



The Older Adult Learning Community
Website: www.thealc.org

Learning
is Good
for Life!!

SUMMER 2020

Initial Course Book

Highlighting 100-Plus Years of Women's Accomplishments

Program of Classes and Social Events with Social Distancing

Beginning Monday June 1, 2020

Issue date: May 4, 2020

Look for an update every two weeks.

Check us out at our weekly "Happy Hour"

Connect with each other. Come Zoom with TOALC

Starting Friday, May 8 from 4 - 5 pm

Exercise your mind with life-enriching experiences

The Older Adult Learning Community
(at: East Stroudsburg Presbyterian Church)
55 Smith St.
East Stroudsburg, PA 18301

Signup: online / register@thealc.org. Office: info@thealc.org 570-982-1291

Website: www.thealc.org

TOALC Summer 2020

- **No Registration Fees. All classes and events open to all, free of charge.** Give us a no-risk try this summer.
- **Please consider making a donation.** TOALC is a 501(c)(3) and all contributions are tax-deductible and will be acknowledged by letter. You can make donations by mail to our address on the bottom of the title page above or on our website at the web address above, at <https://www.theoalc.org/donate> . Just like you, we still have our bills to pay despite the COVID-19 shutdown.
- **This course book will be updated every two weeks.** Check back for added classes. We may be able to offer outdoor programs later this summer, as the public health guidelines evolve.
- **Register for classes** online at our website or by contacting the TOALC Office at register@theoalc.org, a special email set up for registrations. You can also call the TOALC office by phone to register. The office will be closed but we will monitor our phone and email remotely on a daily basis starting May 11.
- A **“contact us” chat feature** on our website will be added the week of May 11. Chat with office staff weekday mornings from 9:30 to 11:30 am thereafter.
- **When signing up for classes and events**, please identify the courses you want **using the two- or three-character code** that precedes the title. We’ll add courses as we go. So no course numbers! Also include your **full name, email address** if you have one, **phone number and postal address**, so we can mail you course books in the future. If you are planning to attend a video conference, let us know if you are attending by video connection or telephone. If by video, please let us know what kind of computing device you’ll use.
- **Meeting access information** will be provided by the class leader. **PLEASE TREAT THIS INFORMATION AS CONFIDENTIAL.** Do not share it with others or post it where others can see it. Friends interested in joining meetings with you should be directed to the TOALC Office to register for themselves.
- **The deadline to sign up for a class** is one week before the class starts. Sign up for as many as you plan to attend.
- **Video conferences attendees please:**
 - Check out the **Video Conferencing FAQ Sheet** on the TOALC website at <https://www.theoalc.org/catalog>
 - Test your access before the meeting and contact us if you find issues. Join the conference a few minutes before the start in order to deal with any last-minute problems.
 - Do not use any means to record the meeting. But don’t assume you are not being recorded secretly. TOALC and class leaders will not make a recording without prior notice.
- **Class Leaders** are responsible for the conduct and content of their classes. They have final say over who will be admitted. They also have the right to remove anyone whose actions disrupt the class.
- **If you cannot attend class**, contact the class leader. Let leaders know if you have decided to drop out.
- **If a class session is cancelled**, the class leader will contact you directly.
- **Books and any other required materials.** Please purchase any needed books, etc. before class starts. The TOALC office cannot order and distribute these items to students.

CLASSES CONDUCTED BY EMAIL

HO. Healing Old & New Hurts With Radical Forgiveness

Mon. June 1 to July 13.

Email Frequency: Seven emailings, every week.

Traditional forgiveness rarely works leaving us to suffer for years. RADICAL FORGIVENESS helps you to get rid of that pain and grow from the experience. Based on Colin Tipping's book by the same name. Students will participate by working on someone in their lives that left them feeling like a victim. As a certified coach (now retired) I have used this system for years with prison inmates and with others.

IMPORTANT: This will be a 7-session EMAIL program. Each week you will receive an email that will bring you one step closer to healing old and new hurts. You will respond to that lesson via email and I will then send you the next lesson with supportive comments. You can also email me anytime with additional questions. You can progress as quickly or as slowly as comfortable for you. You will have **COMPLETE PRIVACY**, Your information and emails WILL NOT be shared with the other members or the group or with anyone else. Book: Radical Forgiveness by Colin Tipping \$4-10 on bookfinder.com – recommended, but not required. **Leader: Mel Rosenthal Max:**
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NH. Nurturing Health Through Nature

Mon. June 1 to June 15.

Email Frequency: Three emailings, every week.

The class is an email-only class that focuses on health and nature and offers three virtual journeys with links to various video clips. One email session will focus on the physical, one on the mind and one on the spirit. They each will include some written information as well as links to videos and activities.

Leader: Melodie Schwarz-Higgins

JH. Jazz History

Tues. June 2 to July 14.

Email Frequency: Four emailings, every two weeks.

This class will be a continuation of the winter class, cut short by COVID-19. It will cover the period from the 1960's to the present. Course will be presented by email, using Don's notes with video links attached. **Leader: Don Bell**

PA. Poetry and Posies

Thurs. June 4 to July 2.

Email Frequency: Weekly.

The flower, writing, and creative arts connection, demonstrate that flowers and plants are used as analogies for defining human spiritual life, sentiments and emotions. Only storytellers, poets, painters and musicians can explain the passions for flora,

that lure us into gardens and forests that inspire powerful feelings.

Explore a variety of poems curated from various writers, and from the book "Of Leaf and Flower-Stories and Poems for Gardeners" edited by Charles Dean and Clyde Wachsberger.

Enjoy a collection of current and historical video films that bring visual feasts of flowers, the centerpieces of poetry and music. Learn about the historical meaning of the Haku Melia Hawaiian Lei.

Be inspired to compose poetry on your own-in several popular styles I will teach you on-line.

Then finally, enjoy 2 full-length feature films that express the drama, adventure, and romance of the Poetry and Posies course.

FILM #1 - TANNA - On a remote Pacific Island, in one of the last ancestral tribes, young lovers and a loyal sister risk all to make peace between the old and the new.

FILM #2 - THE RED VIOLIN - An appraiser gets caught up in a soul-wrenching moral conflict in this tale of mystery and obsession across the centuries-old life of a violin.

Leader: Rosalyn Blue Sky Henley

CLASSES BY EMAIL AND VIDEO CONFERENCE

BB. Bilingual Book Club, "Té literario"

Email Discussion: May 18 - 28

Virtual Té literario Zoom Conference Date: Fri. 10 to 11am – May 29

Video conferencing tool: Zoom Access by Telephone? N

Continuing our Spanish and English discussion of bilingual book of stories by well-known Spanish and Latino authors, we'll read "The Second Time Around" / "Segunda Vez" by Julio Cortázar. We'll exchange questions and answers about the story by email from May 18 – 28. Then we'll "Chew and Zoom" in video conference on Friday, May 29. Book: **Short Stories in Spanish... in Parallel Text (Spanish and English Edition)** by John L. King, 2001. Available through Amazon at under \$15.

Leader: Emma Avci

CLASSES BY VIDEO CONFERENCE

TUESDAY

MONDAY

PC. Photography Club

Mon. 9:00 – 11:00 – June 1 to July 13.

Video conferencing tool: ZOOM **Access by Telephone?** N

Provides a group-led opportunity for individuals to improve photography skills and artistry. Members should understand concepts of composition, shutter speed, aperture and ISO. Or, take TOALC Intro to Digital Photography prior to, or when joining this club. **Leader: Dave Trainer**

WP. Writing Prompts

Mon. 10:00 to 11:00 - June 8 to 29.

Video conferencing tool: Zoom **Access by Telephone?** TBD

Given the distractions and isolation of this time, this writing class, meeting for 1 hour will teach a number of ways to jumpstart your writing on days when you feel stuck. Class participation and positive feedback are required.

Leader: Deborah Emin Max: 5

ZW. Zooming with TOALC

Mon. 11:00 — Jun 1,8,15,22,29

Video conferencing tool: Zoom **Access by Telephone?** Y

A ZOOM support session for TOALC members. Course leaders and participants can get initial guidance and ongoing support, technical as well as pedagogical, regarding our virtual meeting platform. Share ideas on how to get the most out of our virtual tours, lectures, and courses. Come kick the tires of ZOOM!

Leaders: Jim Vagliardo & Greg Nulle

OO. Origin of the Subordination of Women

Mon. 1:30 to 3:30 – June 1 (One day only.)

Video conferencing tool: ZOOM **Access by Telephone?** ??

This year we commemorate one hundred years since the adoption of the 19th Amendment which guarantees women the right to vote. That women were not viewed as equal, participatory citizens is one of the curiosities of our cultural heritage. Women continue to struggle for equality. We will examine the origins and “rationale” of this cultural anomaly.

Leader: Merlyn J. Clarke

CW. Creative Writing Class to Publish

Tues. 9:30 to 11:00 – June 2 to July 14.

Video conferencing tool: Zoom **Access by Telephone?** N

We begin with a 15-minute prompted writing period. Next, the leader will present a short talk on some aspect of creative writing. Finally, each student presents a sample of their own creative writing. **Leader: Harold Pascal - Max: 15**

19. The 19th Amendment

Tues. 10:00 to 12:00 – June 23. (One Day Only).

Video conferencing tool: Zoom **Access by Telephone?** Y

The history of the constitutional amendment whose 100th year anniversary we celebrate this year, granting women the right to vote. **Presenter: Dr. Brian Alnutt**

WEDNESDAY

WI. Women in Ministry

Wed 9:30 to 11:30 – June 24. (One day only).

Video conferencing tool: ZOOM **Access by Telephone?** Y

Explore women in ministry through our U.S. history. Hear personal stories of women who were the first to be ordained in their denominations.

Leader: Rev. Nicole Vogel

IA. Ibsen’s “An Enemy of the People”: The Clash of Economics and Public Health. Which Has Priority?

Wed. 10 to 11:30 – June 10 and 17.

Video conferencing tool: ZOOM **Access by Telephone?** Y

An examination of Ibsen’s play in the light of current events.

Leader: Michael Liberman

IT. Intro to Digital Photography

Wed. 11:00 to 1:00 – June 3 to July 15.

Video conferencing tool: Zoom **Access by Telephone?** N

Intro to digital camera features, composition methods, basic computer editing techniques. **Leader: Eric Goins - Max 12**

YR. Y&R (yup, The Young and Restless)

Wed. 1:30 – Jun 3,10,17,24

Video conferencing tool: Zoom **Access by Telephone?** N

A gossip session for soap opera fans! Fantasy is just the place to release the tensions of the real world and the politics of the day. We will just talk about the Newmans and Abbotts behind their backs. (:) Come join the fun! **Leader: Jim Vagliardo**

YI. Your Investments: After Retirement

Wed. 2:00 to 3:00 July 1 (One Day Only.)

Video conferencing tool: ZOOM Access by Telephone? Y
It's a challenge making your retirement nest egg last through your golden years. We'll look at how to make what you have last, and how to protect it from investment scams, talking about required minimum disbursements, the 4% rule, bucket strategy.
Presenter: Katrina Boyer

HT. How to Lose the Information War: Lessons from Europe ahead of the 2020 Election

Wed. 1:30 to 3:30 July 15 (One Day Only.)

Video conferencing tool: ZOOM Access by Telephone? Y
Since the start of the Trump era, the United States and the Western world has finally begun to wake up to the threat of online warfare and the attacks from Russia. The question no one seems to be able to answer is: what can the West do about it? Central and Eastern European states, however, have been aware of the threat for years. Nina Jankowicz has advised these governments on the front lines of the information war. The lessons she learnt from that fight, and from her attempts to get US congress to act are the subject of her book, **How to Lose the Information War: Russia, Fake News, and the Future of Conflict**, to be published on July 9. In her presentation, Jankowicz will take us on a journey through five Western governments' responses to Russian information warfare tactics - all of which have failed. She will explain the campaigns the Russian operatives run, and shows how we can better understand the motivations behind these attacks and how to beat them. Above all, the class will discuss what is at stake: the future of civil discourse and democracy, and the value of truth itself. **Presenter: Nina Jankowicz**

THURSDAY

NY. New York Science Times Discussion Group

Thurs. 1 to 2:30 – June 4 to July 16.

Video conferencing tool: Zoom Access by Telephone? Y
Keep up with the latest scientific breakthroughs. Read and bring a copy of the Tuesday New York Times Science Section to the group discussion. **Leader: Greg Nulle**

FRIDAY

BB. Bilingual Book Club, "Te' literario"

Mon. 11:00 to 1:00 – May 29 (One day only). See the section entitled "Classes by Email and Video Conference", above, #54.

PL. Po-ling Power

Fri. 1:30 to 2:30 July 17 (One Day Only).

Video conferencing tool: Zoom Access by Telephone? Y/N
PO-LING POWER helps you propel your authentic self and others to success while managing what matters. An inspirational and empowering presentation by the creator of the framework, a #1 bestselling author, tech and media entrepreneur and 'thought' leader. **Presenter: Betty Ng**

Friday Lecture Series
Focus on Women

This series celebrating women's contributions in all walks of American life will offered by video conference on Zoom every Friday from 10 am to noon. More to come in future updates.

HS. Her Story - Women Who Helped Shape Monroe County

Fri. 10:00 to 12:00 June 19. A presentation highlighting woman of all disciplines who had an impact on Monroe county. **Presenter: Amy Leiser**

Friday Afternoon TOALC Author Talks

We're launch a new series that will feature authors talking about their books and the craft of writing. In honor of the Year of Women, the series premier will host local women authors. The talks will be held by Zoom video conference 1 – 3 pm.

DE. June 5. Deborah Emin



The talk will be divided into two parts. The first will be a description of the first 3 novels. The second part will be a reading from **Scags at 45**. We'll end with a Q & A.

The Scags Series is an almost completed set of 4 novels that are told in 4 different first-person formats at 4 different ages and set in the 4 seasons of the year (mostly). Scags at 7, Scags at 18 and Scags at 30 are all published and available through all online shops. Scags at 45 will be out on 12/20/20.

SJ. July 10. Susan Moore Jordan will discuss her Augusta McKee Mystery Series.



Augusta McKee, former opera singer, professor of music on two college campuses in Cincinnati, Ohio, first meets Homicide Detective Malcolm Mitchell when a young college girl is murdered on one of those campuses. At the time, Augusta is directing a production of “The Pirates of Penzance” at Cliffside College, and the girl was playing the leading role. Augusta must find another “Mabel” and keep the cast on track for their production. She uncovers information which eventually helps Detective Mitchell arrest the killer. Thus begins a professional and romantic relationship between that carries through the series.

Books one and two in the series were both named Finalists in The Wishing Shelf Independent Book Awards, book one in 2018 and two in 2019. Book one was also a semi-finalist in the 2019 Kindle Book Awards.

We're working on these programs for later this summer:

- **More Friday talks focused on Women.**
- **A narrated virtual historic house tour.**
- **Follow-up discussions of National Constitution Center “Town Hall” presentations and the major public political events coming this summer.**
- **The clinical trials process and COVID vaccine research.**
- **Public health vs. personal freedom.**
- **An FBI agent tells us why he's stationed in Japan.**

Stay tuned!

LEADERS & PRESENTERS

Dr. Brian Alnutt is Associate Professor of History in the Humanities and Social Sciences Division at NCC.

Emma Avci is a Planning Consultant and involved with bilingual education programs.

Donald W. Bell is a retired teacher, formerly with Frankie Avalon, Bobby Rydell, Fabian, The Duprees, The Four Tops, Anthony St James Orchestra and Carnival Cruise Lines bands. Currently freelance saxophonist, RSVP volunteer.

Katrina Boyer is the Investor Education Coordinator for the PA Department of Banking and Securities.

Merlyn J. Clarke is Professor Emeritus, Political Science, ESU.

Deborah Emin is a publisher (SullivanStPress.com) and the author of the novels in *The Scags* Series.

Eric Goins has a passion for Digital Photography and loves to share it with others.

Rosalyn Blue Sky Henley is a retired Clinical Psychiatric Pharmacist, cultural heritage researcher, and has loved creating poetry since age 10.

Nina Jankowicz is a songwriter and Disinformation Fellow, studying regulatory approaches to online influence at the Woodrow Wilson Center, a nonpartisan research center in Washington, DC. She is also TOALC member Valerie Martin's granddaughter.

Susan Moore Jordan published her first novel at age 75, after a career as a musician, teacher and theater director.

Amy Leiser is Executive Director of the Monroe County Historical Association, local history freelance writer and active in many community organizations.

Mike Liberman is an Emeritus Professor of English at East Stroudsburg University.

Betty Ng is founder and CEO of Inspiring Diversity, providing solutions to build inclusive and high-performing culture.

Greg Nulle is a former librarian and computer programmer. He is TOALC vice president.

Harold Pascal is an M.D./ Ph.D. and current TOALC president.

Mel Rosenthal is Retired chiropractor, yoga instructor and Radical Forgiveness coach, volunteer with dog rescue and PA Prison Society, second half of life spiritual path -- Perennialist.

Melodie Schwarz-Higgins has a B.A. in art from Douglass College, enjoys drawing/painting and many types of crafts.

David Trainer is a retired biologist and long-time photography enthusiast

Dr. James J. Vagliardo is a professor of Mathematics/Computer Science; an educational consultant, writer, and researcher; an international traveler and lecturer; a soccer coach, avid hiker, and Tai Chi teacher who loves abstract art and jazz.

Nicole Vogel is Pastor of the East Stroudsburg Presbyterian Church. She has a Master of Divinity from Moravian College Seminary. She is a former Intensive Care Manager and felt called to the ministry after surviving a terminal cancer,

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The Older Adult Learning Community (TOALC) does not discriminate on the basis of race, color, religion (creed), national origin, military status, gender, gender expression, marital status, sexual orientation, disability or age in its programs and activities. For assistance or special accommodations, please call 570 -422-7810.