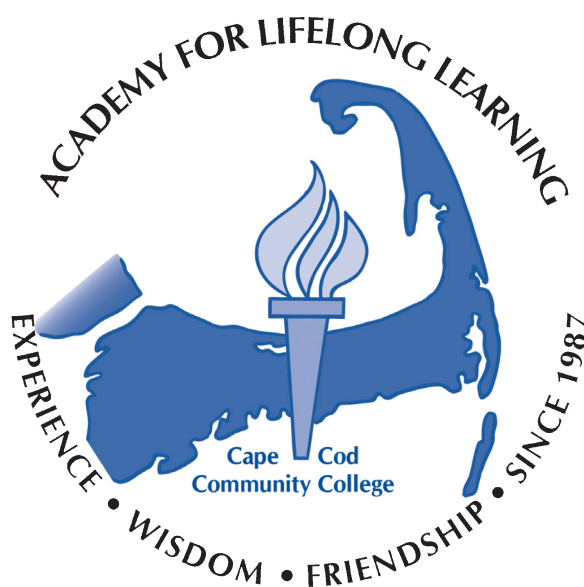


Fall 2022
**Course
Catalog**

Volume 21 Number 2

ACADEMY FOR LIFELONG LEARNING

of Cape Cod, Inc.



Academy for Lifelong Learning
Cape Cod Community College

2240 Iyannough Road
West Barnstable, MA
02668-1599

774-330-4400

www.capecodall.org

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

The Academy for Lifelong Learning

Academic Calendar Fall 2022

Registration begins	Monday, August 22, at 9 a.m.
New Member Orientation	Thursday, September 8 at 10:30 a.m.
Fall Classes begin	Monday, September 12
First six-week classes end	Monday, October 24
Second six-week classes begin	Tuesday, October 25
Classes end	Friday, December 16

Holidays – no classes

Columbus Day	Monday, October 10
Veterans Day (Observed)	Friday, November 11
Thanksgiving Break	Tuesday-Friday, November 22-25

Beginning and end dates of courses:

12-week courses	First 6 weeks	Second 6 weeks
Mondays: 9/12 – 12/5	Mondays: 9/12 – 10/24	Mondays: 10/31 – 12/5
Tuesdays: 9/13 – 12/6	Tuesdays: 9/13 – 10/18	Tuesdays: 10/25 – 12/6
Wednesdays: 9/14 – 12/7	Wednesdays: 9/14 – 10/19	Wednesdays: 10/26 – 12/7
Thursdays: 9/15 – 12/8	Thursdays: 9/15 – 10/20	Thursdays: 10/27 – 12/8
Fridays: 9/16 – 12/16	Fridays: 9/16 – 10/21	Fridays: 10/28 – 12/16

Academic Calendar Spring 2023

Registration begins	Monday, January 9 at 9 a.m.
New Member Orientation	TBA
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
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A Message from Our President

On behalf of the ALL Board of Directors, welcome to the Academy for Lifelong Learning! We are excited to be returning to the campus of Cape Cod Community College to resume in-person learning, while continuing to offer some courses on Zoom for those members and coordinators who enjoy this mode of learning. We look forward to making new friends and reconnecting with our old ALL friends and colleagues in the classrooms and lobby, as well as attending ALL social and special events.

At age 87, Michelangelo said, "I am still learning." As a lifelong learner who still loves to read, learn new things, challenge others with trivia, and step outside of my comfort zone, I can relate. I am so grateful to be a part of the Academy for Lifelong Learning of Cape Cod. Joining ALL is one of the best decisions that I made when I moved to the Cape. I hope, as you peruse the pages of this catalog, that you find some courses that pique your interest and your desire to keep learning. We have classes to entertain you, elicit lively discussion, inform you about the pressing issues of the times, motivate your desire to write, lead you to watch a film with a new and critical appreciation, or renew an interest in a favorite subject. Our coordinators are top notch and enjoy sharing their knowledge and passion for learning with you. So, browse the new catalog, make a list of classes you wish to take as well as alternates and then complete the registration process. Prepare to continue to enrich and enliven your life through learning.

As we return to campus, keep in mind:

- Read the catalog carefully for detailed information about choosing and registering for classes.
- Take careful note of which courses are in-person and which are on Zoom.
- All registrations must be mailed. The ALL office will not be open until September. If you have a question, it's best to email us at lifelonglearning@capecod.edu or call 774-330-4400 and leave a message. We will get back to you.
- Encourage your friends and family to join ALL.

A big thank you for all the time and effort of ALL's classroom coordinators, curriculum committee, registration committee, office administrator Nancy Weida, our board of directors, and all the volunteers who work so hard to make ALL happen.

Dianne Tattersall, *President*

From the Curriculum Committee

Welcome to the Fall 2022 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, August 22, 2022. Classes begin on Monday, September 12, 2022. Second six-week classes begin on Monday, October 24, 2022.

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

Erika Beasley, Henry Tamzarian, Nancy Yee, Miriam Kronish

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. We will keep our membership informed of any changes to Covid protocol via email and our website capecodall.org.

Course Selection

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, time and location. Courses listed with a room number (Grossman C-106 or C-115) are taught in person. Courses listed with Zoom are taught remotely. 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, August 22, 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, August 19. 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. If possible, please complete your form using 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. After the first week of each semester, members may seek enrollment in any of those open courses by contacting lifelonglearning@capecod.edu.

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 ALL office will be closed until September, and we are working remotely during the summer. 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 (CCCC) 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**.

Use of Zoom

Fall semester 2022 courses beginning in September 2022 will be taught either in-person or on Zoom. If you have selected Zoom classes and are unfamiliar with using it, 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 in Zoom Classes

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.
- 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

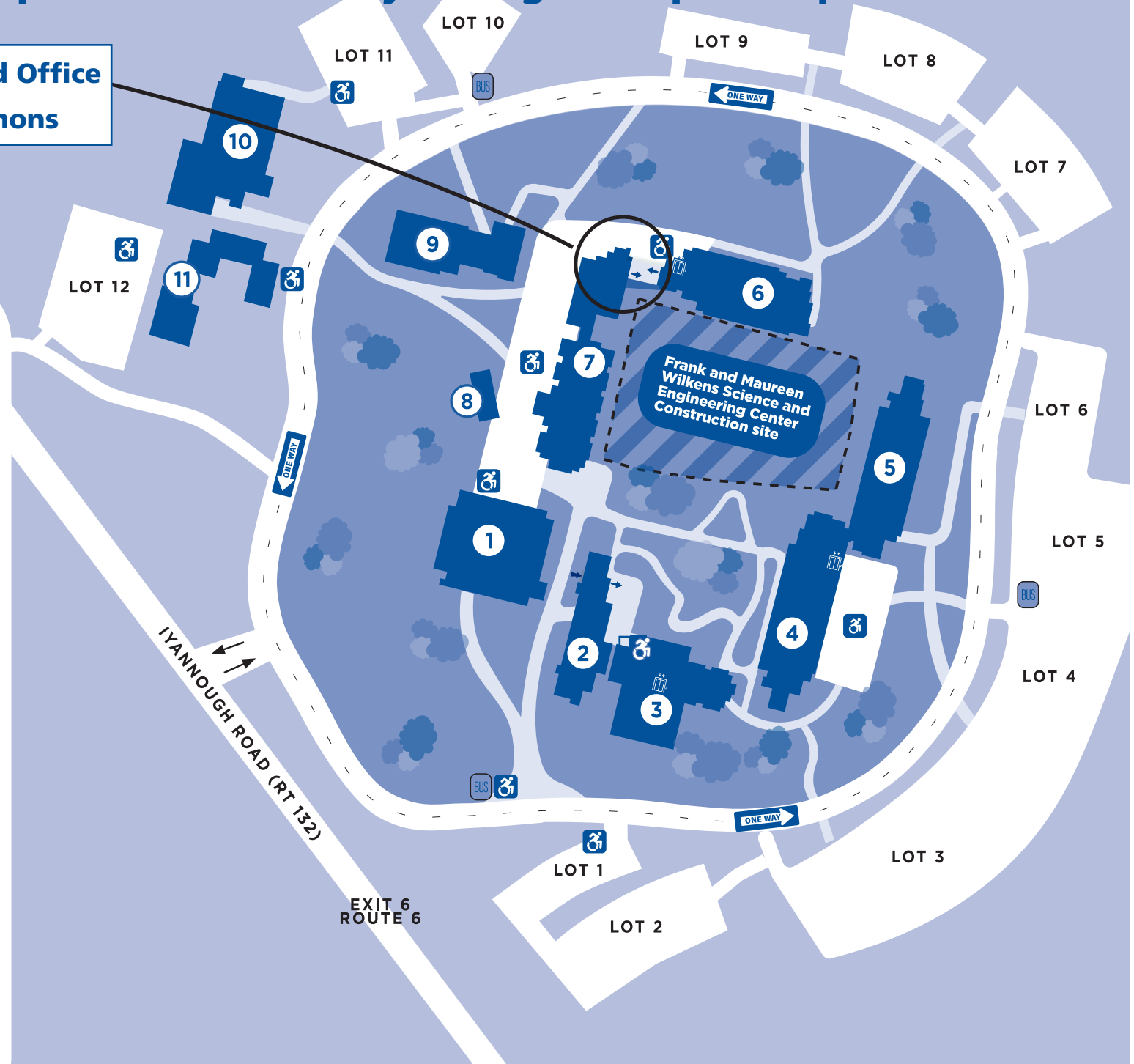
 Accessible Entrance

 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 Spring 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 classes on October 15. Proposals greatly

appreciated by early October. Contact lifelonglearning@capecod.edu if you need help accessing the portal.

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

Introduction to Origami

Monday 9:00AM - 10:20AM

First 6 Weeks 12-Sep

ALL1105

Zoom

Limit: 25

This course is for those who have no experience folding but are intrigued by origami. With the coordinator teaching models step by step you will turn a simple piece of paper into a box, a bowl, a bird, or a flower. You will be asked to bring newly-folded models for 'show and tell'. Benefits of origami include increased concentration and focus and improved fine motor skills and the ability to think in 3-dimensions. Please purchase one package (about 100 sheets) of six-inch (15 cm) origami paper called kami, color on one side and white on the other side. Additional supplies will be discussed at the first meeting.

Coordinator: Andrea Plate. Andrea has practiced origami for over 13 years and displays her work in local art shows. She has participated in online workshops, attended origami conventions, and recently taken private tutorials with world-renowned origamists. Her passion is sharing the value, benefits, and joy of folding.

Three Comic Gems by Rossini

Monday 9:00AM - 10:20AM

First 6 Weeks 12-Sep

ALL1255

Grossman 106

Limit: 18

Rossini's comedies are treasures of the operatic world. This course will showcase three of his greatest--The Barber of Seville, L'Italiana in Algeri, and Le Comte Ory. Great singers in performances from opera houses around the world will be featured.

Coordinator: Steve Piontek. Steve has taught a variety of courses at ALL including courses on the operas of Verdi, Mozart, Wagner, and Rossini, among others. He most recently taught a course called The Great Yeats.

Origami Containers

Monday 9:00AM - 10:20AM

Second 6 Weeks 31-Oct

ALL1281

Zoom

Limit: 25

This will be the seventh origami class at ALL, and it is assumed that you have previous experience. The focus this semester will be on folding models that hold things: boxes, dishes, envelopes, vases and more. The coordinator will teach the model step by step, answering questions along the way. In order to strengthen your

learning you will be asked to fold the model again as homework and then bring your work to the next class for 'show and tell'. You will need larger squares of origami paper (9 to 12 inches is good). An email will be sent to you with more detail about two weeks before class starts.

Coordinator: Andrea Plate. Andrea has practiced origami for over 13 years and displays her work in local art shows. She has participated in online workshops, attended origami conventions, and recently taken private tutorials with world renowned origamists. Her passion is sharing the value, benefits, and joy of folding.

The Third Reich

Monday 10:30AM - 11:50AM

First 6 Weeks 12-Sep

ALL1090

Grossman 106

Limit: 18

This course will study the Third Reich through discussion and the appearance of various characters of the Nazi era as the coordinator dons the clothing and persona of the various participants to answer questions from the class as if that person were actually present.

Coordinator: Stephen R. Pastore. Stephen has taught many courses at ALL including courses on the Third Reich and the Holocaust.

Memoirs - Lest We Forget

Monday 10:30AM - 11:50AM

12 Weeks 12-Sep

ALL1210

Zoom

Limit: 18

We have all had time to reflect on our life experiences. Some of us have begun writing memoirs to share family history, events, travels, and life experiences. Others want to begin this journey into their memory bank. In this class participants are asked to bring and share some of their writings. Other will get ideas from class discussion and listening to others. During the first class, members will get to know each other, brainstorm some writing topics, and try a free writing technique. The class is interactive.

Coordinator: Dianne Tattersall. Dianne is a retired secondary English teacher and department chair who has taught a variety of writing classes and workshops. She has published articles on writing and student leadership.

MONDAY (Continued)

Genetic Genealogy: DNA Testing for Growing Your Family Tree **ALL1196**
 Monday 10:30AM - 11:50AM Zoom
 Second 6 Weeks 31-Oct Limit: 25

This class will cover how to use DNA testing to enrich your genealogy hobby and focus on the practical utility of DNA testing rather than the science of DNA. We will cover such topics as privacy, being prepared for unexpected results, how to interpret ethnicity results, and best practices for identifying and contacting newly discovered relatives. We will review the most popular DNA testing platforms. Participants should have some experience and understanding of traditional genealogy research. Class text is *The Family Tree Guide to DNA Testing and Genetic Genealogy*, 2nd Edition by Blaine T. Bettinger. Additional articles of interest will be distributed. A short questionnaire will be emailed before the first class.

Coordinator: Susan Feinberg. Susan is an enthusiastic amateur genealogist who retired from a career in banking technology. She has used DNA to find scores of 'new' cousins and frequently volunteers to help others use their DNA results to add members to their family trees.

Being Mortal **ALL867**
 Monday 10:30AM - 11:50AM Grossman 106
 Second 6 Weeks 31-Oct Limit: 18

This class starts with and expands on *Being Mortal*, a best seller from 2014. In this discussion-based offering, we will explore topics related to the last stage of life and how we might prepare. Included are such subjects as housing alternatives, talking with your children, examining chronic and acute illnesses, the likelihood of which increase with age, planning your own funeral, and assisted suicide. The text is *Being Mortal* by Atul Gawande. Used copies are available on Amazon. For the first class please read the Introduction and Independent Self.

Coordinator: Marilyn Nouri. Marilyn, a retired professor of sociology at SUNY Oneonta, has coordinated many classes for ALL. She is presenting *Being Mortal* for the sixth time, now offering it from a life course perspective as growing old is a lifelong process.

A Survey of Art Herstory: Did Michelangelo Have a Sister? **ALL1279**
 Monday 10:30AM - 11:50AM Grossman 115
 Second 6 Weeks 31-Oct Limit: 15

This introductory course on the achievements of women artists (focusing on Western Art) from the ancient world to the present will use brief videos and slides. What social, economic, religious, and political factors have helped marginalize women's participation in art. How does women's art differ from the 'male gaze'? We will focus on the post WWII era when women artists have emerged as a dynamic force in contemporary art, consider inequity in the art world, and ask whether feminist artists including the Gorilla Girls and Judy Chicago's *The Dinner Party* have begun a shift in perspective on the role of women in the art world.

Coordinator: Lois Karfunkel. Lois, a retired attorney, has had a long-standing interest in art. She helped teach a Great Courses class on American art and is looking forward to exploring with fellow participants this previously hidden -- to her -- world of amazing women artists.

12 Directors/12 Masterpieces - New Edition **ALL1173**
 Monday 12:00PM - 1:20PM Zoom
 12 Weeks 12-Sep Limit: 30

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 Sweet Hereafter* (1997) directed by Atom Egoyan. A full list of 12 films will be provided on 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.

MONDAY (Continued)**Introducing Mr. Sherlock Holmes****ALL216**

Monday 12:00PM - 1:20PM

Grossman 106

First 6 Weeks 12-Sep

Limit: 18

This course will examine the life and cases of the world's first (and greatest) consulting detective, his biographer, Dr. John H. Watson, and Watson's literary agent, Sir Arthur Conan Doyle. The only pre-requisite for this course is a willing suspension of disbelief.

Coordinator: John Kennedy. John has coordinated numerous courses in history and literature at ALL, including this one back in 2009.

The 'Offspring' of Sherlock Holmes**ALL256**

Monday 12:00PM - 1:20PM

Grossman 106

Second 6 Weeks 31-Oct

Limit: 18

This course will explore the adventures of American private detectives, especially those of the 'hard-boiled' variety. Special attention will be paid to Philip Marlowe, Sam Spade, Nero Wolfe, and Travis McGee. The lives of their creators will also be discussed.

Coordinator: John Kennedy. John has coordinated numerous courses in history and literature at ALL, including this one back in 2009.

Beadweaving: Beginner and Intermediate - Section A**ALL1277**

Monday 1:30PM - 2:50PM

Grossman 115

First 6 Weeks 12-Sep

Limit: 10

Learn fundamental beading techniques to create your own style. Course is open to either beginners or those desiring a review. It will include basic peyote and herringbone stitches in a hands-on workshop presentation. A supply list and/or a beginner kit will be available.

Coordinator: Kathleen Taylor. Kathy is a lifelong artisan with degrees in art and education and currently runs a bead shop, Not Just Beads, in West Dennis. She is a member of the Cape Cod Bead Society.

Discussing the Essay**ALL1267**

Monday 1:30PM - 2:50PM

Zoom

Second 6 Weeks 31-Oct

Limit: 25

Using the book, *The Best American Essays, 2021*, the class members will discuss two essays each session by sharing ideas and thoughts, while using a dose of skepticism,

about the issues raised in each of the essays. The editor of the book writes that the essays selected do the best job of showing literary achievement, awareness of craft, and force of thought. The text is available in paperback on Amazon or on Kindle.

Coordinator: Marilyn Nouri. Marilyn, a retired college professor of sociology, enjoys the opportunity to teach by coordinating classes for ALL. There are no papers to grade and members, who are there because they choose to be, come well informed with life experience for discussions.

Native American Chronicle**ALL1246**

Monday 1:30PM - 2:50PM

Grossman 106

Second 6 Weeks 31-Oct

Limit: 18

Explore with us Native American history and experience. We will start with theories of the origin/arrival of first Americans... or were these people here from the start? Then we will have an overview of cultural areas, namely Eastern Woodland, Plains, Southwest, and Northwest Coast. Next we will discuss contacts and conflicts, East and West; treaties; reservations; and boarding schools; and lastly, current affairs including casinos, health issues, language revival, and environmental/spiritual concerns.

Coordinator(s): Frank Cuphone, John Kennedy.

Frank is a lifelong student of Native America and has taught NA studies from pre-school to university level. John has taught history and literature courses at the university level and for many years at ALL.

Beadweaving: Beginner and Intermediate - Section B**ALL1278**

Monday 1:30PM - 2:50PM

Grossman 115

Second 6 Weeks 31-Oct

Limit: 10

Learn fundamental beading techniques to create your own style. This course is open to either beginners or those desiring a review. It will include basic peyote and herringbone stitches in a hands-on workshop presentation with an option towards holiday gifts and decorations. A supply list and/or a beginner kit will be available. This is a continuation of the first six-week session class but open to new students as well.

Coordinator: Kathleen Taylor. Kathy is a lifelong artisan with degrees in art and education and currently runs a bead shop, Not Just Beads, in West Dennis. She is a member of the Cape Cod Bead Society.

MONDAY (Continued)

Carpe Diem; Seize the Day! **ALL1263**
(For iPhone, iPad, or Mac users)
 Monday 3:00PM - 4:20PM Grossman 106
 First 6 Weeks 12-Sep Limit: 18

Each of us has been allotted the exact same amount of a certain very valuable commodity—time. No man, woman, or child gets a minute more or a minute less than an exact 24 hours each day. The purpose of this course is to enable you to achieve more in your own particular 24 hours and to do so, not by overexerting yourself, but by simply being fully organized as you go about your various activities. More accomplishment and less exertion—those are the two great goals of the course. Please note: Participants in this course must have an iPhone or iMac, latest model or older will work. A Mac computer will also suffice. We will be employing the Reminders app in your device extensively.

Coordinator: Don Ellicott. Don has taught many ALL courses over the years, most of them of a psychological bent, some historical. His recent experience as a caregiver has taught him the value of several Apps to help him get fully organized so that he can have a life of his own while at the same time providing the frequent assistance his loved one needs.

Beadweaving: Beyond the Basics - Section A **ALL932**
 Monday 3:00PM - 4:20PM Grossman 115
 First 6 Weeks 12-Sep Limit: 10

Take your basic beadweaving skills a step further. We will explore variations of peyote and herringbone shapes. The class will consist of weekly presentations followed by personalized instruction with lots of interaction among students.

Coordinator: Kathleen Taylor. Kathy is a lifelong artisan with degrees in art and education and currently runs a bead shop, Not Just Beads, in West Dennis. She is a member of the Cape Cod Bead Society.

Massachusetts History, Pride and Prejudice? Part 2 **ALL1198**
 Monday 3:00PM - 4:20PM Grossman 106
 Second 6 Weeks 31-Oct Limit: 18

In this class we will discuss the Wampanoag People, European colonization, Metacom, the King Philip's War

and how disease, religion, land use, and trade impacted the relationship between the colonists and the native people. We will also consider the American Revolution in Massachusetts before April 1775 in Lexington, resistance to British rule in Western Massachusetts, and how the Shawmut Peninsula became Boston through landfill, mergers, waterworks, highways, eminent domain, and urban renewal. We welcome students with patience and a sense of humor. Massachusetts History Part 1 is not a prerequisite. This is a repeat of the course offered in Fall 2021.

Coordinator: Stephen Anderson. Steve, a lifelong resident of Massachusetts, is a retired trial lawyer who traveled the state. His interest in local history was enhanced by plaques and memorials he read at courthouses while waiting for judges or juries, mostly judges.

Beadweaving: Beyond the Basics - Section B **ALL1280**
 Monday 3:00PM - 4:20PM Grossman 115
 Second 6 Weeks 31-Oct Limit: 10

Take your basic beadweaving skills a step further. We will explore variations of peyote and herringbone shapes. The class will consist of weekly presentations followed by personalized instruction with lots of interaction among students. This is a continuation of the first six-week session and open to new members as well as continuing students. It will keep the same presentation style and will be personalized to the group's interests.

Coordinator: Kathleen Taylor. Kathy is a lifelong artisan with degrees in art and education and currently runs a bead shop, Not Just Beads, in West Dennis. She is a member of the Cape Cod Bead Society.

TUESDAY

The New Middle Ages - Section A **ALL1242**
 Tuesday 9:00AM - 10:20AM Zoom
 12 Weeks 13-Sep Limit: 25

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 12 weeks 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)**Coping with a Loved One with Mental Illness****ALL1021**

Tuesday 9:00AM - 10:20AM

Grossman 106

First 6 Weeks 13-Sep

Limit: 18

This course will educate adults about the signs, symptoms, diagnoses, and treatments for major mental illnesses and ways to cope with their loved ones with mental illness. *A Primer on Major Mental Illness* published by NAMI CCI, will be provided to all students for free and provide the basic text for the course.

Coordinator(s): Judson Phelps, Kim Lemmon. Jud is a licensed alcohol and drug counselor who helped start the Barnstable Drug Court. He last served as Director of Client Services for NAMI (National Alliance on Mental Illness). Kim, a trained Family to Family (NAMI) and Family Connections (NEA BPD) Leader as well as a Family Support Group facilitator, has worked with NAMI Cape & Islands for the past eight years.

Tips & Techniques for Travelers**ALL325**

Tuesday 9:00AM - 10:20AM

Grossman 115

Second 6 Weeks 25-Oct

Limit: 15

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 your next trip. Everyone is invited to their share travel tips and advice. Class members are encouraged to bring their laptops and/or iPads to class. Learning modes: videos, internet sites, small group discussions, lecture, reading and book talks.

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 travel classes in Sandwich and this class many times at ALL.

A Trip Through the Metropolitan Museum of Art**ALL1243**

Tuesday 10:30AM - 11:50AM

Grossman 106

12 Weeks 13-Sep

Limit: 18

The Met, the largest art museum in the United States, has a permanent collection of two million works over 17 curatorial departments. This 12-week course will sample works from all departments including fine art of all genres and periods, sculpture, folk art, indigenous art, Eastern, Western, Oceanic art, and Medieval art from the

Cloisters in Upper Manhattan. The spectacular visuals will be provided by Professor Richard Brettell, noted art historian, and we will leave ample time for class discussion.

Coordinator(s): Chris Johnston, David Johnston.

Chris and David have taught art, science, and history courses at ALL during the past few years.

Pride and Prejudice and Persuasion:**ALL1250****Freedom and Social Duty in Austen's Novels**

Tuesday 10:30AM - 11:50AM

Zoom

First 6 Weeks 13-Sep

Limit: 25

Are personal freedom and social duty inevitably in conflict? With her inimitable comic touch Austen explores this question in both *Pride and Prejudice* and *Persuasion*. What duty do we have to others or they to us? What are the moral, ethical, and philosophical implications of our answer? Can we rely on our own judgment to distinguish between truth and falsehood, fact and fiction? We will probe these questions as we look at the characters in Austen's fiction from today's perspective.

Coordinator: Nancy Yee. Nancy is an Emerita Professor of English at Fitchburg State University. She first read Austen in college and has never stopped reading, writing about, and finding new things to marvel at in Austen. Her students always teach her that there is still more to learn.

Thinking Critically and Creatively - Through ART!**ALL1227**

Tuesday 10:30AM - 11:50AM

Zoom

First 6 Weeks 13-Sep

Limit: 15

This highly engaging course focuses on ways in which our mind can "think" to understand, envision, and create works of art. Through lively critical and creative thinking, we'll take some deep dives into the meaning and appreciation of various forms of artistic expression through these provocative themes: Art as Storytelling; Art as Problem Solving; and Art as Social Commentary. We hope that you will create and share an artistic expression of your own. And you don't have to be an artist to do so. Looking forward to journeying with you – artfully.

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)**Finding Your Joy**

Tuesday 10:30AM - 11:50AM
First 6 Weeks 13-Sep

ALL1248

Grossman 115
Limit: 15

Is there a difference between joy and happiness; and if so, what is it and what can one do to find both? Although it is not necessary to purchase *The Book of Joy* by the Dalai Lama and Desmond Tutu, much of the course is based on their writing. This discussion course is an offshoot of "How Philosophy Can Change Your Life," which Claire Briand has taught at ALL for the past ten years. All are welcome, whether you have taken "How Philosophy Can Change Your Life" or not.

Coordinator: Claire Briand. Claire is a retired speech/language pathologist with a lifelong passion for practicing positive thinking and philosophy.

Hoffa, the Mafia, the Middle Class

Tuesday 10:30AM - 11:50AM
Second 6 Weeks 25-Oct

ALL1144

Zoom
Limit: 25

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

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

Butterflies Across Cape Cod

Tuesday 10:30AM - 11:50AM
Second 6 Weeks 25-Oct

ALL1265

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.

Deep Focus on Casablanca

Tuesday 12:00PM - 1:20PM
First 6 Weeks 13-Sep

ALL1249

Grossman 106
Limit: 18

Critical opinion regarding the winner of the 1942 Best Picture Oscar runs the gamut from "The best Hollywood movie of all time" [Leonard Maltin] to "A movie that demonstrates how entertaining a bad movie can be" [Pauline Kael]. While some see the film as the quintessential romance and others see it as wartime propaganda, *Casablanca* is intrinsically a movie about the plight of refugees. We will examine these elements and many more in a detailed analysis of this much beloved film.

Coordinator: Evan Cook. Evan has offered many film courses at ALL. He has also conducted courses for the Eldredge Library Learning Series in Chatham.

Pilgrims, Puritans, and Early Cape Cod History

Tuesday 1:30PM - 2:50PM
Second 6 Weeks 25-Oct

ALL720

Zoom
Limit: 15

Explore the life and times of the Pilgrims and Puritans before and after their arrival on Cape Cod. Follow the religious and political upheavals that forced them to relocate to the Netherlands and then to New England. Study their exploration of Cape Cod from 1500 to 1620 along with the fur trade, colonization, and peaceful/hostile relationship with the Native Americans. We will discuss how the achievements of the Plymouth Colony affect your life today, e.g., the Bill of Rights, separation of church and state, civil marriages, selectman form of government, and America's first constitution. Preliminary materials will be emailed to registered students prior to the first session.

Coordinator(s): Francis D. Robinson, Dorothy B.

Robinson. Francis is a former Connecticut educator with advanced degrees in history and education. He and wife Dorothy are co-authors of numerous historical genealogies, articles, and books, many focusing on early New England families. They have developed resource materials to accompany this course.

TUESDAY (Continued)**Musica Cubana**

Tuesday 1:30PM - 2:50PM
Second 6 Weeks 25-Oct

ALL1057

Grossman 106
Limit: 18

The small island nation of Cuba has had a huge impact on music around the world. Our class time will be spent listening to and discussing the music which developed there, including Danzón, Rumba, Son, Conga, Bolero, Mambo, Cha Cha Chá and Timba. We will also look at how this music moved to other countries and evolved from Cuban roots into new styles such as Afro-Cuban, Jazz, and Salsa.

Coordinator(s): Greg Polanik, Corina Iukovici.

A semi-professional musician with over 50 years of performance experience, Greg has studied music theory, jazz history and jazz improvisation and traveled to Havana twice to research Cuban music. Corina, who shares Greg's love of Cuban music and Havana, is doing research and working on the computer presentation for the class.

Election Year Roundtable - Section A

Tuesday 3:00PM - 4:20PM
First 6 Weeks 13-Sep

ALL1273

Grossman 106
Limit: 18

The class will organize itself into groups by topic: the role of government; our place in the community of nations; who gets to be an American; whether the government has any responsibility to protect citizens from poverty or exploitation; and whether faith convictions should shape the law. These groups will lead our class discussions. Our final session will draw together the threads to see what conclusions, if any, we reached as a group.

Coordinator: Lawrence Brown. Lawrence, now retired, was a humanities teacher at Cape Cod Academy for 34 years and has been a Friday columnist for the *Cape Cod Times* for 36. He has published five books including a text on Hindu theology and a world geography textbook. He has been a speaker at two Parliaments of the World's Religions.

Election Year Roundtable - Section B

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

ALL1274

Grossman 106
Limit: 18

The class will organize itself into groups by topic: the role of government; our place in the community of nations; who gets to be an American; whether the government

has any responsibility to protect citizens from poverty or exploitation; and whether faith convictions should shape the law. These groups will lead our class discussions. Our final session will draw together the threads to see what conclusions, if any, we reached as a group.

Coordinator: Lawrence Brown. Lawrence, now retired, was a humanities teacher at Cape Cod Academy for 34 years and has been a Friday columnist for the *Cape Cod Times* for 36. He has published five books including a text on Hindu theology and a world geography textbook. He has been a speaker at two Parliaments of the World's Religions.

WEDNESDAY**The New Middle Ages - Section B**

Wednesday 9:00AM - 10:20AM
12 Weeks 14-Sep

ALL1244

Zoom
Limit: 25

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 12 weeks 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.

Broadway Musicals:**An American Invention**

Wednesday 9:00AM - 10:20AM
12 Weeks 14-Sep

ALL1225

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)**Be Hedda Gabler**

Wednesday 9:00AM - 10:20AM
12 Weeks 14-Sep

ALL1253

Grossman 106
Limit: 18

In this course we will dig into Ibsen's masterpiece by developing a staged reading of the work. No acting experience is required although it is welcome. All that is needed is a willingness to read aloud. This is not a lecture course on the play or on the life of Henrik Ibsen. We will learn together by doing, about the play, the theater, and acting. Text: *Hedda Gabler*, Dover Thrift edition, available for \$3.00 or less on Amazon. Loaners will also be available.

Coordinator: Roger Shoemaker. Roger earned a BA from Yale and an MFA in directing from Catholic University. He taught and directed at Trinity College, was Dean for the Arts at Walnut Hill School for the Arts, and recently retired as Director of Drama at DY High.

The Economist

Wednesday 10:30AM - 11:50AM
12 Weeks 14-Sep

ALL1219

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 Economist. 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(s): Paul Arnold, Paul Groundwater.

Paul A. is a former ALL president who has been facilitating various political classes for several years. Paul G., having been an active participant of the Osher Lifelong Learning Institute at Northwestern University, is thrilled to be able to lead and take courses here on the Cape. This class is based on a similar course taken at NU.

Harry S. Truman

Wednesday 10:30AM - 11:50AM
First 6 Weeks 14-Sep

ALL1207

Zoom
Limit: 25

The man who took over from Franklin Delano Roosevelt was the leader of the Western world and did a surprisingly good job for a political hack from Independence, MO. Fortunately there is a great deal of footage on file, and as much as possible Truman himself

can explain to us his reasons for some of his decisions.

Coordinator: John Matley. John used to tell people where to go during his 25 years as an industrial engineer, 30 years on the playing field applying rules, then 20 years making maps so people could make their own choices. Knowledge of history is how you avoid bad choices.

James Joyce and Dubliners

Wednesday 10:30AM - 11:50AM
First 6 Weeks 14-Sep

ALL1245

Grossman 106
Limit: 18

James Joyce composed *Dubliners* to arouse "the indifferent public" and advance "the course of civilization in Ireland." Long overshadowed by Joyce's great, later novels, *Dubliners* repays careful reading and rereading, offering readers literary creativity, psychological insights both individual and social, and unparalleled pleasure. Beginning with a brief presentation, classes will center on dialogue and conversation among course members. The course text is: James Joyce, *Dubliners*, Penguin Classics, ISBN: 978-0-14-018647-5. For the first class please read "The Sisters," "An Encounter," and "Araby" - pages 1 - 28. The Introduction is recommended but optional.

Coordinator: Joseph Auciello. Joseph is a retired English and social studies teacher and department chair and former member of the board of directors for the Cape Cod Collaborative. He has offered short literature classes with the Lifetime Learning Series sponsored by the Snow Library in Orleans. He looks forward to the meaningful depth of discussion this six-week class will make possible.

15 Challenges of the Future

Wednesday 10:30AM - 11:50AM
Second 6 Weeks 26-Oct

ALL999

Zoom
Limit: 25

Based upon the think tank, Millennium Project.org, program of the 15 Challenges of the Future, 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 database for conversation about how we can create a healthy future plan for the challenges.

Coordinator: Tom Murphy. Tom has worked with the Millennium Project, a think tank in Washington DC, as an education associate for 20 years. As a physician, he has edited the "Challenge on Global Health," and he has taught these challenges in the high schools of Washington, DC, and at various times, as a lecturer in Vancouver and Toronto in Canada.

WEDNESDAY (Continued)**Crucial Choices in U.S. Foreign Policy****ALL1258**

Wednesday 10:30AM - 11:50AM

Zoom

Second 6 Weeks 26-Oct

Limit: 30

The course examines enduring foreign policy choices, which have presented challenges for American diplomacy since the United States' founding. We will weigh the pros and cons of the contending choices, with illustrations from historical cases. The choices include isolation vs. global leadership, unilateralism vs. internationalism, the use of force vs. economic sanctions, American values vs. geopolitics, to intervene or not to intervene in internal conflicts, and nation-building vs. withdrawal.

Coordinator: Russell Leng. Russ is a retired professor of international politics who taught for 40 years at Middlebury College. He has taught courses on foreign policy, war, and diplomacy at ALL for several years.

Welcome Washashore!**ALL1271**

Wednesday 10:30AM - 11:50AM

Grossman 106

Second 6 Weeks 26-Oct

Limit: 18

Welcome, Washashore! (Definition-Washashore: Anyone not born on Cape Cod.) This course is for those who find themselves on beautiful Cape Cod, Martha's Vineyard, or Nantucket looking for a fulfilling next chapter in life. The course will explore opportunities for growth, enrichment and charitable outreach, providing some guidance as to what is available to those navigating relocation and/or retirement. It will remain open to the needs and suggestions of the class as we traverse new waters. Welcome, Washashore! We are glad you are here.

Coordinator: Joan Freedman. Joan has been a Washashore for 12 years. With degrees in education, psychology, and administration, she has been involved in local politics, women's causes, charitable work, and many other volunteer activities including ALL to enrich her "retirement" years.

Reconstruction: "America's Unfinished Revolution", 1863-1877**ALL1264**

Wednesday 12:00PM - 1:20PM

Grossman 106

12 Weeks 14-Sep

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, the best means of economic advancement for the country as a whole. We will examine response to these challenges under the theme of "America's Unfinished Revolution". The course text is Eric Foner's *A Short History of Reconstruction*, New York: Harper Perennial Books, 2014; abridged from Foner's 1988 *Reconstruction: America's Unfinished Revolution*.

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.

Great Questions - Good Answers (Zoom Version)**ALL1256**

Wednesday 12:00PM - 1:20PM

Zoom

First 6 Weeks 14-Sep

Limit: 15

This course will build upon Great Questions - Good Answers I - Zoom. In Week #1 we will develop the syllabus from persistent questions affecting humanity, such as, Who am I? Why am I here? What is theism vs. opinion? Is there a purpose in suffering? How do we identify evil? How is the public mind created? What is the virtue of leaning left or leaning right? Class members may also submit their preferred questions. The facilitator, whose background is Christian thought, welcomes those from different backgrounds. All ideas are subject to testing. Material for discussion will be sent in advance each week.

Coordinator: Rob Swanson. Rob is an author, a retired missionary and pastor, and a lifelong learner who has facilitated several previous courses for ALL.

So You Want to Be a Poet**ALL077**

Wednesday 1:30PM - 2:50PM

Grossman 115

12 Weeks 14-Sep

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 bad about your own writing. Please bring copies of a poem to the first class.

Coordinator(s): 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 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.

WEDNESDAY (Continued)**Chef for a Day**

Wednesday 1:30PM - 2:50PM
First 6 Weeks 14-Sep

ALL1252
Zoom
Limit: 15

This class will provide a live presentation from Carol's own kitchen as she and her "Chef for a Day" prepare a new recipe each week. Recipes will be emailed prior to the class, so participants can follow along from home. The most exciting twist is that Carol will need one volunteer each week to come to her home in Sandwich where they will prepare and demonstrate a personal favorite to the class. Prior to the first class, consider to volunteer to be a "Chef for a Day". This will entail choosing one or more recipes to make in my new kitchen and bringing any special ingredients.

Coordinator: Carol Coteus. Prior to her teaching career, Carol spent years in the restaurant business, which piqued her interest in cooking and gave her an appreciation of the way sharing a meal brings people together. Whether exchanging recipes with others or creating new ones, Carol has a passion in the kitchen to share with others.

Film Noir: Hollywood Classics from the 40s and 50s

Wednesday 1:30PM - 2:50PM
First 6 Weeks 14-Sep

ALL1096
Grossman 106
Limit: 18

This course will look at film noir by examining the classic films from the golden age of Hollywood. We will also look at the origins of the genre and what makes a film fall into the category of film noir.

Coordinator: Richard Slapsys. Richard is Fine Arts Librarian Emeritus from the University of Massachusetts Lowell. He has taught literature and film in the English department and is a big fan of film noir.

Great Questions - Good Answers (In-Person Version)

Wednesday 1:30PM - 2:50PM
Second 6 Weeks 26-Oct

ALL1257
Grossman 106
Limit: 15

This course will build upon Great Questions - Good Answers I - Zoom. In Week #1 we will develop the syllabus from persistent questions affecting humanity, such as, Who am I? Why am I here? What is theism vs. opinion? Is there a purpose in suffering? How do we identify evil? How is the public mind created? What is the virtue of leaning left or leaning right? Class

members may also submit their preferred questions. The facilitator, whose background is Christian thought, welcomes those from different backgrounds. All ideas are subject to testing. Material for discussion will be sent in advance each week.

Coordinator: Rob Swanson. Rob is an author, a retired missionary and pastor, and a lifelong learner who has facilitated several previous courses for ALL.

Music of the Seventies

Wednesday 3:00PM - 4:20PM
12 Weeks 14-Sep

ALL1262
Zoom
Limit: 25

The question is which (or whose) seventies? This classical music course, to be held on Zoom, will showcase performance videos of works from the 1770s, 1870s and 1970s—and possibly some earlier ones as well—plus pieces whose composers were in their seventies when they wrote them. This juxtaposition of decades happens to capture lots of famous composers in their prime (Haydn, Mozart, Brahms, Bruckner, Dvorak, Wagner,...). It also makes for interesting comparisons that reflect changes in music and society over the years in between. And not least of all, it's a way of reassuring ourselves that the creative life doesn't have to stop at 70 or 75!

Coordinator: John Temple. John is a retired business writer, lifelong listener, long-ago concert reviewer and sometime builder of musical instrument kits. His nine previous ALL courses have covered topics ranging from Mozart's piano concertos to unfinished symphonies, musical masterclasses, and (most recently) nationalism in music.

Turning Points: Six Pivotal Moments in Ancient History - Section A

Wednesday 3:00PM - 4:20PM
First 6 Weeks 14-Sep

ALL1275
Grossman 106
Limit: 18

What might be the six key turning-points in our ancient history? How did we become human? What does it mean to be a woman? What were the implications of the invention of economics and of the phonetic alphabet? How did ancient science oppose religion? Why did the Western Empire fall. I will offer some ideas for the first half of each class and we can discuss the topics more broadly in the second half.

Coordinator: Lawrence Brown. Lawrence has been a teacher at Cape Cod Academy and a columnist for the *Cape Cod Times*, both for more than 30 years. He published five books including a text on geography and taught ancient history for 26 years.

WEDNESDAY (Continued)**Turning Points: Six Pivotal Moments in Ancient History - Section B****ALL1276**

Wednesday 3:00PM - 4:20PM

Grossman 106

Second 6 Weeks 26-Oct

Limit: 18

What might be the six key turning points in our ancient history? How did we become human? What does it mean to be a woman? What were the implications of the invention of economics and of the phonetic alphabet? How did ancient science oppose religion? Why did the Western Empire fall. I will offer some ideas for the first half of each class, and we can discuss the topics more broadly in the second half.

Coordinator: Lawrence Brown. Lawrence has been a teacher at Cape Cod Academy and a columnist for the *Cape Cod Times*, both for more than 30 years. He published five books including a text on geography and taught ancient history for 26 years.

women face as we transition from middle to old age and how to cultivate resilient responses to them. We need a new paradigm for aging; as Pipher says, "Our lives are not like our mother's lives and we are weary of ageist, sexist portrayals of older women." Hear, hear! Come with your own stories to share. Please read the introduction and first four chapters under "Challenges of the Journey" for our first class.

Coordinator: Pat Stover. Pat has offered many courses at ALL over the years that have a feminist perspective, including a history of the women's movement, women's changing roles as seen on TV, and great literature by women. She feels that it is now time to focus specifically on the issues of aging women.

Women Rowing North-Navigating Life's Currents and Flourishing as We Age (Zoom Version)**ALL1260**

Thursday 9:00AM - 10:20AM

Zoom

Second 6 Weeks 27-Oct

Limit: 15

THURSDAY**Hidden Gifts from a New Group of Rebels****ALL1247**

Thursday 9:00AM - 10:20AM

Grossman 106

First 6 Weeks 15-Sep

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).

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.

The course will be based on Mary Pipher's bestselling book, *Women Rowing North*, Bloomsbury Publishing, 2019. We will be discussing the specific challenges women face as we transition from middle to old age and how to cultivate resilient responses to them. We need a new paradigm for aging; as Pipher says, "Our lives are not like our mother's lives and we are weary of ageist, sexist portrayals of older women." Hear, hear! Come with your own stories to share. Please read the introduction and first four chapters under "Challenges of the Journey" for our first class.

Coordinator: Pat Stover. Pat has offered many courses at ALL over the years that have a feminist perspective, including a history of the women's movement, women's changing roles as seen on TV, and great literature by women. She feels that it is now time to focus specifically on the issues of aging women.

Women Rowing North-Navigating Life's Currents and Flourishing as We Age (In-Person Version)**ALL1259**

Thursday 9:00AM - 10:20AM

Grossman 115

First 6 Weeks 15-Sep

Limit: 15

The course will be based on Mary Pipher's bestselling book, *Women Rowing North*, Bloomsbury Publishing, 2019. We will be discussing the specific challenges

How Life Began: Evolution and the Molecular Basis of Life**ALL1266**

Thursday 9:00AM - 10:20AM

Zoom

Second 6 Weeks 27-Oct

Limit: 25

The study of biology at the molecular and cellular level has revealed common features shared by all living things. This insight provides the basis for understanding key events in evolution and underpins the study of life's origins on earth and the search for life on other worlds. Beginning with a review of the molecular structure of

THURSDAY (Continued)

the living cell we will discuss ways in which scientists have used the analyzed structure to study evolution before the appearance of plants and animals. Finally, we will discuss current research on the origin of life and related explorations of Mars and other worlds.

Coordinator: Steve Munroe. Steve, Professor Emeritus of Biological Sciences at Marquette University, completed graduate studies at Indiana University and did post-doctoral research at Boston's Children's Hospital and the Worcester Foundation where he began his research on RNA. His interest in molecular evolution dates from undergraduate work at Haverford College.

Current Topics in Climate Change**ALL1261**

Thursday 10:30AM - 11:50AM

Grossman 106

First 6 Weeks 15-Sep

Limit: 18

The signs of climate change are all around us. This six-week 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. Bring your observations, questions and concerns.

Coordinator: Paul Coteus. Paul is a retired physicist and IBM fellow who has kept abreast of the challenging climate issues that scientists have been warning us about beginning with Rachel Carson in the 1960's and up to the global warming crises of today.

Sustainable Gardening**ALL1163**

Thursday 10:30AM - 11:50AM

Grossman 115

First 6 Weeks 15-Sep

Limit: 15

Let us "Go Green!" in our gardens, and have ourselves a really good time doing it. This class will focus on learning and sharing sustainable practices in the home garden. The class will include lectures (short), class discussion (lots), hands-on and in-class projects (fun), and a possible field trip or two. Topics include: birds, compost, lawns, leaf litter, mulch, natives, organic alternatives, pollinators and wildlife. Come to class prepared to "get down and dirty"!

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

The Chemistry of Life and the World Around Us**ALL1176**

Thursday 10:30AM - 11:50AM

Second 6 Weeks 27-Oct

Zoom

Limit: 25

Chemistry informs every aspect of our lives, from our bodies to the world around us. This course will offer a mountaintop review of the basics of chemistry that touch upon our lives. Topics will include natural gas, sugars and alcohols, proteins and DNA, plastics, and narcotics. Primo Levi's short story, "Carbon," will be distributed in PDF format to be read before the first class. Extensive slide packs will be provided week by week.

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

Checking In on 2023 (In-Person Version)**ALL1216**

Thursday 12:00PM - 1:20PM

Grossman 106

Second 6 Weeks 27-Oct

Limit: 18

After two years of waiting for the "New Normal," it is beginning to take shape. This course will check in on how the US population (and the rest of the world) has been impacted by the pandemic, the economy, mid-term elections, social media, climate change, and key events that are shaping what 2023 will look like. The emphasis is on ways to maintain personal stability in times of uncertainty.

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 and business leadership and life coach. She has earned degrees in organizational behavior and group dynamics.

Loving the Short Story**ALL055**

Thursday 1:30PM - 2:50PM

12 Weeks 15-Sep

Zoom

Limit: 25

The students will discuss two stories at each session, sharing ideas and perceptions to enhance the understanding of the readings. The new text for the fall 2022 is *The Best American Short Stories 2021* edited by Jesmyn Ward.

Coordinator(s): 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.

THURSDAY (Continued)**Getting Along and the Practice of Empathic Negotiation****ALL1223**

Thursday 1:30PM - 2:50PM

Zoom

12 Weeks 15-Sep

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.

Whitey Bulger: Declassified**ALL1254**

Thursday 1:30PM - 2:50PM

Grossman 106

First 6 Weeks 15-Sep

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.

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.

Writing Incubator**ALL780**

Thursday 3:00PM - 4:20PM

Zoom

12 Weeks 15-Sep

Limit: 14

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.

Coordinator(s): 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.

Learning to Fish Cape Cod Bay and Beaches - Section A**ALL1269**

Thursday 3:00PM - 4:20PM

Grossman 106

First 6 Weeks 15-Sep

Limit: 18

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.

Learning to Fish Cape Cod Bay and Beaches - Section B**ALL1270**

Thursday 3:00PM - 4:20PM

Grossman 106

Second 6 Weeks 27-Oct

Limit: 18

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.

THURSDAY (Continued)

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.

Checking In on 2023 (Zoom Version)

Thursday 6:00PM - 7:20PM *
Second 6 Weeks 27-Oct

ALL1268

Zoom
Limit: 25

***This is the first ever evening class at ALL.** After two years of waiting for the "New Normal," it is beginning to take shape. This course will check in on how the US population (and the rest of the world) has been impacted by the pandemic, the economy, mid-term elections, social media, climate change, and key events that are shaping what 2023 will look like. The emphasis is on ways to maintain personal stability in times of uncertainty.

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 and business leadership and life coach. She has earned degrees in organizational behavior and group dynamics.

FRIDAY**The Climate Crisis**

Friday 9:00AM - 10:20AM
First 6 Weeks 16-Sep

ALL1251

Grossman 106
Limit: 18

An Inconvenient Sequel - Truth To Power, Rodale, 2017, by Al Gore will serve as your handbook to learn the science, to find your voice, and to help solve the climate crisis. Three questions will be addressed: Must we change? Can we change? and Will we change? The increasing pace of global warming and the many solutions which are now available will be discussed. Please read pages 1-51 before the first class.

Coordinator: Toivo Lamminen Jr.. Toivo had Climate Reality Leadership Corps Training with Al Gore, 2021, took a United Nations E Course on Climate Change, 2019, and was ALL Coordinator, The Sixth Extinction, Fall, 2019.

Apps for the iPhone and iPad

Friday 9:00AM - 10:20AM
First 6 Weeks 16-Sep

ALL888

Grossman 115
Limit: 15

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 features and functions of 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. The text is: *iPhone and iPad User Guide*, online at apple.com. For the first class please review the User Guide.

Coordinator: Wayne Hoover. Wayne was employed by the U.S. Government for 39 years as a computer specialist, mathematician, and supervisory mathematician. He earned a Ph.D. in Mathematics at Michigan State University with emphasis in Numerical Analysis. He has taught at George Washington University as well as at Cape Cod Community College.

Using Children's Literature to Teach Science - New Activities

Friday 9:00AM - 10:20AM
Second 6 Weeks 28-Oct

ALL1001

Grossman 106
Limit: 15

Pat will teach 20 NEW simple science activities to participants so they can teach their children or grandchildren. Using books from her own website, each linked to a simple, basic science activity, Pat will introduce aspects of science weekly, either physics, chemistry, astronomy, earth science, life science, math, or process skills. The text will come from the website: <https://intranet.cshgreenwich.org/heartNet/childrensLitAndScience.asp>. All are welcome. Participants will need a computer to use the website to view each activity and download printable sheets. Please have scissors, tape, glue stick, ruler, crayons, or colored pencils available for use during class.

Coordinator: Patricia McKean. Pat, a classroom science teacher for 44 years, received the Connecticut Christa McAuliffe Fellowship for her program, Using Children's Literature to Teach Science. She has presented workshops nationally and internationally and currently serves as a science education consultant and reviewer for the National Science Teachers Association's Journal: Science and Children.

FRIDAY (Continued)**Backgammon for Fun**

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

ALL1272

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.

Coordinator(s): Miriam Kronish, Herb Kronish.

Miriam and Herb love the game. They have taught it to friends, students (for college credit) and seniors. Let us play!. Herb plays and teaches the game to one and ALL.

Introduction to Nichiren Buddhism

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

ALL866

Grossman 106
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.

Coordinator(s): 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.

Philosophy and Film

Friday 1:00PM - 4:00PM *
12 Weeks 16-Sep

ALL756

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.

*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 3 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.

Intermediate Bridge

Friday 1:30PM - 2:50PM
12 Weeks 16-Sep

ALL965

Grossman 115
Limit: 15

This course is open to those who have taken Bridge for Beginners with this coordinator during the previous few semesters, or those at an intermediate level who wish to refine and further develop their skill at the card game bridge. All students will receive a digital copy of the latest version of a bridge handbook called *Bridge Geometry* written by the coordinator.

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

Analyzing Poems of Published Authors

Friday 3:00PM - 4:20PM
Second 6 Weeks 28-Oct

ALL1202

Zoom
Limit: 18

Each week the coordinator will choose and analyze a few poems. The students will then be given the opportunity to share their understanding of the poems. They may also, if they so wish, propose and present one of their favorite poems (of published poets) to be discussed in depth in the class.

Coordinator: Corina Iukovici. Corina studied English and French literature in college and is now a semi-retired graphic and web designer. She has been a lifelong lover of poetry and likes to share with others her favorite (and sometimes less known) poets.

Course Schedule

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Monday	9:00AM - 10:20AM	First 6 Weeks	12-Sep	ALL1255	Three Comic Gems by Rossini	Grossman 106	Steve Piontek
Monday	9:00AM - 10:20AM	First 6 Weeks	12-Sep	ALL1105	Introduction to Origami	Zoom	Andrea Plate
Monday	9:00AM - 10:20AM	Second 6 Weeks	31-Oct	ALL1281	Origami Containers	Zoom	Andrea Plate
Monday	10:30AM - 11:50AM	12 Weeks	12-Sep	ALL1210	Memoirs - Lest We Forget	Zoom	Dianne Tattersall
Monday	10:30AM - 11:50AM	First 6 Weeks	12-Sep	ALL1090	The Third Reich	Grossman 106	Stephen Pastore
Monday	10:30AM - 11:50AM	Second 6 Weeks	31-Oct	ALL867	Being Mortal	Grossman 106	Marilyn Nouri
Monday	10:30AM - 11:50AM	Second 6 Weeks	31-Oct	ALL1196	Genetic Genealogy: DNA Testing for Growing Your Family Tree	Zoom	Susan Feinberg
Monday	10:30AM - 11:50AM	Second 6 Weeks	31-Oct	ALL1279	A Survey of Art Herstory: Did Michelangelo Have a Sister?	Grossman 115	Lois Karfunkel
Monday	12:00PM - 1:20PM	12 Weeks	12-Sep	ALL1173	12 Directors/12 Masterpieces - New Edition	Zoom	Joseph Gonzalez
Monday	12:00PM - 1:20PM	First 6 Weeks	12-Sep	ALL216	Introducing Mr. Sherlock Holmes	Grossman 106	John Kennedy
Monday	12:00PM - 1:20PM	Second 6 Weeks	31-Oct	ALL256	The "Offspring" of Sherlock Holmes	Grossman 106	John Kennedy
Monday	1:30PM - 2:50PM	First 6 Weeks	12-Sep	ALL1277	Beadweaving: Beginner and Intermediate - Section A	Grossman 115	Kathleen Taylor
Monday	1:30PM - 2:50PM	Second 6 Weeks	31-Oct	ALL1246	Native American Chronicle	Grossman 106	Frank Cuphone, John Kennedy
Monday	1:30PM - 2:50PM	Second 6 Weeks	31-Oct	ALL1267	Discussing the Essay	Zoom	Marilyn Nouri
Monday	1:30PM - 2:50PM	Second 6 Weeks	31-Oct	ALL1278	Beadweaving: Beginner and Intermediate - Section B	Grossman 115	Kathleen Taylor
Monday	3:00PM - 4:20PM	First 6 Weeks	12-Sep	ALL1263	Carpe Diem; Seize the Day! (For iPhone, iPad, or Mac users)	Grossman 106	Don Ellicott
Monday	3:00PM - 4:20PM	First 6 Weeks	12-Sep	ALL932	Beadweaving: Beyond the Basics - Section A	Grossman 115	Kathleen Taylor
Monday	3:00PM - 4:20PM	Second 6 Weeks	31-Oct	ALL1198	Massachusetts History, Pride and Prejudice? Part 2	Grossman 106	Stephen Anderson
Monday	3:00PM - 4:20PM	Second 6 Weeks	31-Oct	ALL1280	Beadweaving: Beyond the Basics - Section B	Grossman 115	Kathleen Taylor

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Tuesday	9:00AM - 10:20AM	12 Weeks	13-Sep	ALL1242	The New Middle Ages - Section A	Zoom	Stew Goodwin
Tuesday	9:00AM - 10:20AM	First 6 Weeks	13-Sep	ALL1021	Coping with a Loved One with Mental Illness	Grossman 106	Judson Phelps, Kim Lemmon
Tuesday	9:00AM - 10:20AM	Second 6 Weeks	25-Oct	ALL325	Tips & Techniques for Travelers	Grossman 115	Connie Champlin
Tuesday	10:30AM - 11:50AM	12 Weeks	13-Sep	ALL1243	A Trip Through the Metropolitan Museum of Art	Grossman 106	Chris Johnston, David Johnston
Tuesday	10:30AM - 11:50AM	First 6 Weeks	13-Sep	ALL1250	Pride and Prejudice and Persuasion: Freedom and Social Duty in Austen's Novels	Zoom	Nancy Yee
Tuesday	10:30AM - 11:50AM	First 6 Weeks	13-Sep	ALL1248	Finding Your Joy	Grossman 115	Claire Briand
Tuesday	10:30AM - 11:50AM	First 6 Weeks	13-Sep	ALL1227	Thinking Critically and Creatively - Through ART!	Zoom	Nina Greenwald
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	25-Oct	ALL1144	Hoffa, the Mafia, the Middle Class	Zoom	John Matley
Tuesday	10:30AM - 11:50AM	Second 6 Weeks	25-Oct	ALL1265	Butterflies Across Cape Cod	Grossman 115	Joe Dwelly
Tuesday	12:00PM - 1:20PM	First 6 Weeks	13-Sep	ALL1249	Deep Focus on Casablanca	Grossman 106	Evan Cook
Tuesday	1:30PM - 2:50PM	Second 6 Weeks	25-Oct	ALL1057	Musica Cubana	Grossman 106	Greg Polanik, Corina Iukovici
Tuesday	1:30PM - 2:50PM	Second 6 Weeks	25-Oct	ALL720	Pilgrims, Puritans, and Early Cape Cod History	Zoom	Francis D. Robinson, Dorothy B. Robinson
Tuesday	3:00PM - 4:20PM	First 6 Weeks	13-Sep	ALL1273	Election Year Roundtable - Section A	Grossman 106	Lawrence Brown
Tuesday	3:00PM - 4:20PM	Second 6 Weeks	25-Oct	ALL1274	Election Year Roundtable - Section B	Grossman 106	Lawrence Brown
Wednesday	9:00AM - 10:20AM	12 Weeks	14-Sep	ALL1244	The New Middle Ages - Section B	Zoom	Stew Goodwin
Wednesday	9:00AM - 10:20AM	12 Weeks	14-Sep	ALL1225	Broadway Musicals: An American Invention	Zoom	Fran Lautenberger
Wednesday	9:00AM - 10:20AM	12 Weeks	14-Sep	ALL1253	Be Hedda Gabler	Grossman 106	Roger Shoemaker
Wednesday	10:30AM - 11:50AM	12 Weeks	14-Sep	ALL1219	The Economist	Grossman 115	Paul Arnold, Paul Groundwater

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Wednesday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL1207	Harry S. Truman	Zoom	John Matley
Wednesday	10:30AM - 11:50AM	First 6 Weeks	14-Sep	ALL1245	James Joyce and Dubliners	Grossman 106	Joseph Auciello
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	26-Oct	ALL999	15 Challenges of the Future	Zoom	Tom Murphy
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	26-Oct	ALL1258	Crucial Choices in U.S. Foreign Policy	Zoom	Russell Leng
Wednesday	10:30AM - 11:50AM	Second 6 Weeks	26-Oct	ALL1271	Welcome Washashore!	Grossman 106	Joan Freedman
Wednesday	12:00PM - 1:20PM	12 Weeks	14-Sep	ALL1264	Reconstruction: "America's Unfinished Revolution", 1863-1877	Grossman 106	Richard Stewart
Wednesday	12:00PM - 1:20PM	First 6 Weeks	14-Sep	ALL1256	Great Questions - Good Answers (Zoom Version)	Zoom	Rob Swanson
Wednesday	1:30PM - 2:50PM	12 Weeks	14-Sep	ALL077	So You Want to Be a Poet	Grossman 115	Glyn Dowden, Mary Bonacker
Wednesday	1:30PM - 2:50PM	First 6 Weeks	14-Sep	ALL1096	Film Noir: Hollywood Classics from the 40s and 50s	Grossman 106	Richard Slapsys
Wednesday	1:30PM - 2:50PM	First 6 Weeks	14-Sep	ALL1252	Chef for a Day	Zoom	Carol Coteus
Wednesday	1:30PM - 2:50PM	Second 6 Weeks	26-Oct	ALL1257	Great Questions - Good Answers (In-Person Version)	Grossman 106	Rob Swanson
Wednesday	3:00PM - 4:20PM	12 Weeks	14-Sep	ALL1262	Music of the Seventies	Zoom	John Temple
Wednesday	3:00PM - 4:20PM	First 6 Weeks	14-Sep	ALL1275	Turning Points: Six Pivotal Moments in Ancient History - Section A	Grossman 106	Lawrence Brown
Wednesday	3:00PM - 4:20PM	Second 6 Weeks	26-Oct	ALL1276	Turning Points: Six Pivotal Moments in Ancient History - Section B	Grossman 106	Lawrence Brown
Thursday	9:00AM - 10:20AM	First 6 Weeks	15-Sep	ALL1259	Women Rowing North-Navigating Life's Currents and Flourishing as We Age (In-Person Version)	Grossman 115	Pat Stover
Thursday	9:00AM - 10:20AM	First 6 Weeks	15-Sep	ALL1247	Hidden Gifts from a New Group of Rebels	Grossman 106	David Mulligan
Thursday	9:00AM - 10:20AM	Second 6 Weeks	27-Oct	ALL1260	Women Rowing North-Navigating Life's Currents and Flourishing as We Age (Zoom Version)	Zoom	Pat Stover
Thursday	9:00AM - 10:20AM	Second 6 Weeks	27-Oct	ALL1266	How Life Began: Evolution and the Molecular Basis of Life	Zoom	Steve Munroe

Course Schedule (continued)

Day	Block Time	Session	Starting	ALL #	Course Title	Location	Coordinator(s)
Thursday	10:30AM - 11:50AM	First 6 Weeks	15-Sep	ALL1163	Sustainable Gardening	Grossman 115	Gina Poole
Thursday	10:30AM - 11:50AM	First 6 Weeks	15-Sep	ALL1261	Current Topics in Climate Change	Grossman 106	Paul Coteus
Thursday	10:30AM - 11:50AM	Second 6 Weeks	27-Oct	ALL1176	The Chemistry of Life and the World Around Us	Zoom	John Ward
Thursday	12:00PM - 1:20PM	Second 6 Weeks	27-Oct	ALL1216	Checking In on 2023 (In-Person Version)	Grossman 106	Marianne Triplette
Thursday	1:30PM - 2:50PM	12 Weeks	15-Sep	ALL055	Loving the Short Story	Zoom	Sheryl Lajoie, Deb Selkow
Thursday	1:30PM - 2:50PM	12 Weeks	15-Sep	ALL1223	Getting Along and the Practice of Empathic Negotiation	Zoom	Frank Noonan
Thursday	1:30PM - 2:50PM	First 6 Weeks	15-Sep	ALL1254	Whitey Bulger: Declassified	Grossman 106	Janet Uhlar
Thursday	3:00PM - 4:20PM	12 Weeks	15-Sep	ALL780	Writing Incubator	Zoom	Nancy Shoemaker, Bill Holcombe
Thursday	3:00PM - 4:20PM	First 6 Weeks	15-Sep	ALL1269	Learning to Fish Cape Cod Bay and Beaches - Section A	Grossman 106	Steve Leary
Thursday	3:00PM - 4:20PM	Second 6 Weeks	27-Oct	ALL1270	Learning to Fish Cape Cod Bay and Beaches - Section B	Grossman 106	Steve Leary
Thursday	6:00PM - 7:20PM	Second 6 Weeks	27-Oct	ALL1268	Checking In on 2023 (Zoom Version)	Zoom	Marianne Triplette
Friday	9:00AM - 10:20AM	First 6 Weeks	16-Sep	ALL888	Apps for the iPhone and iPad	Grossman 115	Wayne Hoover
Friday	9:00AM - 10:20AM	First 6 Weeks	16-Sep	ALL1251	The Climate Crisis	Grossman 106	Toivo Lamminen Jr.
Friday	9:00AM - 10:20AM	Second 6 Weeks	28-Oct	ALL1001	Using Children's Literature to Teach Science - New Activities	Grossman 106	Patricia McKean
Friday	10:30AM - 11:50AM	First 6 Weeks	16-Sep	ALL1272	Backgammon for Fun	Grossman 106	Miriam Kronish, Herb Kronish
Friday	10:30AM - 11:50AM	Second 6 Weeks	28-Oct	ALL866	Introduction to Nichiren Buddhism	Grossman 106	Susan Whalley, Steve Piontek
Friday	1:00PM - 4:00PM *	12 Weeks	16-Sep	ALL756	Philosophy and Film	Grossman 106	Tom Gotsill
Friday	1:30PM - 2:50PM	12 Weeks	16-Sep	ALL965	Intermediate Bridge	Grossman 115	Christopher Senie
Friday	3:00PM - 4:20PM	Second 6 Weeks	28-Oct	ALL1202	Analyzing Poems of Published Authors	Zoom	Corina Iukovici

REGISTRATION FORM — Fall 2022

FOR OFFICE USE ONLY

CK# _____ Amount _____

Invoice # _____ VAX _____ Coord _____

Scholarship _____ Legacy _____

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

****NEW:** Proof of vaccination is required
for all in-person classes. Include a copy of your proof of vaccination
with your registration form or email a photo of your proof to allvaccinations@gmail.com

Please review the REGISTRATION INFORMATION in the catalog before completing your form.
If possible, please complete your form using your computer BEFORE printing.

Name _____ DOB _____

Street _____

City _____ State _____ ZIP _____

Phone (Home) _____ (Cell) _____ Email _____

Emergency Contact (required) _____ Phone No _____ Relationship _____

Is this a NEW ADDRESS since your last registration? _____ The best way to contact me: Phone _____ Email _____

I am a FIRST TIME member of ALL _____ How did you learn about ALL? _____

Please contact me about “coordinator” opportunities: Yes _____ No _____

For the \$105 membership fee, you may select from the following options: (make check payable to ALL)
_____ four 6-week courses _____ two 12-week courses _____ one 12-week course & two 6-week courses

Please list courses **in order of preference**, including alternate choices. If no alternate choices are listed it is assumed that none are desired. **New this fall: Please note if each class is on Zoom (Z) or In-Person (IP).**

Preferred course(s)

(Off. Use)	Course #	Course Name (preferred)	Day/Time	Z or IP	12wk.	1st 6 wk.	2nd 6 wk.
_____	1. ALL _____	_____	_____	_____	_____	_____	_____
_____	2. ALL _____	_____	_____	_____	_____	_____	_____
_____	3. ALL _____	_____	_____	_____	_____	_____	_____
_____	4. ALL _____	_____	_____	_____	_____	_____	_____

Alternate Choices in the event preferred courses are full

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

The ALL Registration process will open on Monday August 22nd, at 9 a.m. for registration forms received by August 19th. 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). Incomplete registrations cannot be processed.



Board of Directors 2021-2022

Dianne Tattersall	President, and Chair of Hospitality	2024
Paul Coteus	Vice President, and Chair of Finance	2024
Kirk Young	Treasurer	2024
Patricia McKean	Clerk	2023
Rita Ailinger	Desk Volunteer Coordinator	2023
Jean DeVincentis	Registration	2024
Diane Hoover	Special Events	2024
Miriam Kronish	Curriculum	2024
Marilyn Nouri	Long Range Planning	2024
Marianne Triplette	Communications	2023
Joan Freedman	Member-at-Large	2024

Office Administrator: Nancy Weida

Academy for Lifelong Learning Cape Cod, Inc.
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