6-Feb

ALL813
C-115
Limit: 25

The goal of this course is for students to develop a deeper understanding of jazz so that they can better enjoy listening to recordings and watching live performances. It will cover the origins of jazz, its cultural context, theory, evolution of stylistic periods, and influential contributors. There will be lectures, recordings of significant compositions, and discussion of this original American art form.

Coordinators: Greg Polanik and Corina Iukovici.

A semi-professional musician by night, Greg has over 50 years of performing experience. His formal studies include music theory, jazz history, jazz improvisation, and musical acoustics. Corina shares Greg's love of jazz. She co-coordinated their Musica Cubana course last spring.

Gathering and Cooking Cape Seafood

Thursday 3:00-4:20
12 weeks 6-Feb

ALL043
C-106
Limit: 25

Learn about Cape Cod shellfishing, its regulations, necessary licenses, and equipment needed, where to find Cape seafood, and how to cook it. Field trips and a variety of guest speakers will be included, and course handouts will feature great seafood recipes.

Coordinator: Peter Bogar. Peter has had extensive experience gathering and cooking Cape seafood since his teen years. He has offered this course over more than a decade.

FRIDAY

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

Friday 9:00-10:20
First 6 weeks 7-Feb

C-115
Limit: 20

This six-week course will prepare participants to "teach" simple science concepts to anyone, especially their children and grandchildren. Each week Pat will cover one aspect of science: physics, chemistry, astronomy, earth science, life science, and process skills. During this course, students will learn how to use a handheld microscope. The text will come from the website: intranet.cshgreenwich.org/heartNet/childrensLitAndScience.asp.

Participants do not need to bring a computer. Please bring a tool kit containing scissors, tape, glue stick, ruler, crayons or colored pencils.

Coordinator: Patricia McKean. Pat, a classroom science teacher for 44 years, received the Connecticut Christa McAuliffe Fellowship for her program, Using Children's Literature to Teach Science. She created the website which contains 100 books, each linked to a simple basic science activity starting at the college level and ending in pre-school through 4th grade. She currently serves as a Science Education Consultant and as a Peer Reviewer for the National Science Teachers' Association's journal *Science and Children*.

Philosophy and Film

Friday 9:00-10:30 and
9:00-12:00 (alternate weeks)
Second 6 weeks 27-Mar

Wilkins North/Wilkins South

ALL756
Limit: 25

This course is designed to explore some of the great ideas of Western thought by viewing and discussing three classic American films which illustrate them: *Crimes and Misdemeanors*, *Groundhog Day*, and *On the Waterfront*. No previous knowledge of philosophy is required, but a love of films and a desire to improve critical thinking about them is. Class times will vary in length. Those classes in which we introduce the topic will be 90 minutes (weeks 1, 3, 5). Those classes in which we view and discuss the film will be 3 hours (weeks 2, 4, 6).

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

Telling Stories

Friday 10:30-11:50
12 weeks 7-Feb

ALL1030
C-115
Limit: 20

You will learn to tell stories in various forms (short story, flash fiction, creative nonfiction), becoming familiar with the elements that go into stories. Please bring pen and paper (or iPad) to class. 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.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

FRIDAY (Continued)

Introduction to Nichiren Buddhism **ALL866**
Friday 10:30-11:50 C-106
First 6 weeks 7-Feb Limit: 25

Through these profound Buddhist teachings of hope, victory and personal discovery, we will delve deeper 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 Part 2 of the Introduction to Nichiren Buddhism course taught for the last seven years. Text: *The Buddha in Your Mirror* can be read as a companion piece to the course, but it is not required.

Coordinators: Susan Whalley and Steve Piontek.

Susan, a retired school counselor, has been a practicing Nichiren Buddhist for over 40 years. Steve is a retired magazine editor who also has been practicing Nichiren Buddhism for over 40 years.

She Does Math: The Journey of Women and Girls Embracing the Wonders of Mathematical Thinking and Doing **ALL1086**
Friday 12:00-1:20 C-106
Second 6 weeks 27-Mar Limit: 25

Even if math is not your favorite subject, consider joining us as we meet women who persevered to make a difference. We will study women who love mathematics, such as Lord Byron's daughter Ada Lovelace, who combined mathematics and the humanities to publish the first computer program in the 1840s, the female codebreakers of World War II, Katherine Johnson and her NASA colleagues (celebrated in the book and film *Hidden Figures*), and Danica McKellar, child star of TV's, *The Wonder Years*. She is now working to empower girls and boys to appreciate and use math throughout their lives.

Coordinator: Nancy Weida. Nancy has degrees in history, mathematics, and operations research. As a multidisciplinary college professor, Nancy shared her love of books, music, sports, and history with her students and now enjoys teaching a wide variety of ALL courses.

The Doc Is IN Redux **ALL433**
Friday 1:00-4:00 Multimedia Center in Wilkens Library
First 8 weeks 7-Feb Limit: 30

Please Note: This course will count as a six-week class, but it will meet for eight weeks. We will look back at eight of the most requested films shown over the past decade with perhaps one or two recent docs if the *zeitgeist* warrants it.

Coordinator: Lili Seely. Lili's background is in psychology, philosophy and the social sciences. However, her passions are for great film and eclectic knowledge and experience from the arts to the sciences. Docs help fill this need.

Advanced Bridge Instruction **ALL1134**
Friday 1:30-2:50 C-106
12 weeks 7-Feb Limit: 25

This course is open to those who have taken Bridge for Beginners with this coordinator during one or more of the previous few semesters, or those at a fairly advanced level who wish to refine and further develop their skill at bidding and the play of the hand. While there will be some play with scoring, this is intended as a refresher class with lessons on the more essential bidding approaches and conventions.

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

Food for Thought: Plato at the Table **ALL1051**
Friday 1:30-2:50 C-115
Second 6 weeks 27-Mar Limit: 15

This course, inspired by the book *The Philosopher's Kitchen* by Francine Segan, is an historical review of the cuisine of ancient Greece and Rome with philosophical commentary sprinkled in. Participants will receive recipes that have been adapted for the modern cook, which a critic has called 'delectable, timeless, and earthy.' Come join us at the festive philosopher's table for some food for thought. Not required: *The Philosopher's Kitchen* by Francine Segan ISBN 1-4000-6099-0

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.

CAPE COD COMMUNITY COLLEGE WEST BARNSTABLE CAMPUS

FRIDAY (Continued)

Advanced Bridge Duplicate Play with Scoring and Post Game Lessons **ALL1135**
Friday 3:00-4:20 C-106
12 weeks 7-Feb Limit: 25

This course is for those advanced bridge players wishing to challenge themselves at duplicate play with matchpoint scoring while continuing to focus on learning and improvement through post-game analysis and discussion. We score the hands because it helps us understand how to best communicate with our partner during the auction and employ the best play of the hand strategies.

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

Basics of Estate Planning **ALL965**
Friday 3:00-4:20 C-115
Second 6 weeks 27-Mar Limit: 25

This updated course covers the basics of estate planning: advance care directives, powers of attorney, health care proxies, wills and trusts, administration of estates, estate taxation and Mass Health/Medicaid and nursing home decisions.

Coordinator: Arthur Crooks. 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. Arthur has taught this course at ALL for 10 plus years.

CAPE COD COMMUNITY COLLEGE DOWNTOWN HYANNIS CAMPUS

THURSDAY

Tips and Techniques for Travelers **ALL325**
Thursday 3:00-4:20 Downtown Campus, Hyannis
First 6 weeks 6-Feb Limit: 22

Whether you are ready to travel at a moment's notice, like to plan your trips well in advance, or are an armchair traveler, join us as we uncover travel secrets that will help you make the most of any trip and save you money. We will explore popular and off-the-beaten-track destinations, discuss great Internet travel sites, and share secrets that will help you plan and enjoy your trip. We will also take virtual trips to locales you might want to consider for your next trip. Class members will be invited to share travel tips and advice.

Coordinator: Connie Champlin. Connie has traveled extensively for the past 40 years to practically every state in the union and almost all continents. She has taught a travel class in Sandwich and this class many times at ALL.

Writing Incubator **ALL780**
Thursday 3:30-5:00 Downtown Campus, Hyannis
12 weeks 6-Feb Limit: 16

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 Viall Shoemaker and Wade Sayer. Nancy is a printer, graphic designer, publisher, photographer, and local historian. Wade's masterful writing runs from children's books to gritty and powerful chronicles of the Vietnam War.

MASHPEE SENIOR CENTER MASHPEE

TUESDAY

Current Events **ALL431**
Tuesday 10:45-12:15 Mashpee Senior Center
12 weeks 4-Feb Limit: 16

We discuss local, state, country and international news. All subjects are permissible but news events take precedence.

Coordinators: Robert Calzini and Dean Troxell. Bob has taught this course for 10 years. He has been a teacher and an administrator in Massachusetts and overseas. Dean is a former businessman and Navy veteran. He has a wide depth of knowledge in a variety of subjects.

WEDNESDAY

The Sports Huddle **ALL368**
Wednesday 10:45-12:15 Mashpee Senior Center
12 weeks 5-Feb Limit: 25

The class will discuss sports-related subjects from high school through professional levels. Our focus will be on the Boston area and Cape Cod, but discussion will also extend to national and international sports. Students are encouraged to share their knowledge of and their opinions on the topics.

Coordinator: Irwin Rubin. Irwin is a lifelong Boston sports fan. He brings a vast knowledge of sports history and trivia to all discussions. He is a graduate of Arizona State University where he played football.

MASHPEE SENIOR CENTER MASHPEE

THURSDAY

Putin's Game Plan

Thursday 10:45-12:15
First 6 weeks 6-Feb

ALL1047

Mashpee Senior Center
Limit: 25

We will discuss Putin's accomplishments and the challenges that are now facing him and predict what might be in store for the future, especially relative to U.S. interests.

Coordinator: Stew Goodwin. After a 35-year career in the international investment business, Stew has been involved with many Cape organizations. For over a decade he has coordinated more than a dozen courses at ALL and given many lectures.

The Middle East after ISIS

Thursday 10:45-12:15
Second 6 weeks 26-Mar

ALL1048

Mashpee Senior Center
Limit: 25

This course will look at the composition of the Middle East as it stands now and how it is likely to change. We will cover failed states, militancy, and power shifts.

Coordinator: Stew Goodwin. After a 35-year career in the international investment business, Stew has been involved with many Cape organizations. For over a decade he has coordinated more than a dozen courses and given many lectures at ALL.

BARNSTABLE ADULT COMMUNITY CENTER, HYANNIS

WEDNESDAY

Introduction to Argentine Tango

Wednesday 3:00-4:20
First 6 weeks 5-Feb

ALL1119

Limit: 12

This class is an introduction to Argentine Tango, a comfortable walking social dance. Its rhythms and how it is danced with a partner will be taught. Some of each class will be devoted to historical and cultural aspects of the dance, but the focus will be on learning and practicing the tango. It is not necessary to come with a partner. Please note: Wear comfortable clothing and lightweight shoes with leather or suede soles or ballroom shoes if you have them. No clogs or backless sandals.

Coordinators: Mona Phillips, Terri Goldstein and Stan Goldstein. Mona is a veteran Argentine tango dancer with a ballroom, Latin, and American rhythm dance background. She has taught at an Arthur Murray Dance Studio and now teaches at Cape Cod Tango in Cotuit. Terri and Stan have been learning and dancing Argentine tango for the past 7 years and are charter members of Cape Cod Tango.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00-10:20	12 weeks	3-Feb	ALL1124	20th Century Operas	C-115	Coordinator: Steve Piontek
Monday	9:00-10:20	12 weeks	3-Feb	ALL1133	Famous Romans	C-106	Coordinator: Paula Stefani
Monday	10:30-11:50	Second 6 weeks	23-Mar	ALL1127	Climate Change and What I Can Do about It	C-106	Coordinators: Paul Coteus and Cindi Bucken
Monday	10:30-11:50	Second 6 weeks	23-Mar	ALL1060	Thinkertoys!	C-115	Coordinator: Nina Greenwald
Monday	12:00-1:20	12 weeks	3-Feb	ALL1118	Hitchcock: The Dark Side of Genius and Pure Cinema	C-106	Coordinator: Joseph Gonzalez
Monday	12:00-1:20	12 weeks	3-Feb	ALL1136	Understanding Art	C-115	Coordinator: Stephen Pastore
Monday	1:30-2:50	12 weeks	3-Feb	ALL1117	How Economics Influences Politics	C-106	Coordinator: Alan Berger
Monday	1:30-2:50	First 6 weeks	3-Feb	ALL827	Techniques to Unlock Photographic Creativity	C-115	Coordinator: Daniel Gorman
Monday	2:00-3:15	12 weeks	3-Feb	ALL1020	Basic Conversational Spanish	Wilkens North/Wilkens South	Coordinator: Joseph Gonzalez
Monday	3:00-4:20	First 6 weeks	3-Feb	ALL1132	Optimizing Brain Fitness	C-106	Coordinator: Gershen Rosenblum
Monday	3:00-4:20	Second 6 weeks	23-Mar	ALL1104	Beyond Red or White: The Wines of North America	C-106	Coordinator: Ron Fernandes
Tuesday	9:00-10:20	12 weeks	4-Feb	ALL1130	New York City: A History	C-115	Coordinators: Chris Johnston and David Johnston
Tuesday	9:00-10:20	First 6 weeks	4-Feb	ALL1120	China's Conundrum: Growth vs. Stability	C-106	Coordinator: Stew Goodwin
Tuesday	9:00-10:20	Second 6 weeks	24-Mar	ALL1121	China's Global Objectives	C-106	Coordinator: Stew Goodwin
Tuesday	10:30-11:50	12 weeks	4-Feb	ALL1137	Politics, Current Events and Other Troubling Matters	C-106	Coordinator: Stephen Pastore
Tuesday	10:30-11:50	Second 6 weeks	24-Mar	ALL1128	Massachusetts History: Pride, Prejudice and...?	C-115	Coordinator: Stephen Anderson

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	10:45-12:15	12 weeks	4-Feb	ALL431	Current Events	Mashpee Senior Center	Coordinators: Robert Calzini and Dean Troxell
Tuesday	12:00-1:20	12 weeks	4-Feb	ALL1145	Authentic Happiness: Positive Psychology and the Plus-Plus Life	C-106	Coordinator: Marianne Triplette
Tuesday	12:00-1:20	First 6 weeks	4-Feb	ALL1140	Sharing Spiritual Memoir	C-115	Coordinator: Francis Noonan
Tuesday	12:00-1:20	Second 6 weeks	24-Mar	ALL1144	Hoffa, Teamsters, Mafia and the American Middle Class	C-115	Coordinator: John Matley
Tuesday	1:30-2:50	12 weeks	4-Feb	ALL029	Conversational French	C-106	Coordinator: Lore De Bower
Tuesday	1:30-4:00	12 weeks	4-Feb	ALL077	So You Want to Be a Poet	C-115	Coordinator: Victoria Branagan
Tuesday	3:00-4:20	First 6 weeks	4-Feb	ALL1141	The Constitution Project	C-106	Coordinator: Lawrence Brown
Tuesday	3:00-4:20	Second 6 weeks	24-Mar	ALL1142	The Roots of Faith	C-106	Coordinator: Lawrence Brown
Wednesday	9:00-10:20	Second 6 weeks	25-Mar	ALL958	Apps for the iPhone and iPad	C-115	Coordinator: Wayne Hoover
Wednesday	9:00-10:20	Second 6 weeks	25-Mar	ALL999	The 15 Global Challenges	C-106	Coordinator: Tom Murphy
Wednesday	10:30-11:50	12 weeks	5-Feb	ALL1138	The Best Films You've Probably Never Seen	C-115	Coordinator: Stephen Pastore
Wednesday	10:30-11:50	12 weeks	5-Feb	ALL013	Great Books	C-106	Coordinators: Mary Joyce and Beverly Jacobson
Wednesday	10:45-12:15	12 weeks	5-Feb	ALL368	The Sports Huddle	Mashpee Senior Center	Coordinator: Irwin Rubin
Wednesday	12:00-1:20	12 weeks	5-Feb	ALL1129	The American Civil War	C-106	Coordinator: Richard Stewart
Wednesday	12:00-1:20	12 weeks	5-Feb	ALL479	Women in Literature	C-115	Coordinator: Elaine Horne
Wednesday	1:30-2:50	First 6 weeks	5-Feb	ALL1123	The Art of Discussion	C-106	Coordinator: Rob Swanson

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Wednesday	1:30-2:50	First 6 weeks	5-Feb	ALL1125	Let's Discuss Your Photographs	C-115	Coordinator: Daniel Gorman
Wednesday	1:30-2:50	Second 6 weeks	25-Mar	ALL1131	Holism 101	C-106	Coordinator: Rob Swanson
Wednesday	2:00-3:15	First 6 weeks	5-Feb	ALL1064	The Complete Financial Management Workshop	Wilkins North/Wilkins South	Coordinators: Michael Garrison and Greenleaf Garrison
Wednesday	2:00-3:15	Second 6 weeks	25-Mar	ALL1108	Immigration in America	Wilkins North/Wilkins South	Coordinator: Richard Vengroff
Wednesday	2:30-5:30	Second 6 weeks	25-Mar	ALL711	Beginning Watercolor	Tilden Arts Center Building	Coordinator: Mary Lou Mack
Wednesday	3:00-4:20	12 weeks	5-Feb	ALL1146	Masterpieces of Choral Music	C-115	Coordinator: John Temple
Wednesday	3:00-4:20	First 6 weeks	5-Feb	ALL1119	Introduction to Argentine Tango	Barnstable Adult Community Center	Coordinators: Mona Phillips, Terri Goldstein and Stan Goldstein
Thursday	9:00-10:20	First 6 weeks	6-Feb	ALL1122	Power, Hypocrisy, Justice, and the Law: Shakespeare's Problem Plays	C-106	Coordinator: Nancy Yee
Thursday	9:00-10:20	First 6 weeks	6-Feb	ALL1126	Marine Fishes of the Cape Cod Area	C-115	Coordinator: Brian Kelly
Thursday	9:00-10:20	Second 6 weeks	26-Mar	ALL1139	Gunfight	C-106	Coordinators: Paul Arnold and Jim Connolly
Thursday	10:30-11:50	12 weeks	6-Feb	ALL276	Sports Talk	C-106	Coordinators: Alan Dewar and Dave Sanborn
Thursday	10:30-11:50	First 6 weeks	6-Feb	ALL1005	Everyday Organic Chemistry	C-115	Coordinator: John Ward
Thursday	10:45-12:15	First 6 weeks	6-Feb	ALL1047	Putin's Game Plan	Mashpee Senior Center	Coordinator: Stew Goodwin
Thursday	10:45-12:15	Second 6 weeks	26-Mar	ALL1048	The Middle East after ISIS	Mashpee Senior Center	Coordinator: Stew Goodwin
Thursday	12:00-1:20	12 weeks	6-Feb	ALL1069	The Black Experience in America	C-106	Coordinator: John Matley
Thursday	12:00-1:20	12 weeks	6-Feb	ALL1143	Music at Your Fingertips - Part 2	C-115	Coordinator: Miriam Kronish

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Thursday	1:30-2:50	12 weeks	6-Feb	ALL055	Loving the Short Story	C-106	Coordinators: Sheryl Lajoie and Deb Selkow
Thursday	3:00-4:20	12 weeks	6-Feb	ALL813	Jazz Fundamentals	C-115	Coordinators: Greg Polanik and Corina Iukovici
Thursday	3:00-4:20	12 weeks	6-Feb	ALL043	Gathering and Cooking Cape Seafood	C-106	Coordinator: Peter Bogar
Thursday	3:00-4:20	First 6 weeks	6-Feb	ALL325	Tips and Techniques for Travelers	Downtown Campus, Hyannis	Coordinator: Connie Champlin
Thursday	3:30-5:00	12 weeks	6-Feb	ALL780	Writing Incubator	Downtown Campus, Hyannis	Coordinators: Nancy Viall Shoemaker and Wade Sayer
Friday	9:00-10:20	First 6 weeks	7-Feb	ALL1001	Using Children's Literature to Teach Science	C-115	Coordinator: Patricia McKean
Friday	9:00-10:30 and 9:00-12:00 (alt. wks.)	Second 6 weeks	27-Mar	ALL756	Philosophy and Film	Wilkins North/Wilkins South	Coordinator: Tom Gotsill
Friday	10:30-11:50	12 weeks	7-Feb	ALL1030	Telling Stories	C-115	Coordinator: June Calender
Friday	10:30-11:50	First 6 weeks	7-Feb	ALL866	Introduction to Nichiren Buddhism	C-106	Coordinators: Susan Whalley and Steve Piontek
Friday	12:00-1:20	Second 6 weeks	27-Mar	ALL1086	She Does Math: The Journey of Women and Girls Embracing the Wonders of Mathematical Thinking and Doing	C-106	Coordinator: Nancy Weida
Friday	1:00-4:00	First 8 weeks	7-Feb	ALL433	The Doc Is IN Redux	Multimedia Center in Wilkins Library	Coordinator: Lili Seely
Friday	1:30-2:50	12 weeks	7-Feb	ALL1134	Advanced Bridge Instruction	C-106	Coordinator: Christopher Senie
Friday	1:30-2:50	Second 6 weeks	27-Mar	ALL1051	Food for Thought: Plato at the Table	C-115	Coordinator: Mare Ambrose
Friday	3:00-4:20	12 weeks	7-Feb	ALL1135	Advanced Bridge Duplicate Play with Scoring and Post Game Lessons	C-106	Coordinator: Christopher Senie
Friday	3:00-4:20	Second 6 weeks	27-Mar	ALL965	Basics of Estate Planning	C-115	Coordinator: Arthur Crooks

REGISTRATION FORM — SPRING 2020

www.capecodall.org

Academy for Lifelong Learning Cape Cod Community College

2240 Iyannough Road
West Barnstable, Ma 02668-1599
(774) 330-4400

FOR OFFICE USE ONLY

CK# _____ Amount _____

Reg. Forms #1 ___ #2 ___ #3 ___

Coordinator 1 ___ 2 ___ 3 ___

Legacy _____

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

The best way to contact me is: By Phone _____ By Email _____

First Name: _____ Middle Initial: _____ Last Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

City: _____ State: _____ Zip: _____ Email: _____

Date of Birth _____

Emergency Contact (required): _____ Phone: _____ Relationship: _____

Is this a **NEW ADDRESS** since your last registration? Yes No I am a **FIRST TIME** member of ALL.

Please contact me about coordinator opportunities. Yes No

For the \$105 membership fee (please make check payable to ALL) you may select from the following options:

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 at no additional cost.)

(off. use)	Course #	Course Title	Day	Time	12 wks.	1st 6 wks.	2nd 6 wks.
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____ 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 _____

