

The Institute for Learning in Retirement

Spring 2020
Discussion Group
Schedule



University of North Alabama

Monday

- Potpourri
- Health In Aging
- Byways of Language & Literature
- Winston Churchill
- Here, There & Everywhere
- Food: A Cultural Culinary History
- TED Talks

Wednesday

- Enjoying The Arts
- Rockets, NASA & Space
- Community Conversations
- The Great Books: Short Story Omnibus
- Outstanding People & Events In American History
- 'Round Town—Local Trips

Friday

- A Science Mosaic
 - Interfaith Discussions
 - Psychology Today
 - American Constitution:
 - The Great Debate 1787-1788
 - Unscripted Discussions
 - Gardens & Architecture



The Institute for Learning in Retirement

Spring 2020 Discussion
Group Schedule



A Member of

ROAD SCHOLAR[®]

LLI RESOURCE NETWORK

Road Scholar LLI Resource Network (formerly The Elderhostel Institute Network) is delighted to be working with the UNA Institute For Learning In Retirement. Together, we bring the highest quality educational programming to older learners living in the vicinity of The Shoals. From their national offices in Boston, Road Scholar gathers stimulating curriculum resources and exciting new initiatives to offer to all the Institutes for Learning in Retirements (ILRs) across North America. They also compile and pass on all the latest news and happenings from across the Network and serve as a central resource that ILRs can turn to for help and information. Thanks to their well-known profile they have access to innovative educational opportunities and their high visibility ensures their ability to promote the learning in retirement movement on both national and international levels. Road Scholar and the UNA ILR are together providing a stimulating and exciting opportunity for older learners. Together we are helping educate our society about successful and productive aging and the joys of older learning. The 21st century does indeed hold great promise for the learning in retirement movement!

University of North Alabama



*Road Scholar LLI Resource Network
Adventures in Lifelong Learning*
www.roadscholar.org/rsin
1-800-454-5768

The Institute for Learning in Retirement

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The Institute for Learning in Retirement



2019-2020 Leadership

Officers

President: John Messamore
Vice-President: Dennis Balch

Council

Three Year Term: Anita Cobb, Linda Kennedy,
Kay Meredith, Anne C. Smith

Two Year Term: Robin Armstrong, Larry Gautney,
Dave Kennebeck, Jean Mammen

One Year Term: Barbara Sherr, Phyllis Shoemaker,
Nelda Tarbet, Howard Zeff

Committee Chairs

Course Leader Facilitator: Jean Mammen
Social Chair: Chris Johnson, Linda Kennedy
Sunshine Chair: Anne Petty
Travel Chair: Robin Armstrong, Howard Zeff
Technology Chair: Dave Kennebeck

Questions? Just Contact Us!

Information & Registration, 256-765-4862
Meghan Fike, Program Coordinator, 256-765-4289 or
mmfike@una.edu
Mary Marshall VanSant, Director, 256-765-4184 or
mmvansant@una.edu

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The Institute for Learning in Retirement

ATTENDANCE AND REGISTRATION

As a member, you are allowed to attend any or all courses in which you are interested. However, Great Books has a limited enrollment so we do need an official registration for that course. We do not call roll but we do count attendance so that we may get an idea of how well attendance is sustained throughout the semester. Of course, we do not have any tests, grades or outside homework (except for the Great Books course). Our members like this freedom and ability to come and go as they please!

PARKING

UNA Center For Learning & Professional Development & the Institute for Learning in Retirement are located in the UNA East Campus Building. This building is located at 1640 Tune Ave., Florence, AL 35630. Parking and classroom access is located behind the building. Please arrive early to get a good space. As a member, you will be issued a Temporary Parking Permit if registered for classes on the main campus. This is to be placed in your dashboard when parking on campus. It is good for only one semester.

MEMBERSHIP DIRECTORY

UNA Center For Learning & Professional Development will furnish each member a directory of all ILR members. These copies will be placed with the other literature available for pick-up.

EMAIL

If you would like to be added to the ILR email distribution list, please let the program coordinator know your email address. Periodically, we will send out notices to members via email, including weather announcements.

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REFRESHMENTS

Members volunteer to provide refreshments for each class meeting. The Social Committee Chairperson organizes this and there will be a sign-up sheet that is circulated. UNA will provide coffee, but if you prefer to have soft drinks, you may volunteer to bring these instead of refreshments. PLEASE bring a serving utensil and remember to take it home with you when the day is over. **Also, volunteers are needed to help with setup and cleanup. If you would be able to volunteer, please see Meghan Fike, Chris Johnson or John Messamore.**

ILR ORGANIZATION

The UNA ILR is member led and governed with administrative assistance from the UNA Center For Learning & Professional Development. There is a twelve member Council that meets to discuss ILR events and business. Each member serves a term of three years. The Annual Meeting is held every April/May to elect new council members and to amend the by-laws if necessary. ILR officers are elected by the council. The President appoints the Committee Chairpersons such as Travel, Social, and others.

ILR CURRICULUM

The ILR Council meets before each semester to decide on what courses to offer. If you are interested in volunteering to be a course leader or have some great ideas, please contact the President or any member of the council. We are ALWAYS in need of fresh ideas and fresh energy to put together a dynamic and fulfilling semester! Please volunteer and take an active role in the ILR!

ROAD SCHOLAR INSTITUTE NETWORK AFFILIATION (FORMERLY ELDERHOSTEL) —

The UNA ILR is affiliated with the internationally recognized Road Scholar Institute Network (formerly Elderhostel Institute). We receive publications that list Lifelong Learning Institutes all over the world and provide information on other ILRs and what they are doing.

PAST COURSE DVD SESSIONS

Past course DVD sessions are available for checkout. These can be checked out from the UNA office.



The Institute for Learning in Retirement

Program Notes



To make your and everyone's experience at ILR pleasant and fulfilling, may we offer the following:

1. Please pass on ideas for classes, trips and individual programs to the President, Course Leader, Trip Coordinator or UNA Program Coordinator.
2. Sign up for refreshments once or twice a semester. Please leave them for the next class (we have refrigeration). Wednesdays and Fridays sometime run short. If you have leftovers from a personal event, bring them anytime!
3. Always be courteous to the speaker. Don't converse during his/her presentation.
4. Turn cell phones off or on vibrate.
5. If you have hearing problems, please sit near the front.
6. Use trash cans for empty drink cups/bottles, etc. There are one or more in every room. We want to protect our facilities and leave them as clean as we find them.
7. If you have a problem or suggestion regarding a course, please contact the UNA Program Coordinator, ILR President, Course Leader or a Council Member.

Everyone's participation in the UNA Institute for Learning in Retirement is encouraged and contributes to its success! Thank you!

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The Institute for Learning in Retirement

Day Trippin'

Historic Decatur

Friday, February 21

**Course Leaders: Robin Armstrong &
Howard Zeff**

David Breland, a retired Morgan County Judge, Historian and Appointee to the Alabama Historical Commission will guide us throughout our trip to a few of Decatur's historic sites. We will start our tour at the Old State Bank and Carnegie Visual Arts Center. Following lunch at The RailYard, we will visit the Railroad Depot and the Morgan County Archives. Walking will be 1-2 blocks in the morning and again in the afternoon. Busses will be available for those who do not wish to walk or in the event of inclement weather.

Sign up is required. Bus will leave from the UNA East Campus back parking lot. There will be an additional charge for this event.

ILR Spring Picnic

Save the Date

Wednesday, May 20

**Co-Chairs: Barbara Hooten &
Robin Armstrong**

The annual ILR Picnic will be at McFarland Park Shelter 1. The Fabulous Food will be again catered by Whole Hog BBQ and must be prepaid. Sign-up and instructions will be on our hall table.

The Institute for Learning in Retirement Potpourri

Monday • 9:00 am—10:10 am
Course Leader: John Sworm

**January 27 Viking Mission to Mars Terminal
Descent and Landing**
John Sworm

This is a discussion of John's experiences as Radar Project Engineer for Viking. We will discuss the difficulty of Landing on Mars and some of the problems of designing, building and testing the radars. Special hands-on testing was required to verify compliance.

**February 3 Spending in Retirement - Weathering
Volatility**
Dr. Bill Cale introducing D. John Dupuis Jr.

This is a subject most of us have concerns about. We will learn to better manage our assets more effectively.

February 10 Letters From Japan
Jacqueline Osborne

Very few people know about the events of the occupation of Japan after WWII. Join us for an informative program about a family that spent 1945-1950 in the thick of the events of that tumultuous time.

February 17 SCUBA, Boats & The Sea
John Sworm

From the mid-80's to the present, my life has been part of many adventures as a Diver, SCUBA instructor, Dive Store Owner, adjunct Instructor at TCU and Boat Owner. Come with me and join my adventures. Lots of fun and a little humor.

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The Institute for Learning in Retirement

Health In Aging

Monday • 9:00 am—10:10 am
Course Leader: Phyllis Shoemaker

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February 24 Atrial Fibrillation

Dr. Therese Lango

An update on symptoms, diagnosis, and current therapy for this serious heart condition

March 2 Alabama Genomic Health Initiative (AGHI)

Whitley Kelly, Genetic Counselor AGHI, Hudson Alpha Institute for Biotechnology

Information regarding this joint venture between Hudson Alpha & UAB School of Medicine to determine the incidence of 59 treatable conditions in Alabama citizens. ILR members will then be able to make a decision regarding their participation.

March 9 Legal Implications Regarding End of Life Issues

John Harris, Eldercare Attorney

Help your family avoid legal issues by providing up to date Advanced Directives &/or Medical Power of Attorney documents. Learn what you need & best use of these documents.

March 16 Marijuana, CBD, Vaping

*Tim Glover, Lauderdale County Sheriff Dept.
Drug Task Force*

A continuation of information regarding drug use in our community. Learn the differences between CBD, THC, proposed medical marijuana laws, and risks associated with vaping



The Institute for Learning in Retirement

Byways of Language & Literature

Monday • 10:35 am—11:45 am
Course Leader: Dr. Dennis Balch

January 27 Wendell Berry: *Come Watch with Me*
We've sampled Wendell Berry's poetry, now we settle in to hear excerpts from his prose—stories that acquaint us with a Port William farmer, Ptolemy Proudfoot, and the local schoolmarm, Miss Minnie Quinch, who happens to capture his discerning husbandman's eye.

February 3 Hetty Green: *Witch of Wall Street*
Hetty's birth sorely disappointed her Quaker father, who wanted a son to tend and extend his business empire. Her quest to demonstrate her worth made her the richest woman in America. Her frugal and eccentric ways led some critics to style her the "witch of Wall Street;" her investment acumen suggests that she was the Warren Buffet of her day.

February 10 Steven Johnson: *The History of Cold*
Steven Johnson's favorite topic is the way networks of ideas interact, combine, gestate, and coalesce into unexpected new applications. His book *How We Got to Now* addresses six ideas which have shaped the world we live in today. Join us while we trace the origins of the ice business and some of its follow-on effects.

February 17 Barry Lopez: *Arctic Dreams*
Barry Lopez is one of the premier nature writers of our time. His 1986 classic *Arctic Dreams* demonstrates how careful physical description can propel the imagination into metaphysical reflection. One admirer says that Lopez writes with the mind of a scientist and the heart of a poet.

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Winston Churchill

Monday • 10:35 am—11:45 am
Course Leader: Ron Helgemo

February 24 Lecture 5 – Churchill & Controversy
We examine Churchill's role in the controversial Dardanelles campaign and his subsequent activities in World War I

March 2 Lecture 6 – Post-War Challenges
Churchill solidifies his reputation as a maverick. He rises rapidly in British politics only to find himself—again—on the outside looking in.

March 9 Lecture 7 – In the Wilderness
Churchill is now out of office and out of favor. We call these, the 1930's, his 'wilderness years'. But these are the years of preparation. His challenge – and that of his country – are just ahead

March 16 Lecture 8 - The Nazi Menace
During Churchill's wilderness years Adolf Hitler and his Fascist thugs begin their march across western Europe. Churchill, almost alone, urges his countrymen to resist the Nazi menace and prepare for the consequences of appeasement.

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Here, There & Everywhere

Monday • 12:30 pm—1:40 pm

Course Leaders: Robin Armstrong & Howard Zeff

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January 27 Liberty Enlightening the World

Stephanie Holman, ILR member and playwright

The Statue of Liberty will be brought to life through Stephanie's musical "Bartholdi's Lady." She will present the why and how the most beloved monument in the world came to be.

February 3 David & Judy Hood- Muscle Shoals Music

Swamper Bassist David Hood & Judy Hood, Tour Promoter

Legendary Muscle Shoals Rhythm Section bassist David & wife Judy, will share the history of local music through personal stories.

February 10 Fascinating Falcons-The Sport of Kings

Russell Carder, Falconer and recently healed Rogue

Learn the fascinating partnership between falconer & falcon.

February 17 Birth Order IS Who You Are

Dr. Jacqueline Osborne

Sibling position determines you who you are. Have fun exploring "The Birth Order Book" by Dr. Kevin Leman.

February 24 Oz and the Florence K-9 Unit

Florence Police Officer Chris Woods & K-9 Officer Oz

See how Oz trains, protects, and serves our community.

March 2 The History of ILR 2002-2012

A Distinguished Member/Alumni/UNA Staff Panel

We are continuing to explore the origins of ILR, the special people and classes that led us to where we are today.

March 9 Project Say Something

Camille Bennett, Founder/Executive Director

Fighting racism here in the shoals requires open communications and positive action. Learn about contemporary issues, approaches and how you can participate.

March 16 The History of Money

Dr. Tom Osborne

Money is a social construct that varies greatly over time. We look at different schools of thought about what money is and at the current understanding of money.

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Food: A Cultural Culinary History

Monday • 1:50 pm—3:00 pm

Course Leader: Nora Dailey

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January 27 Dutch Treat—Coffee, Tea, Sugar, Tobacco

The 17th and 18th centuries were times of colonization and mercantilism. A few items—sugar, coffee, tea, tobacco, and spices—completely change the focus of the global economy. The Dutch, English, and French were the greatest mercantile powers.

February 10 African and Aboriginal Cuisines

This lecture will touch on a few indigenous traditions--sub-Saharan Africa and aboriginal Australia—just before the point when they start to succumb to global forces. The most important crop that is indigenous to Africa is the yam (not a sweet potato)

February 24 Edo, Japan-Samurai Dining and Zen Aesthetics

This class focuses on traditional Japan in the Edo Era. This cuisine developed entirely in its own unique direction, cut off from the process of globalization, not because of geographical isolation, but as a result of an intentional shutting out of the West. Rice is the indisputable central staple of Japan. Rice is so respected and revered that it is always pure white, not flavored or seasoned.

March 9 Colonial Cookery In North America

Practically every American colony was founded for different reasons, and different kinds of people settled them. Each group influenced American eating habits down the road. We look at Virginia, New England, and Mid-Atlantic Region. However, wine was imported from Europe while rum came from the Caribbean. Sour mash whiskey was a unique American invention, distilled from corn. The best sour mash whiskey is bourdon from Kentucky



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TED Talks

Monday • 1:50 pm—3:00 pm
Course Leader: Susan Daniel

- February 3 **Laughter & Humor**
More than just plain fun!
- February 17 **Laughter & Humor Part 2**
There's no such thing as too much laughter or humor! More great talks.
- March 2 **Happiness**
How do scientists measure it? How do we find it? Can we create it?
- March 16 **Tame Your Wandering Mind**
What is mindfulness? We're all calmly retired so should we care?

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Enjoying The Arts

Wednesday · 9:00 am—10:10 am
Course Leader: Elizabeth Renault

January 29 Women Artists During the Renaissance
 Were there women artists during the Renaissance? If so, where were they, and what did they do?

February 5 Dale Chihuly: Master of Modern Glass
 Chihuly's working glass studio and completed pieces

February 12 Georgia O'Keefe: Her Life & Paintings
 Her paintings and life in New York and New Mexico

February 19 Henri Matisse: A Master of Modern Era
 Matisse's life and how his art works evolved over time

February 26 The Intersection of Art and Science
 Artists as inventors; NASA's use of origami; How art and science work together

March 4 The Fake Van Goghs
 Van Gogh's life & the fake paintings that are selling as original Van Goghs

March 11 Paul Gauguin
 His painting career, relationship to Van Gogh, and controversial life

March 18 Modern Art
 A quick flash through the history of Modern Art; the different eras, influences, styles, and categories

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Rockets, NASA & Space

Wednesday • 10:35 am—11:45 am
**Course Leader: Rob Martin and Herr Heiner
 van Blabbermouth**

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January 29 **Rocket Science Made Easy**

Everything about getting to Space is hard!!! There are so many disciplines that need to be addressed so that satellites and explorers can be launched into space for the good of humankind. Aspects of getting to space will be highlighted: Physics, Universal Gravitation, Newton's Laws of Motion, Kepler's Orbital Dynamics, Aeronautics, Astronautics, Chemistry, Fluid Dynamics, etc..... Well, maybe not completely easy, but explained so it's obvious to the most casual observer.

February 5 **Rocket Science Miracles & Rocket Science Gone Wrong #1**

The history of rocket science is replete with both miracles and tragedy. We'll take an in depth look at both Russia's and America's valiant and sometimes disastrous efforts during the space race to the Moon.

February 12 **Rocket Science Miracles & Rocket Science Gone Wrong #2**

This class will investigate the triumph and the tragedy of the Mir Space Station, the Space Shuttle Program, the ISS and China's space efforts.

February 19 **Rocket Science: Do we need it?**

Let's take a look at the costs and the benefits of using space and space travel. Was it worth the cost to go to the Moon? Has space exploration improved our lives? Can we make space profitable (SpaceX, Blue Origin, Virgin Galactic, etc.) Do we need to go to Mars?



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Community Conversations A New Approach

Wednesday • 10:35 am—11:45 am
Course Leader: Nancy C. Gonce

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- February 26 Planning For The New Decade**
Janyce Fadden, Director, Strategic Engagement, UNA
Helping the community uncover ways to advance complex issues
- March 4 STEM Education**
Dr. Carmen Burkhalter, Retired Dean, UNA College of Arts & Sciences
Preparing students for professional careers in the increasingly diverse and global workplace
- March 11 UNA Career Center**
Melissa Medlin, Director, UNA Career Center
Assisting students as they prepare for the future workplace
- March 18 UNA Sustainability Center**
Dr. Brenda Webb, Director, Center For Sustainability Studies
Advancing Sustainability Programs in The Muscle Shoals



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Great Books: Readings & Discussion Short Story Omnibus

Wednesday • 10:30 am—11:45 am
Course Leader: Nancy T. Belue • Room 104

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|-------------|---|
| January 29 | “A City of Churches” by Donald Barthelme
<i>Discussion Leader: Anne Davis</i> |
| February 5 | “True Love” by Don Shea
<i>Discussion Leader: Jim Berry</i> |
| February 12 | “Bullet” by Kim Church
<i>Discussion Leader: Jacquie Osborne</i> |
| February 19 | “The Doctor” by Ann Hood
<i>Discussion Leader: Deb Barnes</i> |
| February 26 | “Blind Fish” by Melanie Rae Thon
<i>Discussion Leader: Donna Albright</i> |
| March 4 | “My Date with the Neanderthal Woman” by David Salef
<i>Discussion Leader: Betty Balch</i> |
| March 11 | “After Caravaggio’s Sacrifice of Isaac” by Rachel Cush
<i>Discussion Leader: Dennis Balch</i> |
| March 18 | Novella: Tom Outland’s Story by Willa Cather
<i>Discussion Leader: Nora Dailey</i> |



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Outstanding People & Events In American History

Wednesday • 12:30 pm—1:40 pm
Course Leader: John Messamore

January 29 Saturday and the Witch Woman
Dr. Thomas Oliver Ott

Expand your historical awareness of Caribbean history & its impacts on the American South as retired UNA History professor, Dr. Ott, presents his new book, Saturday and the Witch Woman. Learn about developing Creole culture, slavery, & more as we follow the journey of an escaped Haitian slave & white refugees to South Carolina & their connections to the Ott family.

**February 12 The Native American Horse & the
Future of Indigenous Archeology**
Dr. Yvette Running Horse Collin

Dr. Collin presents results of her PhD research on the post-Ice Age survival and cultural role of Native American horses. Learn about her post-doctoral research plans contributing to worldwide horse genome studies in France, and supporting the emerging field of Indigenous Archeology. See how expanded cultural studies and Native American scholarship are partnering to better interpret our shared history.

**February 26 Socialism and its History-Can it Save
America?**
Dr. Tim Collins

Younger Americans are showing renewed interests in policy prescriptions trending away from Rugged Individualism and toward Socialism. UNA Professor Dr. Tim Collins reviews Socialism's history, modern examples, and ponders, "Can Socialism Save America?"

March 11 Mr. Handy's Blues (documentary)
John Messamore

View the 2017 film commissioned by the Handy family and ten years in development by the accomplished filmmaker, Joanne Fish. This is the definitive biography of the W.C. Handy, the Father of the Blues and contains rare Handy audio plus over thirty performances/interviews of his musical protégées. The film will run over class time at 1 hour 24 minutes, but is a must see for all Shoals music lovers!

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‘Round Town—Local Trips

Wednesday • 11:50 am—Until

Course Leaders: Robin Armstrong & Howard Zeff

Bus and/or lunch costs are not included with ILR registration.

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February 5
OR
March 4

North American Lighting

In 35 short years, NAL has grown to become the leading tier one supplier of automotive lighting systems in North America. It is also one of the largest employers in the Shoals. This tour is offered twice as numbers are limited.

February 19

Florence Water Treatment Plant

This is a short walking tour to see how Tennessee River water gets safely cleaned & processed for consumer consumption.

February 5
OR
March 4

Glenn Rikard Farmhouse Arts & Crafts

Glenn is a multifaceted artist. Quilts, Baskets, Scherennschnitte (Paper cut art) are a part of the work you will see on our tour to his family farmhouse and studio. This tour is offered twice to alternate with the NAL tour.

March 18

Veteran’s Memorial & Park and River Heritage Park & Trail

Get a firsthand look at what’s going on at two of our City of Florence Parks. We will get the latest information as well as visit Veterans and River Heritage Park.



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A Science Mosaic

Friday • 9:00 am—10:10 am
Course Leader: David Curott

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January 31 Space Travel 101
David Curott

How can satellites stay “forever” in orbit? Why do astronauts “float” even though they are not weightless? What conditions are necessary to reach the moon or the planets? These, similar questions, and space travel in general will be discussed.

February 7 Pioneering Women of Science
William Cale

Ask anyone to name great scientists and their answer might include Albert Einstein, Stephen Hawking, Linus Pauling, Isaac Newton, Galileo Galilei, and other men. But women should be on that list as well, and in this overview we will meet some of the great female scientists and examine the significance of their work.

February 14 New York City Adapts to a Rising Sea
Larry Gautney

“With 520 miles of shoreline and absolutely no coastal protection, the big question facing New York City is whether one of the world’s greatest cities can defend itself against rising seas and the next big storm.”



The Institute for Learning in Retirement

Interfaith Discussions *Religious Structures*

Friday • 9:00 am—10:10 am
Course Leader: Dr. Jacqueline Osborne

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February 28 History of The Hebrew Temple

Stanley Goldstein and Howard Zeff will discuss the history of the Hebrew Temple in Jerusalem and some facts about the Jewish temple here in Florence

March 6 History and Architecture of Chartres

Tom Osborne will guide us through the history and architecture of Chartres, a cathedral in France that has survived almost unchanged since the Middle Ages

March 13 Islamic Dome of the Rock in Jerusalem

This week we will be looking at the Islamic Dome of the Rock in Jerusalem, built on the site of the original Hebrew temple and traditionally the site from which Mohammed made his night journey to heaven.

March 20 Buddhist & Shinto Temples In Japan & Temple of Light In Chile

Temples and more temples. This week we will look at Buddhist and Shinto temples in Japan, and then travel half way around the world to visit the Temple of Light in Chile, the last of the Baha'i continental temples to be built.



The Institute for Learning in Retirement

Psychology Today

Friday • 10:35 am—11:45 am
Course Leader: Carol Shaw, MA, LPC

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January 31 How Are Mental Disorders Assessed?
 Explanations on how clinicians decide a diagnosis using the DSM-The Manual of Mental Disorders. What are the questions asked and how do the answers relate to the manual? Education also on the signs and systems of different disorders.

February 7 How Cognitive Behavioral Therapy Is Used In Counseling
 This class will learn realistic and simple coping skills taught in counseling sessions. These will address a variety of problems including anxiety, grief, anger, depression, etc.

February 14 Let's Talk About Mental Health
 Sometimes life is hard. Learn ways to get through the difficult times and have the chance to share how you have personally overcome those stressors.



The Institute for Learning in Retirement

American Constitution The Great Debate 1787-1788

Friday · 10:35 am—11:45 am
Course Leader: Jean Mammen

February 28 Lecture 5 – Difficulties in Levels of Government

What is necessary for powerful state governments that can provide the balance necessary to prevent the central government from becoming a threat to liberty (Security, Armies)

March 6 Lecture 6 – The Meaning of Federalism
Finalize the role of State versus Federal Government. Defines the role of each and how the states will be represented on the Federal level. Debate over what “checks & balances” on the two governments (State & Federal) need to be in place.

March 13 Lecture 7 – The Madisonian Republic
Madison contends that “the state of faction” is at the heart of human nature. His view of human nature is dark, complex & subtle. The “spirit of faction” is going to be accepted as a necessary & routine aspect of American government. The new American regime is going to be the first republic in history that is going to tolerate, foster, & depend upon mutually antagonistic competition among selfish groups seeking to exploit one another throughout society and inside government.

March 20 Lecture 8 – The Argument Over Representation

How are the powers of the representatives to be distributed in this new republican vision so as to make the central (Federal) government energetic, stable, & not a threat to republican freedom? One of the major dimensions of the Federalist republican vision is the structuring of institutions that will channel the representatives so as to make powers both effect & checked & balanced from within

The Institute for Learning in Retirement

Unscripted Discussions

Friday • 12:30 pm—1:40 pm
Course Leader: John Messamore

Current Events Topics (TBD)
Topics picked by ILR Students at class

January 31

February 7

February 14

Possible topics or current events are student-nominated and posted to the blackboard during the class week. Moderator/others may offer anything from a yarn to treatise. Students vote on class day where to start. Where it goes-Nobody knows-but the ride is always entertaining...Join us!

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The Institute for Learning in Retirement Gardens & Architecture

Friday • 12:30 pm—1:40 pm

Course Leader: Pam Arias Messamore

February 28 The Gardener (DVD)

Influential gardener/horticulturalist Frank Cabot recounts his personal quest for perfection at Les Quatre Vents (“The Four Winds”), his twenty-acre garden outside Quebec which is one of the world’s foremost private gardens. Created over 75 years and three generations, it’s a 21st century horticultural masterpiece.

March 6 Gardens of China and Japan (Monty Don)

First expressions of art and spirituality in gardens began in China. Suzhou is home to the finest collection of historic, Daoist influenced gardens in all of China. They influenced Japan’s Samurai warriors who commissioned the first Zen Gardens. Tea Gardens were designed to slow down/reshape one’s sense of time.

March 13 Gardens of Northern Italy (Monty Don)

In Northern Italy, a center of trade in earlier times, plants poured in from all parts of the world. This episode focuses on how ‘exotic’ plants, rather than politics or spirituality, shaped the gardens of Northern Italy. The Garden of Padua, the world’s oldest botanical garden and other villas delight visitors with beauty/functionality.

March 20 French Gourmet Gardens (Monty Don)

See how the French love of food translated into their gardens. The model for French kitchen gardens began in medieval monasteries when gardening was a matter of survival. This model transitioned to the French potager style where plantings of flowers, hedges, fruits and vegetables—combined with extreme pruning and design techniques—created stunning mosaics of colors and shapes.

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The Institute for Learning in Retirement

Daily Schedule

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Monday, January 27

- 9:00—10:10 am **Viking Mission to Mars Terminal Descent and Landing**, *John Sworm*
 10:35—11:45 am **Wendell Berry: *Come Watch with Me***, *Dennis Balch*
 12:30—1:40 pm **Liberty Enlightening the World**, *Stephanie Holman, ILR member and playwright*
 1:50—3:00 pm **Dutch Treat—Coffee, Tea, Sugar, Tobacco**, *Nora Dailey*

Wednesday, January 29

- 9:00—10:10 am **Women Artists During the Renaissance**, *Elizabeth Renault*
 10:35—11:45 am **Rocket Science Made Easy**, *Rob Martin*
Great Books: “A City of Churches” by Donald Barthelme, *Discussion Leader: Anne Davis*
 12:30—1:40 pm **Saturday and the Witch Woman**, *Dr. Thomas Oliver Ott*

Friday, January 31

- 9:00—10:10 am **Space Travel 101**, *David Curott*
 10:35—11:45 am **How Are Mental Disorders Assessed?**, *Carol Shaw*
 12:30—1:40 pm **Unscripted Discussions**, *John Messamore*

Monday, February 3

- 9:00—10:10 am **Spending in Retirement - Weathering Volatility**, *Dr. Bill Cale introducing D. John Dupuis Jr.*
 10:35—11:45 am **Hetty Green: Witch of Wall Street**, *Dennis Balch*
 12:30—1:40 pm **David & Judy Hood- Muscle Shoals Music**, *Swamper Bassist David Hood & Judy Hood, Tour Promoter*
 1:50—3:00 pm **Laughter & Humor TED Talk**, *Susan Daniel*



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Wednesday, February 5

- 9:00—10:10 am **Dale Chilhuly: Master of Modern Glass**, *Elizabeth Renault*
 10:35—11:45 am **Rocket Science Miracles & Rocket Science Gone Wrong #1**,
Rob Martin
Great Books: “True Love” by Don Shea, *Discussion*
Leader: Jim Berry
 11:50 am—until **North American Lighting or Glenn Rikard Farmhouse Tour**

Friday, February 7

- 9:00—10:10 am **Pioneering Women of Science**, *William Cale*
 10:35—11:45 am **How Cognitive Behavioral Therapy Is Used In Counseling**,
Carol Shaw
 12:30—1:40 pm **Unscripted Discussions**, *John Messamore*

Monday, February 10

- 9:00—10:10 am **Letters From Japan**, *Jacqueline Osborne*
 10:35—11:45 am **Steven Johnson: The History of Cold**, *Dennis Balch*
 12:30—1:40 pm **Fascinating Falcons-The Sport of Kings**, *Russell Carder*,
Falconer and recently healed Rogue
 1:50—3:00 pm **African and Aboriginal Cuisines**, *Nora Dailey*

Wednesday, February 12

- 9:00—10:10 am **Georgia O'Keefe: Her Life & Paintings**, *Elizabeth Renault*
 10:35—11:45 am **Rocket Science Miracles & Rocket Science Gone Wrong #2**,
Rob Martin
Great Books: “Bullet” by Kim Church, *Discussion*
Leader: Jacquie Osborne
 12:30—1:40 pm **The Native American Horse & the Future of Indigenous**
Archeology, *Dr. Yvette Running Horse Collin*

Friday, February 14

- 9:00—10:10 am **New York City Adapts to a Rising Sea**, *Larry Gautney*
 10:35—11:45 am **Let's Talk About Mental Health**, *Carol Shaw*
 12:30—1:40 pm **Unscripted Discussions**, *John Messamore*



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Monday, February 17

- 9:00—10:10 am **SCUBA, Boats & The Sea**, *John Sworm*
 10:35—11:45 am **Barry Lopez: Arctic Dreams**, *Dennis Balch*
 12:30—1:40 pm **Birth Order IS Who You Are**, *Dr. Jacqueline Osborne*
 1:50—3:00 pm **Laughter & Humor Part 2 TED Talk**, *Susan Daniel*

Wednesday, February 19

- 9:00—10:10 am **Henri Matisse: A Master of Modern Era**, *Elizabeth Renault*
 10:35—11:45 am **Rocket Science: Do we need it?**, *Rob Martin*
Great Books: "The Doctor" by Ann Hood, *Discussion Leader: Deb Barnes*
 11:50 am—until **Florence Water Treatment Plant Tour**

Friday, February 21

UNA Closed / Day Trippin'

Monday, February 24

- 9:00—10:10 am **Atrial Fibrillation**, *Dr. Therese Lango*
 10:35—11:45 am **Winston Churchill: Churchill & Controversy**, *Ron Helgemo*
 12:30—1:40 pm **Oz and the Florence K-9 Unit**, *Florence Police Officer Chris Woods & K-9 Officer Oz*
 1:50—3:00 pm **Edo, Japan-Samurai Dining and Zen Aesthetics**, *Nora Dailey*

Wednesday, February 26

- 9:00—10:10 am **The Intersection of Art and Science**, *Elizabeth Renault*
 10:35—11:45 am **Planning For The New Decade**, *Janyce Fadden, Director, Strategic Engagement, UNA*
Great Books: "Blind Fish" by Melanie Rae Thon, *Discussion Leader: Donna Albright*
 12:30—1:40 pm **Socialism and its History-Can it Save America?**, *Dr. Tim Collins*



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Friday, February 28

- 9:00—10:10 am **Interfaith Discussions: History of The Hebrew Temple**, *Jacquie Osborne*
 10:35—11:45 am **The Great Debate: Difficulties in Levels of Government**, *Jean Mammen*
 12:30—1:40 pm **The Gardener (DVD)**, *Pam Arias Messamore*

Monday, March 2

- 9:00—10:10 am **Alabama Genomic Health Initiative (AGHI)**, *Whitley Kelly, Genetic Counselor AGHI, Hudson Alpha Institute for Biotechnology*
 10:35—11:45 am **Winston Churchill: Post-War Challenges**, *Ron Helgemo*
 12:30—1:40 pm **The History of ILR 2002-2012, A Distinguished Member/Alumni/UNA Staff Panel**
 1:50—3:00 pm **Happiness TED Talk**, *Susan Daniel*

Wednesday, March 4

- 9:00—10:10 am **The Fake Van Goghs**, *Elizabeth Renault*
 10:35—11:45 am **STEM Education**, *Dr. Carmen Burkhalter, Retired Dean, UNA College of Arts & Sciences*
Great Books: "My Date with the Neanderthal Woman" by David Salef, *Discussion Leader: Betty Balch*
 11:50 am—until **North American Lighting or Glenn Rikard Farmhouse Tour**

Friday, March 6

- 9:00—10:10 am **Interfaith Discussions: History and Architecture of Chartres**, *Jacquie Osborne*
 10:35—11:45 am **The Great Debate: The Meaning of Federalism**, *Jean Mammen*
 12:30—1:40 pm **Gardens of China and Japan (Monty Don)**, *Pam Arias Messamore*

Monday, March 9

- 9:00—10:10 am **Legal Implications Regarding End of Life Issues**, *John Harris, Eldercare Attorney*
 10:35—11:45 am **Winston Churchill: In the Wilderness**, *Ron Helgemo*
 12:30—1:40 pm **Project Say Something**, *Camille Bennett, Founder/Executive Director*
 1:50—3:00 pm **Colonial Cookery In North America**, *Nora Dailey*

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Wednesday, March 11

- 9:00—10:10 am **Paul Gauguin**, *Elizabeth Renault*
 10:35—11:45 am **UNA Career Center**, *Melissa Medlin, Director, UNA Career Center*
Great Books: “After Caravaggio’s Sacrifice of Isaac”
 by **Rachel Cush**, *Discussion Leader: Dennis Balch*
 12:30—1:40 pm **Mr. Handy’s Blues (documentary)**, *John Messamore*

Friday, March 13

- 9:00—10:10 am **Interfaith Discussions: Islamic Dome of the Rock in Jerusalem**, *Jacquie Osborne*
 10:35—11:45 am **The Great Debate: The Madisonian Republic**, *Jean Mammen*
 12:30—1:40 pm **Gardens of Northern Italy (Monty Don)**, *Pam Arias Messamore*

Monday, March 16

- 9:00—10:10 am **Marijuana, CBD, Vaping**, *Tim Glover, Lauderdale County Sheriff Dept. Drug Task Force*
 10:35—11:45 am **Winston Churchill: The Nazi Menace**, *Ron Helgemo*
 12:30—1:40 pm **The History of Money**, *Dr. Tom Osborne*
 1:50—3:00 pm **Tame Your Wandering Mind TED Talk**, *Susan Daniel*

Wednesday, March 18

- 9:00—10:10 am **Modern Art**, *Elizabeth Renault*
 10:35—11:45 am **UNA Sustainability Center**, *Dr. Brenda Webb, Director, Center For Sustainability Studies*
Great Books: Novella: Tom Outland’s Story by **Willa Cather**, *Discussion Leader: Nora Dailey*
 11:50 am—until **Veteran’s Memorial & Park and River Heritage Park & Trail Tour**

Friday, March 20

- 9:00—10:10 am **Interfaith Discussions: Buddhist & Shinto Temples In Japan & Temple of Light In Chile**, *Jacquie Osborne*
 10:35—11:45 am **The Great Debate: The Argument Over Representation**, *Jean Mammen*
 12:30—1:40 pm **French Gourmet Gardens (Monty Don)**, *Pam Arias Messamore*

