#### Association for Lifelong Learning

**P.O. Box 342 Salisbury, MD 21803**

**The**

**Association for Lifelong Learning in Salisbury**

**Spring 2024**

# Course Catalog and Membership/ Registration Form

**Registration deadline January 19**

## Association for Lifelong Learning, P.O. Box 342, Salisbury MD 21803 [www.associationforlifelonglearning.org](http://www.associationforlifelonglearning.org/)

**ASSOCFORLL@hotmail.com** **410-422-2041**

### ABOUT THE ASSOCIATION FOR LIFELONG LEARNING IN SALISBURY

The Association for Lifelong Learning (ALL) is a nonprofit volunteer organization of Lower Eastern Shore residents age 50+ who are interested in continuing to learn and explore ideas through seminar style noncredit courses.

With support from the Salisbury University Foundation, ALL began its program in the spring of 2012 with 66 members and grew steadily through the years. In the fall semester of 2023, ALL had 207 members and a total enrollment of 480 participants in seventeen courses. ALL is continuing its program in the spring of 2024 with 18 course offerings.

Five courses will be held by Zoom this semester: those taught by Nancy Hesser, Phil Hesser and Michael Roberts.

**To provide for social distancing in the classrooms, registration for in-person classes will be limited to 40 participants. Please note that three courses described below have smaller limits on enrollment.**

#### MEMBERSHIP

Membership is open to all individuals 50 years of age or older. There are no prior educational requirements. All that is required is an interest in pursuing learning experiences and intellectual stimulation through participation in an organization of like-minded people.

#### COURSE PROGRAM

The basic concept of the ALL program is that of peer learning and teaching. Members develop, lead, and

participate in seminar or study group style courses in fields such as history, literature, art, science, philosophy, religion, law, politics, and current affairs. Course leaders are member-volunteers who bring to the subjects their backgrounds, professions, and life experiences.

All courses are non-credit. There are no tests and no grades—just learning for the sake of learning.

#### REGISTRATION INFORMATION

To join the Association for Lifelong Learning for the spring semester and register for courses, complete the

membership/registration form in this catalog. Mail the form with your $30.00 fall membership dues to:

Association for Lifelong Learning,

P.O. Box 342

Salisbury, MD 21803

Additional membership/registration forms are available on ALL’s website, [www.associationforlifelonglearning.org](http://www.associationforlifelonglearning.org/) or by emailing assocforll@hotmail.com.

##### Registration Deadline: January 19

ALL must receive your completed membership/registration form and membership dues by **January 19** for you to attend courses.

##### Course Cancellations

If a course is cancelled because of insufficient enrollment or other unforeseeable circumstances, ALL will attempt to notify you before the first scheduled class meeting.

If you are unable to attend a course for which you have registered, please let ALL know by email that you need to drop the course.

##### Closed Classes

Course enrollment is limited. Participants will be enrolled in the order their membership/registration forms are received. If a course you selected is full, ALL will notify you. If all of the courses you selected are full, we will notify you and return your membership dues.

Unless you hear otherwise, assume you are successfully enrolled in the course(s) you selected..

 **Class Location**

The MAC Center is located at 909 Progress Circle (behind The Holly Center on Snow Hill Road, Salisbury).

Classes will be held in the wing on the west end of the building.

#### ALL Officers and Board of Directors

Therese Murray – President Pat Grate - Secretary

Linda Sliger- Vice President Page Insley Austin-Treasurer

Meri Holden- Budget & Finance Serena Whitehair, Joanne Doyle-Membership

Page Insley Austin, Joanne Doyle--Curriculum

Mary Huebner John Leo

Vernon Rivers Pat Adelizzi

Dale Godfrey Tom Matey

## Spring 2024 Courses

**Pompeii and Herculaneum: A Guided Tour through the Excavations**

This course will attempt to bring to life Herculaneum and Pompeii, cities which were covered in 70 A.D. by the eruption of Mount Vesuvius. Every year new, exciting excavations are taking place allowing the virtual visitor to see more features of the civilizations which grew up in Southern Italy between the 6th century B.C. and the 1st century A.D. Pompeii was more middle-class in its population while Herculaneum appears to have been more upper-class in composition. The excavation of these cities showcases examples of the outstanding art and architecture of ancient Greco-Roman civilization. Each class member will have a chance to virtually and visually enter the rooms of the many excavated homes, providing a unique opportunity to visit these two cities, and some of the neighboring royal sites as time permits.

Mondays, Mar. 25-Apr. 29 (6 sessions) Course Leader: Ray Thompson

10-11:30 Location: MAC

**D-Day to VE Day – The War in Western Europe Won**

This will be a follow-on to last semester’s D-Day course, but the prior course is not a prerequisite. We will follow the progress of the allied campaign from the stalemate in Normandy, through the breakout at St. Lo, advances across France, the liberation of Paris, the Market-Garden campaign (the “Bridge too Far”), the Battle of the Bulge, the breach of the Rhine barrier at the bridge at Remagen and the final defeat of the German army. We will analyze the relationships between the powerful personalities (including Roosevelt, Churchill, Eisenhower, Montgomery, Bradley and Patton) and the impact of air operations, logistics and intelligence efforts on the campaign.

Mondays, Feb. 12, 26, Mar. 4-18 (5 sessions) Course Leader: Michael Roberts

10-11:30 Location: Zoom

**Nuclear Power Update: Impacts of Recent World Events**

Recent world events have affected the use of and planning for nuclear power reactors in many nations. These events include:

* Release of contaminated water from the damaged Fukushima power plant in Japan.
* Effects of the war in Ukraine on other sources of power and on nuclear fuel.
* Impacts of climate change becoming more apparent.
* Economics affecting new reactor designs.

This course will provide an update on the status of nuclear power use globally. New designs for power reactors are being developed and, in some cases, coming on-line. How do these designs attempt to overcome shortcomings of previous designs? What factors—including recent events in the news—limit or advance the use of nuclear power? The United States’ nuclear power use, related policies, and innovations will also be covered.

Mondays, Mar. 25-Apr. 15 (4 sessions) Course Leader: Rachel Hesselink

1-2:30 Location: MAC

**Savory Seafood – Seafood, Fish, and Fisheries of DelMarVa**

Do you like fish and shellfish? Ever wonder if what you ordered is what you got? Know the difference between bass, grouper, and rockfish? Is farmed salmon as good as wild-caught? Is lobster an environmentally sustainable fishery? Can you tell a scallop from a skate-wing? Is that soft shell crab really local? Probably not. Most seafood sold in the US is imported, and less than 5% is inspected for safety. “Shrimp” could be one of six different species, and 95% of it is imported. This class will introduce you to fish and fisheries of the DelMarVa region (and others). You’ll learn how to tell what’s local, what’s fresh, and what seafood products are best for you as well as the environment. And you’ll learn about local watermen and how they work. Each class will address a different type of seafood, including crustaceans, mollusks, fish, and other seafood. We will discuss what is available locally; how they are caught; how to distinguish them; whether they are imported or cultivated, their food value and safety, and preparation and consumption. And if enough people are interested, we’ll try to arrange a local fresh fish feast (try saying that fast three times!).

Tuesdays, Feb. 13- Mar. 12 (5 sessions) Course Leader: Brad Stevens 10-11:30 Location: MAC

**James Joyce: Dubliners**

 This seven-session course examines the influential first work of fiction by Irish writer James Joyce, a collection he named *Dubliners* (written 1904-07, published 1914)--fourteen related short stories plus a fifteenth final longer story. Joyce, one of the most innovative writers in the English language, expanded his ambitions and literary formats in each of his three subsequent novels: *A Portrait of the Artist as a Young Man* (1916), *Ulysses* (1922), and *Finnegan’s Wake* (1939), each work becoming increasingly expansive and demanding. But his first book is a special gem—straightforward, accessible, and made for the first-time reader of Joyce.

 *Dubliners* is a key work in the full range of modern Irish literature, an innovative collection of literary portraits that later writers say provides commentary on Irish politics, religion, social and political issues, Irish nationalism, and the full range of Irish struggles with Great Britain. The author said it was a work born in “cunning, exile, and paralysis.” James Augustine Aloysius Joyce (1882-1941), born and educated in Dublin, became an exile in the same year he wrote this work; he lived throughout European cities from that point on (primarily in Paris, Trieste, Zurich) but he always chose Ireland as his central topic and homeland over the next four decades. A teacher, tenor, critic, provocateur, Joyce was always in love with words, painting with them talented renditions of his native city of Dublin.

 Each week we will read two or three short stories, commenting on worlds they create and the ways in which they relate to each other. The final session will focus on the last story in the collection, “The Dead”—the masterpiece of the set and a rich amalgam of the previous fourteen stories. The text of *Dubliners* is widely available in many editions and formats, including many online versions, including Project Gutenberg. John Huston, the great Irish-America film director, made *The Dead* (1987) his final cinematic project, with his daughter Angelica Huston cast as Greta, a central character in the story.

Tuesdays, Mar. 19-Apr. 30 (7 sessions) Course Leader: Ron Dotterer

10-11:30 Location: MAC

 **“Overwhelming Disasters”: When Nature Becomes Cataclysmic** Beginning perhaps in 1913, the people of the United States began to see disaster reach beyond a city or state to strike a swath across the continent. We will look at how disasters – particularly floods and fires – challenged the sympathy and resources of a nation. Topics will include: 1) Prelude – the cataclysm of 1913; 2) Unruly waters – the storms that create widespread flooding; 3) Firestorm – the conditions that incinerate cities; and 4) What to do? – US policy in the face of worsening disasters. By looking at a century of struggle with increasingly impactful cataclysms, class members can gain a broader understanding of how such events will continue to call upon our reflection and action.

Tuesdays Sept. Feb. 13-Mar. 5 (4 sessions) Course Leader: Phil Hesser

12-1:30 Location: Zoom

**The Big Combo: Jazz Right-sizing Between Big Bands & Small Combos**

Challenged by both the expense of footing a big band and the limits of arranging for a small group, jazz innovators of the postwar decades attempted to find an economically sustainable and artistically flexible “Goldilocks zone.” The course will look at how many of the finest jazz artists made use of octets, nonets, and other combos to create a new approach to innovative expression. Topics will include: 1) In the beginning – the big bands downsize; 2) Delivering the message – Art Blakey teaches how it should be done; 3) The Cool School – Miles and the cats out west chill out; 4) Everybody’s doin’ it – how the Jazz Lab, Jazztet and other supergroups point the way to the future. By examining these smaller, but dynamic, groups, class members will gain a vision of jazz innovation that otherwise can be lost in the complexity of a larger group and the limitations of small groups.

Tuesdays, March 12-Apr. 2 (4 sessions) Course Leader: Phil Hesser

12-1:30 Location: Zoom

 **Aging: The Good, the Bad, or the Alternative**

Are your knees weak? Hip achy? Another root canal? Someone you love has cancer? Did a friend really find the lost car keys in the refrigerator? Did your doctor actually say that the reason your chart is so thick is because of too many birthdays? Are you going to scream if you have to go to one more funeral of a friend? If you answered yes to any of these questions, we suspect you were born before 1950, perhaps before 1940. Welcome to old---you made it! OMG! Now what? Aging ain’t for sissies. To say the least, it has its tribulations. But there are also the highs, even for those not indulging in medical marijuana. Bradford and Stegman know a few things about aging---they have been in the field for decades. And, they both happen to be old now also. This course will combine their professional and personal experiences, their shared delights as well as challenges— from serious to funny and everything in between. If it’s about aging—including life, death, sex, and rock n roll—they will talk about it.

NOTE: Spring 2024 will be the fourth time Stegman and Bradford have taught this course together, and according to past participants, they are getting more honest, outrageous, and prone to giving homework assignments (which they do not grade). **Enrollment limited to 25**

Tuesdays, Mar. 26-Apr. 23 (5 sessions) Course Leaders: Peggy Bradford & Carolyn Stegman

12-1:30 Location: MAC

**Flash Fiction Revisited**

Short on words, strong on impact, flash fiction – aka pocket, postcard, and palm-sized stories – offers readers unique challenges and rewards. The best super short stories manage to stretch time, plumb dreams, limn family portraits, and jump borders in a few hundred words. This four-week course will focus on evocative flash fiction from around the world and explore techniques used by the authors to pack a punch in short order. Discussion topics will include “Time Lapse,” “Zoom Lens,” “Wide Angle,” and “Back Lighting.” Classes will be conducted via Zoom, with readings provided via email.

Wednesdays, Feb. 14-Mar. 6 (4 sessions) Course Leader: Nancy Hesser

10-11:30 Location: By Zoom

**City Lights: Short Stories**

 “When a man is tired of London, he is tired of life,” said Samuel Johnson – a sentiment echoed by urbanites worldwide. “I want to wake up In a city that doesn't sleep,” wrote Fred Ebb, lyricist of “New York, New York.” “Outside of the city limits the heart of darkness, the true wasteland begins,” we read in John Kennedy Toole’s tribute (of sorts) to New Orleans. St. Augustine held that “Every city is a living body.” In this four-week course we’ll read and discuss short stories offering portraits of cities and the people who live, love, and dream there. Topics will include “A Brand New Start of It,” “Fascinating Rhythm,” “Street Cred,” and “Down the Rabbit Hole.” Classes will be conducted via Zoom, with readings provided via email.

Wednesdays, Mar. 13-Apr. 3 (4 sessions) Course Leader: Nancy Hesser

10-11:30 Location: By Zoom

**The Artist’s Way**

In this course, participants will examine how Divine Spirit can lead to ever widening experiences of faith and appreciation of their lives as creative beings. It’s never too late to discover our natural creative talents. We will explore the creative energy offered by our universe and discover it as our very own. As a participant in the Artist’s Way, authored by Julia Cameron, course members will engage in whole or small group discussion, journal writing, and hands-on experiences. Participants should order a copy of the Artist’s Way: A Spiritual Path to Higher Creativity, by Julia Cameron before the beginning of the class. Paperback copies are available from Amazon, Barnes and Noble. **Enrollment limited to 12.**

Wednesdays, Feb. 14-Mar. 20 (6 sessions) Course Leader: Sophia Sonen

10-11:30 Location: MAC

 **Satisfying Relationships: How Do We Get There?**

During the course of a lifetime one experiences many different kinds of relationships.  Each type of relationship elicits a different facet of personality in a variety of life circumstances.  What skills are necessary to make for a satisfying relationship?  What are the essential ingredients to do so?  What are our expectations of relationships?  Is conflict in relationships inevitable?  Can we avoid the pain and suffering from disappointment and loss?

        During the six week course we will, as a group, examine the social, psychological, and cultural aspects of our different relationships.  Participants will be asked to participate in group exercises and group discussions that demonstrate the ideas relating to an understanding of how we operate in relationship. **Enrollment limited to 25**

Wednesdays, Mar. 27-May 1 (6 sessions) Course Leaders: Lewis and Adrianne Kadushin

10-11:30 Location: MAC

**Understanding How a Poem is Made**

We’ll be looking at a variety of poetic devices different poets employ to achieve emotional tone and intention. Before our first class, I’ll email participants a glossary of terms. Each week we’ll look at several poems through the “lens” of one or more of these devices.

Wednesdays, Mar. 27-April 17 (4 sessions) Course Leader: Nancy Mitchell

1-2:30 Location: MAC

**Great Decisions**

Great Decisions is a discussion program based on world affairs. The course will include a video presentation followed by discussion of the following topics: Mideast Realignment, Climate technology and competition, Science across borders, U.S. -China trade rivalry, NATO’s future, Understanding Indonesia, High Seas Treaty, and Pandemic preparedness. Four topics will be presented in the spring and four in the fall. Links to additional online resources will be provided as well.

Thursdays, Feb.15-Mar. 7 (4 sessions) Course Leader: Dale Godfrey

10-11:30 Location: MAC

**What Your Doctor Would Like You to Know if They had Time to Tell You**

We will review some of the most common causes of illness and death in the senior population, including heart, lung, and malignant diseases, a few neurologic problems such as strokes and dementia, and diabetes. Each topic will begin with some basic biology (how things are supposed to work), proceed to pathophysiology (what isn’t working right and why), and then treatment options. We will conclude with end of life issues, including hospice care, Living Will and appointment of health care representatives.

Thursdays, Mar. 21-Apr. 25 (6 sessions) Course Leader: Kel Nagel

10-11:30 Location: MAC

**Four Steps on the Path to Resilience**

In four sessions we will 1) explore key topics: Why some folks are more resilient than others; What skills do we need to bolster our resilience? 2) Learn & practice Resilience skills from Positive Psychology; 3) Investigate *Wholistic* approaches to overcome adversity and 4) Discuss how experiences in class and at home bolster participants’ development of resilience skills.

Thursdays, Mar. 28-Apr. 18 (4 sessions) Course Leader: Bob McBrien

1-2:30 Location: MAC

**Understanding Alzheimer’s Disease and Related Dementias**

What is normal aging and what are the warning signs that should cause concerns? How do I tell the difference? Then what do I do? Millions of Americans are living with Alzheimer’s or other dementias. As the size of the U. S. population aged 65 and older continues to grow, so too will the number and proportion of Americans with Alzheimer’s or related dementias (ADRD). There are currently more than 6 million Americans living with ADRD, including over 110,000 in Maryland. And the numbers are growing rapidly. By 2025, Maryland will see an increase of 18% affecting so many more families. This course is designed to give you the tools and resources to understand and act on the warning signs that you may see in friends, family members or yourself.

This 3 part course will cover: Session 1: The warning sighs and risk factors, Session 2: Understanding the causes of different dementias, the effects of Alzheimer’s on the brain, and Session 3: Healthy brain strategies, the latest research and resources to help at every stage.

Fridays, Feb. 16-Mar. 1 (3 sessions) Course Leader: Carol Zimmerman

10-11:30 Location: MAC

**The Past is Ever with us: International Agreements that just won’t go away**

 “The past is never dead. It's not even past.” This prescient quote from American novelist William Faulkner applies not just to social structures and behaviors, but also to the contemporary impact of past -- even long past -- international agreements and treaties, much more than most of us are aware. This Course will examine a number of famous and lesser-known international treaties (mostly Europ0-American in scope) and reflect on the long-lasting consequences, intended - and unintended - which they bring for the contemporary world.

Fridays, Apr. 5-May 3 (5 sessions) Course Leader: Todd Becker

10-11:30 Location: MAC

**Schedule-At-A-Glance: Spring 2024**

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| --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** |  **Wednesday**  | **Thursday** | **Friday** |
| **10:00 am-****11:30 am** | ***Pompeii and Herculaneum*** Mar 25-Apr 29 (6 sessions)***D-Day to VE-Day***Feb 12, 26,Mar 4-18 (5 sessions) ***Zoom*** | ***Savory Seafood***Feb 13-Mar 12 (5 sessions)***James Joyce: Dubliners***Mar 19-Apr 30 (7 sessions) | ***Flash Fiction Revisited***Feb 14-Mar 6 (4 sessions) ***Zoom******City Lights: Short Stories***Mar 13-Apr 3 (4 sessions) ***Zoom*** ***The Artist’s Way***Feb 14-Mar 20 (6 sessions)***Satisfying Relationships***Mar 27-May 1 (6 sessions) | ***Great Decisions***Feb 15-Mar 7 (4 sessions)***What Your Doctor Would Like you to Know*** Mar 21-Apr 25 (6 sessions) | ***Understanding Alzheimer’s and Other Dementias***Feb 16-Mar 1 (3 sessions)***The Past is Ever With Us***Apr 5-May 3 (5 sessions) |
| **12:00 pm- 1:30 pm** |  | ***Overwhelming Disasters***Feb 13-Mar 5 (4 sessions) ***Zoom*** ***The Big Combo***Mar 12-Apr 2 (4 sessions) ***Zoom******Aging***Mar 26-Apr 23 (5 sessions) |  |  |  |
| **1:00 pm- 2:30 pm**  |  ***Nuclear Power Update***Mar 25-Apr 15 (4 sessions) |  | ***Understanding How a Poem is Made***Mar 27-Apr 17 (4 sessions) | ***Four Steps on the Path to Resilience*** Mar 28-Apr 18 (4 sessions) |  |

 **Meet the Course Leaders**

 **Robert (Todd) Becker** is a retired US Diplomat and International Peace Keeper with over 40 years’ experience, primarily in Europe. His academic background is in German Studies (History, Language, Literature) and European History and International Affairs. He has taught in the Conflict Resolution, Political Science and Honors programs at SU since 2008 and offered ALL courses over the same period of time.

**Peggy Bradford** (M.S.,R.N.): CEO of MAC for 37 years. She oversaw its progression from a couple of programs and a few employees to a major contributing force in our community and state, housed in a state-of-the-art facility. She is well-respected in the community for her wisdom, and is often seen with a dog by her side.

**Dr. Ron Dotterer** holds a B.A. with honors in English from Bucknell University, M.A., M. Phil, and Ph.D. with highest honors degrees in English and Comparative Literature from Columbia University. He was a professor for 21 years at Susquehanna University (where he founded the honors program, was assistant to the president, and chair of the Department of English) and for 24 years at Salisbury University, where he was professor of English and Dean of the Fulton School of Liberal Arts, and is Professor and Dean Emeritus. He has published over 40 articles and six books on Shakespeare, Irish literature, poetry, women and the arts, film, and undergraduate research.

**Dale Godfrey** graduated from St. Mary’s College of Maryland with a bachelor’s degree. Since 1974 he has been employed in the communications industry, adult education, IT, and elections with the State of Maryland.

**Nancy Hesser** Ph.D., has taught literature in the US, DR Congo, and Mali. With her husband and canine companions, she has recently moved from Maryland’s Eastern Shore to Pennsylvania’s Northern Tier. Her ALL short story courses have focused on American regionalism, the Roaring 20s, African voices, Central America, the Caribbean, foodies, pub crawlers, identities, ghost stories, travel, work, houses, dress codes, and flash fiction, among other subjects.

**Phillip Hesser** has taught in the US and Africa and served with the UNHCR and the Academy for Educational Development. Most recently, he has taught at Salisbury University and Wor-Wic Community College. He now spends his time delving into the deep history of Delmarva and the Chesapeake Bay watershed and running the hills of Tioga County, Pennsylvania, with his pint-sized retriever Marshall and hound Bayly. Indulging his interests at the intersection of landscape, life & livelihood, he wrote *What a River Says: Exploring the Blackwater River and Refuge* (Cambridge, MD: Friends of Blackwater, 2014) and co-wrote (with Charlie Ewers) *Harriet Tubman’s Eastern Shore:* *The Old Home Is Not There* (Columbia, SC: History Press, 2021).

**Adrianne Kadushin** M.A. is a retired psychotherapist who has worked extensively with couples and families.

She has been a childbirth and parent educator and has been a co-leader with her husband in conducting workshops and seminars.

**Lewis Kadushin** Ph.D is a retired psychologist with fifty five years working in the health care industry. He taught psychology as an adjunct faculty at Wor-Wic Community College, Salisbury University, and University of Maryland Eastern Shore for over 35 years.

**Dr. Bob McBrien**, now retired, is a former public school classroom teacher, an SU Emeritus professor, a retired Licensed Clinical Professional Counselor and in instructor of Chinese healing exercise programs (Tai Chi & Qigong). He is a Cold-War veteran (Army), his 3 years of service includes a tour of duty in Korea.

Poet Laureate of Salisbury, Maryland, **Nancy Mitchell** is a 2012 recipient of the Pushcart Prize, and the author of *The Near Surround*, *Grief Hut,* and *The Out-of-Body Shop.* She has published in journals such as *Green Mountains Review, Ploughshares* and *Washington Square Review,* and has been awarded numerous artist residency fellowships. She has taught Creative Writing classes for The English Department and ECO-Art Installations for the Environmental Studies Department, for which she produced exhibitions of student work. For several years, she produced the annual fine arts festival, WORDSTOCK at Salisbury University. She has worked for Maryland Summer Center for the Arts, Girls Innovative Academy, Worcester County Libraries, and 1 Year to Empowerment. She produces the Poets on the Plaza Reading Series and is Associate Editor for *Plume Poetry Journal.*

**Kel Nage**l, also known as William J. Nagel, M.D., is an actor and director with Community Payers of Salisbury. In a long running prior role, he practiced Pulmonary, Critical Care and Sleep Medicine at PRMC, Now Tidal health. He served as Medical Director of the Critical Care and Respiratory Departments from 1978 to 2014. He was one of the founders of the Respiratory Care Program at Salisbury University, where he was Co-Medical Director and Adjunct Clinical Professor until his retirement. It is possible, but unlikely, that he now knows more about musical theater than health care.

**Mike Roberts** holds a B.A. in history from Duke University and a J.D. from the Washington College of Law at American University, where he was Editor-In-Chief of the Law Review. He was an officer in the U.S. Navy, with extensive sea duty in the Mediterranean, plus service with the Naval Security Group in Washington. For over 30 years, he practiced law in Washington, specializing in aviation and international law.

**Sophia Sonen** is a retired teacher/counselor of 37 years, from the state of Maryland. She earned a MLA and an MS from Johns Hopkins University. Definitely a life-long learner, with a strong interest in creativity, she completed 4 semesters of the Artist’s Way classes with Diane Thomas Mitchell where she became more creative, which was quite complementary to her spiritual practice, and expanded consciousness.

**Carolyn Stegman** (Ed.D.,R.N.): Taught Psychology of Aging at Salisbury University, was chair of the MAC Board of Directors, president of Wicomico’s Commission on Aging, served as a consultant to MAC for many years, and has authored two novels on aging, both written with a cat next to her computer screen. Her new book, ***The Sages of Oak Place***,will be published in January 2024.

**Dr. G. Ray Thompson**’s PhD is in Greek and Roman history and archaeology. During his nearly 50 years at SU he regularly taught courses on Roman Archaeology, including Rome’s far-flung provinces. He also frequently taught on-site courses in the various western Roman provinces.

**Carol Zimmerman** served as MAC’s Director of Aging and Dementia Programs prior to taking on the role as director of Community Relations and Development. She oversaw the development of the Life Bridges dementias programs including the social-model day program located at MAC. Prior to joining MAC, she was the Community Relations and Development Coordinator for the Eastern Lower Shore of the Alzheimer’s Association’s Greater Maryland chapter. She is trained as an Alzheimer’s community educator, and she earned her bachelor’s degree in nursing from the University of Arizona.

### ASSOCIATION FOR LIFELONG LEARNING IN SALISBURY

**For Office Use**

Contacted on:

Contacted by:

Email:

Phone: Notes:

**Membership and Registration Form: Spring 2024**

NAME (*please print)*

ADDRESS

(one form per person)

CITY

STATE ZIP

TEL # \_\_\_\_ EMAIL

### Course Selection

To register, please check your course selection(s) below.

  **Pompeii and Herculaneum.** Ray Thompson

###  D-Day to VE-Day. Michael Roberts (by Zoom)

  **Nuclear Power Update.** Rachel Hesselink

**\_\_\_\_\_James Joyce: *Dubliners.*** Ron Dotterer

**\_\_\_\_\_Savory Seafood of Delmarva.** Brad Stevens

**\_\_\_\_\_Overwhelming Disasters: When Nature Becomes Cataclysmic.** Phil Hesser (**by Zoom**)

**\_\_\_\_\_The Big Combo: Jazz Right-Sizing.** Phil Hesser **(by Zoom)**

**\_\_\_\_\_Aging: The Good, the Bad or the Alternative.** Peggy Bradford and Carolyn Stegman

**\_\_\_\_\_Flash Fiction Revisited.** Nancy Hesser **(by Zoom)**

**\_\_\_\_\_City Lights:** **Short Stories.** Nancy Hesser **(by Zoom)**

**\_\_\_\_\_The Artist’s Way.** Sophia Sonen

**\_\_\_\_\_Satisfying Relationships: How Do We Get There?** Adrianne and Lewis Kadushin

**\_\_\_\_\_Understanding How a Poem is Made.** Nancy Mitchell

 **Great Decisions.** Dale Godfrey

\_\_\_\_ **What Your Doctor Would Like You to Know.** Kel Nagel

### ­­­­­­­ Four Steps on the Path to Resilience. Bob Mc Brien

###  Understanding Alzheimer’s and Other Dementias. Carol Zimmerman

###  The Past is Ever With Us. International Agreements Todd Becker

***Membership Dues for This Semester--$30.00***

I understand that the Association for Lifelong Learning has no legal responsibility for my physical welfare while I am a member of the Association for Lifelong Learning. The Association for Lifelong Learning reserves the right to cancel a course due to insufficient enrollment.

Signature

 Date \_\_\_\_\_\_\_\_

**Please complete this registration form and mail with your check for $30.00 to: Association for Lifelong Learning, P.O Box 342, Salisbury, MD 21803. Registrations must be received by January 19.**

**MEMBER PARTICIPATION FORM**

ALL is a cooperative educational community in that all of its work is planned and carried out by the members who volunteer their time and talents as planners, course leaders, or committee members, according to their interests and skills. If you are able to support ALL’s work by serving on a committee or leading a course, please indicate your interest below.

 I would be interested in leading a course. Briefly describe course topic.

 I know of someone who would make a great course leader. Please give us the name and contact

information.

I am interested in helping with

 Curriculum

 Catalog/Publicity

 Membership/Outreach

 Course Registration

 Finance/Budget

 Database Management & Communications

 Office

Please suggest any topics on which you would like to see ALL offer courses.

---------------------------------------------------------------------------------------------------------------

Your name: Phone number: Email address:

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(one form per person)

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###  D-Day to VE-Day. Michael Roberts (by Zoom)

  **Nuclear Power Update.** Rachel Hesselink

**\_\_\_\_\_James Joyce: *Dubliners.*** Ron Dotterer

**\_\_\_\_\_Savory Seafood of Delmarva.** Brad Stevens

**\_\_\_\_\_Overwhelming Disasters: When Nature Becomes Cataclysmic.** Phil Hesser (**by Zoom**)

**\_\_\_\_\_The Big Combo: Jazz Right-Sizing.** Phil Hesser **(by Zoom)**

**\_\_\_\_\_Aging: The Good, the Bad or the Alternative.** Peggy Bradford and Carolyn Stegman

**\_\_\_\_\_Flash Fiction Revisited.** Nancy Hesser **(by Zoom)**

**\_\_\_\_\_City Lights:** **Short Stories.** Nancy Hesser **(by Zoom)**

**\_\_\_\_\_The Artist’s Way.** Sophia Sonen

**\_\_\_\_\_Satisfying Relationships: How Do We Get There?** Adrianne and Lewis Kadushin

**\_\_\_\_\_Understanding How a Poem is Made.** Nancy Mitchell

  **Great Decisions.** Dale Godfrey

\_\_\_\_ **What Your Doctor Would Like You to Know.** Kel Nagel

### ­­­­­­­\_\_\_\_ Four Steps on the Path to Resilience. Bob Mc Brien

### \_\_\_\_\_Understanding Alzheimer’s and Other Dementias. Carol Zimmerman

### \_\_\_\_ The Past is Ever With Us. International Agreements Todd Becker

***Membership Dues for This Semester--$30.00***

I understand that the Association for Lifelong Learning has no legal responsibility for my physical welfare while I am a member of the Association for Lifelong Learning. The Association for Lifelong Learning reserves the right to cancel a course due to insufficient enrollment.

Signature

 Date \_\_\_\_\_\_\_\_

**Please complete this registration form and mail with your check for $30.00 to: Association for Lifelong Learning, P.O Box 342, Salisbury, MD 21803. Registrations must be received by January 19.**