

ILR

Lois E. Marshall Institute for
Learning in Retirement at
Bergen Community College

A division of The School of Continuing Education, Corporate and Public Sector Training



SPRING 2012

Where learning is a lifelong experience

BERGEN COMMUNITY COLLEGE, in cooperation with ELDERHOSTEL, offers adults 55 years and older the opportunity to define and pursue their own informal educational goals, at their own pace and according to their own choices and talents.



UPDATED IMPORTANT INFORMATION

Location

The ILR office is located in Room Tech-116 in the Technology Education Center. The TECH building is the building next to the Pitkin Education Center. ILR courses will be held in various classrooms in both buildings. Classroom locations will be posted in the Public Safety area (in Pitkin) as well as outside Room Tech-115. You may call the automated message at (201) 447-7155; or call the ILR office at (201) 447-7156. We also have our own email address at ilr@bergen.edu. You may send an email to ilr@bergen.edu with questions or information on room assignments. Please check room postings as room assignments are occasionally changed.

ILR Spring Program Enrollment

Enrollment in an ILR course requires **COMPLETION OF THE ENTIRE REGISTRATION FORM** as well as payment of a yearly membership fee. Members who paid their yearly membership fee in Fall 2011 are already paid. The **Spring 2012 membership fee is \$90**. We are now able to process credit card payments - please call or stop by the ILR office if you would like to pay with a credit card. Your membership fee entitles you to at least four courses each semester. **No refunds**. Every effort will be made to accommodate your requests. Regardless of your choices, you **MUST** sign up for each course so we can plan room size and handouts. **Automatically come to the courses you signed up for** – we will **NOT** call you unless the course is filled. Also, please **DO NOT** sign up for a class if you do **NOT REALLY PLAN TO ATTEND**. Classroom space is limited and it is unfair to your fellow students.

MAIL EARLY – First Come, First Served. No exceptions.

CHECK OUT WHAT'S NEW AT THE ILR

Saturday offerings – nationally recognized speakers – travel adventures

Parking Decal and ID Card – USE PARKING LOT B

Parking decals and ID cards will be issued to **NEW** students the first day of your class by Public Safety, Room L-154. Come early to allow time to process. **IF YOU HAVE A DECAL, IT IS STILL GOOD**. ID cards must be updated each semester.

Institute for Learning in Retirement

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MONDAY

In The Record

IR - 256

Meet your favorite editors, columnists and writers from **The Record** and learn more about the current newspaper profession.

Mondays: February 13, 20, 27; March 5, 12, 19, 26; April 2

Room: L-131 / **Time:** 1:30 to 3:00 p.m.

Instructors: Various speakers from **The Record**

Baseball through History and Literature IR - 064

Baseball is a lens through which to view American culture. Through history and literature, this course will do just that, with an emphasis on race and ethnicity.

Mondays: February 20, 27; March 5, 12

Room: L-158 / **Time:** 1:00 to 3:00 p.m.

Instructors: Professors Mark Altschuler (Bergen) and Bill Burke (NJ City University)

Cote d'Ivoire (West Africa)

IR - 367

This course discusses the lives of the people of Cote d'Ivoire in both colonial and contemporary times. It will present a general view of the country and emphasize the history, geography, economic and political environment. Other discussion items include tourism, culture and traditions, which will allow students to better understand this part of the world.

Mondays: February 13, 20, 27; March 5

Room: L-159 / **Time:** 1:00 to 3:00 p.m.

Instructor: Koutouan S. Anouma

Contemporary Issues in Policing

IR - 403

This course explores the relationship between the police and the community from political and sociological perspectives. Topics to be covered include: police culture, recruitment, selection and training, citizen complaints and investigative outcomes, the media and community relations, women and minority officers, police professionalism and unionism, discretionary use of police authority, use of force and more.

Mondays: February 13, 20, 27; March 5, 12

Room: L-131 / **Time:** 3:30 to 4:45 p.m.

Instructor: Prof. Michael O'Donovan, Bergen Faculty

James Joyce: Dubliners

IR - 161

Join a discussion of one of the most memorable collection of stories ever published. We will discuss a number of the stories in the 15-story collection, and end with the epic "The Dead." Please find a copy of Dubliners to bring to class each week.

Mondays: March 5, 12, 26; April 2

Room: L-150 / **Time:** 1:30 to 3:00 p.m.

Instructor: Prof. Seamus Aidan Gibbons, Bergen Faculty

Great Musicians, Singers and Composers IR - 329

Students will listen to (and watch) great artists playing melodious music. In addition, students will listen to a music critic talk about his life. Topics include:

- Singers Nelson Eddy and Jeanette MacDonald were regarded as "America's lovebirds." They were supposed to be a loving couple, but the truth is they did not really like one another. Students will view excerpts from the eight films they made together.
- Composer Maurice Ravel wrote much more than just "Bolero" – which he considered trivial. His best work was, perhaps, "Tombeau de Couperin."
- Conductor Herbert von Karajan admired one conductor above all others, Arturo Toscanini, and he despised one conductor above all others, his rival, Wilhelm Furtwangler.

Students also will listen to three great cellists, Jacqueline du Pre, Pablo Casals, and Mstislav Rostropovich and learn about the differences between them. In addition, students will become familiar with the world of operetta including the best of Gilbert and Sullivan, with excerpts from "Mikado," "Pirates," "Pinafore," and other masterpieces.

Mondays: April 9, 16, 23, 30; May 7

Room: L-131 / **Time:** 1:00 to 2:30 p.m.

Instructor: Warren Boroson is a former newspaper music editor.

VOLUNTEERS NEED TO TAKE CLASS ATTENDANCE

Baby Boomers Tool Kit

IR - 422

The first baby boomers turned 65 on January 1, 2011 and about 10,000 more will cross that threshold every day for the next 19 years, according to projections by the Pew Research Center. From the time that Boomers turned 65 in 2011 to the last who will turn 65 in 2029, social security entitlements and market driven corporate benefits will be precarious at best. Students will discuss strategies and ideas that will help Baby Boomers maintain the lifestyle they desire.

Mondays: March 19, 26

Room: C-313 / **Time:** 7:00 to 9:00 p.m.

Instructor: Corethia V.E. Oates

Movies Matter

IR - 328

Join our award-winning filmmaker as we show and discuss significant films in a Socratic fashion. This course will teach you to appreciate the many art forms represented in a film, including the photography, lighting, set design and acting.

Monday: April 2, 9, 16, 23, 30

Room: C-313 / **Time:** 1:00 to 3:30 p.m.

Instructor: David Roland

TUESDAY

The Short Work of Alan Bennett

IR - 302

This course will discuss Allan Bennett's biography and view the one act plays he wrote for television called "Talking Heads."

Tuesdays: February 7, 14, 21, 28

Room: L-131 / **Time:** 1:30 to 3:00 p.m.

Instructor: Joan Larkin

Beginners Conversational Hebrew

IR - 373 - 001

This course is for beginners who always wanted to learn how to speak Hebrew. The course is taught according to the Ulpan method. Knowledge of the Hebrew alphabet is preferred.

Tuesdays: February 7, 14, 21, 28; March 6, 13, 20, 27; April 3

Room: L-150 / **Time:** 11:00 to 12:30 p.m.

Instructor: Roberta Feinsmith

***Intermediate Conversational Hebrew* IR - 375 - 001**

Knowledge of the Hebrew alphabet is required and knowledge of present tense verbs is preferred. The course will focus on building vocabulary, grammar and conversation.

Tuesdays: February 7, 14, 21, 28; March 6, 13, 20, 27; April 3

Room: L-158 / **Time:** 1:15 to 3:00 p.m.

Instructor: Roberta Feinsmith

***Sing, Sing, Sing* IR - 247**

Join the Bergen Community College Senior Chorus. This program is open to all who love to sing. We will sing popular music, old standards, and show tunes. The chorus will entertain at our end-of-the-year events and more. No auditions necessary, just a desire to sing.

Tuesdays: February 14, 21, 28; March 6, 13, 20, 27; April 3

Room: L-131 / **Time:** 3:15 to 4:45 p.m.

Instructor: Barbara Heitmann

***Discussion of Hot Topics in Today's News* IR - 355**

Discuss the "hot" topics and controversial issues in today's news. Learn how our opinions are shaped by news stories.

Tuesdays: February 21, 28; March 6, 13, 20, 27; April 3, 10

Room: L-143 / **Time:** 1:00 to 3:00 p.m.

Instructor: Fred Sauberman and Mitchell Camp

***Dehan Meditation* IR - 423**

Each session will consist of yoga stretching to relax the body, breathing exercises to relax the mind, guided meditation and silent meditation for complete relaxation and peace of mind. Participants must bring a yoga mat and must wear clothing conducive to being seated in chairs and on the floor. Space is limited to the first 20 registrants.

Tuesdays: March 6, 13, 20, 27

Room: TBA / **Time:** 11:00 a.m. to 1:00 p.m.

Instructor: Saira Afaq

***Ancestors out of Africa: A Fossil History* IR - 300**

Learn how early man evolved from our African ancestors as we examine and discuss the hominid fossils that give us the clues to the four million-year history of Homo sapiens. Students also will discuss the scientists who were instrumental in these discoveries.

Tuesdays: March 6, 13, 20, 27

Room: L-149 / **Time:** 1:00 to 3:00 p.m.

Instructor: Dr. Thomas A. Ricalde

Enjoyment of Literature

IR - 057

This course will discuss the ideas, theories, and techniques for reading selected literature. Readings include poetry, short stories, drama, and the novel. Material for the first class will be available in Tech-115 one week before class.

Tuesdays: March 6, 13, 20, 27; April 3

Room: L-150 / **Time:** 1:30 to 3:00 p.m.

Instructor: Dr. Richard Engsberg

Wars of the Middle Ages

IR - 424

During the Middle Ages (11th to 15th centuries) the tactics of war evolved. England sought to come together as a nation while battling against Scotland in the north, then against France during the Hundred Years' War, and internally during the War of Roses. This course explores these tumultuous times through the Battle of Bannockburn (1314), Crecy (1346), Poitiers (1356), Agincourt (1415) and Bosworth Field (1485).

Tuesdays: March 6, 13, 20, 27; April 3

Room: L-150 / **Time:** 3:30 to 5:00 p.m.

Instructor: Jacques Harlow

Short Story Discussions

IR - 055

This course is a discussion of short story themes, conflicts and reactions to stories recommended by class members and the instructor. Students may pick up copies of the stories in Tech-115 one week before each class.

Tuesdays: March 13, 20, 27; April 3

Room: L-158 / **Time:** 3:15 to 5:00 p.m.

Instructor: Marsha Rosen

The Mystique of Modern Art

IR - 425

Explore the roots and relevancies of modern art movements. Each "ism" and "schism" of 20th Century art has precedents in the past on which it builds. This course will explore Fauvism, Expressionism, Cubism, Abstraction, Surrealism, Op and Pop Art, and Modern Realism. Each session will deal with a separate art movement and focus on its leading exponent, i.e. Matisse, Picasso, Mondrian, Kandinsky, Warhol, Dali, etc. SPACE IS LIMITED. IF YOU HAVE TAKEN CHARLOTTE'S COURSE IN THE PAST, PLEASE ALLOW SOMEONE ELSE TO HAVE A TURN.

Tuesdays: March 20, 27; April 3, 10, 17, 24; May 1, 8, 15, 22

Room: L-131 / **Time:** 1:00 to 3:00 p.m.

Instructor: Charlotte Gluck

Basic Home Repair

IR - 389-001

This is a fundamental course for anyone who wants to learn the basics of home repair. It is especially designed for the person who knows very little about home repair but is not timid or afraid to try. This is a hands-on course; please dress appropriately as you may get dirty. Gloves and safety glasses will be available for every class. Students will be discussing tools, electricity, and plumbing issues. The materials fee is \$30 and paid to the instructor on the first day of class. There is limited enrollment.

Tuesdays: March 20, 27; April 3, 10

Room: L-149 / **Time:** 3:15 to 5:00 p.m.

Instructor: Sal Rotolo

What Everyone Should Know About Personal Finance

IR - 073

Do you know the difference between the Dow Jones Industrial Average and the S&P 500 or which kinds of stocks have done the best over the years? Are you aware of how much money to put in stocks vs. bonds? This course will enlighten you – and suggest how to construct a portfolio that can provide you with a safe, regular income. Five different authorities will speak about different aspects of personal finance. Journalist Warren Boroson will give an introduction to investing.

Tuesdays: April 3, 17; May 1, 15, 29 (NOTE: classes are not held consecutively)

Room: L-131 / **Time:** 11:00 a.m. to 12:30 p.m.

Instructor: Various

Beginners Conversational Hebrew-Part II IR - 373-002

Knowledge of Hebrew alphabet is required and knowledge of present tense verbs is preferred. The course will focus on building vocabulary, grammar and conversation.

Tuesdays: April 10, 17, 24; May 1, 8, 15, 22, 29; June 5

Room: L-150 / **Time:** 1:15 to 3:00 p.m.

Instructor: Roberta Feinsmith

Intermediate Conversational Hebrew-Part II IR-375-002

Knowledge of Hebrew alphabet required. Knowledge of present tense verbs preferred. Course will focus on building vocabulary, grammar and conversation.

Tuesdays: April 10, 17, 24; May 1, 8, 15, 22, 29; June 5

Room: L-150 / **Time:** 1:15 to 3:00 p.m.

Instructor: Roberta Feinsmith

The Binding of Isaac: Genesis 22

IR - 249

A new interpretation of this story will be presented, along with the Christian and Muslim understanding of this text. The relationship of this event to the Divine Covenant with Abraham, and later Jewish martyrdom and mysticism, also will be considered (please bring a copy of Genesis if possible).

Tuesdays: May 8, 15, 22, 29

Room: C-313 / **Time:** 1:00 to 3:00 p.m

Instructor: Dr. Lippman Bodoff

WEDNESDAY

Survey of American Poetry

IR - 404

Who says the British have a monopoly on great poetry? Americans have their own poetic giants including W.H. Auden, Anne Bradstreet, Emily Dickinson, Robert Frost, H.W. Longfellow, Amy Lowell, E.L. Masters, E.S.V. Millay, Walt Whitman, and V. Lindsay. "Some you may already know, some you never heard of; but as you allow your muse to grow, American poetry you will love."

Wednesdays: February 1, 8, 15, 22

Room: L-131 / **Time:** 1:00 to 3:00 p.m.

Instructor: Phil Steinberg

Women Writers from the Middle East

IR - 426

Women in the Middle East have a literary tradition that will teach Americans about their lives, their cultures, their religious, political, and philosophical views. This class will meet three times to discuss poetry, short stories, and two short memoirs by several women writers who are well known in their homelands: Forugh Forrokhzad (Iran), Altaf Fatima (Pakistan), Nazik al-Mala'ika (Iraq), Simin Daneshvar (Iran), Nawal el-Sa'adawi (Egypt), and Haifa Zangana (Iraq). Most materials will be supplied by the instructor; two books will need to be purchased ("Dreaming of Baghdad" by Zangana and "Memoirs from the Women's Prison" by Sa'adawi. Both books are available at Barnes & Noble, Amazon, etc.).

Wednesdays: February 29; March 7, 28

Room: L-131 / **Time:** 3:15 to 5:00 p.m.

Instructor: Professor Pamela Haji, Bergen Faculty

Social Policy Issues

IR - 427

This course will discuss the important and somewhat controversial topics of social security, immigration, taxation, and gender and ethnicity.

Wednesdays: March 7, 14, 21, 28

Room: L-131 / **Time:** 1:45 to 3:00 p.m.

Instructor: Dr. Donald Feldstein

Zoology – The Study of Animals

IR - 428

Zoology is the study of the animal kingdom, its similarities and its diversity. This course will tie in the information from previous science classes that Professor Lowe has taught.

Wednesdays: March 14, 21; April 4, 11

Room: C-313 / **Time:** 1:45 to 3:00 p.m.

Instructor: Professor Marty Lowe, Bergen Faculty

The Language and Culture of Gaelic Ireland

IR - 174

Gaelic has an important symbolic role in the life of Ireland and is currently experiencing a major revival. This course will be a fun way to learn useful every day expressions and basic conversation. It also will offer insights into the culture and customs of the Gaeltacht (Gaelic speaking) areas in Ireland.

Wednesdays: April 4, 11, 18, 25

Room: L-131 / **Time:** 1:00 to 3:00 p.m.

Instructor: Mary Ann Swords

Contemporary Issues in French

IR - 234

Build oral skills and the ability to read articles in the French Press during classroom discussions and group readings. Articles from French periodicals and other aids are provided to increase comprehension and encourage oral discussion. Classroom ambience is informal.

(Prerequisite: Basic knowledge of French grammar and vocabulary).

Wednesdays: April 4, 11, 18, 25; May 2, 9, 16

Room: L-158 / **Time:** 3:15 to 4:45 p.m.

Instructor: Dr. Virginia Rauch

PLEASE TURN OFF CELL PHONES DURING CLASS. Ringing phones are very distracting to the instructor and your fellow students.

Basic Home Repair

IR - 389 - 002

This is a home repair course for anyone who wants to learn the basics of home repair. It is especially designed for the person who knows very little but is not timid or afraid to try. This is a hands-on course; please dress appropriately as you may get dirty. Gloves and safety glasses will be available every class. We will be discussing tools, electricity, and plumbing issues. Materials fee \$30 paid to instructor on the first day of class. Limited enrollment

Wednesdays: March 21, 28; April 4, 11

Room: L-150 / **Time:** 3:15 to 5:00 p.m.

Instructor: Sal Rotolo

Easy Chinese

IR - 211

Learning to speak Chinese is easier than you think. This course is an entertaining introduction to the language of a billion people. Topics will include greetings, food, numbers and culture. The instructor of this course lived in Shanghai, China for two years.

Wednesdays: April 11, 18, 25

Room: L-131 / **Time:** 3:15 to 4:30 p.m.

Instructor: Professor Robert Freud, Bergen Faculty

THURSDAY

Introduction to Immunology

IR - 392

Learn how your immune system functions to protect you. This course will discuss the immune systems function in preventing and controlling diseases such as cancer, and various autoimmune conditions such as Type I diabetes and lupus. Students also will discuss vaccination controversies and the worldwide rise of asthma.

Thursdays: February 2, 9, 16, 23

Room: L-131 / **Time:** 3:15 to 4:15 p.m.

Instructor: Dr. Judith Fitzpatrick, Bergen Faculty

Are Fairy Tales True?

IR - 333

What was Jack really doing up the beanstalk? Why did Briar Rose fall asleep for 100 years? Why is the prince a frog? Children often ask the storyteller, "Is that a true story?" For fairy tales, the answer is, "Yes!" Students will consider traditional fairy tales and discuss their cultural significance and their insight into individual psychology and growth.

Thursdays: March 1, 8, 15, 22

Room: L-131 / **Time:** 3:15 to 4:30 p.m.

Instructor: Jack McKeon

Dinosaur Mysteries

IR - 379

In this course our very own "Indiana Jones" will discuss and investigate:

- "Triassic Park" – What were the dinosaurs like before the Giants came?
- "T. Rex" – What is in a name?
- Is there a dinosaur in your backyard?
- Where have all the dinos gone, long time passing...

Thursdays: March 8, 15, 22, 29

Room: L-131 / **Time:** 1:30 to 3:00 p.m.

Instructor: Dr. Thomas A. Ricalde

Winning the Battles of Independence

IR - 123

Thirteen disparate colonies declared war on the largest existing empire in the world. They had no chance of success. Despite many losses, these colonies prevailed against an inherently stronger, more disciplined British army. Discuss the battles of Quebec (1759, 1775), Trenton (1776), Saratoga (1777), Cowpens (1781) and Yorktown (1781).

Thursdays: March 8, 15, 22, 29; April 5

Room: L-150 / **Time:** 3:30 to 5:00 p.m.

Instructor: Jacques Harlow

Financial Fitness

IR - 393

After recent market turndowns, the value of good advice is more obvious than ever. Learn about investment products which provide lifetime income, how inflation can erode your retirement income, the safest way to participate in the stock market, IRA issues, the proper mix and types of bonds and stocks, long-term care coverage, estate preservation and other financial issues.

Thursdays: April 12, 19, 26; May 3

Room: Tech-105 / **Time:** 1:30 to 3:00 p.m.

Instructor: David Chepauskas, CFP

Cribbage Club

IR - 408

Beginners and experienced players are welcome to attend. No cribbage board required, but if you have one, please bring it and learn how to put it to use. This course will teach you the basic rules of the game and get you playing in a short amount of time. If you are unfamiliar with the game, cribbage is played with a standard deck of cards. The game is usually played with two players and is considered by many people as the best two-handed card game.

Thursdays: April 12, 19, 26; May 3

Room: Tech-105 / **Time:** 3:15 to 4:45 p.m.

Instructor: James Cherrey

The United States Constitution

IR - 189

This course will cover the events leading to the Constitutional Convention of 1787, and how the Constitution compares with the original Articles of Confederation (our first constitution). Understand the important compromises reached at the Philadelphia Convention and the basic principles and ideas of the 1787 document. Discuss the struggle to ratify the Constitution in state elections and the creation of the Bill of Rights, the country's first ten amendments.

Thursdays: April 19, 26; May 3, 10

Room: L-131 / **Time:** 1:30 to 3:00 p.m.

Instructor: Tom DeStefano

FRIDAY

Masaccio and his Contemporaries

IR - 431

This class will focus on the life of the 15th century painter Tommaso di Giovanni di Simone Guidi, known as Masaccio (1401-1428), who changed the course of Italian Renaissance painting before dying at a young age. Hailed by early writers of art history as "Giotto Reborn," Masaccio and his associates Filippo Brunelleschi and Donatello are credited with employing newly (re)discovered techniques to visually reproduce the three-dimensional world on the flat surface of a painting.

Friday: February 3, 10, 17 and 24

Room: L-131 / **Time:** 1:30 to 3:00 p.m.

Instructor: Dr. Denise Budd, Bergen Faculty

Benjamin Franklin

IR - 402

Hailed as the grandfather of America and as one of the greatest men in history, Benjamin Franklin is revealed in all facets of his activities as a scientist, politician, ambassador, revolutionary, and lover. Learn of his trial in England, which led directly to the Revolution, his negotiations for an alliance with France which made victory possible, his participation in the Declaration of Independence, his famous speech to ratify the constitution and his illegitimate child who became the Governor of New Jersey.

Fridays: February 17

Room: A-104 / **Time:** 1:00 to 3:00 p.m.

Instructor: Tom Brennan, actor and director

1-2-3 Crochet Club

IR - 395

Join math professor Sue Cohen for two hours of crocheting and conversation. Beginners and advanced crocheters are welcome.

Fridays: February 17; March 2, 16, 30; April 13, 27 (**Note alternate week meetings**)

Room: TBA / **Time:** 2:00 to 4:00 p.m.

Instructor: Prof. Susan Cohen, Bergen Faculty

Coffee and Conversation

IR - 065

Join your fellow ILR students for a beverage and thought-provoking conversation. Students will listen to various speakers who will discuss a wide range of topics.

Fridays: February 24; March 2, 9, 16, 23, 30

Room: L-131 / **Time:** 3:15 to 4:45 p.m.

Birding and Wildlife:

The Meadowlands of New Jersey

IR - 265

Join Hugh Carola as he shares the story of the Hackensack River, a vital commercial and recreational resource. Mr Carola will present videos, slide shows, discussions and more.

Fridays: March 2, 9, 16

Room: L-131 / **Time:** 1:45 to 3:00 p.m.

Instructor: Hugh Carola

Maintaining Civility While Accomplishing Work

IR - 029

Discuss how a deliberative body, such as an association board or town council, can maintain civility in discourse, while still accomplishing useful work, deciding on projects, allocating money, and resolving disputes. A scripted meeting will involve audience participation, and a follow-up discussion will cover bylaws and rules, the foundations for meeting progress.

Fridays: March 9, 16

Room: L-150 / **Time:** 1:30 to 3:00 p.m.

Instructor: Dan Karlan and team

Great Moments from Great Plays

IR - 299

Join film and theater actor Tom Brennan as he re-enacts scenes from the famous films and plays in which he appeared.

Fridays: March 23

Room: A-104 / **Time:** 1:00 to 3:00 p.m.

Instructor: Tom Brennan

Guests in God's House

IR - 384

Stewardship of the planet is a fundamental role of humankind, according to all major religions. This course will discuss the religious foundations of environmental protection, and will consider today's environmental issues from a faith-based perspective.

Fridays: April 13, 20, 27; May 4

Room: L-150 / **Time:** 1:15 to 2:45 p.m.

Instructor: Paul Kaufman

AARP Driver Safety Program

IR - 088

Remove two points from your driving record, get a 5 percent discount on your car insurance, and learn how to be a better driver. For the first class, please write a check for an additional fee of \$14.00, made payable to AARP.

Fridays: April 13, 20

Room: C-325 / **Time:** 10:00 a.m. to 1:00 p.m.

Instructor: Frank Conte

Walt Whitman

IR - 429

Walter "Walt" Whitman (1819-1892) was an American poet, essayist and journalist and is among the most influential poets in American history. A humanist, Whitman was a part of the transition between transcendentalism and realism, incorporating both views in his works. His writing was considered controversial during its time, particularly his poetry collection "Leaves of Grass," which was described as obscene for its overt sexuality.

Fridays: April 27

Room: A-104 / **Time:** 1:00 to 3:00 p.m.

Instructor: Tom Brennan

Southern Discomfort

IR - 430

This course will discuss the role that slavery and racism played and still continue to play in American history and politics. Students will examine the biographies of various southern leaders including John C. Calhoun, John Breckinridge, Robert E. Lee, James Polk and John Wilkes Booth. There also will be a discussion on how their legacies carry over into current day politics and policy.

Fridays: May 4, 11, 18, 25

Room: L-131 / **Time:** 1:45 to 3:00 p.m.

Instructor: Martin Alboum

SATURDAY

ILR History Club

IR - 397

Join the ILR History Club at its monthly meetings at the Ciarco Learning Center (CLC) in Hackensack.

Saturdays: January 28; February 25; March 31; April 28; May 19

Room: CLC-103 / **Time:** 2:00 to 4:00 p.m.

Instructor: Marty Alboum and Lois Erwin

Pet Care for Every Stage of Life

IR - 412

This workshop will teach pet owners the basics of grooming, including how to brush your pet's teeth, safe nail and ear care, the importance of bathing and brushing, proper medication techniques, and more. Learn how to make the most of your relationship with your pet, from how to kitty or puppy-proof your house to the special nutritional and exercise needs of older pets. This informative class will include hands-on practice using animal prototypes. Enrollment is limited.

Saturdays: April 7

Room: L-131 / **Time:** 9:00 a.m. to 12:00 p.m.

Instructor: Lisa Picht, LVT

Alice Paul and the Suffragette Movement **IR - 398**

The presentation deals with New Jersey born Alice Paul, a key figure in getting the 19th Amendment (giving women the right to vote) passed in 1920. Paul's Quaker background is explored in an effort to understand her strong advocacy of women's rights. The slide show illustrates postcards and cartoons from the period, which gives a humorous (and not so humorous) look at the suffragette movement from 1900 to 1920. Also a mention of New Jersey's role in the suffrage movement is noted. For a brief period in the late 18th and early 19th centuries women and free blacks had a right to vote in New Jersey.

Saturday: April 14

Room: L-131 / **Time:** 9:30 to 11:00 a.m.

Instructor: Charles F. McSorley

SPECIAL EVENTS

Black History Month – February

Women's History Month – March

African American Women in Suburbia Conference – March 26

Details on special events will be available in February.
Please stop by the ILR office.

Matthew Brady and the Civil War

IR - 399

The presentation is twofold - it deals with the life of Mathew Brady and also with his contributions to American photojournalism. This elusive, intriguing figure was part historian, part hustler and part showman. Did Brady really take all those pictures in the Civil War? Does he deserve all the credit he received for all the great pictures taken in mid-19th century America? The portrait of Abraham Lincoln on the five dollar bill comes from a Brady photograph. The second part of this presentation presents a slide show set to music and commentary, which highlights Brady's work and his Civil War views.

Saturdays: April 14

Room: L-131 / **Time:** 11:30 a.m. to 1:00 p.m.

Instructor: Charles F. McSorley

Theodore Roosevelt

IR - 400

Attend a revealing presentation on the life and times of Theodore Roosevelt. Learn how Roosevelt coped with late 19th century corporate corruption, an energy crisis and contaminated food supply, while guiding the country from a primarily rural landscape to a more complex urban jungle. Interwoven into the presentation are other significant figures such as J.P. Morgan and socialist Eugene V. Debs. A question and answer session will be held at the end of the presentation.

Saturday: April 14

Room: L-131 / **Time:** 1:30 to 3:00 p.m.

Instructor: Charles F. McSorley

Pet First Aid

IR - 413

Your best friend depends upon you for love, affection and his or her well-being. In this class, students will learn the basics of first aid, how to handle an injured animal and the normal vital signs for cats and dogs. Students will practice the proper techniques for securing limbs and performing CPR on animal models. This class is a must for pet owners. Enrollment is limited.

Saturday: April 21

Room: L-131 / **Time:** 9:00 a.m. to 12:00 p.m.

Instructor: Lisa Picht, LVT

Travel Adventures

This program is offered in collaboration with the Glen Rock Community School. Fees include transportation. ILR is not responsible for unforeseen circumstances, including traffic delays or inclement weather. Please let us know if you have special needs. There are no refunds. Please call (201) 389-5011, extension 3 for more information. To register, please visit Tech-115.

Polished Apple Wednesday, April 18

\$83

Take a trip to New York to view the landmarks everyone loves so much. The first stop is Gracie Mansion, home to most of the mayors of New York City. Take a one hour walking tour and learn the history of the mansion. For lunch, the group will travel to the famous Italian restaurant, Carmine's - uptown on Broadway. The final stop of the day will be the Museum of the City of New York to view the various exhibits through a self-guided tour. Please wear comfortable walking shoes and bring a photo ID. The bus departs the Glen Rock pool at 8 a.m. and returns at approximately 4:30 p.m.

Culinary Institute Tour/Lunch and River Cruise \$92 Thursday, April 26

Start the day with a drive to the Culinary Institute of America (CIA) for a tour and lunch. The CIA is located in Hyde Park, N.Y. on the Hudson River's East Bank. After the tour, enjoy a three-course lunch at the award-winning Caterina de Medici-Italy's authentic flavors in a magnificent Tuscan villa setting. The menu includes a first course of classic lasagna, the entrée consists of chicken two-ways and dessert is a warm chocolate lava cake with vanilla gelato. After lunch, take a short drive to Kingston, N.Y. for a two-hour cruise up the Hudson. For more than twenty years, Hudson River Cruises has provided passengers a firsthand view of the historic shoreline from the decks of the Rip Van Winkle. We will depart the Glen Rock pool at 8 a.m. and return at approximately 6 p.m.

Bronx Bombers Tour, Lunch and Shopping
Thursday, May 3

\$79

Begin the day with a drive to Arthur Avenue, one of the more famous streets in the Bronx to shop for the best Italian food in the area including cheese, bread, Italian meats, cakes and cookies. Please bring coolers for your purchases. After shopping, we will have lunch at one of the local restaurants (included). We will then make our way to the new and much acclaimed "Yankee Stadium" and take a one-hour tour of the Yankee Museum, Monument Park, dugout, batting cages and locker room (all locations are subject to availability). We will depart the Glen Rock pool at 9 a.m. and return approximately 4:30 p.m.

What makes the ILR great? You do!

It would be hard to find a more enthusiastic and energized group of people than the members of our Institute for Learning in Retirement at Bergen Community College. Volunteers abound. Few ever miss a class. Participation is contagious. Bring a friend to a class and introduce him or her to our "college in retirement." Call the ILR office in advance at (201) 447-7156 or email us at ilr@bergen.edu.

Please note

The views and opinions expressed in ILR courses are strictly those of the instructors. Because the advice or information given by your instructor may not coincide exactly with your own particular opinions, we urge you to:

- Consult your broker or financial advisor before acting upon implied or actual recommendations concerning the investment of your money
- Consult your doctor before following any suggestions pertaining to the consumption of medically-related products or other medical advice.

Emergency Closings

In case the College has to close due to inclement weather:

- Log on to the College's Web site: www.bergen.edu.
- Call the College's main telephone number at (201) 447-7100.
- Log on to <http://newyork.cbslocal.com/school-closings/> to sign up for email notification of college closings.
- Listen to radio stations: WCBS/880, WOR/710, 1010 WINS, WVNJ 1160.
- Watch TV Cablevision/News 12 NJ.



A Message from the President...

The Institute for Learning in Retirement is an extension of Bergen Community College's commitment to lifelong learning for all members of the community. Adults 55 years of age and older have the opportunity to take non-credit courses on a variety of topics, ranging from politics to basic home repair, pet care to meditation and personal finance to zoology. Classes are designed to help students

expand their educational interests and discover a world of learning beyond the traditional classroom setting.

We look forward to serving you.

Dr. José A. Adames
Interim President, Bergen Community College

BENEFITS OF MEMBERSHIP

Cafeteria – Our cafeteria is open Monday to Thursday 7:30 a.m. to 6:00 p.m.; Friday 7:30 a.m. to 3:00 p.m. Dunkin' Donuts is located in the Student Center and is open weekdays 7:30 a.m. to 8:00 p.m. and Saturday 7:30 a.m. to 1:00 p.m.

Dental Hygiene Clinic – This on-campus program is open to ILR members with Bergen Community College ID. Please call (201) 447-7180 for an appointment. Charges are minimal.

Swimming Pool – A spring pool schedule and release forms are available in Room HS-100 after January 20. You must complete a release form (physical within one year) and return it to the Nurse's Office and receive a medical card before you use the pool.

Library – ILR members may borrow items from the College's Library by presenting their student ID cards at the desk.

HOW TO LOCATE YOUR CLASS

Most classes are held at the Paramus campus, unless otherwise listed. Class locations are listed with a specific site, building and room number, (report there at class time), or with location to be announced (TBA). Call (201) 447-7155 the day before for classroom assignments.

Buildings and wings are designated as follows:

Main Building

Bergen Community College
400 Paramus Road, (Parking Lot A or B) **WINGS: A, B, C, L, S**

TEC - Technology Education Center

Bergen Community College
400 Paramus Rd. (Parking Lot B)
(Bldg. to the right of Main Bldg.)

E - Ender Hall

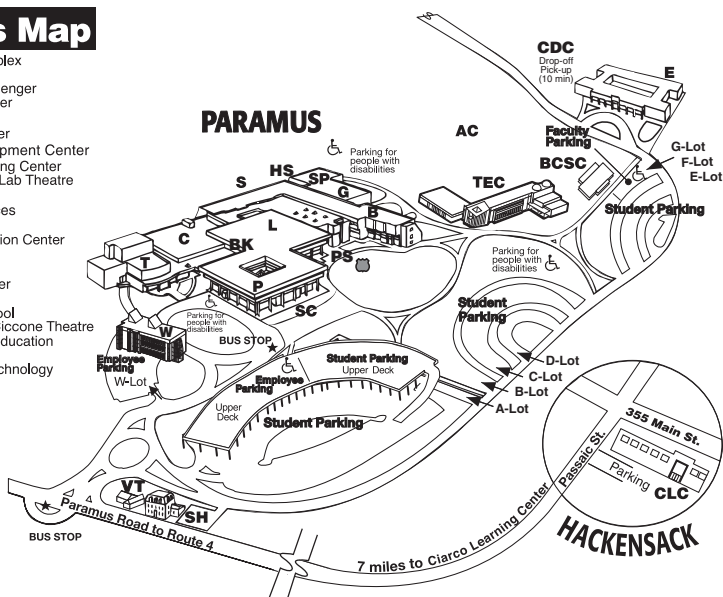
Bergen Community College
400 Paramus Road,
(Parking Lot E or F)

CLC - Cicarco Learning Center

355 Main Street, Hackensack, NJ
(Enter parking lot from Passaic or Berry St.)

Campus Map

- AC** Athletic Complex
- B** Business
- BCSC** Buehler Challenger Science Center
- BK** Bookstore
- C** College Center
- CDC** Child Development Center
- CLC** Cicarco Learning Center
- E** Ender Hall & Lab Theatre
- G** Gymnasium
- HS** Health Services
- L** Library
- P** Pitkin Education Center
- PS** Public Safety
- S** Science
- SC** Student Center
- SH** Scooskie Hall
- SP** Swimming Pool
- T** Anna Maria Ciccone Theatre
- TEC** Technology Education Center
- VT** Veterinary Technology
- W** West Hall



SPRING 2012 REGISTRATION FORM

I paid my yearly membership in September 2011.

I did not join in September 2011. I want to be a member of the ILR at Bergen Community College. Enclosed is my check for \$90.00 THROUGH JUNE 2011. **AUTOMATICALLY COME TO THE CLASSES FOR WHICH YOU REGISTERED.** You will be notified **ONLY** if the course is filled by the time we receive your registration. Additional information is provided on the inside front cover.

PLEASE PRINT. We **MUST** have your phone number so that we can notify you if a class is cancelled or changed.

Name: _____ Address: _____

Town: _____ Zip Code: _____

Phone: _____ Cell: _____ Date of Birth: _____

Email: _____

Course Number	Course Title
1 IR-	
2 IR-	
3 IR-	
4 IR	

**PLEASE PUT
REQUESTS IN
PRIORITY ORDER
SPRING 2012**

Incomplete applications will be returned by mail and your registration delayed.

Mail to:
Dr. Ilene Kleinman
Bergen Community College
Institute for Learning in Retirement
400 Paramus Road, Room TECH-116
Paramus, New Jersey 07652-1595
Phone: (201) 447-7156

Please complete registration form and mail check or money order for \$90.00 payable to ILR-BCC.

PLEASE MAKE A COPY OF YOUR CHOICES FOR YOUR OWN RECORDS.
Send the **ORIGINAL** copy to us with your payment.
NO REFUNDS.

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DLB
Spring 2012