ASSOCIATION OF LIFELONG LEARNERS

OCTOBER, NOVEMBER, DECEMBER 2019
FALL PROGRAM SCHEDULE

**THE HAPPENING**
September 26, 2019
11 am – 2 pm
Knaebe’s Munchy Crunchy Apple Farm
Farm Tour and Hay Ride
ALL will provide Pizza and Cider
Horse-drawn carriage rides (on own, wagon not wheelchair accessible)
$4 per person
Please call the office to RSVP

**SAVE THE DATES:**
**Spaghetti Dinner and Fun Filled Auction**
Tuesday, November 5, 2019
5 to 7 PM
Lumberjack Shack
Spaghetti, Salad, Beverage and create your own Ice Cream Sundae!

**THE HOLIDAY HAPPENING**
Thursday, December 12, 2019
St. Bernard’s Friendship Room
Doors open at 3:30 pm, dinner at 4:00 – 5:30 pm
Join others for dinner and show support for the homeless and less fortunate in our community. Please bring a NEW unwrapped gift and/or a donation. Gifts appropriate include: clothing (socks, gloves, hats, scarves, sweatshirts, new please); toiletries such as shampoo, conditioner, deodorant, soap; kid’s toys/games, etc.
PLEASE DO NOT WRAP YOUR GIFT.

For extra copies of schedule or newsletter visit the ALL website at [www.associationoflifelonglearners.org](http://www.associationoflifelonglearners.org). Check us out on Facebook – Association of Lifelong Learners @ Alpena Community College. Office Hours: Monday & Friday 10am – 1pm Tuesday & Thursday 10am – 1pm
**SPECIAL INTEREST GROUPS AND ONGOING ACTIVITIES**

**F01 - PICKLEBALL**
Date: Mondays, Wednesdays & Fridays 10/2 – 12/20/2019  Time: 9:00 am - 12:00 pm
Location: Aplex
Cost: $3.50 per hour Payable to the Aplex
Coordinator: Dick Bremer  Phone: 989-727-8028
See you on the court when we play Pickleball at the Aplex. All skill levels welcome.

**F02 - DOMINOS — “MEXICAN TRAIN EXPRESS”**
Dates: Tuesdays, 10/1 thru 12/17/2019  Time: 9:30 - 11:30 am
Location: M. Briggs Center  Phone: 989-354-6923
Coordinators: Barb Meek
Ready for a fun, addictive and fast-moving game that has lots of surprising twists and turns? Join us for Mexican Train Express. This dominoes game does not have partners and can be played with two, three, four, five or more players. We will show you some tricks and techniques. You may join our class any time during the year.

**F03 - JOURNAL WRITING**
Date: Thursday 10/3, 10/17, 11/7, 11/21, & 12/5/2019  Time: 12:00-1:30 pm
Location: M. Briggs Center
Coordinator: Carey Rapin  Phone: 989-354-3046
Minimum #: 4  Maximum #: 15
This session invites us to write – for ourselves or for others. Journal writing is a first step for creating stories, capturing memories, and exploring our ideas and feelings. We will write for fun and insight, in a no-pressure workshop. Sessions will provide prompts for writing, but you will be free to write about whatever you choose and do as much or as little writing and sharing as our time allows. The purpose is to have time devoted to exploring our creative spirits through writing. Bring paper (or journal), pens or pencils or a computer – whatever you need to be comfortable writing.
Carol O’Connor uses journaling to capture thoughts and feelings about daily life, to bring more understanding about the small moments that help shape her beliefs and connection to others.
Carey Rapin began journaling as a teenager, used it as a tool in the grief support groups she facilitated for Hospice, which encouraged expression of feelings, and has begun writing her legacy for her children.
MaryAnn Krajnik Crawford has been a personal journal writer and teacher of writing for many years. Retired from Central Michigan University as emeritus professor of English and director of the CMU Writing Center, she continues to write for the fun of it.

**F04 - CONTRACT BRIDGE**
Dates: Fridays, 10/4 thru 12/20, 2019  Time: 12:30 - 3:00 pm
Location: M. Briggs Center  Phone: 989-471-8098
Coordinator: Joyce Iles
This is an ongoing group of card players who welcome any players at any time. We are teaching class but welcome experienced players also.

**F05 - WRITING WORKSHOP: SHARING OUR STORIES**
Date: Wednesday 10/9, 11/13 & 12/11/2019  Time: 2:00 - 3:30 pm
Location: M. Briggs Center  Phone: 989-278-8575
Coordinator: Mary Ann Crawford
Minimum #: 4  Maximum #: 12
This writing workshop series focuses on writing, sharing, and feedback. Everyone has stories, some are told, some are written, and some, like memoir, are written to be shared with others. Sessions will examine issues with writing, share techniques for writing and revising, and practice some editing. Participants write between sessions, share their writing at sessions, and get feedback that they can use for revising and polishing their stories.
Mary Ann Krajnik Crawford has taught writing for many years; she especially enjoys creative nonfiction and memoir writing. She moved to Alpena after retiring from CMU as emeritus professor of English and director of the Writing Center. She serves on the ALL board, teaches writing online, and continues to write for the fun of it.

**F06 - FOCUS ON FUN CAMERA CLUB**
Dates: Third Wednesdays, 10/16, 11/20 & 12/18/2019  Time: 1:30-3:30 pm
Location: M. Briggs Center  Phone: 989-379-4766
Coordinator: Ray Zielinski

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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.

**F07 - LEARNING TO PLAY THE UKULELE**
Date: Mondays 10/7 thru 12/16/2019
Location: M. Briggs Center
Coordinator: Gloria Beth
Phone: 734-761-2123
This special interest group meets weekly on Mondays to learn the basics of playing the Ukulele. Come join the fun and see how easy it is to become a ukulele player. Limited loaner ukuleles available to try. **Gloria Beth** led twelve ukulele beginners at Pittfield Senior Center for four years.

**F08 – FALL COLOR TOUR, HIKE, AND PICNIC – AUSABLE HIGHLBANKS RIVER TRAIL**
Date: To Be Determined Based on color peak and weather
Location: AuSable Highbanks Trail
Carpool from Madeline Briggs, Coordinator: Ron Young
Phone: 989-884-4011
This program involves travel to the AuSable Highbanks River Trail on River Road via Werth Road and M65 during the peakcolor season. The Highbanks River Trail from Largo Springs to the Lumberman’s Monument is an easy 3.5 miles hike along the south bank of the AuSable River. The trail is approximately 200 ft. above the river and includes several scenic overlooks. Bring your camera. The hike will conclude with picnic at the Lumberman’s Monument. **Be sure to preregister to receive notification of the date for this event and directions.** Carpooling from Madeline Briggs will be arranged as one option.

**F09 – ALTERNATIVES FOR NE MICHIGAN BUSINESS LEADERS: COLAPSES, COPE, THRIVE OR TRANSCEND**
Date: Tuesday, October 1, 2019
Location: M. Briggs Center
Coordinator: Jim Falk
Phone: 989-379-3305
Innovation literature recognizes four levels of adaptation that apply to the history, current state and future of economic development in Northeast Michigan. It’s up to the cadre of emerging business leaders to set the course for our community and manage its progression into the level most realistic, desirable and optimistic. What’s next for “The Boom Town That Forgot to Bust”?

**Olin Joynton** taught philosophy at community colleges in Texas and Wyoming before coming to Michigan as president of ACC in 2004. He retired in 2015 and now teaches a leadership class at West Shore Community College in Scottsville, MI.

**Greg Winter** is a shareholder and officer of multiple manufacturing related businesses that were grown from an idea to commercial viability. Some were acquired while in distress and were repositioned and stabilized. He currently serves on the advisory board of the Florida Gulf Coast University School of Entrepreneurship and the Executive Committee of the Michigan Future Talent Council.

**F10 – MINIATURE HORSE THERAPY**
Date: Wednesday, October 2, 2019
Location: M. Briggs Center
Coordinator: Wanda Discher
Phone: 989-742-3222
Come meet “Jake”, one of our miniature horses, as we explain how these amazing horses are used in therapy. Learn about the characteristics of miniature horses along with the rules and regulations for the use of “mini’s” as therapy animals. Please ask how you can help have an impact on the community after this presentation, which will be followed by a question and answer period along with the interaction of three miniature horses.

**Tanya Comfort** is a certified riding master from the Meredith International Equestrian Center. She has been riding and training horses for over 20 years before returning to Michigan to pursue a career in nursing. In 2018 her non-profit organization called “The Pony Club”, fulfilled her dream of helping others with therapy animals.

**F11 – NAVIGATING BREAST HEALTH CARE**
Date: Thursday, October 3, 2019
Location: M. Briggs Center
Coordinator: Marcia Connolly
Phone: 989-356-2582
Come learn what the role of a nurse navigator is and how patients in Northeast Michigan will benefit working with **Bonnie Goff**, RN, Breast Cancer Nurse Navigator, at MidMichigan Medical Center-Alpena, when moving from diagnosis through follow-up care for breast cancer. She is here to educate, assist, advocate and support patients throughout the care process.

**Bonnie Goff**, RN, BSN is the Breast Cancer Nurse Navigator at MidMichigan Medical Center-Alpena. Bonnie has worked in the Women’s Health Unit and Radiology Unit, supporting patients through labor and delivery, gynecological surgeries as well as diagnostic procedures. She is married with three children.

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F12 - WATERCOLOR CLASS AT HUBBARD LAKE NATURE PRESERVE

Date: Saturday, October 5, 2019  Time: 10:00 am - 12:00 pm
Location: Hubbard Lake Nature Preserve, 720 Holiday Inn Rd, Hubbard Lake, MI 49747
Cost (if any): $35
Coordinator: Kathy Crawford  Phone: 989-370-3819

Join the Hubbard Lake Nature Preserve’s artist-in-residence, Sarah Tule, for an outdoor watercolor class at the preserve. The cost of the class is $35 to cover supplies which include brushes, paint and one canvas. Pre-registration is required at huronpines.org/events. The Artist-in-Residence Program is sponsored in part by Huron Engineering and Surveying. It is our mission at Huron Pines to conserve and restore Northern Michigan’s natural resources to ensure healthy water, protected places and vibrant communities. For over 45 years our work across the forests, lakes and streams of Northern Michigan has helped improve economic, environmental, educational and recreational opportunities. When we engage people in conservation stewardship we support sustainable, empowered communities rich with protected natural resources.

I’m Sarah Tule, a watercolor and acrylic artist from Michigan. I began painting in high school and discovered a real passion for creating art. After graduating I briefly attended a few colleges but ultimately kept coming back to art. I have been painting professionally now for ten years and am mostly self-taught. I paint from my home studio which is full of natural light and an ever-growing collection of plants. I find my inspiration for my work in afternoon walks and trips to the lake shore. Michigan provides endless opportunities to paint its beauty and I am forever trying to capture it on paper.

F13 – AMERICAN HISTORY: FACTS OR MYTHS

Date: Tuesday, October 8, 2019  Time: 1:30 pm - 2:30 pm
Location: M. Briggs Center
Coordinator: Marlene Werda  Phone: 989-354-2822

There story of the founders and founding of America is not what was given to us in our early education. The events were sanitized and embellished for various reasons. Recent publications have exposed many of the “facts” as exaggerations and outright fabrications. Newer textbooks have done a much better job of telling what really happened, but the texts used “in our day” took great liberty with the truth.

Dr. Lessard was a retired teacher of world literature, psychology and sociology at the high school and college levels. His recent readings have cleared up many of the problems most of us had with the history classes we had in the twentieth century.

F14 - BON TEMPS ROULER

Date: Wednesday, October 9, 2019  Time: 6:30 – 8:00 pm
Location: M. Briggs Center
Number of attendees? Minimum #: 10  Maximum #: 30
Coordinator: Mary Neubert  Phone: 989-590-2869

Get ready for a good time and some learning. Cajun music is fun, cultural and made for dancing. Even though 90% of the bands live in a 50 mile radius of central Louisiana, their music is famous throughout the entire world. They perform in Canada, Belgium, France, Sweden, South America and coast to coast in the United States. Don Londo experienced his first Cajun concert in Tawas High School Gym. Cajun music, whether English or Cajun French, is infectious. As an additional treat, you will be given the opportunity to sample a bit of traditional Cajun cuisine. So Bon Temps Rouler! (Let the good times roll).

For the past three years, Don and Evelyn Londo, have traveled to Louisiana’s Lafayette area, the heart of Cajun country. They have seen over 20 different bands at Cajun dancehalls and other various music venues in the area. During these visits, they have had numerous opportunities to experience Cajun cuisine as well as music. It is their hope that the audience will join with them in their joy and excitement of this little known piece of American culture.

F15 – NEW MEMBERS MEET AND GREET

Date: Thursday, Oct. 10, 2019  Time: 10 am – 12 pm
Location: Cabin Creek Coffee, Conference Room, 201 N 2nd Ave, Alpena, MI 49707
Coordinator: Dick Bremer  Phone: 989-727-8028

People who have joined or rejoined ALL during 2018 or 2019 are encouraged to meet with the members of the Board of Directors at this program. Board members would like to get your thoughts on programs and activities going forward plus answer your questions about ALL.

F16 – ALL LIVE STREAM VIDEO

Date: Thursday, October 10, 2019  Time: 1:30 – 3:00 pm
Location: M. Briggs Center
Coordinator: Jeanette Vredenburg  Phone: 989-471-2097

ALL recently added the capability to “Live Stream” some of our programs over the internet. Stop in to see how you can get connected to these programs. Please bring the device you would be using, your laptop, smart phone or tablet.

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F17 – MOVEABLE FEAST - JJ’S STEAKHOUSE
Date: Thursday, October 10, 2019
Location: JJ’s Steak & Pizza House, 411 N 2nd Ave, Alpena, MI 49707
Coordinator: Linda Wallace
Phone: 989-379-2760
Mark Your Calendar – Dinner and Theatre! We have scheduled dinner early enough to relax while eating, but allowing for a quick walk across the street to Thunder Bay Theatre for 7:30 curtain time. Sign up for both activities for a fun filled evening. You are in for a treat!

F18 - A NIGHT AT THE THEATRE
Date: Thursday, October 10, 2019
Location: Thunder Bay Theatre 400 N Second
Cost (if any): group rate is $16/person Payment due in office by Monday, October 7
Number of attendees: Maximum #: 20
Coordinator: Phone:
We’re back in 1958, and it’s time for the Wonderettes to graduate in this delightful sequel to the smash off-Broadway hit! Join Betty Jean, Cindy Lou, Missy, and Suzy as they sing about their final year in high school, celebrate with their fellow classmates and teachers, and prepare for their next step toward a bright future. Act two zooms ahead to 1968, where the girls perform as a bride and bridesmaids to celebrate Missy’s marriage to Mr. Lee! Featuring “Rock Around the Clock,” “At the Hop,” “Dancing in the Street,” and “River Deep, Mountain High,” The Marvelous Wonderettes: Caps & Gowns will have your audience cheering for more!

F19 – BRINGING BROADBAND TO RURAL AREAS
Date: Friday, October 11, 2019
Location: M. Briggs Center
Coordinator: Pauline Buchner
Phone: 989-340-0391
Expanding rural broadband access is one of the key challenges of our time. Carl Cadwallader, developer and owner of Barger Creek Wireless has a vision for rural broadband deployment. The company is working in rural northern Lower Michigan to further the development of the wireless infrastructure, which many Michiganders currently lack today. Barger Creek Wireless is a wireless internet service provider or WISP serving northern Michigan where affordable broadband connectivity is difficult to obtain. It is their goal to connect the rural community to the information and services that they need locally and around the world.
Carl Cadwallader grew up in the area and has given much thought about how to give back to the community. It is his desire to see this platform used to address the many urgent needs of the rural community including telemedicine, education and affordable communication and economic development opportunities. Ultimately, his family, friends and he have experienced first-hand that there is a significant need for wireless broadband connectivity in his community.

F20 - FUTURE OF DEMOCRACY AND JOURNALISM (OPEN TO THE PUBLIC)
Date: Monday, October 14, 2019
Location: CTR106 ACC
Coordinator: Ron Young
Phone: 989-884-4011
More than a presentation, we see this as a discussion between the attendees and the panel about the state of the media today and how it relates to the future of democracy.
Discussion could focus on:
- First Amendment obligations regarding freedom of the press, and its purpose
- Biased news coverage
- The consumption and dissemination of the news
- Obligations of citizens AND journalists in today’s media environment
- What news sources are trustworthy
- Is the media really the “enemy of the people?”

Greg Awtry is a retired newspaper publisher, who was raised in Nebraska and went to the University of Nebraska in Kearney, NE. His professional career included moves to St. Louis, MO, Lansing, MI, and Richmond, VA and back to Nebraska.
He was named number one columnist by the Associated Press in their North Dakota, South Dakota and Nebraska bureau in 2012, 2013, 2014, and 2017. Since 2009 he has actively written about the injustice of strip mining and transporting Canadian tar sands to America, and the fracking wastewater disposal practices. He retired in December 2018 and lives in Hubbard Lake, Michigan.

Justin Hinkley is the current Managing Editor of The Alpena News. He began his journalism career in 2006 at The Battle Creek Enquirer, then from 2014 to 2018 at The Lansing State Journal, and now, The Alpena News. Hinkley was born and raised in Battle Creek and has covered everything from K-12 schools to rock musicians to local governments to state government. His investigations have resulted in laws being introduced in Lansing and policies changed in his hometown, and he has won several awards from the Associated Press. He is married to News Lifestyles editor Darby Hinkley and together they have one son, a sixth-grader at Thunder Bay Junior High.
F21 - WHERE WE WERE
Date: Thursday, October 17, 2019 Time: 3:00 - 4:00 pm
Location: NRC 210, classroom in Natural Resources Building, ACC
Coordinator: Marcia Connolly Phone: 989-356-2582
Dr. Walchak has accompanied three groups of ACC students from the Language Society on international travel experiences. Learn why they chose to join this group, what did she and her students benefit from the trips and what impact travel has had on them, culturally, financially, linguistically and emotionally.
Dr. Karol Walchak, Speech Instructor at ACC, advises the Language Society students who plan travel opportunities for their membership. She has been a member of the ACC faculty for 17 years with an extensive background in languages, travel, culture, linguistics, communications and student activities. In May 2018, she received ACC's Endowed Teaching Chair Award.

F22 - SANCTUARY RESEARCH UPDATE
Date: Thursday, October 17, 2019 Time: 7:00 - 8:30 p.m.
Location: Theatre at Great Lakes Maritime Heritage Center 500 W. Fletcher St. Alpena
This program is presented in partnership with ThunderBay National Marine Sanctuary. An update of completed and current research projects undertaken by the Thunder Bay National Marine Sanctuary will be presented by Research Coordinator, Stephanie Gandulla. Join your ALL friends at the Great Lakes Maritime Heritage Center to hear about the exciting projects and ask your questions.
Research Coordinator, Stephanie Gandulla, has worn several “hats” at Thunder Bay National Marine Sanctuary. She was the former volunteer coordinator and has been the point person for the January Film Festival for several years. She loves to play underwater hockey and has run some demonstration programs for ALL in the past. She’s also a diver and paddler. Now she is in charge of coordinating the many projects being conducted by resident and visiting researchers and scholars at TBNMS.

F23 - A GRANDSON’S MEMORY
Date: Tuesday, October 22, 2019 Time: 1:30 - 2:30 pm
Location: M. Briggs Center
Coordinator: Arlis St. Charles Phone: 989-356-9583
This will be a walk down memory lane of my visits to Alpena in the summer time to see my grandparents, the Nesbitt’s.
Philip Goddard is the grandson of Dr. and Mrs. Nesbitt. He moved to Alpena full time in 2001 and is semi-retired from the management field where he worked for 30 years.

F24 – ALPENA SHERIFF’S OFFICE MARINE SAFETY, ORV AND SNOWMOBILE SPECIALTY UNITS
Date: Wednesday, October 23, 2019 Time: 1:30 - 3:00 pm
Location: M. Briggs Center, ACC
Coordinator: Marcia Connolly Phone: 989-356-2582
There are two specialty units in the Alpena County Sheriff's Office. The Marine Patrol and Snowmobile and ORV Patrol focus efforts on education as well as enforcement of regulations through patrol activity. But they also train staff to respond to search and rescue needs on our waterways and off-road areas. Come learn how these programs function.
Eric Smith, Alpena County Sheriff’s Office Undersheriff was raised in Alpena. He is a 2001 graduate of LSSU Criminal Justice program. He worked for six years in Alcona Sheriff's Office before joining Alpena County Sheriff's Office in 2007. His duties have included being Jr High Liaison officer, firearms instructor, fire investigator, dive team member and marine patrol among others.

F25–STONES IN STONE
Date: Thursday, October 24, 2019 Time: 1:00 – 2:30 pm
Location: Crow Memorials, 1445 W. Washington Ave., Alpena (next to Evergreen Cemetery)
Cost (if any): None
Number of attendees? Minimum #: 7 Maximum #: 18
Coordinator: Marlene Werda Phone: 989-354-2822
Learn about Crow Memorial's history, view artifacts and photos discovered at the store. A headstone tells a story about the person it memorializes. Enjoy a fascinating insight into the memorial industry. Learn the history behind why we create memorials and monuments. Discover the meaning behind the symbols carved on headstones and the step by step process of making one. Try your hands at doing a "rubbing" and see a demonstration of sandblasting (weather permitting).
Mary Haverty is the manager at Crow Memorials. She spent over 30 years as an RN and then as the Executive Director of the Commission on Aging for Traverse City County. She has degrees from Northwestern Michigan College and Ferris State University. She considers herself a lifelong learner. Much of her career has focused on addressing end of life issues. Drawing on her expertise and background gives her the unique ability to guide and assist those creating a memorial. Ms. Haverty moved to Alpena a few years ago and enjoys the beauty of the “Sunrise Side”. She enjoys reading, traveling, hiking and discovering the beauty and people of Alpena.
F26 - BEATLES FOREVER PRESENTED BY M.L. LIEBLER AND BAND – PIE & MUSIC EVENT
Date: Thursday, October 24, 2019  
Location: ACC Granum Theatre  
Time: 7:00 – 9:00 pm  
Coordinator: Susan Stacey  
Phone: 703-314-5000  
Cost (if any): $5  
Number of attendees? Maximum #: 240  
Beatles Forever™ is a fun, sing-a-long, show featuring 28 songs by The Beatles performed by a live band and the funny short story by M.L. Liebler of growing up with the Beatles from the early 60s until they first appeared on The Ed Sullivan Show. Come have a laugh, sing some old favorites and party with The Beatles Forever Show. Following the show there will be delicious pie and coffee.

M. L. Liebler is an internationally known and widely published Detroit poet, Wayne State University professor, literary arts activist and arts organizer. He was named the 2017-2018 Murray E. Jackson Scholar in the Arts Award at Wayne State University. In 2017, Liebler received two Library of Michigan Notable Book Awards for both his new collection of poems entitled I Want to Be Once (Wayne State University Press / Made in Michigan Series) and for Heaven Was Detroit: An Anthology of Detroit Music Essays from Jazz to Hip-hop (The Wayne State University Press Painted Turtle Series) Editor.

F27 – PAINTING ROCKS
Date: Tuesday, October 29, 2019  
Location: M. Briggs Center  
Time: 1:00 – 2:30 pm  
Coordinator: Linda Russell  
Phone: 595-6365  
Cost (if any): $5  
Number of attendees? Minimum #: 240  
Maximum #: 35  
Linda Russell is an active ALL member who enjoys playing dominoes and is active with the Gardening Club.

F28 - THE BULLDOG
Date: Wednesday, October 30, 2019  
Location: The Bulldog 123 N. Second  
Time: 1:00 - 3:00 pm  
Number of attendees? Minimum #: 240  
Maximum #: 35  
Coordinator: Jodene Compton  
Phone: 989-590-0079  
There’s another new business in downtown Alpena! Attendees will have the opportunity to explore this store, enjoy a lunch of the special Bulldog, chips, a cookie and a drink and see some clips in their movie theater. The manager, Wendi Schoville, will also talk about the particulars of this new business.

F29 – SOUTH AFRICA, NAMIBIA, AND VICTORIA FALLS—A TOURIST PERSPECTIVE.
Date: Thursday, October 31, 2019  
Location: M. Briggs Center  
Time: 1:30 - 2:30 pm  
Coordinator: Ron Young  
Phone: 989-884-4011  
This presentation will briefly explore the history and background of South Africa and Namibia before focusing on some of the more well-known attractions and activities in these countries. We’ll spend some time talking about the big five—the short list of wildlife tourists hope to see in Africa…with anecdotal highlights of our trials and travails as we hoped to spot these animals. In Namibia it’s all about the desert, the sand, and even about the uranium. This talk will finish up with another comparison… the big three…Niagara Falls, Iguassu Falls, and the real focus of this presentation—Victoria Falls, Zimbabwe.

Rocky Roland is a retired USAF Colonel, having spent 26 years in the Air Force as a fighter pilot, with other “interesting” duties. He was on the faculty at the Naval War College and with his wife, Ginny, has lived all over the U.S. and the world—including Germany, Thailand, Korea, and China. Rocky and Ginny are inveterate travelers and have visited over 80 countries in their travels.

F30 - DYNAMICS OF HUMAN SPINAL FLUID
Date: Wednesday, November 6, 2019  
Location: M. Briggs Center  
Time: 1:00 – 2:30 pm  
Coordinator: Linda Jewell  
Phone: 989-657-4771  
Dr. Olree will present his two latest books:
1. Minerals for Acupuncture/Meridians
2. Chiropractic Metabolic Handbag of CSF

Dr. Olree is a chiropractor who attended Oakland Community College and Logan College where he received his Bachelor of Science in Human Biology and a Doctorate for Chiropractic. He has written several books about human health and genetics. Nowadays he runs the Hillman Health Food and the Olree Chiropractic Centre.

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F31 – UPDATE FROM ALPENA COMMUNITY COLLEGE
Date: Thursday, Nov 7, 2019 Time: 10:30 - 11:30 am
Location: M. Briggs Center
Coordinator: Joanne Marquardt
Phone: 989-358-2242
Dr. Don MacMaster, Alpena Community College president, will discuss the current landscape at ACC. Updates on the Van Lare Hall Healthy Futures Start Here project, enrollment, innovation, opportunities, and challenges ahead will be the focus of the presentation. President MacMaster looks forward to a lively discussion of topics related to ACC—its past, present, and future.
Dr. Don MacMaster has been with Alpena Community College for 30 years and is currently serving as its President.

F32 – WHAT DOES IT MEAN TO BE CONSERVATIVE ANYMORE?
OPEN TO THE PUBLIC
Date: Thursday, Nov 7, 2019 Time: 7:00 - 8:30 pm
Location: CTR 114
Coordinator: Marlene Bartz
Phone: 989-340-1718
This session will explore the meaning of conservatism as a political philosophy and provide opportunity for discussion about what it means to be conservative. Considerations will include theoretical foundations and principles of conservatism over time and by different thinkers, including how conservatism is interpreted/misinterpreted in the present political discourse. Is it possible that what professes to be conservative today is really not conservative at all? What is the difference between conservatism and liberalism anyhow? This will be the first session of a two-part consideration of related topics. A spring semester session will consider similar questions regarding liberalism as a political philosophy.
Tim Kuehnlein is an instructor of Political Science and History and was the Endowed Teaching Chair Award recipient for 2016 at ACC. He continues to bring art to the community as he concludes his tenure as president of the Thunder Bay Arts Council.

F33 – ENBRIDGE LINE 5
Date: Tuesday, November 12, 2019 Time: 1:30 - 2:30 pm
Location: M. Briggs Center
Coordinator: Carey Rapin
Phone: 989-354-3046
This session will continue the conversation on Enbridge Line 5, looking at the dangers and risks surrounding the pipeline. Always in the background is the question “Is it worth it?”
Greg Awtry is a retired newspaper publisher, retiring in 2018, and settling in the Hubbard Lake area to be near family. He was raised in Nebraska and attended the University of Nebraska. Awtry is an active columnist writing political and personal columns for the York New-Times, the Scottsbluff Herald and now The Alpena News.

F34 – MOVEABLE FEAST – GRAND CHINA BUFFET
Date: Wednesday, November 13, 2019 Time: 12 Noon
Location: 2270 US-23, Alpena, MI 49707
Coordinator: Linda Wallace
Phone: 379-2760
Moving along the buffet you will feast on the wide selection of food offerings. If Chinese cuisine doesn’t delight your pallet, don’t worry there are other food choices that will. The buffet schedule will accommodate a busy schedule. Plan to join us. Family and friends are welcome.

F35 – MOSQUITOS—WHY IN THE WORLD DO THEY EXIST?
Date: Thursday, November 14, 2019 Time: 1:30 - 2:30 pm
Location: M. Briggs Center
Coordinator: Ron Young
Phone: 989-884-4011
Here’s a quote from National Geographic—“Few animals on Earth evoke the antipathy that mosquitoes do. Their itchy, irritating bites and nearly ubiquitous presence can ruin a backyard barbecue or a hike in the woods. They have an uncanny ability to sense our murderous intentions, taking flight and disappearing milliseconds before a fatal swat. And in our bedrooms, the persistent, whiny hum of their buzzing wings can wake the soundest of sleepers.” We can all add our favorite (or maybe worst experience) mosquito stories. In this presentation we’ll learn more about the infamous mosquito that you ever wanted to know and maybe even a trick or two to help us coexist with them.
Rocky Roland is a retired USAF Colonel, having spent 26 years in the Air Force as a fighter pilot, with other “interesting” duties. He was on the faculty at the Naval War College and with his wife, Ginny, has lived all over the U.S. and the world—including Germany, Thailand, Korea, and China. Rocky and Ginny are inveterate travelers and have visited over 80 countries in their travels.

F36 - ALL ABOUT GOURDS
Date: Tuesday, November 19, 2019 Time: 1:30 – 3:00 pm
Location: M. Briggs Center
Coordinator: Jean Stewart
Phone: 989-340-0262
Linda will speak about how she got into the art of gourds, the history of gourds and some of her work.

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Linda Sansom’s art began at a very early age. She was lucky to have several good teachers in high school who encouraged her to express herself through various media. She explored drawing, painting and pottery, finally settling on watercolor painting. Her husband and she own a small farm in Lachine. In 2014 her husband thought it would be fun to grow birdhouse gourds. They had 44 viable gourds that summer; hence began her career becoming a crafter of gourds. Teaching art is something she has been able to pursue. She enjoys showing other people how much fun it is to work with gourds. It doesn’t make a difference it its adults or children. She tries to make it fun and appropriate for whatever age she is teaching. Although gourds has become a large part of her art career, she still very much enjoys face painting, painting on glass and canvas and making jewelry.

F37 - THE U.S. LIFE-SAVING SERVICE ON SUPERIOR’S SHIPWRECK COAST
Date: Thursday, November 21, 2019
Time: 7:00 - 8:30 p.m.
Location: Theatre at Great Lakes Maritime Heritage Center 500 W. Fletcher St. Alpena
This program is presented in partnership with Thunder Bay National Marine Sanctuary. What do you know about life-saving efforts on Lake Superior? The area around Whitefish Point and the rest of that coast has historically been a very dangerous place to be when the wind and tunnel gales turn gloomy and the gales on Lake Superior come slashing in, in the words of that famous song about the Edmund Fitzgerald. The Life-Saving Service on that coast was active as early as 1876 and its building at Vermilion Point is currently under restoration by the Little Traverse Conservancy. In addition to managing the Great Lakes Shipwreck Museum, Bruce Lynn is working with them and he can answer your questions.

Bruce E. Lynn is the Executive Director of the Great Lakes Shipwreck Museum at Whitefish Point. Bruce grew up spending summers on Whitefish Bay and was employed by the Mackinaw State Historic Parks, the Ohio Historical Society and Flint’s Sloan Museum before becoming the director of the Great Lakes Shipwreck Museum on the grounds of the Whitefish Point Light Station. This is the world class museum that houses most of the authoritative information on the wreck of the Edmund Fitzgerald, as well as most of what is known about the U.S. Life-Saving Service and its work on Lake Superior.

F38 WATER, CLIMATE AND RECYCLING
Date: Tuesday, November 26, 2019
Time: 1:30 – 3:00 pm
Location: M. Briggs Center
Coordinator: Kathy Crawford
Phone: 989-340-3819
Three presentations 3Fold. 1. Water - are we running out of it? Can I save water by flushing less and limiting agricultural use? Is the planet drying up? Is water different from other goods? Do price controls on water protect low-income consumers? Is the ocean salty to drink? Droughts and contaminated water supplies - is this the future? 2. What to do about the climate - what does and doesn't make sense. 3. Is recycling dead? How did we get here and what lies ahead?

Joe Gentry is a former adjunct economics instructor for ACC, a retiree from First Federal and currently serves as a trustee for Alpena Community College.

F39 - HOW HUMAN ANCESTRY AFFECTS OUR MOVEMENT PATTERNS TODAY
Date: Wednesday, November 27, 2019
Time: 10:00 – 11:30 am
Location: M. Briggs Center
Coordinator: Mary Neubert
Phone: 989-590-2869
What is meant by Primal or Ancestral movement? This program is an explanation and demonstration of our various movement patterns and how the modern environment is changing the way we move. This offering is planned to help people re-discover how they are designed to move. Discussion and questions will be encouraged as well as having the listeners try different safe movements. No special equipment is necessary other than a body. Movements can be done while seated or standing. There should be something for everyone.

Claudine Howard has been active all her life and became an ultra-runner in her early 40s as a result of managing a running shoe store downstate. It was at this job that she first encountered minimalist running and became interested in understanding why so many injuries occur (namely Plantar Fasciitis) not only to runners, but also to every-day people in the workplace. After reading many books and articles, she became a Movnat Certified Instructor Level 1, Primal Health Coach. She has been trained by Katy Bowman, author of Move your DNA. Educating people is her passion and is always happy to share the knowledge she has gleaned. She says, “I am clearly not a doctor but still feel qualified.”

F40 - U.S. FISH AND WILDLIFE EFFORTS UNDERWAY TO DETECT NEW AQUATIC INVASIVE SPECIES WITHIN THE GREAT LAKES
Date: Tuesday, December 3, 2019
Time: 1:00 – 2:00 pm
Location: M. Briggs Center
Coordinator: Ron Young
Phone: 989-884-4011
Aquatic invasive species are problematic, impacting the ecology and economy of the Great Lakes. The U.S. Fish and Wildlife has embarked on a program to discover new non-native aquatic species that may become introduced into the Great Lakes. This presentation will provide information on select invasive threat to become established within the Great Lakes and detail early detection efforts underway by the U.S. fish and Wildlife Service.

Anjanette Bowen is a Fishery Biologist with the U.S. Fish and Wildlife Service, Alpena Fish and Wildlife Conservation Office in Alpena, Michigan. She has a Master’s Degree in Science from Central Michigan University and has worked with the USFWS since the 1990s. She previously worked

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with the Sea Lamprey Management Program in Marquette, Michigan before joining her current position with the Aquatic Invasive Species Program at the Alpena Fish and Wildlife Conservation Office.

**F41 – IMMUNIZATIONS FOR ADULTS**

**REPEATED PRESENTATION**

**Date:** Wednesday, December 4, 2019  
**Location:** M. Briggs Center  
**Coordinator:** Doris Feyes  
**Phone:** 989-255-5534

This presentation will review the current recommendations from the Centers for Disease Control and the World Health Organization in regard to immunizations for adults and senior citizens. The presentation will focus on the influenza, pneumonia and shingles vaccines, and, time permitting, we will talk a little bit about other vaccines that may be indicated for people with certain health conditions. While discussing the immunizations, we will also review the disease processes and how the immunizations are produced so that there can be a greater understanding of the importance of maintaining proper immunization status.

**Dr. Tina Rossi, MD** has been a Board-Certified Family Physician for almost 30 years. She practiced for 20 of those years at Alpena Medical Arts and has maintained an active educational presence in the community even though she is not currently working for medical reasons. In particular, she has coached health-related subjects to the Science Olympiad team at Alpena High School and has been active in Science Olympiad for more than 12 years. At her peak, Dr. Rossi cared for more than 4000 patients and had an active obstetrical practice in addition to her usual family practice centered office.

Dr. Rossi is the wife of ACC President Dr. Don MacMaster and the mother of four wonderful children: Rachel, Joseph, Rebecca, and Sarah. Interests include photography, graphic design, walking and hiking, cooking, and taking care of her pets.

**F42 – COOKIE EXCHANGE**

**Date:** Thursday, December 5, 2019  
**Location:** M. Briggs Center  
**Coordinator:** Annette Fortier  
**Phone:** 989-370-7778

This will be a low key, take-a-deep-breath-break from Christmas hustle and bustle. Share some cookies and coffee and relax with friends. Please bring three dozen cookies and a container for taking home your selection. We will also eat a few. And please bring your recipes. Ugly Christmas Sweater optional.

**F43 – THUNDER BAY ARTS CHORUS HOLIDAY PROGRAM AND SINGALONG**

**Date:** Sunday, December 8, 2019  
**Location:** Trinity Episcopal Church  
**Cost (if any):** Donation

The TBAC Christmas program will present a mix of music, readings, solos, and singalong, all planned to enhance the Christmas spirit in all of us. Come and join us in appreciating fine holiday choral music, as well as helping us raise the roof with fine singing!

**F44 – BOOK LOVER’S GATHERING**

**Date:** Tuesday, December 10, 2019  
**Location:** M. Briggs Center  
**Coordinator:** Carey Rapin  
**Phone:** 989-354-3046

What could be nicer than giving or receiving a beautiful book for Christmas? Join us for our Book Gathering where a discussion is held regarding our favorite books of any genre. We encourage you to bring an idea for a book to gift to a child or adult on your list.

“Christmas is the season of kindling the fire of hospitality.” Washington Irving

**Carey Rapin** finds this program to be a blessing in her life.

**F45 – TAXES**

**(Rescheduled from last winter)**

**Date:** Thursday, December 12, 2019  
**Location:** M. Briggs Center  
**Coordinator:** Jim Falk  
**Phone:** 989-379-3305

During this one hour presentation, Judy will discuss property taxes and the Homestead Exemption. What are the requirements to qualify and what are some of the property tax tips?

**Judy McFalda** is an attorney who lives in Rogers City and practices throughout the state of Michigan. She specializes in family law, elder law and estate planning.

**F46 – CELEBRATING 150 YEARS OF GREAT LAKES FREIGHTERS**

**Date:** Thursday, December 12, 2019  
**Location:** Theatre at Great Lakes Maritime Heritage Center  
**500 W. Fletcher St. Alpena**  
**Time:** 7:00 - 8:30 p.m.
This program is presented in partnership with Thunder Bay National Marine Sanctuary. Great Lakes Freighters have plied the lakes since about 1870. Developments in ship construction and the management of cargoes have revolutionized commerce on the Great Lakes and enabled the development of agriculture and industries in ways no one could have imagined in the mid-1800s. Join us to hear Pat demonstrate his vast knowledge of the process.

C. Patrick Labadie is a locally-famous name in Great Lakes ship lore. He has presented and coordinated programs specifically for ALL in the past out of a background of having worked for the Thunder Bay National Marine Sanctuary and having collected much information which he donated to the George N. Fletcher Library in Alpena. Pat now serves on the Sanctuary Advisory Committee.

F47 - PERSONALIZED MEDICATION COMPOUNDING
Date: Tuesday, December 17, 2019 Time: 1:30 - 3:00 pm
Location: M. Briggs Center
Coordinator: Marcia Connolly Phone: 989-356-2582
Pharmacy compounding is the art and science of preparing personalized medications for patients. Compounding of drugs is done to create a product to fit the unique needs of a patient via prescription of a physician. This may be done to change the medication from pill to liquid or salve, to avoid an ingredient a patient is allergic to, adjusting dose for infant or altering taste or texture. Learn how medication preparation has evolved through history and the pharmacist’s role in assisting patients today with very specific needs or limitations. Find out who trains, licenses and regulates this process.

Dr. Kristine Spicer, PharmD, is COO and Pharmacy Manager of LeFave Pharmacy

F48 - WHAT ARE MICROPLASTICS, AND HOW DO THEY AFFECT OUR WORLD?
Date: Tuesday, December 17, 2019 Time: 4:00 - 5:00 p.m.
Location: Education Room at Great Lakes Maritime Heritage Center 500 W. Fletcher St. Alpena
The Alpena 4-H Tech Changemakers will talk about how one of the connections that the Alpena community has to Lake Huron is through plastic, in a terrifying cycle that begins with single-use plastic debris and ends with our bodies and the bodies of many wildlife species. They will also share ways we can break this vicious cycle and make changes on individual, community and government levels to protect Lake Huron and ourselves from the dangers of plastic. They will also demonstrate an upcycled craft made from recycled plastics.
National 4-H Council and Microsoft launched 4-H Tech Changemakers to equip young people with the digital skills and resources they need to make a positive impact in their communities. The Alpena Tech Changemakers and their mentor Hannah Hazewinkel, are on a mission to reduce the amount of marine debris entering the Great Lakes from the Alpena community. Through education, outreach, and community partnerships, the Changemakers strive to make Alpena, Sanctuary of the Great Lakes, a sustainable place to live and recreate.

F49 - 21ST CENTURY MAPPING OF LATE BRONZE AGE SHORELINES IN GREECE
Date: Thursday, December 19, 2019 Time: 10:00 – 11:30 am
Location: M. Briggs Center
Coordinator: Linda Jewell Phone: 989-657-4771
Jim will discuss his recent work in Greece pertaining to the mapping of ancient shorelines of Minoan Civilizations. The presentation will center on Jim’s research and his experiences while in Greece in June 2019.
Jim Berles has taught engineering, mathematics and geographical information systems (GIS) for 19 years at ACC. He has a BS and MS in Civil Engineering, Secondary Education certification, and GIS mapping certification. He has collaborated with various instructors, professionals, and students on a variety of GIS mapping projects. Jim’s hobbies include tennis, Pickleball, coaching girl’s tennis at AHS, serving on the board at Thunder Bay Theatre, and mapping anything!
Please pre-register for programs.
Mail registration form and any payment due, to ALL at
665 Johnson Street, Alpena, MI 49707

Purchase gift memberships for any occasion.
Annual Single Membership is $50 or $90 per couple or $110 per family from July 1 to June 30.
A charge of $5 will be assessed for non-members attending without a guest pass.

Guest passes for a one-time attendance are available from ALL board members or the ALL Office.
Program fees are non-refundable unless ALL cancels an activity, then fees will be refunded.

Inclement weather: If ACC closes and the activity is at ACC the program is cancelled.
Activities at other locations may not be cancelled.

Please retain a copy of your registration form for your records.
For general information call 989-358-7207 or you can email questions to all@alpenacc.edu

The opinions expressed by the presenters of an ALL program do not necessarily reflect the views of the Association of Lifelong Learners.