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## ALL News

### NEED A RIDE?

We have some ALL members willing to provide a ride to and from some ALL programs from time to time. The TBTA schedule doesn't always mesh with our great ALL program schedule! If there's a program, you'd like a ride share for, **call the ALL office at least a day before – leave a message including your name and your phone number. 989-358-7207.**

Our Office Manager Judy will do her best to coordinate a ride and you will be notified. Remember the office is closed on Wednesdays so be sure to call in earlier in the week if it's a Thursday program. Kudos to Judy and some special ALL members willing to go above and beyond on this one!

Alpena High School Exchange Students will present a panel and answer questions about Armenia and their lives as students at Alpena High School on **January 26.**



### Quick Links

ALL Website Calendar Program Information:

<http://www.associationoflifelonglearners.org/calendar.html>

ALL YouTube Channel

<https://www.youtube.com/channel/UCYc9USUpJ2nsQDsJSLO01>

Nw

Association of Life Long Learning  
665 Johnson Street  
alpena, Michigan 49707  
US

989-358-7207  
[all@alpenacc.edu](mailto:all@alpenacc.edu)

Office Hours  
M, T + TH, F 9 - 12




Award winning mystery author to visit ALL February 23.

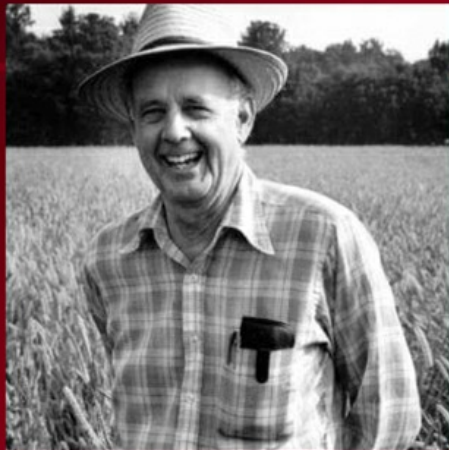


Doug Allyn is a mystery author who has published world wide. His most recent mystery novel was one he co-wrote with James Patterson. He has twice won an Edgar Allen Poe Award and is the record holder in the Ellery Queen Mystery Magazine Reader's

Award. Doug is a 1960 graduate of Alpena High School and maintains a residence in Black River.

**Don't miss his presentation on February 23.**

  
**Presented By:**  
  
**Olin Joynton**  
**President**  
**Emeritus**  
  
**Alpena**  
**Community**  
**College**



**Wendell Berry, Agrarian Prophet**

Olin Joynton shares about Wendell Berry on **February 26.**



Hello ALL members!!

We are putting together a group of members, a committee to explore the idea of ALL having a soup "cook off". We are hoping you are available and interested in joining this group.

This is what we will need to determine:

- \*Is this a fund raiser or not?
- \*Is this just for ALL members or the community at large?
- \*Just how do we organize this?
- \*When would this event take place?



I have an outline of a soup event used in another community as a starting point for discussion.

The group will meet January 31, 1:30 pm at Briggs and we will go from there. Please consider strongly becoming part of this group.

If you have questions feel free to email me. [lindajean482@gmail.com](mailto:lindajean482@gmail.com)

Linda Ferguson, 402-679-7669



## ALL Announces our Most Recent New Members

Craig and Tami Brayko  
Craig and Tami Brayko

**ALL is always open to new ideas, topics, and activities!**  
**If you have a passion for topic and want to share it**  
**or if you have a suggestion for a program**  
**Please call ALL at 989-358-7207 or e-mail: [all@alpenacc.edu](mailto:all@alpenacc.edu)**

## ALL Board Highlights - January

The Association of Lifelong a Learners at Alpena Community College is organized as a Michigan Corporation with a Board of Directors responsible for administration of the organization. The Board currently consists of 14 members and meets each month on the second Wednesday of the month at the Madeline Briggs Center.

Highlights of the January Board meeting include:

- Accepted with regret the resignation of Maureen Brown from the

- Accepted with regret the resignation of Madrosen Brown from the board
- Membership Status by office manager Judy Hompstead reported as 222 at the end of December
- New ALL membership postcards are being distributed to potential new members
- Progress on new member outreach was discussed with notes that welcome packets have been distributed, calls to new members have been initiated, and a meet and greet event at the Briggs Center is planned for May.
- Reviewed and discussed various committee and project reports.
- The welcome back breakfast for ACC staff on January 10<sup>th</sup> was reported successful and well received
- The coordinators workshop was reported as successful and well received by members responsible for coordinating ALL programs. Several ideas were generated to improve this process.
- Planning was started for ALL participation in the Alpena News Business Expo on Feb 4<sup>th</sup> in cooperation with ACC. Jere Doyle will lead this event and recruit members to staff the ALL/ACC booth for 2 hour shifts during the day.
- Agreed to begin planning for the ALL 25<sup>th</sup> anniversary celebration as part of the June general membership meeting. A committee was established to plan suitable activities for this meeting

The next meeting of the ALL board will be Wednesday, February 8<sup>th</sup>, 9:30 am at Madeline Briggs.

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### **Photographers Corner**

19 members of ALL enjoyed a great meal and great conversation at January's Moveable Feast hosted at JJ ' Steak and Pizza House in ALL Alpena, Rob Roose a first time attendee to the Moveable Feast won the Name Tag Raffle - a lottery ticket with potential to win Big Bucks.







Noel Curtis provides an overview of the ACC Wellness Center to 20 ALL members who participated in the first day of this 8 day exercise program



Sharlene Kozlowsk illustrates the Multi-Hip device to ALL members participating in the ALL exercise program at the ACC Wellness Center





"Come join us on Wednesdays from 1pm to 3pm for single deck pinochle," says Julie Byrnes!





## February PROGRAMS

### SNOWSHOEING ALPENA AREA LOCATIONS

**Date:** To Be Determined (TBD)

**Time:** (TBD)

**Location:** Alpena Winter Sports Trail (located behind the Alpena Events Complex (Aplex) 701 Woodward Ave, Alpena, MI and other locations to be determined such as Norway Ridge, Reid Lake, Mini Hunt, etc.

**Number of attendees? Minimum #:** 4

**Maximum #:** 12

**Coordinator:** Kathy Crawford

**Phone:** 989-370-3819

**Pam Borchert**

**Phone:** 989-464-6044

This is a group outing for Snowshoeing for ALL members and guests with appropriate equipment. This is an Ad-Hoc event in that the date and time will be determined in consultation with interested participants when weather and trail conditions warrant. If Snowshoeing with ALL interests you, preregister and you will be contacted to work out appropriate dates and times. The Alpena Winter Sports Trail is a modest, easy trail to gauge interest. If there is sufficient interest, other snowshoe outings can be considered among the participants.

### HOW A SPEECH THERAPIST CAN HELP CANCER PATIENTS

**TUESDAY, FEBRUARY 2, 2023**

**10:30 am**

**M. Briggs Center**



**Coordinator: Marcia Connolly**

**989-356-2582**

**Zoom Host: Judy Hompstead**

**Zoom Meeting ID: 854 2944 5369**

**Passcode: 887398**

What is a speech-language pathologist and how are they able to help cancer patients? What are barriers to quality of life and survivorship? How can rehabilitation and education help with cancer related cognitive impairment “cancer brain”, swallowing, speech and voice disorders as well as post-surgical care for lymphedema. Devon closely works with U of M in Ann Arbor to provide resources in rural Northern Michigan.

**Devon Idalski** is a speech-language pathologist who recently moved to Presque Isle from Traverse City after meeting now husband Allan. She graduated from Wayne State University and Grand Valley State University. She began Channels Rehabilitation to provide specialized services for adults in need of cognitive, communication and swallowing rehabilitation. She is a lifelong learner in cognitive-communication and swallowing research, seeking opportunities to help clients and loved ones reach THEIR goals and restore their identity in the community. She is eager to continue educating professionals and our community, as her educational and professional journey grows here on the Sunrise Side.

## **EXERCISE !! YOU KNOW YOU SHOULD!**

**Thursday, February 2, 2023**

**Time: 1 –2 pm Location:**

**ACC Wellness Center Newport Center Building Room 101 Number of**

**Attendees: 15 maximum**

**Coordinator: Ron Young**

**989-884-4011**

Plan to exercise in the New Year! Not sure where to start? Here is a great opportunity to tap into what ACC has to offer right here on campus. Join Noel Curtis and Sharlene Kozlowski for an overview of the ACC Wellness Center. Review the various options available for exercise, try out different pieces of equipment and engage in conversation on developing a program that keep in mind those problem area whether it be shoulder, hip, knee or back. Either way we are here for you. Participant will get eight days to explore the wellness center and try it out. If you are unable to attend all 8 days, please feel free to drop in on any of the scheduled days and times and we will be happy to give you an overview.

**Noel Curtis** obtained her bachelor’s degree in Corporate Health and Fitness in Preventative and Rehabilitative Programs with a Public Health minor and a master’s degree in Exercise Science from Central Michigan University with a diverse group of students, seniors, and community members.

**Sharlene Kozlowski** is the Health Fitness Activities Technician in the wellness center. She obtained her bachelor’s degree in Physical Education from Taylor University with a minor in Music Education.

Sharlene’s professional background consists of working in Corporate Fitness at the World Headquarters of OSRAM Sylvania and the YMCA in Salem, MA. Where



the World Headquarters of Conrail, Sylvania and the TWCX in Salem, MA, where she has performed fitness.

## LOST VISITORS OF THE GREAT LAKES

Tuesday, February 7, 2023

6:30 pm

M. Briggs Center

Coordinator: Sandra Paquette

989-358-7207

Zoom Meeting ID: 822 4399 1547

Passcode: 092664

When the St. Lawrence Seaway opened in 1959, many ships from around the world came to the Great Lakes. As foreign traffic on the Lakes increased, so did the number of accidents. Weather and pilots unfamiliar with the Great Lakes navigation led to several accidents that caused the loss of a vessel. These are the stories of foreign vessels whose trip to the Great Lakes did not go as planned.

As a local history teacher and part time Great Lakes sailor, **Jeff Scott** draws on both experiences to tell the story of Great Lakes Shipwrecks. He finds the small details that bring the stories to life in story-telling experience that puts the viewer "in the moment" of these dramatic tales.

## MOVEABLE FEAST – HOPPSIDE BREWERY

Wednesday, February 8, 2023

12 pm

129 W Chisholm St, Alpena, MI 49707, Alpena

Coordinator: Sue Nagy

989-736-7105

Brand new restaurant. We love supporting new restaurants. They make their own beer. They have a unique comfort food menu with something for everyone, all made with fresh ingredients. **Be sure to preregister so we save you a seat.**

## ALPENA CIVIC THEATER TOUR

Thursday, Feb 9, 2023

1 pm

401 River Street, Alpena

Coordinator: Linda Ferguson

(402) 679-7669

Ever want to know what goes on behind the scenes at the theater? This tour will include all areas of the theater, including the backstage areas, prop room, costume room, sewing room, light and sound booth, and dressing rooms.

**Scott Edgar** serves on the board of directors for Alpena Civic Theater. He started

**Scott Edgar** serves on the board of directors for Alpena Civic Theater. He started acting way back in high school. "George Washington Slept Here" was his first play. After moving to Michigan, he took a role in "Brigadoon", playing the character Mr. Lundy, and was hooked after that. Other shows have included "Annie", "Funny Girl", "Annie Warbucks", "M\*A\*S\*H", "Our Town", "Pirates of the Great Lakes" and several others. He has also acted as assistant director and director and has also designed and operated both lights and sound cues for several shows.

## FOCUS ON FUN CAMERA CLUB

**Wednesday, February 15, 2023**

**1:30 pm**

**M. Briggs Center (in person and Zoom)**

Coordinator: Jeanette Vredenburg

989-417-2907

Zoom **Meeting ID: 847 0459 7928** **Passcode: 635146**

Picture an informal monthly meeting where you share the joy of photography. From beginning photographers to experts, members have widely varying degrees of photographic expertise and experience and are willing to share their knowledge. Each month a photographic topic is chosen and the fun begins. You will be welcomed.

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## WHAT IS INPATIENT REHABILITATION?

**Thursday, February 16, 2023**

**10:00 am**

**M. Briggs Center**

Coordinator: Susan Nagy

989-736-7105

Zoom **Meeting ID: 876 2790 3010**

**Passcode: 996665**

This program will provide an overview of the Inpatient rehabilitation program at MyMichigan Health Alpena, including a description of services and who qualifies for this specialized intense program.

Inpatient rehab is an interdisciplinary team of professionals dedicated to treating the patient as a whole to help restore lost abilities after an illness or injury. The goal is to have the patient return to their home healthier and stronger, while working towards creating a healthy community together.

**Annabelle Cosbitt, M.S.N., RN, NE-BC, Program Director**, has been with MyMichigan for 25 years. She has worked in surgery, quality and safety, manager of ICU and PCU, and now the current Director of Rehab.

**Jackie Hincka, B.S.N.,RN, Inpatient Rehab Nurse Manager** has also worked at MyMichigan for several years in a variety of capacities prior to accepting Nurse

Manager position.

## CYBER SAFETY 101

Tuesday, February 21, 2023

1:30 pm

M. Briggs Center

Coordinator: Mary Jo Oke

989-590-0633

Zoom Meeting ID: 885 6267 9056

Passcode: 516592

Security, in an age of technology, is becoming more and more prevalent in the world. Hackers have been gaining attention by breaking into the companies and stealing data. So, what chance do you have against these sophisticated attacks? We will cover a list of things that you can do to secure your family's devices and networks.

**Eric Vanderveer** has been in the IT industry for 20 years and has moved primarily now into the security field of IT for over 6 years. He is the owner of Intricate Security that does many security services for companies ranging from Financial to Government contractors.

## AN AFTERNOON WITH DOUG ALLYN, BEST SELLING MYSTERY AUTHOR

Thursday, February 23, 2023

1:30 pm

M. Briggs Center

Coordinator: Linda Ferguson

402-679-7669

Zoom Meeting ID: 893 4926 1973 Passcode: 900753

Doug will share his personal creative process, where he finds inspiration (s) and other tidbits from the mind of a bestselling author. Doug always welcomes questions from the audience. Feel free to bring books for a personal author autograph.

**Doug Allyn** is a 1960 graduate of Alpena High School and currently lives in

Montrose, Michigan but can often be seen in Black River. Doug has twice been a Edgar Allan Poe award winner and is the record holder in the Ellery Queen Mystery Magazine Reader's Award competition. He is the author of twelve novels and more than one hundred fifty short stories.

Allyn has been published internationally in English, German, French and Japanese. His most recent, "Murder in Paradise" (with James Patterson) was on the NYT Best Sellers list for several weeks. More than two dozen of the files have been optioned for development as future films and television. "Doug Allyn is one of the best short story writers of his generation—and probably of all time" - Ellery Queen Magazine. Doug and his wife created the rock band, "Devil's Triangle."

## SPINNER OF YARNS

Tuesday, February 28, 2023

1:30 pm

## **M. Briggs Center**

**Coordinator: Marcia Connolly**

**989-356-2582**

Pegg will bring in three spinning wheels to describe their pieces and functions as well as demonstrate their use. She will show samples of each step of the process and encourage participants to try their hand with them. This hands-on presentation will require attendees to attend in person.

Pegg Thomas is a fiber artist and award-winning author and editor. She lives on a homestead farm with husband, Michael. She became interested in spinning yarn at 16 years of age when raising rabbits and learned to spin their hair into yarn. She later raised sheep, shearing, washing, carding and coloring their wool before spinning it into yarn.

She knits signature shawls, giving one away when one of her books is published. She is a member of a local group of spinners, knitters and weavers who meet at the local library. She has also started collecting and refurbishing antique spinning wheels.

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## **GAMES AND CARDS**

### **DOMINOES**

**Tuesday, February 7,14,21,28**

**9:30 — 11:30 am**

Coordinator: Eileen Wikaryasz :

989-340-0608

Ready for a fun, addictive and fast-moving game that has lots of surprising twists and turns? Join us for Mexican Train Dominoes! You may join our class any time during the year.

### **PINOCHLE**

**Wednesday, February 1,8,15,22**

**1-3 pm**

**M. Briggs Center**

Julie Byrnes is inviting you to join her and others in single deck Pinochle on Wednesdays in February.

### **CONTRACT BRIDGE**

**Fridays, February 3,10,17,24**

**12:30—3:30 pm**

**M. Briggs Center**

This is an ongoing group of varied players who welcome any players at any time. We are a teaching class but we also welcome experienced play-ers.



## SQUARE DANCING

**Fridays, February 3,10,17, 24**

**4—6 pm**

**M. Briggs Center**

Coordinator: Katie Taylor

803-292-9613

Shake off the winter blues and come join Square Dancing!

Looking for something to do with your significant other or with other people? No dancing experience required. We start from the beginning. Two left feet? No problem! Singles welcome--no partner needed.

We are Mainstream dancers with Plus lessons mixed in.

We meet in Alpena on Fridays from 4-6 PM at the Madeline Briggs Center of Alpena Community College.

Call Glenn to get details.

Let's dance!

--

Glenn Taylor

[gxtaylor11@gmail.com](mailto:gxtaylor11@gmail.com)

803-292-9613.

## PICKLEBALL

**Mon, Wed, Thurs, Fri 9-11am; Tues Noon - 2pm and beginners 3 - 5pm**

Pickleball continues. Call the Apex for additional information. 989-354-6164. Apex fees apply. All open time slots, i.e. anyone at any level of play can participate during these times.

## DUPLICATE BRIDGE

**Mondays**

**Time: 12:15 – 5:00 pm**

**Location: Call for Location in Alpena**

**Call Marci at 989-354-2306 or Bev at 989-595-5119 for more information**

**Cost (if any): \$2**

A form of Bridge where partners play a fixed set of hands in competition with several other partners to see who does the best. This form of Bridge is for Experienced Bridge partners interested in some friendly competition. It is also appropriate for individual experienced bridge players interested in subbing from time to time.

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## Did you miss one of our programs?

Check out the *new* offerings on

**YouTube.** <https://www.youtube.com/channel/UCYc9USUpJ2nsQDsJSLO01Nw>

**YOU Can also ACCESS:** go to [associationoflifelonglearners.org](http://associationoflifelonglearners.org)

Scroll half way down page and then click on All's YouTube channel



LWV-NE Lunch Bunch and Film Discussion



Join Northeast Michigan League of Women Voters for their “Lunch Bunch,” January 20, noon to 1:30, at the Nucleus Lounge, Center Building, Alpena. Meet others, find easy conversation, and enjoy lunch (on own, off the menu). In honor of January 27, International Holocaust Remembrance Day, post-lunch discussion will focus on the award-winning documentary “The Long Way Home.” Among its many awards, the film won an Oscar in 1998 for its portrayal of Jewish refugees after World War II. Based on archival footage, personal interviews, diaries, and letters, the film features the voices of Morgan Freeman, the film's narrator, along with Edward Asner, Miriam Margolyes and Martin Landau. Directed by Marvin Hier and Richard Trank.

One reviewer called this a “shattering, powerful piece of work. And enlightening. It has as its time frame the forgotten years between the Jews’ ‘liberator’ by Allied Forces and the establishment of Israel.” Other comments: “I learned a lot of history and think even more of President Truman than I did before. It is a tremendous statement of the human spirit and the triumph of Will over Circumstance!” The New York Times notes that despite the stark circumstances, the film “manages to find images of hope, resilience, and gentle humanity. It’s final words: ‘We’re going on.’”

The film is available on Kanopy through the George N Fletcher Alpena County Library. See the library website for how to access Kanopy.

## Celebrate Black History Month

The Martin Luther King Committee of Northeast Michigan is inviting the community to celebrate Black History Month with a discussion led by Lenny Avery who says, “Love is an action.” Avery, Executive Director of Alcona County Council on Aging will be the discussion leader **February 9, Wednesday at 7 pm at Art in the Loft**, Second floor of the Center Building. Join community members as we continue discussions around racial Justice.

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