

## Holistic Nursing: Stress and Anxiety

THREE SESSIONS: 10:30-noon Wednesdays 11/6, 11/13, 11/20. Location: EPL

Got stress? This series will discuss the impact of stress on our body, mind, and spirit; the sources of stress in our lives; and the choices we make when trying to survive challenges. Interactive and reflective, the course will cultivate life-enhancing coping skills.

**Maria C. (Mary) Mazzera**, RN, HNB-BC, HWNC-BC, is a registered nurse with extensive hospital and private-practice experience as an integrative healing practitioner. Board-certified as a holistic nurse and also as a health and wellness nurse coach, she specializes in stress management – because she has none in her life.

### THURSDAYS

## Jump Start Your Journal

THREE SESSIONS: 3-4:30 p.m. Thursdays 9/26, 10/3, 10/10. Location: EPL

Materials fee \$8.00. Class limited to 12.

Interested in documenting a trip in a creative way? Interested in starting a visual journal to express daily affirmations? Jump start the process with some simple techniques to enhance those blank pages. We will use everyday stationery items: markers, colored pencils, and washi tape. We will also demonstrate techniques such as collage, stamping and mark making. Everyone will be encouraged to find their own style. **Susan Casella** recently returned to the Cape after living overseas. A lifelong crafter and decorative artist, Susan taught classes at the American Women's Club in London and Brussels.



### Library Learning Series Committee Members

Kerry Brown, Judy Doe, Rosanne Geylin, Lynn Herbst, Tim Huber, Iris Leigh, Alison Kaar, Regina McDowell, Greg Murphy, Sharon Oudemool, Tom Quill, Joanna Schurmann and Lee Seibert, with production help from Ruth Treen.

## Forming a New Nation and the Rise of Political Parties

THREE SESSIONS: 1:30-3 p.m. Thursdays 10/17, 10/24, 10/31. Location: EPL



This three-week course addresses:

- Week 1: The formation of political parties. Was it always so contentious?
- Week 2: Politics in the New Republic
- Week 3: The Elections of 1796 and 1800

**Meg Mahoney** is the retired Chair of the History Department at The Ethel Walker School in Simsbury, CT. She was a recipient of a Fulbright-Hayes Grant through

Yale University to study in Ghana with the charge of creating curriculum for the teaching of Africa here in the United States.

### FRIDAYS

## Deep Focus: Three Great Directors—Welles, Curtiz and Coppola

THREE SESSIONS: 1:30-3 p.m. Fridays 9/27, 10/4, 10/11. Location: EPL

Evan Cook returns to the Learning Series to examine three classic films: *Citizen Kane*, *Casablanca* and *The Godfather*. Through a close reading of selected scenes, attendees will discover how filmmakers use cinematic techniques, particularly foreshadowing and symbolism, to enrich the viewing experience. The class will discuss what makes a movie timeless.

**Evan Cook** studied film at many venues. This is his fourth year of offering *Deep Focus* for the Learning Series. He has also conducted film classes at the Academy for Lifelong Learning for the past seven years.

## Miniature Painting: Landscapes and Seascapes

FOUR SESSIONS: 10:30-noon Fridays 11/1, 11/8, 11/15, 11/22 Location: EPL

Class limited to 12.

This workshop presents the possibilities inherent in painting in a miniature format. We will produce both seascapes and landscapes using watercolor almost exclusively. Painting size will be two inches by three inches. No prior experience in watercolor is required. Watercolor paper will be provided, but all participants should bring a watercolor tray or tubes and a minimum of two brushes, a number 2 and a number 0 brush for fine detail. **DeWayne Stallings**, M.A.E. Rhode Island School of Design, is a master teacher who has been painting miniatures for approximately 25 years.



# FRIENDS OF ELDREDGE PUBLIC LIBRARY

## 2019

### FALL LEARNING SERIES

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Information is available at:

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Library front desk: 508-945-5170

Sponsored by the Friends of the Eldredge Public Library (EPL), the Learning Series offers a wide selection of courses open to the public. All proceeds are used by the Friends to support the EPL. All classes are at the library unless otherwise noted.

No refunds unless a class is cancelled. The library will be closed October 14 and November 11, 28 and 29.

TO SIGN UP PLEASE SEE THE LEARNING SERIES FALL 2019 REGISTRATION FORM AVAILABLE AT THE LIBRARY AND ONLINE ([www.eldredgelibrary.org/learning-series](http://www.eldredgelibrary.org/learning-series))

### MONDAYS

## How Can the News Media Regain Our Trust?

THREE SESSIONS: 10:30-noon Mondays 9/16, 9/23 and Wednesday 10/2. Location: EPL

Note: No class 9/30.

We will examine both the media's impacts (including its effect on the crowded Democratic field and the contest with Trump) as well as its challenges (including legal issues, the impact of echolocation and changed reading habits). We will

also examine the growing news desert, in which one in five Americans have no local newspaper.

**Michael Berlin** is an Associate Professor of Journalism, Emeritus, at Boston

University; a former adjunct instructor in Journalism at Columbia University; and a former U.N. correspondent for *The Washington Post* and *The New York Post*.



## The Complete Financial Management Workshop

FOUR SESSIONS: 10:30-noon Mondays 10/21, 10/28, 11/4, 11/18. Location: EPL

Note: No class 11/11

Whether you are planning for or living in retirement, are you financially ready for more than a thirty-year retirement? This workshop focuses on strategies to help improve your financial well-being. It covers cash and risk management, investment concepts, tax and retirement planning, and estate conservation. A workbook is included.

**Michael Garrison**, ChFC®, CFP® and **Greenleaf Garrison**, M.A., CFP® are Certified Financial Planner™ practitioners. Michael is CEO of Garrison Financial, Inc. in Chatham, helping individuals achieve their financial goals for 35 years. Greenleaf has a Mental Health Counseling background, applying his unique skill set to help others.



## Women's Issues Around the World:

### The Last 100 Years

FOUR SESSIONS: 1-2:30 p.m. Mondays 11/4, 11/18, 11/25, 12/2. Location: EPL

Note: No class 11/11

2019 is the 100th anniversary of women's suffrage in the U.S.; 2020 is the 100th anniversary of the League of Women Voters. Richard Finnegan documented the fight to expand women's rights in Ireland. He connects the issues confronting the Irish women's rights movement to the ongoing struggles for women's rights in Europe and the United States.

**Richard Finnegan** is a semi-retired professor of political science and international studies at Stonehill College where he taught for more than 40 years. He is coauthor of the book *Women and Public Policy in Ireland*.

## Nature Conservation: From Serious Problems to Practical Solutions

THREE SESSIONS: 10:30-noon Mondays 11/25, 12/2, 12/9. Location: EPL

Nature changes constantly and not always for the best. Changes can be rapid and are most likely induced by



humans. This series looks at endangered species in our natural world, with special focus on prominent environmental threats, their root causes, and possible solutions.

We will also examine successful conservation efforts around the world.

**Dr. Herb Raffaele** is the former Chief of International Conservation of the U.S. Fish and Wildlife Service and the author of several books about Caribbean natural history including *Wildlife of the Caribbean*.

## TUESDAYS

## French Opera

THREE SESSIONS: 11-12:30 p.m. Tuesdays 11/5, 11/12, 11/19. Location: EPL

French opera, with its big choruses, grand ballets, and intricate plots differs significantly from Italian opera. Its emphasis on drama and refinement set it apart from the

Italian focus on singing acrobatics. We will discuss the development of French opera, including selections from great composers both French (Bizet and Gounod), and others (Offenbach, Verdi and Salieri).



**Chris Allen** performed with the New York City Opera and regional opera companies. He sings and solos with the Chatham Chorale and the Chatham Music Club.

## Dante, Milton and the Devil

SIX SESSIONS: 1:30-3 p.m. Tuesdays 10/8, 10/15, 10/22, 10/29, 11/5, 11/12. Location: EPL

The great adversary of Western literature, the Devil, appears in Dante's *Inferno* and Milton's *Paradise Lost*. We will examine the characterization of the Devil in each epic, and the art inspired by these epics. Bring copies of Dante's *Inferno* (translated by John Ciardi) and *Paradise Lost* to class.

**Francis J. Smith** is a Fulbright Scholar, former lecturer in the Classics at Harvard's Graduate School of Education, and 1985 MA Teacher of the Year. The former head of Classics and Modern Languages at Wayland HS, he was featured in the PBS documentary *Great Teachers of America*.

## Africa: The "Dark Continent" from the Mid-19<sup>th</sup> Century to the Present

THREE SESSIONS: 10:30-noon Tuesdays 10/8, 10/15, 10/22. Location: EPL

This course will examine many of the countries of sub-Saharan Africa from their colonization during the "Scramble for Africa" to their emergence as independent nations in the 1960s, with subsequent successes and failures. Among those studied will be Nigeria, the Congo, Rwanda, Senegal, Kenya, Zimbabwe, Botswana and South Africa.



**Michael McNaught** earned B.A. and M.A. degrees from Oxford University, where he specialized in Military History and the Theory of War. As a teen, he spent three years living in Tanganyika (now Tanzania), where his interest in African history and politics developed.

## Novels and Ideas

FOUR SESSIONS: 5-6:30 p.m. Alternate Tuesdays 10/8, 10/22, 11/5, 11/19. Location: EPL

Read. Think. Listen. Discuss. This is how literature should be enjoyed. Readings and dates of discussion are:

- 10/8: *Nostramo* (1904) by Joseph Conrad
- 10/22: *Sons and Lovers* (1913) by D. H. Lawrence
- 11/5: *The Prime of Miss Jean Brodie* (1961) by Muriel Spark
- 11/19: *A House for Mr. Biswas* (1961) by V. S. Naipaul

**Steve and Jeff Bornemeier** taught *Novels and Ideas* for eleven years at the Snow Library *Lifetime Learning Series*. The Eldredge Public Library is excited to welcome these experienced presenters.

## The Biological and Toxin Weapons Convention: An Intelligence Perspective

ONE SESSION: 10:30-noon Tuesday 10/29. Location: EPL

The BWC, one of the world's oldest nonproliferation treaties, entered into force in 1975. The participating 182 countries agreed never to develop, produce, or stockpile biological or



toxic agents. Unfortunately, the BWC treaty had a problem: it did not require countries to show their work was legitimate.

**Dr. Betsy Sanders** was a member of the U.S. Delegation negotiating a BWC protocol requiring annual declarations of relevant facilities and research projects. She also was a member of the U.S. Delegation to the Organization for the Prohibition of Chemical Weapons.

## Self-Publishing: The Joys and How to Avoid the Pitfalls

THREE SESSIONS: 1:30-3 p.m. Tuesdays 11/12, 11/19, 11/26. Location: EPL

Do you have an unpublished manuscript? Let's demystify the publishing experience, from formatting to printing options. Advance your work through social media and online sites. Explore how to publish E-books, paperbacks, and audiobooks and market them through a variety of publicity ideas.

**Sedona Summer** is an author, artist, illustrator, and inspiring motivational speaker. She is the author of *Free Your Soul*, *On the Rosy Path*, *Spunky Sherry Sprite*, and *Lace, Leather & Love*. Sedona has more than 5,000 followers on social media and has successfully published books for children and adults.

## Movies of Recollection

FOUR SESSIONS: 1:30-3:30 p.m. Tuesdays 11/26, 12/3, 12/10 and 12/17. Location: EPL

Sometimes a movie reminds you of a significant instance or memory so completely you think you are there again. This extraordinary film series will include *The Grey Fox*, *Lies My Father Told Me*, and *Strangers in Good Company*, among others. Join us for a pleasurable journey to earlier times.

**Carol Yindra** has been teaching in the Learning Series for many years, and the films she has carefully selected have delighted audiences from the beginning.

## WEDNESDAYS

## The Mendelssohns

THREE SESSIONS: 10:30-noon Wednesdays 10/16, 10/23, 10/30. Location: St. Christopher's Episcopal Church, 625 Main St., Chatham

Felix Mendelssohn is rightfully considered one of history's greatest composers. His sister, Fanny, is arguably another

one. Sadly, as a 19<sup>th</sup>-century woman, her musical talent was never recognized. Her only public success came with music published under Felix's name. This course will explore the

lives and compositions of this talented sibling duo.

**Joe Marchio**, Music Director of both the Chatham Chorale and the First Congregational Church of Chatham, holds degrees from the College of Wooster, Yale University, and Boston Conservatory.



## Where Rock and Roll Has Gone

SIX SESSIONS: 1:30-3 p.m. Wednesdays 10/23, 10/30, 11/6, 11/13, 11/20, 11/27. Location: Chatham Community Center

This course, looking at the 1970s-90s, features the music of Paul Simon, Billy Joel, Stevie Wonder, Diana Ross, Frankie Valli, David Bowie, Tina Turner, Elton John, Roy Orbison and Aretha Franklin. We will examine some of the profound changes to the music business during this period.

**John Whelan**, a retired stockbroker, writes a monthly column for the *Cape Cod Chronicle* and hosts an Oldies Rock and Roll show on WOMR-FM.

