

ALIR
Academy of
Learning in Retirement
a continuing education program

Summer 2019

North East I.S.D. Community Education

8750 Tesoro Drive, San Antonio, Texas 78217
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2018-19 ALIR Council

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Academy of Learning in Retirement

Mission Statement

Through volunteerism, the Academy of Learning in Retirement (ALIR), believing in lifelong learning, recognizes and utilizes its members' wealth of experience and abilities to achieve educational stimulation in the arts, history, literature, languages, and sciences.

History

The Academy of Learning in Retirement (ALIR) was established in 1989 as an extension of the University of Texas at San Antonio with Dr. John Lane and his wife Marci as catalysts.

Dr. Lane envisioned an **all-volunteer learning academy** patterned after an extension of the University of Delaware, which offered a variety of classes to an over-55 crowd. He recognized that too many retirees settle into a pattern of inactivity and have no outlet for their love of intellectual engagement. The academy would provide this, and would also satisfy the need for stimulating human contact. He presented the idea to UTSA, which reacted favorably.

In February 1989, ALIR opened its doors at the Institute of Texan Cultures under the aegis of UTSA. Eleven courses were offered to 61 members. Over its years at ITC, ALIR grew steadily, reaching a peak of about 50 classes. But in 2005, ALIR lost its home due to the burgeoning growth of UTSA and its need for downtown space. The search began for a new campus home.

Happily, North East Independent School District (NEISD) welcomed ALIR to its Community Education Department in the spring of 2006, offering comfortable classrooms, administrative services in support of ALIR's volunteer instructors, and the opportunity for ALIR to be included in its widely-distributed continuing education catalog.

Today, more than 600 intellectually curious, over-50, San Antonians are members. Now a **501(c)(3) corporation**, ALIR remains a continuing legacy of John and Marci Lane and a valuable resource for lifelong learners.

Contact

Classes are held at the North East Community Learning Center, 8750 Tesoro Drive, San Antonio, near Hwy 410 and Nacogdoches. There's ample free parking.

For questions or more information, contact **Rhonda McRae, ALIR Facilitator**, at (210)407-0167, or visit www.neisd.net/Page/875.

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How to Register

- Everyone age 50+ is welcome at ALIR. A single fee each term allows you to attend as many classes that term as you want; further fee details are on the registration form.
- Registration is required. A registration form is included with this catalog or can be accessed at the NEISD website: www.neisd.net/Page/875.
- **Summer term extends for 9 weeks, Tuesday/Wednesday/Thursday, mornings only.** Some classes run for only the term's first six weeks, some for only the last three weeks. *Check the listing.*
- Classes have a maximum enrollment of 37; if instructors have set a smaller maximum number, it is noted at the end of the class description.
- **Summer Registration is on Friday, May 3 from 8:30 – 11:00 am**, in the NEISD Community Learning Center building. In-person registrations are processed in the order received; you may register for yourself and one other person only.
- If you can't register that morning, you can mail in your registration form, or register at the ALIR office during most business hours. Online or phone registrations are not available.
- To allow room for new ALIR students, register *only* for those classes you are sure you will attend. There is no penalty for dropping a class, but as a courtesy please let the instructor and Rhonda McRae know if you do.
- You'll receive an email confirming the courses in which you are enrolled. Review it carefully. If one of your choices was full, don't give up hope! Openings do occur after classes begin; speak with the instructor or with Rhonda McRae for availability.

Summer 2019 Dates to Remember

April 25 (Thurs)	Deadline to submit applications to teach in fall
May 3 (Fri)	Registration for Summer 2019 classes
May 28 (Tue)	Instructors' meeting
May 30 (Thurs)	New Student Orientation
June 4 (Tues)	9- and 6-week classes begin
July 1 – July 5	No ALIR classes this week; NEISD closed
July 16 (Tues)	3-week classes begin
July 22 (Mon)	Registration for Fall 2019 classes
August 1 (Thurs)	Final day of classes for Summer term

ART & ART APPRECIATION

New!

Art and Architecture of the Kingdoms of New Spain, Peru & Brazil

Stephen Vollmer

Tuesday 11:00 - 12:15 **6 weeks**

Using the resources of this respected scholar's personal archive, this class will be an illustrated overview of the architecture, as well as the myriad artistic and cultural expressions, found throughout Ibero-America. The instructor will focus on hybridized regional styles, which range in time from the medieval to the new-classical eras.

New!

Zen Painting: Lily

Mary B. Bowman/Lauren O'Neal

Wednesday 11:00 - 12:15 **3 weeks**

For continuing Zen painters, this class will cover three styles of lily flowers, one each week. A \$2 paper fee is requested to cover note cards and envelopes; other basic materials may be purchased from the instructor. (Max 22)

Mixed Media Art

Stanley Unser

Thursday 9:30 - 12:15 **6 weeks**

We will explore the use of collage and image transfer techniques in combination with various artistic media to create abstract and representational works. All experience levels are welcome. A voluntary \$5 supply fee is suggested and additional supply suggestions will be given in class. (Max 20)

New!

Bartlett & Burckhardt: The Italian Renaissance

Sandra Rightmeyer

Tuesday 9:30 - 10:45 **9 weeks**

The acclaimed professor and author Kenneth Bartlett bases this Great Courses® exploration of the Italian Renaissance on Jacob Burckhardt's 1860 book/essay entitled "The Civilization of the Renaissance in Italy." Using this as his source material, Bartlett and the instructor will take the class on a journey through the Renaissance's beginnings in Italy through to the mid-16th century, comparing and contrasting as we go.

New!

Decorative AKIM Handwriting

Mary B. Bowman

Tuesday 9:30 - 10:45 **3 weeks**

AKIM handwriting is different and fun to use as a change. We will use products like place cards, bookmarks and note cards, for which a \$2 paper fee will be charged. (Max 18)

New!

Masters of Photography

Don Hall

Wednesday 9:30 - 10:45 **6 weeks**

Utilizing the DVD "Masters of Photography – The Art & Craft of the National Geographic Photographers," this class will share and discuss award-winning photography in the categories of Adventure, Wildlife, Landscape and Nature, Color and Light, and Storytelling. (Max 20)

COMPUTERS & TECHNOLOGY

Digital Photography and Graphic Arts

Thomas Lake

Wednesday 11:00 - 12:15 **9 weeks**

This class will focus on: using your digital camera, organizing your photos and creating fun projects using your photos, including cards, calendars and signs. Basic computer literacy is necessary to get the most from this class. (Max 20)

New!

iPad Adventures

Helen Baker

Tuesday 9:30 - 10:45 **6 weeks**

Let's dig into the use of our iPads! This interactive class is not for beginners; some basic knowledge of the iPad is required. Some of the adventures we'll go on together will constellate around email, entertainment and communication. Please bring your iPad with you. (Max 20)

ECONOMICS/SCIENCE/MATH

New!

What's Happening to the Mall?

Bill Mitchell

Wednesday 11:00 - 12:15 **6 weeks**

The retail landscape is changing dramatically. Formerly successful retail business models struggle to survive as newer business models experience striking success. Amazon, digital marketing, and an internet where you can buy anything from anywhere (and get it in two days) have changed retailing's rules. We'll cover the history of U.S. retailing since the end of WWII, its current status, and where it could be heading. Who will be the winners and losers? (Max 30)

New!

The Ascent of Money

Bill Howland

Thursday 11:00 - 12:15 **6 weeks**

This 2009 PBS series written and produced by Niall Ferguson examines the ascent of money, proposing that financial history is the essential back story behind all history. He documents the roots of money by examining conquests and warfare, the impact of natural disasters and the growth of the insurance industry, hedge funds, and the meteoric real estate market of the 20th century.

New!

Mysteries of the Inexplicable Universe

Bernard Rauch

Wednesday 11:00 - 12:15 **6 weeks**

Everything we now know about the universe has stemmed from scientists who've been willing to ponder the unanswerable. We'll hear from two Great Courses® lecturers: Neil deGrasse Tyson will take us to the frontiers of the known and unknown universe to examine tantalizing questions being addressed by today's top scientists. And Dan Hooper will examine how the work of Albert Einstein helped answer some of those questions.

Today's Global Economy

Bill Mitchell

Wednesday 9:30 - 10:45 **6 weeks**

This class will examine globalization's effects on countries, firms and people. We'll explore how the past 25 years of trade agreements like NAFTA have changed the rules and affected US jobs and wages. Discussions will examine global business strategies including exporting, importing and foreign investment. Emphasis will be placed on the global crude oil and automotive industries, as well as US/China trade and the outlook for global economic growth. (Max 30)

New!

Algebra Appreciation

Jaromir (Jerry) Becan, MS

Thursday 9:30 - 10:45 **6 weeks**

This class – intended for people who didn't do well in math during their school days -- will discuss major topics in algebra. The basics will be covered, along with real-life examples showing where the concepts are put to use. After taking the course you should be better prepared for, and more confident about, additional math studies. (Max 20)

GENERAL STUDIES/CURRENT EVENTS

New!

Aging and Disability

Larry Johnson

Wednesday 11:00 - 12:15 **3 weeks**

Aging and disability: The fear. The reality. The challenge. What does getting old really mean? Is life more, or less, fun as we get older? Why? How do we deal with aging and disability in ourselves, and in others? How has it changed our lifestyle? Our relationships? Our attitude? How does society deal with aging and disability? What can we do? This class will be a conversation with students sharing experiences, opinions and suggestions.

Beginning Genealogy

Carole Bancroft

Tuesday 9:30 - 10:45 **3 weeks**

Focusing on beginning research in genealogy, we'll exchange information and share ways to research your family tree. Please bring a pencil with a good eraser along with a notebook or binder to keep handouts in. (Max 20)

New!

Surprise Me!

Joanne McGowan

Wednesday 9:30 - 10:45 **9 weeks**

A favorite ALIR instructor will surprise you each week with a new and intriguing topic, be it a video, a group discussion, a game, or maybe even an unexpected guest. This class's only guarantee is that each gathering will surprise – and delight – you!

Editorials

Vic Woodfield

Thursday 11:00 - 12:15 **9 weeks**

Students bring editorials from local papers, national papers, or international papers for group discussion. (Max 20)

HEALTH & WELLNESS

*You might also consider: **The Blue Zones: Lifestyle Tips for Longevity**, page 12*

Mindful Living

Mark H. Stokes

Tuesday 11:00 - 12:15 **9 weeks**

We will discuss and practice a variety of ways – including meditation – to help improve mental, emotional, physical and spiritual health. We will learn to let go of fears, worries and regrets and live in a mindful state; topics include self-mastery, stress management, and living in harmony with the way things are. Eckart Tolle's books are often cited.

New!

Finding Reliable Health Information Online

Linda Levy, MLS

Wednesday 9:30 - 10:45 **3 weeks**

This hands-on class will focus on defining and improving your health literacy. You will learn how to evaluate online health information for quality and authority. The instructor, a retired UTHSC librarian, will discuss multiple reliable online sources for general health information as well as for information about alternative and complementary therapies. (Max 15)

Falls Prevention: A Matter of Balance

Valerie Biediger, BS, MS, MED

Tuesday 9:30 - 12:15 **9 weeks**

A Matter of Balance is an award-winning, evidence-based program that emphasizes practical strategies to reduce fears of falling and to increase activity levels. You'll learn how to view falls and fear of falling as controllable, ways to reduce falls risks, and exercises to increase strength and balance. (Max 20)

HISTORY/POLITICAL SCIENCE

New!

How the Celts Saved Britain

Helen McDaniel

Thursday 9:30 - 10:45 **3 weeks**

This short course will examine the beginnings of Great Britain -- from Roman Britannia, to Ireland and Scotland, and back to Anglo-Saxon Britain. British TV presenter Dan Snow reveals how the Irish saved Britain from cultural oblivion in the first millennium; he also discusses and compares Irish and Roman Catholicism. You'll be given time for small group discussions. (Max 25)

New!

African-American History

Gladys D. Russell-Terrell

Thursday 9:30 - 10:45 **6 weeks**

Join the instructor for a survey of African-American history in the U.S. Various media will be shared, including *The African Americans*, *Slavery by Another Name*, and *Freedom Summer*, interspersed with class discussions.

New!

Investigating American Presidents

Philip D. Freeman

Tuesday 11:00 - 12:15 **6 weeks**

The U.S. presidency has been called the most powerful job in the world. What limits are there on presidential power? How do we keep such awesome authority in check, and who do we trust to shoulder this responsibility? Based on Great Courses® lectures by Paul Rosenzweig, we will cover and discuss such subjects as the history of presidential investigations, the separation of powers, the role of independent counsels, pardons and impeachment. NOTE: First class will be on June 18 due to instructor schedule.

New!

Privilege: Life's Not Fair

Beth Saltzman

Tuesday 11:00 - 12:15 **3 weeks**

Privilege is defined as a right or immunity available to a particular group or individual. We can't live our lives according to the golden rule prescribed by most religions and ethical systems without considering the advantages (and disadvantages) of privilege that we and others experience daily. This class will include discussion, podcasts and videos to examine whether we're wasting human capital by ignoring the effects of privilege based on wealth, citizen status, whiteness, attractiveness, maleness, cisgender and more.

A History of Hitler's Empire

Tom Colbourn

Wednesday 9:30 - 10:45 **6 weeks**

This Great Course® series will review the elements in German history that contributed to Adolph Hitler and the Nationalist Socialist Party (NSDAP) assuming power and to the establishment of a totalitarian regime that ultimately led to a devastating world war, costing countless lives.

New!

The Decade That Changed the US – and the World

Salvador A. Contreras

Wednesday 9:30 - 10:45 **3 weeks**

Events that happened during the remarkable decade of 1960-1970 will be the subjects of our review, aided by DVD commentaries. We'll follow up with discussions of the events' relevance and impact.

New!

Olmecs: The Mother Culture of Mesoamerica

Oscar Mendez Conde

Thursday 11:00 - 12:15 **6 weeks**

From 1500 to 400 BCE, the Olmecs created a knowledge base of religion, politics, calendars, writing and more that served as a foundation for the Mesoamerica cultures which followed. This class will be a survey of the Olmecs' history and contributions.

LANGUAGES

New!

Sign Language

Barbara J. Gadsby

Tuesday 9:30 - 10:45 **9 weeks**

Ever watch deaf people sign to each other? Here's your chance to learn this fascinating language. We'll learn the alphabet and how to count. We'll also develop enough vocabulary for basic communication. (Max 20)

Intermediate Spanish

Carlos Rodriguez

Wednesday 11:00 - 12:15 **9 weeks**

This continues our intermediate study of Spanish. The focus will be on grammar, with extensive student participation. The class will use the book *Easy Spanish – Step by Step* by Barbara Bregstein (ISBN: 978-0-07-146338-6); it would be helpful to bring the book to the first class (either edition is fine). (Max 20)

New!

Intermediate/Advanced Spanish: Fluency in Everyday Conversations

Suzette H. Pelayo, MA

Thursday 9:30 - 10:45 **9 weeks**

Have you (probably as a non-native speaker) studied Spanish over the years, but never progressed to your desired level of proficiency? If you understand, speak, read and/or write some Spanish, but lack correct verb forms, vocabulary and fluency, this course is for you. We'll use *Spanish Conversation (Practice Makes Perfect)* by Jean Yates (ISBN 978-1-259-58636-10). Get over the hump and advance to the next level! (Max 20)

LITERATURE & CREATIVE WRITING

New!

That Melancholy Dane: Hamlet, Performance and Interpretation

Geoff Leech

Wednesday 11:00 - 12:15 **6 weeks**

Think you know Hamlet? This course will consider Shakespeare's most famous five-act tragedy. We will watch selections from various performances on DVD. We will also read, analyze and discuss various interpretations, including some controversial theories about what the author may have been up to.

Poetry Appreciation

Fran Stelzriede

Wednesday 11:00 - 12:15 **3 weeks**

This class is for poetry lovers. We will read and discuss selections from classic and contemporary American and British poets. The poets' style, imagery, and themes will be discussed in an informal gathering with emphasis on shared insights. Songs will be included, for they are poems, too. (Max 20)

New!

Oral Storytelling

Jim Felux

Wednesday 9:30 - 10:45 **6 weeks**

Everyone has stories that should be handed down. Telling your stories is a great way to carry on family history and bonding – and to simply open up conversation. This class will help you think about your life stories and learn how to tell them so that they become memorable to you, your family and your friends. We'll reference *TED Talks Storytelling – 23 Storytelling Techniques from the Best TED Talks* (ISBN 9781 50750 3003), although it is not required. (Max 15)

MUSIC/FILM/DRAMA

Come Fly with Me

Joan Lyons

Thursday 9:30 - 12:15 **3 weeks**

Fly along to different countries via Hollywood movies, to the lands where each film was based and filmed. We will also enjoy a dish of regional food representing that country during the "intermission." (Max 22)

New!

Bette Davis: Films for/about Women

William (Bill) Boon/Antone Rezendes

Tuesday 9:30 - 12:15 **6 weeks**

With the larger-than-life presence of Bette Davis as our lodestar, this class will view and discuss *The Letter* (1940), *Jezebel* (1938), *Dark Victory* (1939), *Now, Voyager* (1942) and *The Little Foxes* (1941).

Good Ol' Summertime Sing-Along

Judy Howse

Tuesday 11:00 - 12:15 **3 weeks**

We will provide the words for all of the oldies-but-goodies songs we fondly remember. You may sing along, hum, whistle or just listen. (Max 30)

New!

Documentaries for Doubters

Judy Callier

Wednesday 9:30 - 12:15 **3 weeks**

Think you don't like documentaries? You might be surprised – "docs" can pack a powerful punch. Do you know the story behind the real horse whisperer, for instance? Want to expand your mind and open your heart? We'll view new documentaries each week.

PHILOSOPHY/RELIGION/WORLD CULTURES

New!

Part Two: The New Testament

Julie Ouellette

Thursday 9:30 - 10:45 **9 weeks**

This is the second part of the Great Courses® lecture series by Bart Ehrman. Each class will include a 30-minute lecture, some related bible study, and a short, appropriate clip from a movie about Jesus. Bibles are provided, as are weekly handouts. Don't worry if you missed Part One; all are welcome! (Max 32)

Socrates Café

Mark H. Stokes

Thursday 11:00 - 12:15 **6 weeks**

Inspired by the book *Socrates Café* by Christopher Phillips, the class discusses and delves into philosophical questions of life (e.g. what is truth?). It is not a lecture class on philosophy; students are encouraged to share their ideas and perspectives on the question of the day.

New!

The Blue Zones: Lifestyle Tips for Longevity

Julie Little, MED

Tuesday 9:30 - 10:45 **3 weeks**

The Blue Zones are those areas of the world where people naturally live a high quality of life well into their old age – many, in fact, past the age of 100. Come join us to explore these areas and find out their secrets! What are the tips and recommendation for our own lifestyle? (Max 30)

RECREATION & LEISURE

New!

Summer of Swing

Barbara Gadsby

Thursday 9:30 - 10:45 **9 weeks**

Come dance away the summer doldrums! Both new and experienced dancers are welcome. We'll be rocking and bopping to both familiar, and not so familiar, tunes. You'll learn all you need, and have fun, too.

New!

Traditional Cooking from Spain

Estela Royal

Tuesday 11:00 - 12:15 **3 weeks**

Each week, we'll prepare a traditional dish from different regions of Spain. If you like to cook, this class is for you. A food fee of \$20 is due on the first class.

Beginning Line Dance

Eloy J. Ramirez

Tuesday 9:30 - 10:45 **9 weeks**

If you have no experience in line dancing (or any kind of dancing), if you have two left feet, or even if you are just a bit shy – this class is for you! It's so much fun you won't realize you're getting physical as well as mental exercise. (Max 30)

Mountain Dancing (American Folk Dance)

Linda Carolan

Thursday 11:00 - 12:15 **9 weeks**

Focusing on figures which don't require a partner, we will learn the Ball of Yarn, Shoefly Swing, Nine Pins, Birdie in the Cage and other dances. Figures come from Irish ceillidh, contra, smooth mountain, and clog dancing. We use a basic step (1, 2, 3) or a simple walking step. Remember: "You can learn to dance if you can count to three (walk, walk, walk)!"

Brain Gamez

Steve Rutledge

Wednesday 9:30 - 10:45 **3 weeks**

Don't forget everything you learned in spring! Stretch your brain this summer with a class that will engage your mind with activities that involve memory, multi-tasking, attention to detail, processing, and verbal skills you can sharpen. Speaking of sharpening, bring pencil/pen and paper to class. (Max 25)

Floral Design Basic

Connie Zulaica

Wednesday 9:30 - 10:45 **6 weeks**

Bring your floral wire cutters/scissors, 22-gauge wire, floral tape, a glue gun (with extra glue sticks) – and before you know it, the instructor will work with you to create your own floral masterpiece. Both design and practical tips will be shared. A \$10 materials fee is required. (Max 8)

New!

Fresh Floral Design (Intermediate)

Connie Zulaica

Wednesday 11:00 - 12:15 **6 weeks**

This small class will work with fresh floral materials, guided and supported by the instructor, to create their own creative floral arrangements. *PREREQUISITE:* students must have previously attended the instructor's basic design class. (Max 10)

Yoga for Flexibility

Angie Sandquist

Tuesday 11:00 - 12:15 **9 weeks**

This gentle approach to yoga is less intense, non-strenuous and slow-paced. You will do well-measured stretches and range of motion exercises that will equally strengthen and stretch you, increasing your flexibility. Repair those muscles that need love! (Max 30)

Juggling

Luz Amelia S. McClellan

Tuesday 11:00 - 12:15 **6 weeks**

Juggling is a great party trick, but did you know that studies at Oxford have shown that mastering this skill enhances the brain connections that process and store visual information? So – let's juggle and become smarter! There's a \$5 fee for bean bags. (Max 10)

New!

Spirits and Cocktails: Tastes and Traditions

Tom Gaines

Thursday 9:30 - 10:45 **3 weeks**

This Great Courses® series led by Jennifer Simonetti-Bryan delves into the history and secrets of tequila, cognac, whiskey, cordials and more. We'll travel the world to watch on-location tastings, hear from industry experts, learn about the production processes, and – yes – discover insider tips and techniques for tasting, mixing and shopping for spirits.

New!

Knitting in the Round

Dean DeBenedictis

Wednesday 9:30 - 10:45 **3 weeks**

This class is for those who already know how to cast on, knit, purl and bind off. You will learn basic techniques for knitting in the round, including: joining and securing stitches at the beginning, using one circular needle, using two circular needles, and using double-pointed needles. Further information about projects and supplies will be emailed to registered students before class begins. (Max 15)