

- Janet Coopes
- Lynn Fields
- Vickie Fields
- Cathy Meske
- **Photographers Corner**



ALL president and Queen of the evening, Judy Nichols dancing with Genot Picor at a recent Rogers City program. Picor will be with us during our Annual Meeting for more fun!



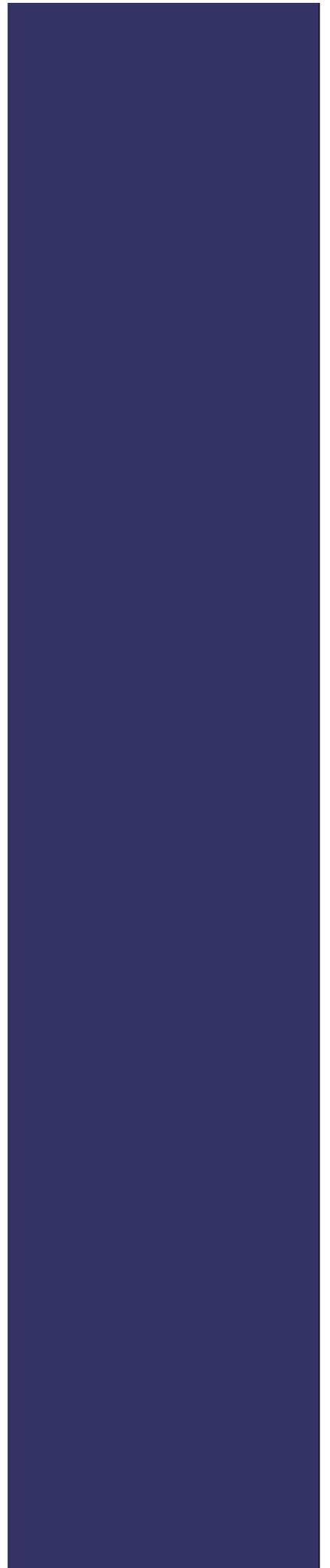
A crack in the earth seen during the sink hole walk.



The sink hole



Another view of the sink hole.





Another picture of the sink hole.

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June PROGRAMS

GUIDED WATER PADDLE TOUR OF THE ALPENA WILDLIFE SANCTUARY

THURSDAY, JUNE 2 2:00 PM

(Rain date is Friday, June 3 at 2:00 PM)

From a kayak or canoe explore many places in the Alpena Wildlife Sanctuary, our in-town wildlife sanctuary, including special out of the way places only seen from the water. Discover some of the nature and wildlife that abounds in our midst. Guided by Tom Orth, we will also talk some about photography opportunities in the Sanctuary. For June, we will start from the kayak/canoe launch at Duck Park at the corner of Chisholm street and Long Rapids Road. Kayak rentals could be arranged through <https://alpenapedalandpaddle.com> there at Duck Park. If you bring your own kayak, we will be taking care to clean them thoroughly for any invasive species that might be hitching a ride out.

Tom Orth is a member of the Alpena Wildlife Sanctuary Board, the city of Alpena board that cares for the Sanctuary, helping to preserve it and maintain it as a spot for quiet recreation in the midst of Alpena. He has been paddling on the waters of the Sanctuary for nearly 16 years and seriously photographing there the last few. When not on the water, he is the pastor of Grace Lutheran Church in Alpena.

INFORMATION, DISINFORMATION, AND PROPAGANDA

MONDAY, JUNE 6

1:30 PM

M. Briggs Ctr (in person and Zoom)

Coordinator: Linda Jewell

Phone: 989-340-1137

Zoom host: Ron Young

Zoom connection: Meeting ID: 875 1990 8139 Passcode: 917839

What is the difference between information, disinformation and propaganda? Where does "fake news" fit in? How has the digital age changed the way we receive (and send) information? All too often, exchanges among individuals and groups deteriorate into character assassination, smear campaigns, and abuse. This presentation will explore these questions and some of the physiological motivations that drive the trend to divisiveness in America.

Rocky Roland is a retired USAF colonel, having spent 27 years in the Air Force

as a fighter pilot. When on the faculty of the Naval War College, he taught tactical and operational planning as well as Effective Writing. Rocky is a frequent presenter for ALL, giving many talks on travel experiences and recently on more arcane topics like "Mosquitoes", "Neologisms", and "Maslow's Hierarchy of Needs". He loves to study, research and share his findings and ideas with ALL.

SWEATT V. PAINTER: THE 1950 INTEGRATION OF PROFESSIONAL EDUCATION IN TEXAS

TUESDAY, JUNE 7

2:00 PM

M. Briggs Ctr (Zoom only)

Coordinator: Moe Brown

Phone: 989-464-3865

Zoom host: Mark Kinney

Zoom connection: Meeting ID: 829 2952 5463 Passcode: 554507

Many people know about the 1896 *Plessy v. Ferguson* US Supreme Court decision upholding segregation and the 1954 *Brown v. Board of Education* decision overturning it. Not so many know the story of Heman Sweatt, a black teacher who in 1946 applied to the University of Texas Law School. After his application was denied solely on the grounds of race, NAACP Attorney Thurgood Marshall helped with advancing his case to the Supreme Court. Paving the way for *Brown*, the Court unanimously ruled the equal protection clause of the 14th Amendment required Mr. Sweatt to be admitted.

Stan Joynton, himself a UT Law grad, recently retired from practice of estate planning and probate law in San Angelo, Texas. His main claim to fame is that older brother who hung around ACC for a few years. Stan and his wife Lynne are parents of two adult daughters.

LOST ON LAKE HURON

TUESDAY, JUNE 7

6:30 PM

M. Briggs Ctr (in person and Zoom)

Coordinator: Linda Jewell

Phone: 989-340-1137

Zoom host: Ron Young

Zoom connection: Meeting ID: 831 0105 5942 Passcode: 112862



The Daniel J. Morrell split apart and sank in a November storm in 1966 on Lake Huron, leaving only one survivor to tell her story. Come hear the history of a ship that made Great Lakes history and one man's incredible tale of

survival.

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

SUMMER READING RECOMMENDATIONS FOR ALL AGES

THURSDAY, JUNE 9

2:00 PM

M. Briggs Ctr (in person and Zoom)

Coordinator: Debra Brisch—989-340-0329

Zoom host: Judy Hompstead

Zoom connection: Meeting ID: 893 1536 3695 Passcode: 576604

Join two librarians from the George N. Fletcher Public Library – assistant director, Jessica Luther, and children’s librarian, Sara Grochowski - as they share recommended summer reads for adults, teens, and children! Over the past two to three years, many excellent books have been missed by readers due to pandemic restrictions in bookstores and libraries and because of supply chain delays. Together, Luther and Grochowski will highlight some of the best books you may have overlooked, all perfect for exploring this summer!

Sara Grochowski was born in Alpena, Michigan, where she was raised to love books. After spending nearly a decade away for college and to begin a career in the book industry, working primarily as a nationally recognized children’s bookseller, she returned to Alpena in 2019. She is the Head of Youth Services at the George N. Fletcher Public Library. She’s also a contributing writer for Publishers Weekly, the international news magazine of publishing and bookselling. She firmly believes in the importance of finding the right book for the right reader at the right time.

Jessica Luther is the Assistant Director of the George N. Fletcher Public Library where she oversees programming, the adult fiction collection, and general public services. Originally from the metro-Detroit area, she and her family moved to Alpena in 2015. She is an avid reader of pretty much everything and anything that holds her interest but her favorite book in the whole world is *A Prayer for Owen Meany*. Jessica is involved with both Thunder Bay Theatre and Alpena Civic Theater and serves on various community boards and committees. In addition to reading, she enjoys reading on boats, reading on beaches, cooking, watching movies, and mixing craft cocktails.

ANATOMAGE TABLE DEMONSTRATION

MONDAY, JUNE 13

9:00 AM

ACC VAN LARE HALL ROOM 114 (in person only)

Coordinator: Jan Kane

Phone: 989 464 7107

Alpena Community College is very high tech when it comes to the education process. One new part of this technology is an Anatomage table. This allows students to see human anatomy in a very realistic manner without the need for actual dissection. Come take a peek inside the human body virtually through this demonstration!

Terry McKenzie graduated with his associate degree in nursing from ACC, and continued his education earning a Masters Degree from University of Michigan. He has been a part of the ACC nursing faculty for 2 years, and continues to work as a staff nurse in the MyMichigan Alpena Emergency Department.

“THE RIGHTEOUS MIND”

MONDAY, JUNE 13

9:00 AM

MONDAY, JUNE 13

1:30 PM

M. Briggs Ctr (in person and Zoom)

Coordinator: Debra Brisch

Phone: 989-340-0329

Zoom host: Tyler Winowiecki

Zoom connection: Meeting ID: 815 2703 4527 Passcode: 133510

As America descends deeper into the polarization and paralysis, social psychologist Jonathan Haidt has done the seemingly impossible-challenged conventional thinking about morality, politics, and religion in a way that speaks to everyone on the political spectrum. He shows how moral judgements arise not from reason but from gut feelings, Haidt explains why liberals, conservatives, libertarians have such different intuitions about right and wrong, and demonstrates while each side is actually right about its central concerns. If you are ready to trade anger for understanding come hear what Bob has to say about *The Righteous Mind*.

Bob Case is a pastor emeritus from the First Congregational United Church of Christ and is beginning to enjoy his full retirement. He continues to offer thoughtful presentations giving ALL members much to consider and ponder.

SPRING BIKE RIDE

TUESDAY, JUNE 14

9:30 AM

Coordinator: Bill Haase

Phone: 989 340 2123

Meet at Herman Volger Conservation Area in Rogers City

The annual spring 16-mile ride explores Volger Conservation Area, Hoelt Park, Rogers City Marina and Forty Mile Lighthouse. The route is paved bike-way along Lake Huron and city streets. Lunch along the way will be part of the experience. Experienced bikers call this one of the most scenic biking routes in northern Michigan Helmets required. Bill Haase will contact riders with last minute details.

FOCUS ON FUN CAMERA CLUB

WEDNESDAY, JUNE 15

1:30 PM

M. Briggs Ctr (in person and Zoom)

Coordinator: Jeanette Vredenburg

989 - 471 - 2997

Zoom host: Mark Kinney

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. The camera club focus for June is interesting things like flowers, close ups and macro photography, Memorial Day, and shots of the night sky if you get the chance. Come join us, you will be welcomed.

MOVEABLE FEAST at THE BLACK SHEEP PUB

WEDNESDAY, JUNE 15

5:00 PM for dinner

113 South Second Alpena

6:00 PM entertainment

Coordinator: Sue Nagy

Phone: 989 736-7105

Here's an invitation for a special evening with dinner and entertainment. This English Pub has an American Twist, offering MI Craft and English Beers on Tap. Wednesday evenings feature Dr. T (that's Tom Ferguson) . You will be treated to Jazzabilly, R&B, The American Songbook, plus the only song that was played by both his mother on her U.P. parlor piano and by Miles Davis. It's a great time to bring along a friend and introduce them to ALL. Just let either the office (989 358 - 7207) or Sue know that you are coming.

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MUSICAL JOURNEY THROUGH SOUTH LOUISIANA

rescheduled

THURSDAY, JUNE 16

2:00 PM

In person at Turning Brook 300 Oxbow Drive Alpena

Coordinator: Evelyn Londo

Phone: 989 595 244

Enjoy a musical journey through South Louisiana and experience its musical influence on the rest of the world. Sample Swamp Pop and Mardi Gras. Enjoy the culture and the history of the Cajun and Zydeco Bands.

Don and Evelyn Londo have spent three springs in South Louisiana experiencing the culture and music of the area. Their journey has included dance halls, auditoriums, jam sessions and Buck and Johnnies, Zydeco Breakfast.

Join with them and enjoy the Cajun Land's "Joie de vie (Joy of life) .

CELEBRATING TWENTY-FIVE YEARS

TUESDAY, JUNE 21

2:00 PM

348 Long Rapids Plaza

Coordinator: Mary Jo Oke

Phone: 989-590-0633

Thunder Bay Fyzical Therapy invites you to join them on a tour of their facility as they celebrate 25 years of service to northeast Michigan.

Katie Larsen will lead the tour, giving information on the services provided and the different conditions that they treat. There will be time for questions and answers.

DEMYSTIFYING EXERCISE

FRIDAY, JUNE 24

10:00 AM

M. Briggs Ctr (in person and Zoom)

Coordinator: Moe Brown

Phone: 989-464-3865

Zoom host: Judy Hompstead

Zoom connection: Meeting ID: 811 9260 7891 Passcode: 356622

Exercise is hard. There can be a lot of confusion around what should I be doing?

How much time should I be spending? Should this hurt? Do I need equipment?

how much time should I be spending? Should this hurt? Do I need equipment?
Life is hard enough. Let's try to simplify exercise so we can do more and feel better. Andrew will take you through minimal recommendations and basic principles. Disclaimer: He will not be providing any specific exercise or be addressing specific medical concerns.

Andrew Doubek is a physical therapist at Thunder Bay Physical Therapy and Balance Centers in Alpena MI. He earned his doctorate in physical therapy from the University of Michigan Flint in 2016. His special interests are in geriatrics, neuromuscular conditions, and fall prevention in clinical practice. Andrew participates in community outreach both with educational programs with local senior groups and a fall prevention class at the Alpena senior center. Andrew became a Geriatric Certified Specialist in 2020.

WHAT IS A TRUST? DO YOU NEED A WILL?

MONDAY, JUNE 27

10:30 AM

M. Briggs Ctr (in person only)

Coordinator: Marcia Connolly

989-356-2582

Let's get back to basics to understand some important legal terms in family law. We will learn about wills, trusts, powers of attorney, in their various forms, and guardianship. This will be very helpful in planning for future family protections.

Judy McFalda, Attorney-at-Law, will present this very informative session. She has a busy private practice in Rogers City. Judy has been a long-term supporter of ALL.

SUNRISE SIDE CENTER, SUBSTANCE ABUSE DISORDER CENTER

TUESDAY, JUNE 28

1:30 PM

M. Briggs Ctr (in person and Zoom)

Coordinator: Marcia Connolly

989-356-2582

Zoom host: Judy Homestead

Zoom connection: Meeting ID: 893 8626 5989 Passcode: 829894

Come learn about a long-serving but little-known program. It has been known as an alcohol treatment center but also treats other substance abuse for men and women. The referral process, court ordered versus voluntary admission, length of treatment, payment sources, treatment model, and staffing for male and female housing will be reviewed.

Kathy Freel, Program Director at Sunrise Center, has worked there for 7 years, also serving as a certified alcohol and drug counselor and clinical supervisor. She brings a background in education as well to her management of their two locations.

REAL ESTATE NEWS, TRENDS AND ISSUES

THURSDAY, JUNE 30

2:00 PM

M. Briggs Ctr (in person and Zoom)

M. Briggs Ctr (in person and zoom)

Coordinator: Linda Jewell Phone: 989-340-1137
Zoom host: Judy Homestead
Zoom connection: Meeting ID: 840 3067 1273 Passcode: 760848

Lori Stephan, voted Alpena's favorite Realtor and Real Estate Office multiple times, would be the first to agree that this is not your "normal real estate market" these days. She will address how to navigate your way through escalation clauses, appraisal guarantees, inspection waivers and other real estate issues specific to the current market. Lori will talk about how to get the most for your money whether buying or selling. What is a Matterport tour? Let her walk you through one of her listings which can be done in the comfort of your own home. What will an appraiser look for? How do you get the top value for your home? Why do you need Digital Signature capability? More than ever you need a Realtor to navigate through the legal terms and issues that are happening.

Lori Stephan is Broker/Owner of Real Estate One of Alpena, Real Estate One Hubbard Lake Branch, REO Northeast in Oscoda, REO Northeast in East Tawas and Stephan's Referrals. Lori was born and raised in the Alpena area where she has been licensed for 30 years and opened her own office 15 years ago. She and husband, Paul raised their four sons here. She has been voted Alpena's favorite Realtor and Real Estate Office many times and also awarded Top Broker of the year for sales numerous times.

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GAMES AND CARDS

MEXICAN TRAIN EXPRESS DOMINOES

TUESDAYS, June 7,14,21,28 9:30 AM to 11:30 AM

M. Briggs Ctr

Coordinator: Eileen Wikaryasz Phone: 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 Express! You may join our class any time during the year.

PINOCHLE

WEDNESDAYS, June 1,8,15,22,29 12:30 PM TO 3:00 PM

M. Briggs Ctr

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

CONTRACT BRIDGE

FRIDAYS, June 3,10,17,24 12:30 PM to 3 PM

M. Briggs Ctr

This is an ongoing group of varied players who welcome any players at any time

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 players.

ONGOING PROGRAMS

PICKLEBALL at the APLEX

MONDAY, WEDNESDAY AND FRIDAY 9 AM TO 11 AM

Pickleball continues. Call the Aplex for additional information: (989) 354- 6164
Aplex fees apply.

SQUARE DANCING

FRIDAYS, JUNE 3,10,17,24 4:00 TO 6:00 PM

M. Briggs Ctr

Coordinator: Katie Taylor 803 292 96133

Great exercise for the body and the brain!

Come brush up on your Mainstream and Plus dancing. Lessons will be held for experienced dancers on Fridays, from 4-6 PM at the Madeline Briggs Center starting June 3, 2022. Fabulous caller Dave Boggs, of Desert Aire, Washington, will be reviewing Mainstream calls and teaching and reviewing Plus calls.

No partner, no problems – Singles are very welcome!

Those who want to start beginning lessons can find beginning lessons for the summer being taught in Presque Isle. **These lessons are not an ALL sponsored event.** For more information on these lessons contact Glenn Taylor at gxtaylor11@gmail.com

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Did you miss one of our programs?

Check out the *new* offerings on

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

- *The Key to Resilience* with Jackie Krawczak
- *Great Lakes Ghosts* with Jeff Thomas
- *Sheriff Charles Lynch Fund*
- *Introduction to Alpena's Combat Readiness Training Center* with Colonel Rossi
- *Why Not Open Borders Part II* with Olin Joynton
- *Dementia Friends—How to Be One* with BJ Sanders
- *Fatal Crossings—Lost Railroad Car Ferries of the Great Lakes* with Jeff Thomas
- *Speech Pathology Services in Alpena* with Devon Burke
- *Conservation Starts on Your Property* with Heather Rawlings

TO ACCESS: go to associationoflifelonglearners.org

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

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You might Be Interested In... MLK committee @ Alpena Library

What is Juneteenth?

Juneteenth (short for June 19) honors the end of slavery in the US. It became a national holiday on June 17 in 2021. Learn more about this newest federal holiday and the 1865 arrival of federal troops into Texas to ensure that all enslaved people be freed. Join in an interactive activity and conversation about Juneteenth on Saturday, June 18 from 10 a.m. to 1 p.m. at the Alpena Library in the Conference room. Light morning refreshments will be served, and a box lunch will be provided at the end of the morning activity.

This event is sponsored by the Martin Luther King Jr. Committee of Northeast Michigan in their continued commitment to building a Beloved Community. The dynamic speaker/trainer who will lead this activity is Shalonna Banks, a graduate of Tuskegee Institute and MSU. She currently works within the Division of Victim Services where she is a leader in statewide training. Join in this activity to learn everything we ever wanted to know and things we never knew about Juneteenth. Please register by June 12, 2022 to abelovedcommunity.alpena@gmail.com



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Association of Lifelong Learners: Tel: (989) 358-7207
ALL@alpenacc.edu
665 Johnson St
Alpena MI 49777

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