



# INSTITUTE FOR LEARNING IN RETIREMENT SPRING 2018

Course Listing  
& Schedule

January 29 – March 23, 2018

Orientation & Luncheon

January 17, 2018

*Continuing Education*

*... because learning is a lifelong pursuit.*



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Continuing Education & Outreach  
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(256) 765-4862  
800-825-5862, Ext. 4862



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# The Institute for Learning in Retirement

## Spring 2018 Schedule January 29 – March 23, 2018 • UNA East Campus

### MONDAYS

- 9:00 - 10:10am **Outstanding People and Events in American History** • *Led by John Messamore*  
**Potpourri** • *Led by John Sworm*
- 10:35 - 11:45am **Bicentennial Conversations** • *Led by Nancy Gonce*
- 12:00 - 12:50pm **Brown Bag Lunch Talks** • *Led by Robin Armstrong*
- 1:00 - 2:00pm **Food: A Cultural Culinary History** • *Led by Robin Armstrong*

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### WEDNESDAYS

- 9:00 - 10:10am **Enjoying the Arts** • *Led by Harriett Edwards & Peter Hill*
- 10:35 - 11:45am **Health In Aging** • *Led by Phyllis Shoemaker*  
**Forensics** • *Led by David Kennebeck*  
**The Great Books: Great Conversations VI / Short Story Omnibus** • *Led by Nancy Belue*
- 11:45 am - until **'Round Town – Field Trips** • *Led by Robin Armstrong*
- 1:00 - 2:15 pm **Prepping 101: What To Do When The World Comes To An End** • *Led by Ron Helgemo*

### FRIDAYS

- 9:00 - 10:10am **Interfaith Class** • *Led by Drs. Jacquie & Tom Osborne*
- 10:35 - 11:45am **The Wisdom of History** • *Led by Jean Mammen*

#### 2017-2018 LEADERSHIP

#### OFFICERS

President: Robin Armstrong  
Vice-President: John Messamore

#### COMMITTEE CHAIRS

Course Leader Facilitator: Jean Mammen  
Travel: Robin Armstrong

#### COUNCIL

Three Year Term: Dave Kennebeck, Barbara Sherr, Phyllis Shoemaker, Nelda Tarbet  
Two Year Term: Michael Broder, Mary Kellogg, Jean Mammen, Terry Smith  
One Year Term: Kay Durrett, Harriett Edwards, Susan Frank, George Petty

Social: Chris Johnson  
Sunshine: Anne Petty

# COURSE DESCRIPTIONS

## Outstanding People & Events in American History

Join us as invited UNA History professors kickoff the Florence Bicentennial detailing historical contexts to local, regional, and national events impacting the Shoals. Subjects include Scottish Highlands life, Black American struggle, film on creating the Alabama 1901 Constitution, & Revisiting Confederate Monuments.

Course Format: Lecture and Discussion • Course Leader: John Messamore  
Course Time: Monday, 9:00-10:10 am • Course Dates: January 29, February 5, 12, & 19

## Potpourri

Potpourri means a miscellaneous collection which certainly describes the scheduled session, which include Elephant Sanctuary in Tennessee, WWI history, History of the Blues, short life stories of two members, or some surprises.

Course Format: Lecture, Video & Discussion • Course Leader: John Sworm  
Course Dates: February 26, March 5, 12, & 19 • Course Time: Monday, 9:00-10:10 am

## Bicentennial Conversations

This series of conversations will be an introduction to the year-long celebration of the Bicentennial of the City of Florence, presented by members of the Florence Bicentennial Committee. There will be additional field trips to complement the lectures on a separate day.

Course Format: Lecture and Discussion • Course Leader: Nancy Gonce  
Course Time: Monday, 10:35 - 11:45 am

## Brown Bag Lunch Talks

This semester has something for everyone's interests! We will develop computer skills for Facebook, learn of America's railroads, discuss our political climate of Opposition vs Resistance, take a photo journey through Alabama's Forgotten & Abandoned places, experience music through Shoal's legend Donnie Fritts, get Major League Baseball insights from MLB left fielder Josh Willingham and hear personal stories of growing up in the Rosenbaum Home by Alvin Rosenbaum.

Course Format: Lecture/Brown Bag Lunch • Course Leader: Robin Armstrong  
Course Time: Monday, 12:00 – 12:50 pm

## Food: A Cultural Culinary History

Feeding people has shaped our world. This course covers the influence of food in world cultures, history, trade, exploration, farming, and colonization. Food is pivotal in social, cultural, ritual, military, geographic and political realms. This course is globally and temporally expansive from hunting and gathering through to genetically engineered foods. Lectures include: Greece-Wine, Olive Oil; Ancient Judea-From Eden to Kosher Laws; Ancient India-Sacred Cows, and the Alexandrian Exchange and the Four Humors.

Course Format: Video & Discussion • Course Time: Monday, 1:00 pm – 2:00 pm  
Course Leader: Robin Armstrong

## Enjoying The Arts

Great art is among the most sublime, meaningful, and redeeming creations of all civilization. Few endeavors can equal the power of great artwork to capture aesthetic beauty, to move and inspire, to change your perceptions, and to communicate the nature of human experience. Great art is also complex, mysterious, and challenging. Filled with symbolism, cultural and historical references, and often visionary imagery, great artworks oblige us—defy us, even—to reckon with their many meanings.

Course Format: Video & Discussion • Course Leaders: Harriett Edwards & Peter Hill  
Course Time: Wednesday, 9:00-10:10am

## Health In Aging

Packed full of information, join us as we discuss Parkinson's Disease, sepsis, kidney stones, and methamphetamine & marijuana use in the Shoals.

Course Format: Lecture and Discussion • Course Leader: Phyllis Shoemaker  
Course Time: Wednesday, 10:35 - 11:45 am • Course Dates: January 31, February 7, 14 & 21

## Forensics

Explore a science popularized – and inaccurately portrayed – by TV shows like CSI, NCIS, etc. but which actually dates back to China in 1248. We will combine lectures from the Great Course series “Trails of Evidence: How Forensic Science Works” with classroom presentations and discussions.

Course Format: Lecture, Video & Discussion • Course Leader: David Kennebeck  
Course Time: Wednesday, 10:35-11:45am • Course Dates: February 28, March 7, 14 & 21

## Great Books: Great Conversations VI / Short Story Omnibus

Participants will read beforehand and then critically discuss eight selections published by the Great Books Foundation. This volume may be purchased at UNA East Campus. Each reading will be discussed on its own merits. Required reading for the first meeting is Katherine Mansfield's *The Daughters of the Late Colonel*.

Course Format: Reading & Discussion • Course Leader: Nancy Belue  
Course Time: Wednesday, 10:30-11:45am

## Prepping 101: What To Do When The World Comes To An End

In Prepping 101 we will explore some of the threats and dangers we might experience in northwest Alabama and some strategies for ensuring that we and our families can minimize the damage. Members of the ‘first responders’ community will provide information on what we need to do if we call 911...and nobody answers.

Course Format: Lecture & Discussion • Course Leader: Ron Helgemo  
Course Time: Wednesday, 1:00 - 2:15 pm • Course Dates: January 31, February 14 & 28, March 14

## ‘Round Town – Field Trips

Trips will focus on places relevant to Florence's Bicentennial: Collier Library special exhibits, MC's Hallelujah Hands Pottery and the historic Rosenbaum House. Additionally, we will tour three Williamsburg replica Bank Independent buildings.

Course Format: Field Trips(extra cost may be associated)  
Course Leader: Robin Armstrong • Course Time: Wednesday, immediately following previous session • Course Dates: February 7 & 21, March 7 & 21

## Interfaith Class

Hinduism is a tradition that shapes one billion people, most of them in India. Hinduism was identified by European scholars as a formal religion only in the nineteenth century. It is a cultural religious worldview that has given rise to an impressive body of sacred literature magnificent art, great music, majestic architecture, and profound philosophy. This semester we will explore more of Hindu belief and practice, visit with a Hindu priest, and consider some of the other religions of the subcontinent.

Course Format: Lecture and Discussion • Course Leaders: Drs. Jacquie & Tom Osborne  
Course Time: Friday, 9:00 - 10:10 am

## The Wisdom of History

The Wisdom of History refers to the ability to use history- the lessons of the past-to make decisions in the present and to plan for the future. This course examines the lessons that history might hold for the contemporary United States, particularly in a post-9/11 world.

Course Format: Video & Discussion • Course Leader: Jean Mammen  
Course Time: Friday, 10:35 – 11:45 am

# THE INSTITUTE FOR LEARNING IN RETIREMENT

## PLEASE JOIN US FOR OUR SEMESTER ORIENTATION, PREVIEW & LUNCHEON!

Wednesday, January 17, 11:00 am in the UNA East Campus Building, 1640 Tune Ave., Florence. Members please bring a covered dish. Board meeting following lunch if needed.

## WHAT IS THE INSTITUTE FOR LEARNING IN RETIREMENT (ILR)?

The ILR is a member led group that determines all activities from course planning to social events. Most discussion groups are led by members. The ILR is an organization of active mature men and women who seek continued intellectual and social stimulation. Regardless of your educational background or work experience, we invite you to try us out without committing to a membership! There are no tests, grades, or prerequisites!

## THE INSTITUTE FOR LEARNING IN RETIREMENT IS FOR:

Anyone interested in making new friends and growing & stimulating their mind in an educational environment!

## WHAT ARE THE BENEFITS TO BEING AN ILR MEMBER?

For only \$70 a semester, joining ILR entitles you to:

- Attend any or all of the courses you would like that are listed in this brochure
- Social Events
- Trips (extra cost may be associated)
- ILR Members receive a 10% discount on UNA Continuing Education Courses.

Simply fill out the registration form located below and mail with your check. Class size is limited in some cases, so register early! If you are interested in attending a regular credit course, there is a Senior Scholar program which is administered through the UNA Office of Admissions (256-765-4608).

## FAST & EASY REGISTRATION

**Pre-registration is requested so we can be prepared for your attendance.**



### BY PHONE

Our registration office is open from 8 a.m. to 4:30 p.m. Monday through Friday. We accept Discover, MasterCard and Visa. **Call (256)765-4862 or 1(800)-825-5862, ext. 4862.**

### IN PERSON



During our office hours, come by our office in the UNA East Campus Building (formerly Powell School), 1640 Tune Avenue, Florence. Please have correct change.

### MAIL



Complete the attached registration form and mail with your check or credit card information (don't mail cash) to Continuing Education & Outreach, UNA Box 5036, University of North Alabama, Florence, Alabama 35632-0001.

## Registration Form

If registering more than one person, please list additional names and information on an attached sheet or duplicate this form.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Mobile \_\_\_\_\_ Email \_\_\_\_\_

### Spring 2018 Courses

Outstanding People and Events in American History

The Wisdom of History

The Great Books: Great Conversations VI / Short Story Omnibus

Forensics

Potpouri

Brown Bag Lunch Talks

Prepping 101: What To Do When The World Comes To An End

Enjoying the Arts

Health In Aging

'Round Town - Field Trips

Interfaith Class

Bicentennial Conversations

Food: A Cultural Culinary History

### Please Register me for:

☐ Spring Term 2018, \$70 ☐ Great Books: Book Cost, \$36

### Payment Method:

Check Enclosed (payable to UNA) *Please include course name on lower left side of check.*

☐ Purchase Order

☐ Money Order

☐ Visa

☐ MasterCard

☐ Discover

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ Verification # \_\_\_\_\_

Authorized Signature \_\_\_\_\_

Please make as many copies of this form as you need.