

Academy of Learning in Retirement

*A continuing education
community program*

Spring 2024 On-Campus & Online Course Offerings

Classes are located online, and at
North East I.S.D. Community Education Building
8750 Tesoro Drive, San Antonio, Texas 78217

Have questions?
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ALIR Facilitator
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Welcome to ALIR!

This catalog and
more information
are available at
www.ALIRsanantonio.org

ALIR 2023-24 Council

Naomi Best
Michael Burns
Paul Cavazos
Felix Cerna
Tom Colbourn
Linda Comeaux
Jo Ann Fielden
Don Gadberry
Suzette Pelayo
Estela Royal
Steve Rutledge

Mission Statement

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

Welcome to ALIR!

In short: All people age 50+ are welcome at ALIR. You need to **register to attend a class** (whether it's on campus or online) and in order to register you **first need to pay** a single fee – you can then attend as many classes as you want during the term. *See pages 2 and 3 for payment and registration details.*

Update: ALIR continues to work toward equipping a few classes or events that can be held simultaneously on campus and online. This Spring term includes one **hybrid class, *Exploring Hayling Island***; we invite you to be among the first to test ALIR's new use of technology.



Check it out! Some ALIR instructors opted to share short biographical sketches, included at the end of this catalog, beginning on page 30.

Important Dates for Spring 2024

Tuesday, Jan 2	Online payment opens for Spring; <i>you must pay before registering</i>
Monday, Jan 8	Registration for classes opens ; <i>ongoing throughout the Spring</i>
Wed, Jan 24	On-campus instructors' meeting Orientation for new students
Monday, Jan 29	First day of classes
Monday, Feb. 19	First luncheon
Week March 11-15	Spring Break. No on-campus classes; NEISD closed
Monday, March 18	First day of 2nd 6-weeks classes
Thurs, March 21	Second luncheon
Wed, April 17	Art Exhibition and Performing Arts Show
Tuesday, April 23	Third luncheon/Scholarship awards
Friday, April 26	End of Spring term

Online Training – Take part in classes from home or when away

Enroll in either one of these Zoom training sessions on SignUpGenius.

Monday, January 22 2:00pm	Welcome Meeting for Online Instructors We'll cover online policy issues; class news; key Zoom features; tips on managing a Zoom class; and leave plenty of time for Q&As.
Monday, January 29 2:00pm	Zoom-ing at ALIR: <i>Basics, Refreshers and Tips</i> This meeting is open to students and instructors who may need an introduction to Zoom basics or anyone who just wants a refresher.

Payment and Registration

About ALIR registration

- Registration is open and on-going throughout the spring.
- To register, you must **first make your payment**. After paying, you'll then receive a **second, new email** with a link to go to register on SignUpGenius, beginning January 8.
- *Note: You don't need a SignUpGenius password or account to pay or register!*
- Registration or payment questions? Contact alir@NEISD.net.

Payment (do this before you can register)

- Tuition for the Spring 2024 term (January-April) is **\$85.00**. This single fee allows you to attend as many classes during the term as you want.
- On **Tuesday, January 2**, all ALIRians will get an email with this catalog attached, along with a **payment link** to pay tuition at SignUpGenius.
- Once you click that link and are on the SignUpGenius website, you **don't** need a password or an account – just go to the payment box at the bottom of the page and pay with a debit or credit card (it's secure and encrypted).
- If you can't pay online, you may submit a check made out to **Academy of Learning in Retirement** and deliver it in person to Rhonda McRae at the NEISD building, 2nd floor, or mail it to Tom Colbourn, ALIR Treasurer, 26428 Enchanted Wind, San Antonio TX 78260.
- If you didn't receive the original emailed payment link (if you are new to ALIR for instance), this Spring's payment link is <https://www.signupgenius.com/go/9040E4BABA72CA3FB6-46825570-alir>

How to register for classes

- After you've paid your Spring tuition, you'll get a *second, new* email with a **registration link** that allows you to register for classes – although that link won't work until **Monday, January 8**.
- After **9:30 am on January 8** (and throughout the rest of the term), use the **registration link** you were emailed to go to SignUpGenius. Again, no password or account is needed.
- **Select the class** you want by going to the correct weekday, then to the time – you'll see the class listed. Once you've found it, click the check box. (*Note online classes are listed separately.*)
- **Select another class if you want**, on any day and time, by clicking its check box. Be careful your classes don't overlap with your prior choices.
- **Click the "Submit" button** at the bottom of the page – don't forget this step!
- **Fill in the required contact information** (name, email address and phone number) so instructors can contact you, and then – you're enrolled! Watch for your confirming email(s).

35 Years of Innovative Learning and Community Spirit

The Academy of Learning in Retirement (ALIR) was founded in 1989. Doing the math means that this year – 2024 – is ALIR’s 35th year of nourishing the proverbial wisdom of us elders.

ALIR began 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 wide variety of liberal arts classes to an over-55 crowd. He presented the concept to UTSA officials who reacted favorably.



So, 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 the years at ITC, ALIR’s numbers grew steadily, reaching a peak of about 200 members and 50 classes by 2005.

But that year, 2005, ALIR received the news that it would lose its ITC home due to the burgeoning growth of UTSA and its need for downtown space. The search began for a new campus. North East Independent School District (NEISD) welcomed ALIR to its Continuing Education Department in the spring of 2006. In 2014, ALIR received its 501(c)(3) non-profit designation, and in 2017, **Rhonda McRae** was officially assigned to wrangle ALIRians full-time, a blessing to us all.

A number of familiar classes and instructors launched during these early years. **Mark Stokes**, for instance, started the *Socrates Café* class and also began the *Mindful Living*, both still going on after 17 years. Other long-running classes include *Memoir Writing*, *Conversations with a Psychologist* (**Susan Pelzer**), *Basic Watercolor* (**Jeanette Lowell**), *Zen Painting* (**Mary Bowman**), Writers’ Workshop and poetry (**Jean Jackson**), German with **Frederick Prassel**, and Spanish with **Maria Zambrano** and **Mary Martinez**. And of course **Tom Lake’s** computer classes have trained a gaggle of seniors in the mysterious ways of Microsoft and are still going strong today.

In 2012, ALIR’s enrollment was 590 members, including 76 volunteer instructors who taught more than 80 different classes. These statistics remained pretty steady, reaching a peak of over 690 members including 81 instructors – *until COVID*.

The Spring catalog had just been published in 2020 when suddenly all classes had to be cancelled ... *but wait*. The ALIR Council led by **Geoff Leech** and **Mike Burns** took up the challenge and by summer was “beta testing” a group of about 30 online (Zoom-based) classes. By the Fall term, nearly 200 people signed up for online classes; *ALIR lives!* The pandemic upset enrollment for a couple of years, but today, ALIR has a rebounding membership of about 450 lifelong learners, happily attending classes both in person and online, sharing coffee and lunches, and telling their stories of long lives, well-lived.

So let’s celebrate ALIR’s longevity! And in particular, let’s send a rousing round of applause to **the many volunteer instructors** who make the entire effort possible. Cheers for another 35 years of intellectual stimulation and companionship!

Classes by Category

Campus Classes (Day offered)
Online Classes (Day offered)
Campus + Online (Day offered)

Classes vary in the number of weeks offered; most are for 12 weeks, but some are 6- or 3-weeks.
PLEASE READ THE CLASS DESCRIPTIONS WHICH FOLLOW BEFORE ENROLLING.

Applied Art/Art Appreciation

Basic Watercolor (**Mon**)
Zen Painting: Spring (**Tues**)
Acrylic Painting (**Wed**)
Rock Painting (**Wed**)
Pastels (**Thurs**)
Fundamentals of Photography, Part 2 (**Thurs**)
Calligraphy for the ALIR Community (**Thurs**)
New! Scribbling on Walls: *The Art of the Mural* (**Fri**)
New! Georgia O’Keeffe: *Bones, Buildings and Skies* (**Fri**)

Current Events/General Studies

New! Misinformation (**Mon**)
Computer Skills: *Microsoft Word* (**Mon**)
Computer Skills: *Digital Graphic Arts* (**Mon**)
New! Disparities in Healthcare for Black Women: *Why it Matters* (**Mon**)
New! The Art of Seeing Others Deeply (**Mon**)
Socrates Café (**Tues**)
New! May I Introduce? (**Tues**)
Let’s Talk! (**Wed**)
Wildscape Your Yard Using SAWS Money (**Wed**)
Clean Sweep Your Life (**Thurs**)

Economics/Science

New! The Heroic Age of Antarctic Explorers (**Tues**)
New! Financial Fraud: *Detect & Deter* (**Wed**)

Film/Theater

New! Wanted DAED or Alive: *Dame Agatha’s Excellent Detectives* (**Thurs**)
New! Fly with Me! to ... Love (**Fri**)

History/Political Science

New! Texas Biographies: *Two Deep Dives* (Mon)
New! The Middle East in the 20th Century (Mon)
And the World Was Never the Same (Dr. Fears) (Tues)
New! The History of Photography (Tues)
The Presidency (Tues)
New! Great Trials of World History (Tues)
The 1619 Project (Tues)
19th -20th Century Spanish-American Culture and Civilization (Wed)
New! The Ottoman Empire, 1295-1918 (Wed)(Thurs)
Coming to America: *A History of U.S. Immigration* (Wed)
New! A Picture's Worth a Thousand Words (Wed)
New! Exploring Hayling Island, 955CE to Today (Thurs)
What a Trip! Hieronymus Munzers' 1994 Journeys Through Spain (Thurs)
Turning Points in American History, Part 2 (Thurs)
A History of the CIA, Part 3 (Thurs)
New! Charlemagne (Thurs)

Health/Wellness

New! Addiction 2024 (Mon)
New! How Not to Die (Tues)
Nutrition and Chronic Illness (Wed)
New! Clean Up & Stop Wasting! (Wed)
New! Making Healthy Food Taste Great (Thurs)
New! An Existential Approach to Living (Thurs)
Mindful Living/Meditation (Thurs)

Language

Advanced Spanish: *Conversation and Grammar* (Mon)
Beginning/Early Intermediate Spanish: *Everyday Conversations* (Mon)
Don Quijote de la Mancha (Tues)
Elementary to Intermediate German (Tues)
New! Crash Course in Spanish Grammar (Tues)
Intermediate Spanish (Wed)
American Sign Language (Thurs)

Literature/Creative Writing

Memoir Writing (Mon)
Poetry of the 21st Century (Mon)
New! King Arthur: *Myth/Legend/Reality?* (Tues)
New! The Novel of the Early American Republic (Tues)
Reading Together (Tues)
ALIR Book Club (Fri monthly; see page 23)

Music/Dance

Mountain Dance (**Tues**)
Line Dancing 101 (**Tues**)
Beginning Line Dancing (**Tues**)
Introduction to Ukulele (**Wed**)
Ukulele Jam Band (**Wed**)
New! Hula – *A Hip Way to Exercise* (**Thurs**)
Basic Ballroom Dance (**Thurs**)

World Cultures/Philosophy/Religion

A Survey of the Old Testament, Part 2 (**Mon**)
Twelve Extraordinary Women of the Bible (**Fri**)

Recreation/Leisure

New! We Just Want to Laugh! (**Mon**)
Exploring Mexican Cuisine, Part 2 (**Tues**)
Tai Chi/Qi Gong (**Wed**)
Yin Yoga (**Wed**)
Games Galore: *Board Games and Cards* (**Wed**)
Body, Bones, Bands and Balance (**Wed**)
Flow Yoga (**Thurs**)
Stretch and Strength (**Thurs**)
Brain Games (**Thurs**)(**Fri**)
Indian Cooking (**Fri**)
Beginning Bridge (**Fri**)

Did you know? Each year, ALIRians contribute to a college scholarship fund for outstanding graduates of NEISD high schools. If you've ever wanted to help a young scholar achieve their dreams, this is a good way. (And while we're mentioning contributions, ALIR gratefully accepts legacy donations.)

Thanks for being part of our community of learners.

On-Campus Courses

Spring 2024

Monday

New!

Misinformation

Tom O'Brien

9:30-10:45 Monday 1st 6 weeks (1/29 - 3/8)

The threat of misinformation is real. To better understand this reality, this class will use a selected few Great Courses® video lectures as its starting point. The instructor, an engineer by training, will also bring in supplemental materials on the concept of “fallacy” and will devote substantial class time to the definition and discussion of several important logical fallacies. (Max 35)

Basic Watercolor

Jeanette Lowell

9:30-10:45 and

11:00-12:15 Monday 12 weeks

The first class will cover the color wheel, values and washes. After that, we paint! Students of all levels are welcome to this long-running, productive class. The instructor will provide a supply list.

NOTE: The 11:00 class repeats the 9:30 class; please register for just one. (Max 20, each session)

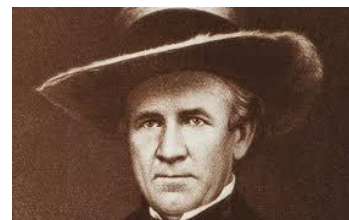
New!

Texas Biographies: *Two Deep Dives*

Don Glessner

9:30-10:45 Monday 12 weeks

Join this expert Texas history enthusiast for a deep dive into the lives of two remarkable Texans. Our first nine weeks will focus on Sam Houston, emphasizing his time as Commanding General of the Texas Army during the Texas Revolution. The final three weeks will be a biographical study of William Barrett Travis, Commander of the Alamo.



Beginning & Early Intermediate Spanish: *Everyday Conversations*

María Zambrano/Lourdes Cervantes

9:30-10:45 Monday 12 weeks

Beginning through early intermediate Spanish students are welcome in this class, where we will practice building your conversational vocabulary as well as using idioms and common expressions. The class will continue working on simple grammatical concepts to help shape our conversations. We will use the basic text **Easy Spanish Step-by-Step** by Barbara Bregstein (ISBN: 978-0-07-146338-6). (Max 20)

Advanced Spanish: *Conversation and Grammar*

Suzette Pelayo

11:00-12:15 Monday 12 weeks

This course, conducted mainly in Spanish, will have a conversational focus. Advanced conversation, idiomatic expressions, advanced grammar usage, and new vocabulary will be emphasized. We will continue with the book **Complete Spanish Step by Step** by Barbara Bregstein, Premium Second Edition, 2020 (ISBN 978-260-46313-2). Please bring a spiral notebook to class. Pre-requisite: You should be able to carry on a basic conversation in Spanish. (Max 15)

Computer Skills: *Microsoft Word*

Tom Lake

11:00-12:15 Monday 1st 6 weeks (1/29 - 3/8)

Join ALIR’s computer guru to explore the the basics of Microsoft Windows (both versions 10 & 11) with a focus this Spring on word processing using Microsoft Word. We’ll begin with the basics of computer word processing and move to more advanced techniques. (Max 20) This class will cover:

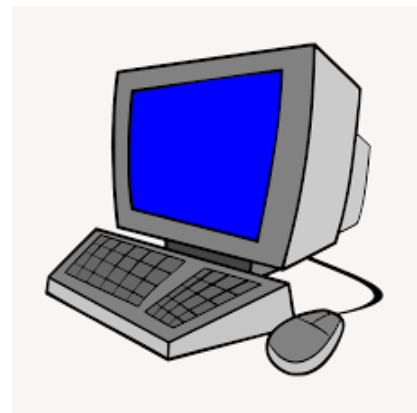
- Formatting (page layout, margins, views, fonts, printing, etc.)
- Inserting and editing graphic content (pictures, clipart, charts, shapes, borders, bullets)
- Saving, sharing, and printing (creating folders, organizing files, versions)
- Creating templates (making your own, using built-ins, modifying, web page design)

Computer Skills: *Digital Graphic Arts*

Tom Lake

11:00-12:15 Monday 2nd 6 weeks (3/18 – 4/26)

This class will focus on using the digital photos from your camera and/or phone, and on computer-generated digital images and graphics. We will use popular common programs/applications (including Microsoft Word, PowerPoint and Publisher) to design and produce useful and fun projects (such as calendars, greeting cards, invitations, and announcements) as well as signs, templates, animated presentations, 3D graphics and more. (Max 20)



Addiction 2024

John Spencer

11:00-12:15 Monday 2nd 6 weeks (3/18 – 4/26)

If you missed this class when it was offered a while ago, here is your chance to hear this experienced ALIR instructor as he reviews current findings about addictions to alcohol, food, marijuana, shopping, tobacco, tranquilizers, vaping and more. He will share general information about addiction itself and about traditional as well as cutting-edge therapies for treatment. (Max 27)

A Survey of the Old Testament, Part 2

Leslie E. Ellison

11:00-12:15 Monday 12 weeks

These twelve classes are the second half of a survey of the Old Testament begun last Fall. Starting with the book of *Judges*, we will look closely at the history of Israel from *Judges* to the Babylonian Exile and beyond. The class format includes a 30-minute Great Courses® video lecture, followed by open discussion led by this respected, long-time ALIRian and instructor.

New!

We Just Want to Laugh!

Dee Kite/Roz Gagliano/Steve Rutledge

11:00-12:15 Monday 12 weeks



Remember the saying “Laughter is the best medicine?” Intuitively we’ve always known it’s true but now there’s scientific evidence: the Mayo Clinic says laughter enhances our intake of oxygen, activates and relieves our stress response and soothes tension. So call on your inner child -- leave your grownup self and all your filters behind -- it’s time to get silly. Loosely structured around improv, in this supportive community we’ll create whatever characters and pretend scenarios we can think of. The primary goals of this gathering are to let go, play around, and *laugh!* (Max 15)

New!

The Middle East in the 20th Century

Linda Rogde/Harry Munsinger

1:00-2:15 Monday 12 weeks

Why has there been such unrest in the Middle East? How have nations risen and fallen? Why are tensions so often present in this region? In this Great Courses® video series, author and lecturer Dr. Eamonn Gearson guides us to a better understanding of the historical, societal issues, and disputes during the 20th Century that have led to contemporary events in this century.

Tuesday

Mountain Dance

Linda Carolan

9:30-10:45 Tuesday 12 weeks

Mountain dancing combines popular folk dance styles. We always use simple clogging or walking steps, forward and back, with some turns. Learn the Virginia Reel plus Appalachian Mountain figures such as Dip for the Oyster, and even a Quadrille. No partner needed as we dance to different styles of music plus traditional and Celtic music. People with two left feet are welcome! Be ready to laugh a lot and count to 3 with your feet. (Max 30)

Zen Painting

Mary Bowman/Margarita Benavides

9:30-10:45 Tuesday 12 weeks



This term we will explore traditional painting of various winter and spring seasonal subjects, such as plum, camellias, narcissus, pine trees, etc., as decided by class consensus. A paper fee of \$5 will cover papers and envelopes for the weekly products created in class. (Max 22)

And the World Was Never the Same

Pamela Ferguson

9:30-10:45 Tuesday 1st 6 weeks (1/29 - 3/8)



We continue this course with lectures 25 through 36, concluding the Great Courses® video series with Dr. J. Rufus Fears narrating the events and people which changed the course of human civilization. From Hammurabi to Christ, the founding of Bologna University to the moon landing, Dr. Fears provides the facts in his unique, inviting manner, interweaving them with his own brand of storytelling. You will learn something new with each lesson while enjoying the presentations by this gifted and lauded video lecturer. An ALIR favorite.

Elementary to Intermediate German

Fred Franz Prassel, BA, MA

9:30-10:45 Tuesday 12 weeks

While intermediate level students of German will enjoy and benefit from this class, elementary German language learners are also welcome. We will focus on speaking/pronunciation, vocabulary and grammar. We will continue to use as our resource the book **German Made Simple** by Dr. Arnold Leitner, 2006 (ISBN 0-7679-1860-6), available from online booksellers. (Max 15)

New!

The History of Photography

Joanna Valentine

9:30-10:45 Tuesday 12 weeks

This course will explore key events that led to the development of photography – from the first photograph by the French inventor Nicéphore Niépce (owned by and displayed at the Harry Ransom Center in Austin) through the 20th Century, including the development of digital photography and our ever-present mobile phones. Although the instructor will screen parts of the Great Courses® video lecture series *The Genius of Photography*, she will have much to add as she is an award-winning photographer herself with a long-running interest in this fascinating history. (Max 25)



New!

The Novel of the Early American Republic

Richard S. Pressman PhD

11:00-12:15 Tuesday 12 weeks

The U.S. Early Republic (1789-c.1830) is a fascinating time when the new nation’s values were contested as Federalists and Democratic-Republicans vied for supremacy. Most novels were written by conservatives, as only they had the moneyed leisure to write. However, as most authors were women, there is the added question of women’s suppression to consider. Students will read five Early American novels that they will need to purchase from the instructor since they are not available elsewhere. The first meeting will serve as an historical and critical introduction. Then the class **will meet every other week**, allowing students two weeks to read each novel. In class, we will then spend 75 minutes discussing the assigned novel. **NOTE: \$50 cost is required for the five rare book reprints.** The instructor rescues and publishes out-of-print books for academic and historical use as a non-profit endeavor. <https://earlyamericanreprints.wordpress.com/> (Max 12)

The Presidency

John Fagin BA, MA

11:00-12:15 Tuesday 12 weeks

The course will cover the constitutional and historical roots of the American Presidency. We will spend time considering both the best and the worst presidents in our history. A significant focus of this class will be tracing the evolution of the office of the Presidency.



New!

Great Trials of World History

Bernard Rauch

11:00-12:15 Tuesday 2nd 6 weeks (3/18 – 4/26)

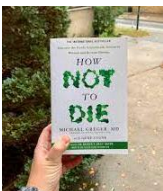
This course reveals how societies throughout history have used trials to resolve key issues and decide the fates of evildoers, abusers of power, champions of free speech, and innocent people caught in the wrong place at the wrong time. It is based on a series of Great Course® lectures by Professor Douglas Linder of the University of Missouri-Kansas City School of Law.

New!

How Not to Die

Caron De Mars

11:00-12:15 Tuesday 3 weeks A (1/29 – 2/16)



We’ll dive into Dr. Michael Greger’s book **How Not to Die** as he explores a number of maladies, from auto-immune diseases to heart disease to diabetes, and summarizes what science says about potentially reversing these (and other) conditions. We’ll watch videos and discuss the book, which can be checked out from the library or purchased online new or used.

Exploring Mexican Cuisine, Continued

Yvonne Soliz Valdez PhD

11:00-12:15 Tuesday 1st 6 weeks (1/29 - 3/8)



Exploring Mexican Cuisine will again introduce ALIRians to four nearby restaurants to experience authentic Mexican Cuisine and its distinctive flavors. We are uniquely blessed to live in one of America’s premier culinary destinations. San Antonio was only the second US city to be given the UNESCO “Creative City in Gastronomy” designation. Geographically, as well, we are well-positioned to learn more about food from Mexico since it so clearly influences our local flavors and economy. In this class, the instructor and her husband will share four nearby restaurants where ALIRians can taste (and of course, discuss while enjoying) authentic Mexican cuisine that will expand and enhance their Mexican dining experience. Each ALIRian will be responsible for their own meal and tip as appropriate. The first and the sixth class will be on campus. (Max 15)

Line Dancing 101

Jacqueline Ackley/Sandra Goodrum

11:00-12:15 Tuesday 12 weeks

We’ll dance to a variety of musical genres in this class. Wear comfortable smooth-soled shoes as we dance on carpet and bring a re-capable water bottle for breaks. We have so much fun, you don’t realize you’re getting physical as well as mental exercise. **NOTE:** A basic line dancing class is offered at 1:00. (Max 25)

Beginning Line Dance Steps

Sandra Y. Goodrum

1:00-2:15 Tuesday 1st 6 weeks (1/29 - 3/8)

This class is designed for those non-dancers who want to teach their two left feet a move or two! Don’t sign up for this class if you have already enrolled in the regular line dance class in the past, since this class will be repeating very basic steps for six weeks. (Max 15)

Don Quijote de la Mancha

Mary Martinez/Estela Royal

1:00-2:15 Tuesday 12 weeks

This class will read, review and discuss – predominantly in Spanish – excerpts of the literary classic by Miguel de Cervantes Saavedra, **Aventuras del Ingenioso Hidalgo Don Quijote de la Mancha**. We will use an adaptation written for intermediate and advanced Spanish-language students by Marcel C. Andrade; the book is available online, ISBN #0-8442-7361-9. (Max 15)



New!

May I Introduce?

Patricia A. (Patti) Young

1:00-2:15 Tuesday 12 weeks



This Spring’s historical personalities are quirky, vaguely familiar and were all definitely influential in their day. Meet the immensely talented Ludwig von Beethoven, Georgia O’Keeffe, Agnes de Mille, and Jules Verne. Get to know the infamous Imelda Marcos, Eva Peron, and the Earp brothers. Too tame for your tastes? How about Napoleon Bonaparte, Daniel Boone, or Tokyo Rose? Looking for titillation, not turmoil? Try on Helen Gurley Brown or Anne Bonny for a fit. All these and more will be introduced (via video!) at our weekly meet and greet. Get ready to get the after-lunch lowdown on 12 distinctive individuals from history (or herstory).

New!

King Arthur: Myth/Legend/Reality?

Patricia Lonchar

1:00-2:15 Tuesday 2nd 6 weeks (3/18 – 4/26)

No one really knows if King Arthur existed, yet his story (and that of his Round Table) still captivates audiences. Why? What do historical records suggest? What does literary history reveal? What may we learn about the past AND the present in the tales of the King and his knights? This class will examine these questions via prepared excerpts from a wide variety of sources provided by the instructor (from earliest manuscripts to more contemporary works) and student discussion. While we will not be able to confirm that the Arthur of legend existed, we will be able to explore the attributes of leadership that continue to inspire us and, maybe, illuminate why King Arthur is called “the once and future king.” (Max 35)



New!

Crash Course in Spanish Grammar

Coco Martinez

1:00-2:15 Tuesday 1st 6 weeks (1/29 - 3/8)

Review, learn something new, or suddenly remember something you have forgotten in this crash course covering Spanish language grammar basics. The class is designed to help advanced beginner or intermediate students feel more confident by mastering some common mistakes in grammar, spelling, punctuation and accents. (Max 30)

¡Olé!

Wednesday

Nutrition and Chronic Illness

Aris Nikas

9:30-10:45 Wednesday 1st 6 weeks (1/29 - 3/8)

To enhance our understanding of present-day chronic conditions such as diabetes, high blood pressure and dementia, this course will explore non-pharmaceutical ways to help in prevention and management of such illnesses. Led by an articulate and experienced physician, discussions will focus on lifestyle measures and the clinical evidence for nutritional changes.

Acrylic Painting

Valentina Messer

9:30-12:15 Wednesday 12 weeks



This is a perennially popular class for painters who want to learn a variety of painting techniques, or to hone the ones they have – all in a serious but enjoyable setting. We will also cover basic rules of composition, still life painting and landscapes.. **NOTE:** Double period (Max 20)

19th – 20th Century Spanish-American Culture and Civilization

Jack Himelblau PhD

9:30-10:45 Wednesday 12 weeks

Students in this advanced course, conducted in Spanish, will read an assortment of *documentos* by writers from Mexico to Chile and Argentina. The *documentos* deal with significant social, political and educational issues from 1800-1935.

New!

Clean Up and Stop Wasting!

Caron De Mars

9:30-10:45 Wednesday 3 weeks A (1/29 – 2/16)

Calling all those who love Mother Earth (that's all of us, right?!)! Week one, you'll learn how to methodically clean up your own environment. Then in week two, we'll have a quality swap meet and you'll learn new hacks for a zero-waste life. And in week three, you'll calculate your carbon footprint and learn the most effective ways to treat your space and our planet in a kinder, gentler way.



Intro to the Ukulele

Rudy Salazar/Sandra Goodrum

9:30-10:45 Wednesday 12 weeks

If you always wanted to learn to play the ukulele, this introductory class welcomes newbies as well as those who may already know three or four ukelele chords – because those are all you need to play an endless number of songs. You will need to bring a ukulele by the second week of class (we can help you select one that’s best for you) as well as a 3-ring binder for handouts. Our goal is to learn to play and sing for yourself, for your family and with friends – it’s all about having fun with your ALIR ukulele *ohana!* (Max 16)

Ukulele Jam Band

Bob Carlson/Rudy Salazar

11:00-12:15 Wednesday 12 weeks

Come rock out with the Ukulele Jam Band! We’ll play songs by The Beatles, Elvis, Dylan, Simon & Garfunkel and other pop, folk and easy rock favorites you grew up with. We keep it simple – if you can play C, F, and G7 chords to start, you’re in the band! Bring any size ukulele and a tuner; a tabletop music stand is optional. (Max 18)



Wildscape Your Yard Using SAWS Money!

Caron De Mars

11:00-12:15 Wednesday 3 weeks A (1/29-2/16)

Thinking about spring? Create a pollinator oasis using SAWS financial incentives! If you’re tired of a brown lawn and want to save on your water bill, learn how to wildscape and turn your lawn into a low-maintenance critter habitat, replete with pollinators. We’ll cover which SAWS-approved plants are native drought-tolerant plants and trees, and which are deer-resistant. In this class, we’ll talk about SAWS incentives the first two sessions, and the third session we’ll plot your yard with your ideal wildscape. Because of this one-on-one attention, class size is limited. (Max 12)

Active, knowledgeable instructors, compelling subjects, activities and friendship with others, and the sharing of new information – ALIR hits the mark for me.

Intermediate Spanish

Suzette Pelayo

11:00-12:15 Wednesday 12 weeks

This class is designed for the intermediate student who has completed a series of beginning/early intermediate classes. The class is on-going from previous semesters, but also welcomes new intermediate-level students. Our book is **Complete Spanish Step-by-Step**, 2nd edition (ISBN 978-1-260-46313-2). We will begin the semester with a review, then progress to more advanced structures in grammar, reading and conversation. (Max 20)

New!

The Ottoman Empire, 1299-1918

Nancy Fix Anderson PhD

11:00-12:15 Wednesday 2nd 6 weeks (3/18 – 4/26)



The Ottoman Empire, from its founding in the late-13th century to its demise in 1918, established control over the Middle East, eastern Europe, and northern Africa. A Muslim Turkish power with its capital at Istanbul, it generally ruled with peace among its diverse peoples, although with some tragic exceptions. The Ottoman Turks produced extraordinary architecture, art, music, and literature, which will enrich our course. The breakup of the Ottoman Empire after WWI, creating competing nationalities, led to many of the crises of the 20th and 21st centuries. There is therefore in recent years an unexpected nostalgia for this mostly stable and tolerant – and also powerful – Turkish empire. **NOTE:** This class is also available online on Thursday.

Introducing new approach!

Tai Chi/Qi Gong

William Etheredge/Julie Nyren/Pete Nyren

11:00-12:15 Wednesday 12 weeks

This may be the right time to try this ancient routine for continuing health. The instructors are introducing a new simplified form of Tai Chi and Qi Gong this spring. The physical and mental benefits of the practice still remain, of course. This new format should be perfect for beginners yet still challenging for those with Tai Chi experience. (Max 25)

New!

Financial Fraud: *Detect and Deter*

Naomi Best

1:00-2:15 Wednesday 3 weeks D (4/8 – 4/26)

Has financial fraud touched your life, or people you know? This class will examine what constitutes financial fraud, and the common ways it takes place. Our class focus will be on ways to detect and deter fraud. The instructor, who worked in finance for 25 years, will bring her personal experience and knowledge, and invites you to bring your stories and remedies to share as well.

Coming to America: *A History of U.S. Immigration*

Susanne O'Brien

1:00-2:15 Wednesday 1st 6 weeks (1/29 - 3/8)

This class is an overview of immigration to America from 1500s to today. We will look at who came, where they came from and why they came, as well as what the folks who were already here thought. We'll consider what laws and policies evolved to deal with the newcomers, and we will view videos to help tell these stories. Class members are welcome to tell their own or their family's stories.



Rock Painting for Fun

Michelle Burk

1:00-3:00 Wednesday 12 weeks

Work with this local artist to discover what fun today’s rock painting craze can be. You will need to bring at least two clean, smooth rocks to paint for each class. All supplies will be furnished, including paint, pens and sealers. We’ll discuss techniques for gathering rocks, ideas for designing and finishing them, and more (perhaps even how best to hide them!). There’s a \$5 supply fee per student. (Max 25)

Games Galore: Board Games and Cards

Suzette Pelayo



1:00-2:15 Wednesday 12 weeks

Connect with people who love playing games. Bring a board game or a deck of cards and teach your fellow ALIRians how to play (if they don’t already know) a new game. If you’re looking for something entertaining and competitive, spend some time with this welcoming group who started “playing around” last summer. (Max 20)

Body, Bones, Bands and Balance

Caron De Mars

1:00-2:15 Wednesday 3 weeks A (1/29-2/16)

Functional fitness training is important at any age. This class, taught by a Certified Personal Trainer, will introduce you to exercises for strength and balance that you can do at home or while traveling. The goal is to help you come up with your own routine to follow 2 or 3 times per week. Each student should bring a mat and a set of exercise bands, widely available at local stores or online. The instructor will also demonstrate exercises using light weights for those who want to incorporate them. (Max 20)

Thursday

What a Trip! Hieronymus Munzers’ 1494 Journeys Through Spain

Judith B. Sobre

9:30-10:15 Thursday 1st 6 weeks (1/29 - 3/8)

In 1494-5 Hieronymus Munzer of Nuremberg, along with two friends, journeyed to Spain and Portugal with the approval of Emperor Maximilian. Munzer wrote a detailed and wryly observant account of the trip – translated from Latin into English via Spanish – which has proven to be a fascinating account of a pivotal time for these two countries. We’ll follow his itinerary, read parts of his account (the English translation) and view contemporary images of many of the same landscapes, buildings, gardens, etc. that Munzer wrote about more than 500 years ago. (Max 30)



Pastels

Barbara Gadsby

9:30-12:15 Thursday 12 weeks



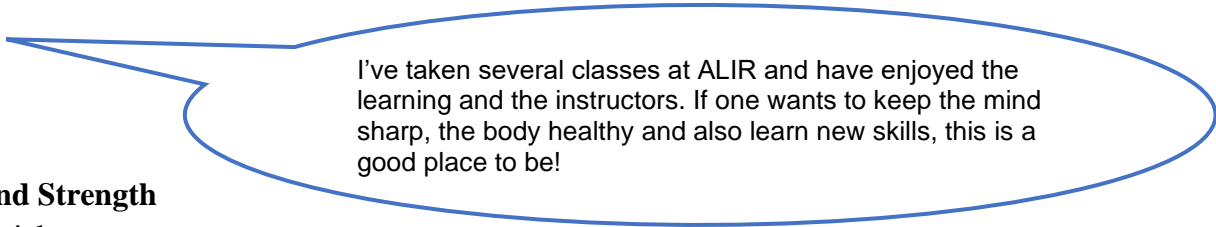
This double-period class is for any level student who is interested in painting with pastels. We will explore techniques, surfaces and more. Whether you're new to pastels or experienced, this is a welcoming, productive class. A supply list will be available soon after registration. (Max 20)

Turning Points in American History, Part 2

Tom Colbourn

9:30-10:45 Thursday 12 weeks

This Spring, our classes will conclude by covering 24 significant 'turning points' that our country faced during the years 1873-2001. We'll view Great Courses® video lectures and discuss these events – some which were big, some small, but each in its way impacted America's social, economic and political character. (Max 35)



I've taken several classes at ALIR and have enjoyed the learning and the instructors. If one wants to keep the mind sharp, the body healthy and also learn new skills, this is a good place to be!

Stretch and Strength

Ingrid Hetrick

9:30-10:45 Thursday 12 weeks

Feeling stiff and tight? This is the class for you! We focus on stretching with a bit of strength work in the mix. There will be a short, fun aerobic warm-up to music, since warm muscles stretch more readily, followed by traditional and yoga-inspired stretches for balance and flexibility. We'll do some common strength exercises and sprinkle in a bit of Pilates to keep things interesting. Class will close with a short relaxation segment. Bring a yoga mat or a blanket; straps, small towels and few extra mats will be available. (Max 25)

New!

Calligraphy for the ALIR Community

Mary Bowman/Lee Brooks

11:00-12:15 Thursday 12 weeks

Letter shapes surround us. We become aware of them via calligraphy training. Work on campus with the instructors to learn a font of your choice, or to create a work in italics to share with the group. A paper fee of \$5 will be charged for materials used in class. (Max 20)



A History of the CIA, Part 3

Peter Nyren/Julie Nyren

11:00-12:15 Thursday 1st 6 weeks (1/29 - 3/8)

This Spring we will look at the Agency's history through a series of historical events in which the CIA played a significant role. The events include the 1968 Soviet Invasion of Czechoslovakia, the 1973 Arab-Israeli War, and the Bosnian Conflict of the mid-1990s under President Clinton. The CIA held public symposiums for each of these events to officially release relevant declassified material and to bring in leading experts and high-level government officials to discuss their relevance. We plan to use this material to shed light on how intelligence shapes U.S. foreign policy decision making.



Fundamentals of Photography, Part 2

Peter Nyren

11:00-12:15 Thursday 2nd 6 weeks (3/18 – 4/26)

This course is a continuation of last Fall's course based on the Great Courses® class of the same name. The lectures this Spring will cover more advanced topics and share professional methods for shooting landscapes, wildlife, and people. We will also delve into macro photography and find out how to capture the tiny world that's so often overlooked in photos. And while low light poses a challenge, it's also ripe with photographic opportunity, and you'll discover how to spot and capture great images in low-light conditions. To round out the fundamentals, you'll learn how to curate your own images. You'll see a demonstration of digital workflow, with each of the steps in the process explained. You'll also get practice in choosing the best image out of dozens or even hundreds of frames from one shoot. And finally, we will once again discuss how to put together photographic stories and essays, moving beyond the individual still image to photographic narrative. (Max 25)

New! Hybrid!

Exploring Hayling Island, 955CE to Today

Julia Lerma/Sue Snelling

11:00-12:15 Thursday 3 weeks B (2/19 – 3/8)

Calling all Anglophiles! Sue and Julia, who are sisters, will present their personal memories of the tiny island off the south coast of England where they grew up. They will include historical and geographical milestones along the way, starting more than one thousand years ago through to modern times. (You may need an American English/British English dictionary and a robust sense of humour!) NOTE: This is a hybrid class, offered simultaneously in person and online.



In ALIR **hybrid** courses, students will be able to attend a particular class either on campus or online. Students will be able to watch the instructor's lecture on the screen in class and on their computer monitors at home (or elsewhere) using Zoom. All students, both online and in the classroom, will be able to see, hear and interact with their fellow ALIRians during Q&A and open class discussion.

Clean Sweep Your Life

Dee Kite/Roz Gagliano

11:00-12:15 Thursday 12 weeks

Working with this mastermind group, you will use a free online self-assessment tool to identify and clean up the loose ends in your life that may be holding you back from greater balance and satisfaction. You will use detailed checklists from The Clean Sweep Plus online assessment tool to review your own physical environment, finances, relationships, physical health and spiritual health. Then the group will combine brainstorming, education, peer accountability and support to help you set progress goals. Participants will need to complete their initial draft of this checklist before our first meeting; the instructor will send a link to the PDF upon enrollment. (Max 15)

New!

Hula: A Hip Way to Exercise

Ingrid Hetrick

11:00-12:15 Thursday 1st 6 weeks (1/29 - 3/8)

Ladies, want to dance your way to being fit? Hot Hula Fitness[®] is a fun, easy-to-follow Polynesian dance-based exercise format suitable for all fitness levels. This blend of Pacific Island dances will strengthen many of our large muscle groups – shoulders, arms, abdominals, gluteals and quads. We'll dance to popular music and to the beats of traditional Pacifica drums! Be prepared to dance in your bare feet and bring a sarong or hip scarf. (Fearless men may also attend.) (Max 25)

Basic Ballroom Dance

Eloy Ramirez/Jean Moore

11:00-12:15 Thursday 2nd 6 weeks (3/18 – 4/26)



It's never too late to learn -- or maybe, to brush up on some long-unused skills. This class focuses on the basics of ballroom dance, including swing, waltz, cha cha cha, rumba, foxtrot and even that celebrated ballroom favorite, the tango. No need to bring a partner; no dance experience is necessary. (Max 20)

Making Healthy Food Taste Great

Estela Royal

1:00-2:15 Thursday 1st 6 weeks (1/29 - 3/8)

Everyone wants to be healthy, but perhaps we don't eat healthy foods because they have the reputation of being flavorless or simply uninteresting. In this class, you'll learn how to move your dietary choices towards more nutritional and enjoyable options. The course will have some time for discussion but is a video lecture series presented by Connie Guttersen of the Culinary Institute of America. (Max 30)



Flow Yoga

Jean Unser

1:00-2:15 Thursday 12 weeks

This class includes warm ups, core, balance and memory work. Learn and practice flowing a sequence of yoga poses. Intentional breath practices tie it all together. Please bring to class your yoga mat, two yoga blocks, and a long (8 ft.) yoga strap.

An Existential Approach to Living

Susan Pelzer PhD

1:00-2:15 Thursday 1st 6 weeks (1/29 - 3/8)

Led by this respected and long-time ALIR instructor, here’s a rare opportunity to share in conversations about existential thoughts related to understanding life events.

American Sign Language

Barbara Gadsby

1:00-2:15 Thursday 12 weeks



Learning sign language is both easy and fun. You’ll acquire everyday phrases and explore a bit of Deaf culture along the way. By Fiesta time, you should be able to carry on a fairly decent conversation. (Max 30)

New!

Charlemagne

Beverly Baucum

1:00-2:15 Thursday 2nd 6 weeks (3/18 – 4/26)

Together we’ll view a docu-series about the life of Charlemagne which tells the engrossing story of his wayward ways as a youthful prince to his acts as a ruler, and reaching his zenith when the Pope crowned him Holy Roman Emperor. This iconic historical figure, who re-united Europe 400 years after the Roman Empire crumbled, laid much of the groundwork for the European world to come.



New!

Wanted DAED or Alive: Dame Agatha’s Excellent Detectives

Dr. Joanna McKinnis/Geoff Leech

1:00-2:15 Thursday 12 weeks



Agatha Christie fans won't want to miss this course pitting Hercule Poirot against Miss Jane Marple as they solve some of their most baffling cases. Join these skilled instructors for nine meticulously plotted crimes, solved by two “amateur detectives” – one famous for his little grey cells, and the other for her memory of obscure events in an English country village. Titles shall remain under wraps until the curtain opens.

Friday

New!

Come Fly With Me to ... *Love*

Joan Lyons



9:30-12:15 Friday **3 weeks A (1/29 – 2/16)**

Yes, Valentine’s Day falls during this series. Yes, we will feature movies that include love, or maybe hate (or even war) because of the power of love. Come see what loving realms our favorite film “pilot” will fly us to this spring, and what thematically appropriate snacks she will surprise the class with during intermission (can we expect some chocolate?). (Max 26)

Beginning Bridge

Debbie Jackson

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

This class has been designed for those who have wanted to learn the intriguing game of bridge, those who have played in the past and would like to get back into it, or those who play some now but would like to improve their game. Place your bid for learning and companionable enjoyment by joining this double-period class. (Max 20)

New!

Scribbling on Walls: *The Art of the Mural*

Carolee Moore

11:00-12:15 Friday **1st 6 weeks (1/29 - 3/8)**

In this class, we will examine the human propensity to paint on walls. Beginning with a quick look at ancient cave paintings from across the globe, we will examine how the mural has been expressed through the ages in the Americas, Europe, Africa and Asia. What is a mural painting anyway? What themes emerge? How are the paintings alike? How are they different? What media are used? What is the context? Come to be amazed.



Brain Games II

Steve Rutledge

11:00-12:15 Friday **3 weeks C (3/18 – 4/5)**



Join the fun as we play with words and phrases, testing our memories and exercising our brain cells with wurdles, commonyms, hink pinks and other delightfully puzzling ways to expand our minds. All you need is pencil and paper and your thinking cap! (Max 15)

Indian Cooking

Kris Challapalli

1:00-2:15 Friday**3 weeks B (2/19 – 3/8)**

Many of us share the instructor's passion about preventing common diseases such as diabetes and hypertension through healthier eating. In this class, you'll have an opportunity to watch how some favorite Indian recipes can be modified to meet that goal. (Max 20)

The ALIR Book Club***First Friday of the month, 3pm***

Amanda Churchill-Bergman welcomes ALIRians to the A.B.C. (the ALIR Book Club). We meet **online** at 3:00 on the first Friday of every month and discuss one book each session. Any member may suggest a title and volunteer to lead a discussion; we are extremely democratic! We try to choose books that are interesting to discuss and schedule them well ahead so that the reading load is not burdensome.

Contact the instructor to join this group of readers who share their ideas enthusiastically and with consistent good grace!

Online ZOOM Courses

Spring 2024

Monday

Memoir Writing

Michael Burns

11:00-12:15 Monday 12 weeks

Every person has stories to tell. Your memories can be a cherished odyssey, a meaningful legacy connecting generations, or a way to recall and celebrate a special memory. Join this online workshop to learn from and share with others your unique stories. This class continues ALIR's 23-year-long tradition of offering a fun and supportive setting for telling your stories. (Max 30)



Poetry for the 21st Century

Jean Jackson

1:00-2:15 Monday 12 weeks

This is an ongoing class for those who wish to know more about poetry that is being written now (as opposed to what was in your high school textbook). We will read and discuss what makes a poem work for us. There will also be an opportunity to share what we've written. (Max 14)

In online ALIR classes, I've not only had learning moments, but I've experienced moments of genuine communication/sharing.

New!

The Art of Seeing Others Deeply

Judy Branch/Linda Comeaux

3:00-4:15 Monday 1st 6 weeks (1/29 - 3/8)

Our focus will be to understand the importance of "...the ability to see someone else deeply and make them feel seen – to accurately know another person, to let them feel valued, heard, and understood." We will read and discuss the book by author David Brooks, **How to Know a Person**, which was described by a reviewer as helping readers "to become more understanding and considerate toward others, and to find the joy that comes from being seen. Along the way [this book] offers a possible remedy for a society that is riven by fragmentation, hostility, and misperception." Brooks is an op-ed columnist for *The New York Times*, teaches at Yale University and appears regularly on *PBS NewsHour* and NBC's *Meet the Press*. The book is widely available wherever you buy your books. (ISBN-10 059323006X or ISBN-13 978-0593230060)

New!

Disparities in Healthcare for Black Women: *Why it Matters*

Linda Comeaux

3:00-4:15 Monday 3 weeks C (3/18 – 4/5)

"Advancing justice in maternal healthcare" ... Statistics show that disparities in healthcare, especially for Black women, are getting worse. How can we help? We will focus on pregnancy and post-partum healthcare disparities, with the book **Pregnancy While Black** by Dr. Monique Rainford. Quality and E-quality healthcare matters!

Tuesday

New!

Georgia O’Keeffe: *Bones, Buildings and Skies*

Sue Telle

9:30-10:45 Tuesday 3 weeks B (2/19 – 3/8) AND 3 weeks D (4/8 – 4/26)

This short online class will continue our study of the American painter Georgia O’Keeffe. Students will learn about the artist and her paintings, then create three works inspired by O’Keeffe. This Spring each week will focus on a favorite O’Keeffe subject – bones, buildings, skies. Outside of class, students will create an artwork or a piece of writing inspired by O’Keeffe and email the image/document to the instructor. The following class we will look at and discuss the submissions, followed by a presentation of next week’s topic. (Max 20)



Reading Together: *Short Fiction*

Amanda Churchill-Bergman

11:00-12:15 Tuesday 12 weeks

This long-running community of engaged readers is a bit like a book club, but you don’t have to read a whole book! We read and discuss two stories each week. Stories are taken from **The Story and Its Writer** by Ann Charters, Fourth Ed. ISBN 0-312-1000137-6 (available used).

New!

The Heroic Age of Antarctic Explorers

Ann Meyer

1:00-2:15 Tuesday 2nd 6 weeks (3/18 – 4/26)



Join this intriguing journey into the brief 20-year period of Antarctic exploration that captured the world’s attention in the early 1900s. We’ll focus on getting to know explorers Amundsen, Scott, Shackleton and Mawson by learning about their expeditions, personalities, leadership and survival skills in an environment that was often called “the worst place on earth.”

The 1619 Project

Beth Saltzman

1:00-2:15 Tuesday**1st 6 weeks (1/29 - 3/8)**

What is all the fuss about? Why are some people so afraid of this perspective on American history? The premise for this scholarship is that the date the first slave ship landed on our shores begins events that were pivotal to the formation, for better and worse, of the United States. We will listen to audio of the essays that make up the project, consider some additional materials and share our understanding of the ideas presented.

Socrates Café

Mike Burns

3:00-4:15 Tuesday**12 weeks**

This class, popular with ALIRians for 16+ years, was inspired by the book **Socrates Café** and the belief that “an unexamined life is not worth living.” The thought-provoking question posed for each week’s discussion may come from ANY subject area: religion ... politics ... society ... metaphysics ... government ... science ... history and more. You are encouraged to share your ideas and perspectives. (Max 25)

Wednesday

*New!***A Picture’s Worth a Thousand Words**

Hella Hennessee PhD

11:00-12:15 Wednesday 1st 6 weeks (1/29 - 3/8)

This popular instructor will select a number of well-known paintings and discuss the context of their images. This is not a course in art history but rather a brief history of ideas of Western civilization. The discussion will cover the symbolic nature of medieval painting, the discovery of the individual during the Renaissance, the lonely grandeur of Romanticism, and representations of the ideas of Freud and Einstein in post-modern painting.

Yin Yoga

Jean Unser

1:30-2:30 Wednesday 12 weeks

This grounded practice will relax and elongate soft tissues using long-held yoga poses, with props for support. Focusing on natural breath frees the mind to be in sensation. In addition to having a way to comfortably connect via Zoom, you’ll need to have available a yoga mat, two yoga blocks, bolster, rolled towel, various pillows, and a folded blanket.

Let's Talk!

Don Gadberry

3:00-4:15 Wednesday**12 weeks**

Let's Talk provides an opportunity to voice opinions on current events without fear of judgment. It is a learning experience where all participants are students. The host will provide suggestions regarding topics of discussion; students are encouraged to submit topics as well. (Max 40)

Thursday

Brain Games, Continuing

Pat Schmitz

9:30-10:45 Thursday**1st 6 weeks (1/29 - 3/8)**

Bring your brain, stamina and a pencil and paper as we work on exercises that will help keep your brain strong. Even online, this is a very interactive class. We will work on everything from long- and short-term memory, to solving problems, to working out novel solutions and paying attention to detail. All this beneficial brain work comes packaged in often hilarious and unforgettable ways; be prepared to LOL at some point. (Max 20)

New! Hybrid!**Exploring Hayling Island, 955CE to Today**

Julia Lerma/Sue Snelling

11:00-12:15 Thursday**3 weeks B (2/19 – 3/8)**

Calling all Anglophiles! Sue and Julia, who are sisters, will present their personal memories of the tiny island off the southern coast of England where they grew up. They will include historical and geographical

milestones along the way, starting more than one thousand years ago through to modern times. (You may need an American English/British English dictionary and definitely should bring a sense of humour!) **NOTE:** This is a hybrid class, offered simultaneously in person and online.



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New!

The Ottoman Empire, 1299-1918

Nancy Fix Anderson PhD

11:00-12:15 Thursday 2nd 6 weeks (3/18 – 4/26)



The Ottoman Empire, from its founding in the late-13th century to its demise in 1918, established control over the Middle East, eastern Europe, and northern Africa. A Muslim Turkish power with its capital at Istanbul, it generally ruled with peace among its diverse peoples, although with some tragic exceptions. The Ottoman Turks produced extraordinary architecture, art, music, and literature, which will enrich our course. The breakup of the

Ottoman Empire after WWI, creating competing nationalities, led to many of the crises of the 20th and 21st centuries. There is therefore in recent years an unexpected nostalgia for this mostly stable and tolerant – and also powerful – Turkish empire. **NOTE:** This class is also offered on campus on Wednesdays.

Mindful Living/Meditation

Mark Stokes, DVM, MPH / Linda Comeaux

3:00-4:15 Thursday 12 weeks

The class includes discussions, reflections, and the practice of meditation to help improve mental, emotional, physical, and spiritual health. Within a supportive community, the sessions address how to let go of fears, worries, regrets, and how to live in a mindful state. Topics include self-mastery, stress management, and living in harmony with the way things are. Eckhart Tolle’s books are often cited.

Friday

Twelve Extraordinary Women of the Bible

Julie Ouellette

3:00-4:15 Friday 12 weeks

This class is based on the book, **Twelve Extraordinary Women** by John MacArthur, although it’s not necessary to purchase that book to enjoy the class. Each week we will focus on one of the spiritually influential women portrayed in the Judeo-Christian Bible. The instructor will email notes to you each week before class. Film clips from movies will be included, and reading from the scriptures. No knowledge of the bible is necessary. (Max 20)



Spring 2024 At A Glance

Classes are of various duration; check the full description to confirm whether a class is 12-, 6-, or 3-weeks in length, and to confirm that no dates overlap.

↓ double period class	Monday	Tuesday	Wednesday	Thursday	Friday
Campus 9:30	Misinformation Watercolor (1) Texas Bios Beginning Spanish	Mountain Dance Zen Painting World Was Never The Same German Hist. Photography	Acrylic Painting↓ Nutrition/Chronic 19-20 th C Readings Spanish-Am Intro to Ukulele Clean Up/Wasting	Pastels ↓ Am Turning Points Stretch/Strength Munzer 1494 Trip	Beg. Bridge ↓ Fly with Me! ↓
Campus 11:00	Watercolor (2) MS Word Graphic Arts Old Testament, 2 Adv. Spanish Addiction 2024 Just Laugh!	Early Am Novel Am Presidency Great Trials Line Dancing 101 How Not to Die Mexican Cuisine	SAWS/Wildscape Inter. Spanish Uke Jam Band Ottoman Empire Tai Chi	History of CIA Photography Fundamentals Calligraphy Ballroom Dance Hayling Island Clean Sweep Life Hula	Brain Games 2 Art of the Mural
Campus 1:00	20 th C. Middle East	King Arthur May I Introduce? Beg. Line Dance Don Quijote Spanish Grammar	Financial Fraud US Immigration Rock Painting Body/Balance Games Galore	Flow Yoga Existential Living Sign Language Charlemagne DAED: Agatha Christie Healthy Tastes	Indian Cooking
Online 9:30		Georgia O'Keeffe		Brain Games	
Online 11:00	Memoir Writing	Reading Together	Picture's Worth 1000 Words	Ottoman Empire Hayling Island	
Online 1:00	Poetry 21 st Century	Antarctic Explorers 1619 Project	Yin Yoga (start=1:30)		
Online 3:00	Seeing Others Healthcare Disparities	Socrates Cafe	Let's Talk!	Mindful Living/ Meditation	Women of Bible ALIR Book Club (Monthly)

ALIR Instructors

Spring 2024

Often called the “lifeblood of ALIR,” the instructors who prepare and deliver ALIR classes are all unpaid volunteers, knowledgeable and willing to share. We enthusiastically applaud them.

Nancy Fix Anderson, a Professor Emerita of History at Loyola University New Orleans, has been teaching at ALIR for 10 years because she says she delights in being part of this stimulating community of intellectually curious, actively engaged people with diverse life experiences.

Naomi Best worked in Finance for more than 25 years at a large public school district in Texas.

Judy Branch moved to San Antonio in 2009 after living in Vermont for 31 years. She was recently elected to the Board of the non-profit organization Crossing Party Lines, and actively supports KLRN, the SA Botanical Gardens, SAMA and the Women’s History Museum among others.

Michelle Humhreys Burk is a local artist who creates painted rocks which she donates to charity functions in and around San Antonio. She teaches classes to help others learn how this unique approach to creativity can be used as kindness projects in their own lives and communities.

Mike Burns has been a member of ALIR since he retired from USAA in 2016. His first class was Memoir Writing and that remains a passion, so Mike now hosts that class. He also hosts Socrates Café and serves on the ALIR Council as Chair.

A dance instructor for over 40 years, **Linda Carolan** has had performances in Germany, Venezuela, Mexico, and the US. She particularly enjoys clogging, Irish dance, the ukulele, and laughing. At this life stage, she’s learned: (1) God is good, (2) it’s great being married to your best friend and (3) counting to 3 with your feet is fun!

Bob Carlson’s first ukulele was a rescue uke he found in a dumpster behind his college dorm. He's got a whole collection of ukuleles now and plays them whenever and wherever he can. Performing for an audience is always a thrill, but Bob also finds it exceptionally rewarding to teach his private students and group classes.

Kris Challapalli was born, raised and lived in India as a young person, but has now lived in the USA for 55 years. A healthy eating advocate, she continues to love Indian spices and Indian cooking and graciously shares that love with her friends at ALIR.

After graduating from the US Naval Academy, **Tom Colbourn** served as a Navy Surface Warfare Officer. With an MBA from Bryant University, he then had a career for many years as a manager in the food manufacturing industry. Married with one daughter, Tom has volunteered at ALIR for 11 years as an instructor and as a Council member.

Linda Comeaux has been an ALIRian since 2018 as a participant, instructor and since 2022 on the ALIR Council. Along with decades volunteering with many community civic organizations, Linda spent 31 years in insurance, benefits, and risk management. She is happily married to ALIRian Don Gadberry. Together they have 7 fantastic grandchildren!

Caron De Mars is passionate about sharing her knowledge of healthy living, both for ourselves and our larger community and planet. Besides healthy eating, another of her passions is *wildscaping*; she holds a landscaping certification from the Texas Native Plant Society. She is also certified by the National Federation of Professional Trainers and is an associate member of the American Academy of Lifestyle Medicine.

Leslie Ellison is a Presbyterian Minister, Retired. He has taken and taught many courses at ALIR over the past 20 or so years and has served on the ALIR Council. A graduate of Trinity University, McCormick Theological Seminary and Austin Presbyterian Theological Seminary, he has served several churches in West Texas and San Antonio.

John Fagin was born in Corpus Christi but grew up in an ever-moving US Navy family, and only settled in San Antonio when his father retired. After receiving both his BA and MA degrees in history from St. Mary's University, he taught first in public schools and later, until retirement, at San Antonio College.

A native of San Antonio, **Pamela Ferguson** enjoys traveling, studying history, working with glass and beads, and taking care of her small house and three dogs. She is a published poet and holds a BA in English Literature. Favorite adage: Leap and the net will appear!

Don Gadberry has over 40 years of experience in public school classrooms, campus administration, and central office administration. He acknowledges that computers are his strong suit. But it's dancing, fishing, reading, and political news that keep him the most engaged.

After 20 years in the Air Force, **Don Glessner** retired as a Lt. Col., then spent 14 years at USAA, retiring as a VP. He holds both a BS and MBA degree. Don confesses that his passion is Texas history, especially the early 19th century; his proudest accomplishments are one wife, two kids and three grandkids.

Ingrid Hetrick has shared ways to keep healthy and fit for more than a decade, having taught skills around stretching, yoga, Pilates, water aerobics and more. She's AFFA certified, brings energy and empathy to her classes, and confesses she still loves to dance.

Jean Jackson has been an ALIRian since 2000, was Council VP during the transition to NEISD, and edited the newsletter and the catalog. A trainer for the New Jersey Writing Project while teaching in NISD, she began teaching the Writers' Workshop at ALIR in 2002 but in recent years has focused on contemporary poetry.

In 1995, **Dee Kite's** career as a CPA and accounting professor was cut short by debilitating fatigue from MS. Since then, during the morning window of her limited energy, she has pursued mini-careers as a novelist, fine art photographer and Life Coach. Now retired, she lives with her husband and two dogs.

As a Retired Army-Vietnam Combat Veteran, **Tom Lake** earned advanced degrees in education and business. As early as 1972, he developed computer applications, and he's taught classes for the Army, the U.S. Dept of Energy, and the National Institute of Technology as well as at public and private schools. *Editor's note:* Countless ALIRians owe their computer literacy to him.

Geoff Leech has been an active ALIRian since 2015, including chairing the ALIR Council during the COVID pandemic. He has offered more than 20 different ALIR courses on a variety of topics in history, science, literature and art history. Geoff is a retired naval officer and environmental engineer. He also has been a long-time docent at SAMA.

Julia Lerma and **Sue Snelling** are sisters who grew up in England. Julia, an RN, has been in San Antonio for 43 years. Sue worked as Radiographer in England before moving 24 years ago to Houston where she has been a teacher.

A native Texan and 20-year ALIRian, **Ann Meyer** has studied at the Sorbonne and the Universidad de Barcelona. She taught French in high schools and community college for 25 years, and on her 70th birthday she hiked El Camino de Santiago for 500 miles across Spain. Today, Antarctica is her passion.

Joanna McKinnis earned her MA and PhD in French Language and Literature at the University of Texas at Austin. She taught at UTSA for 30 years, designing and teaching a full range of courses, including French Language, Culture, Literature, and Film, the latter being her utmost favorite.

Aris Nikas is a physician with a long history of interest in nutrition and how it affects the human body, informed by his many years of clinical practice and research.

An Austin native and UT-Austin business school graduate, **Julie Nyren** served for six years in the US Air Force as a Russian linguist, and then for 28 years in the CIA in software development. She retired in 2014 after receiving a Meritorious Career Commendation Medal from the Agency.

Peter Nyren worked for the CIA for 33 years as an analyst covering the Soviet Union, Russia, and Ukraine -- including two years at the US Embassy in Kiev. He finished his career managing the CIA's Historical Review Program, which identifies and declassifies documents detailing Agency activities. Peter's Masters degree is from the LBJ School of Public Affairs at UT-Austin.

Tom O'Brien has had years of experience in engineering automated systems: airplanes, business systems, space robots, and computer systems. He has a BS in Electrical Engineering and an MS in Telecom, and is a frequent ALIR instructor. His many interests include amateur radio, Information Theory, Game Theory and inventions.

Julie Ouellette is a native of 'Philly' and comes from a teaching background. She continues to work remotely for a company full time, and enjoys doing deep-dive biblical research.

Suzette Pelayo spent 35 years working full time as a teacher, principal and HR director and another 13 part time before retiring in 2018. Suzette holds two degrees: a BA in Spanish and an MA in Educational Administration. At ALIR she has enjoyed teaching nutrition, cooking and Spanish, and is currently Vice Chair of the ALIR Council.

While heading his construction firm for 30+ years, **Frederick Franz Prassel** was active in our community, serving as an Alamo Heights City Councilman for 10 years, and as President of the Alamo Heights Rotary, the Business and Professional Toastmasters, and the First Presbyterian Church Choir. He taught English at the Defense Language Institute and has taught at ALIR for 12 years.

Richard S. Pressman is a Professor Emeritus of English at St. Mary's University, where he taught for 37 years. He also is Publisher of [*Early American Reprints*](#), which rescues Early American literary texts which are out-of-print and of historical interest. This project, he acknowledges, is a less-than-non-profit endeavor!

Eloy Ramirez readily declares that he loves dancing, and when you watch him in action, you know that's true. He reminds ALIRians that dancing is great exercise ... and great fun.

Steve Rutledge started life as well-travelled military brat who decided to pass on his love of learning to middle school science students. Now an ALIR Council member, Steve says while he used to probe the minds of middle schoolers, he now is looking to stretch the minds and memories of his fellow seniors.

A long-time instructor at ALIR, **John Spencer** earned a PhD in Neuropsychology from the University of Oklahoma School of Medicine; he has publications in the field of meditation, hypnosis, sleep, drugs, mind-body issues; and he studied and worked at the NIH.

Mark Stokes, a veterinarian with a Master's in Public Health, spent 40 years in the US Air Force and served as the Chief Public Health Consultant for the AF Surgeon General. A long-time student of meditation, he has taught at ALIR for more than 16 years, including starting the Mindful Living/Meditation class as well as the long-running Socrates Café class.

Sue Telle was an elementary art teacher for 39 years in the Richardson ISD and the Alamo Heights ISD. She has taught ALIR art classes since 2014, and now enjoys doing so online.

Yvonne Soliz Valdez is a retired high school administrator. After receiving her PhD from Our Lady of the Lake University in 2006, she retired and moved to San Antonio. She then consulted for 13 years helping low-performing schools to succeed. She is a lifelong learner who loves to read and travel.

Joanna Valentine is the former Research Director for the California Federation of Teachers and an award-winning photographer. Her passion is the history of photography. (www.joannavalentine.com)