



# LEARNING IS FOREVER

## Spring 2018

### Course List and Registration Form

*This semester, LIFE will offer many new, exciting adult education opportunities, including the premier of “Why is Sleeping So Important,” “E-Books for Everyone” and “Kayaking Tour of Lake Argyle,” as well as your old favorites like “Armchair Traveler,” “The Book Class” and more.*

***This Is Your Invitation to the Challenge  
and Joy of Lifelong Learning***

**Study Abroad and Outreach  
Western Illinois University**



ELDERHOSTEL INSTITUTE NETWORK®

# The Purpose and Operation of LIFE

## *Promoting Self-Growth/Building Community*

LIFE (Learning Is ForEver) is affiliated with the Road Scholar Elderhostel Institute Network, a national organization of more than 150 similar groups devoted to adult education. In the Macomb area, LIFE is sponsored by Western Illinois University's Study Abroad and Outreach office; however, it is a self-directed organization, composed of retired and semi-retired area residents who develop courses, select the teachers, establish the fees and promote the curriculum. Now in its third decade, the LIFE organization is dedicated to providing high-quality, enjoyable educational experiences for modest fees. The teachers and activity leaders are not paid, but they are all highly competent, engaging, and friendly members of the community, who are committed to sharing the joy of lifelong learning.

Any adult is welcome to register for a LIFE course. There are no educational requirements, nor are there any prerequisites or exams. All anyone needs is an interest in sharing an educational experience. The class members are commonly a mixture of people, with varied backgrounds, who want to remain intellectually stimulated, learn new skills or participate in a cultural event—and make new friends in the process. Every class functions in an informal, noncompetitive way, fostering engagement with the topic and an enjoyable experience. Designed to be stimulating and fun, the LIFE program provides recreational education and champions the cause of lifelong learning in the Macomb area.

Call Sally Adams at WIU's Study Abroad and Outreach office at (309) 298-1911, for information on transportation or handicapped accessibility. She maintains an e-mail list for the free, semi-annual course brochure. You can also visit the LIFE website at [wiu.edu/life](http://wiu.edu/life).

Because our costs have increased, and in order to keep course costs affordable, brochures will be sent to e-mail addresses. Also, the brochure may be found online at [wiu.edu/life](http://wiu.edu/life). Hard copies will be available at numerous locations such as the YMCA Senior Center, Western Illinois Museum, several senior living centers and some local businesses.

**Western Illinois University is not responsible for personal injury or property damage arising out from voluntary participation in this program.**

The following LIFE officers and committee members welcome your comments on the LIFE program, your inquiries and participation and suggestions you may have for future courses:

### *Officers*

Dan Wise, President

David Bormet and David Self, Co-Historians

Jack Schoonover, Treasurer

Pedro Bidegaray, Registrar and University Liaison

### *Curriculum Committee*

Kathy Nichols and Paula Wise, Co-Chairs

Chris Brix

Patti Jones

Kelly Shiraki

John Hallwas

Peggy Ma

Carol Sims

Steve Hopper

Bill Maakestad

Val Smead

### *Social Committee*

Garnette Hallwas and Kate Joswick, Co-Chairs

Alice Davenport

Elaine Hopkins

Mary Elizabeth Vos

Janna Haworth

Phyllis Self

The LIFE organization is grateful to its sponsor, Western Illinois University's Office of Study Abroad and Outreach, and to the following community partners who are also committed to providing lifelong learning opportunities for area residents:

Argyle Lake State Park

Free Range Yoga and Community Wellness Center

First Christian Church

Trinity Lutheran Church

Grand Prairie of Macomb

Wesley United Methodist Church

Macomb Public Library

Wesley Village

McDonough District Hospital

Western Illinois University

Spoon River College Community Outreach Center

West Central Illinois Arts Center

# A Letter from the President

Welcome to the LIFE schedule of classes for Spring 2018. We think we have another exciting and diverse lineup of learning opportunities.

As I have written before, we have a group of people working hard to provide these classes. I would like to invite even more of you to consider becoming involved.

Do you have a course you would like to take? Is there a course you might like to teach? Would you like to volunteer to serve on one of our committees? If so, please get in touch with me at [danwise19@comcast.com](mailto:danwise19@comcast.com), or contact an officer or committee member you may know.

Registration for LIFE courses can now be done **online**. Visit [wiu.edu/life](http://wiu.edu/life) for full details. Payments for online registrations can be made by PayPal, credit/debit card or check.

I thank you for your support as we continue to provide a LIFE program that offers wonderful opportunities for educational, cultural and social interaction.

Dan Wise  
LIFE President

## Course Costs and Refund Policy

### Course Costs

Course costs are based upon the number of hours in a course as listed below:

- 1-2 hour class.....\$5
- 2.1-4 hour class.....\$10
- 4.1-6 hour class.....\$15
- 6.1 hours or more .....\$20

In addition, course costs may include course specific costs, such as food, travel, course materials etc.

### Refund Policy

- Requests to withdraw from a class must be received 30 days prior to the first class meeting in order to receive a refund. All approved refunds will be issued at the end of the semester.
- Requests to withdraw from a class received less than 30 days prior to the first class meeting will be issued an in-house credit to be used for a LIFE course from either the current or following semester. If the credit does not get used in either the current or following semester, it will be absorbed by the LIFE organization for future programing costs.
- Those owed a refund will receive a check directly from WIU.
- Those who have paid for a class that is cancelled, or who are wait listed and no space becomes available, will be refunded.

# Course Descriptions

## ***Adenauer and De Gaulle: The Franco-German Relationship from the Treaty of Versailles to the 1963 Elysee Treaty***

This course will retrace the careers, achievements and legacies of the two men who dominated post-World War II politics in Germany and France respectively. The first session will look at the Franco-German relationship after World War I and the careers of Adenauer and De Gaulle from the interwar period to the end of World War II. The second session will focus on Adenauer as the first chancellor of West Germany and his imprint on German postwar politics and society. The Franco-German relationship, in the context of early European integration, will be the topic of session three, and the course will conclude with a session on the Adenauer-De Gaulle relationship, the developments leading up to the Elysee Friendship Treaty, and the impact of the treaty. The teacher is WIU History Professor Ute Chamberlin, whose specialties are modern Europe, Germany and gender and urban studies.

**Coordinator:** Ute Chamberlin

**Class Sessions:** Wednesdays, March 21, 28 and April 4, 11

**Time:** 12:30-1:45 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$15

## ***Annual Medicare Visit—What's in It for Me?***

Dr. Richard Minter, along with RN Care Coordinators Patti Kessel and Lindsey Woodford, and Population Health Nurse Stacie Mynatt, will present about the importance of annual wellness visits and preventive healthcare. You will learn how this Medicare benefit can save you time, money and worry. Find out how these yearly visits will help you be more independent and have a better quality of life for a longer period of time.

**Coordinator:** Lindsey Woodford

**Class Session:** Tuesday, April 24

**Time:** 6-7 p.m.

**Place:** Family Clinic waiting room, 515 E. Grant St., Suite 213

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

## ***Armchair Traveler***

**April 12:** Steve Hopper will take us on a memorable photographic tour of Delhi, Agra and Jaipur India, including the world renowned Taj Mahal. A portion of the presentation will include his participation with Rotary in a National Immunization Day for Polio.

**April 19:** Herb Strong will talk about his recent return trip to Vietnam. Since he is a veteran of the Vietnam War, it will be fascinating to hear his observations.

**April 26:** Jane and Mike Coplan will share the incredible beauty of visiting Alaska by sea and by train. They will highlight shore excursions to Ketchikan, Juneau and Skagway, as well as show the splendor of Glacier Bay National Park. In addition, they will share views along scenic train excursions, including Seward, Anchorage, Denali National Park and Fairbanks.

**May 3:** Sandy Collier and John and Mary Beaver will present their 13-day Mediterranean cruise, from Barcelona, with stops in Toulon, France; Monte Carlo, Monaco; Livorno and Naples, Italy; Corfu, Greece; Dubrovnik and Split, Croatia; and ending in Venice. Highlights of day tours to Florence, Pisa and Sorrento will also be included.

**May 10:** Kassie and Ron Courson will wrap up our Armchair Traveler series with their trip to Poland, which visited Warsaw, Sopot and the Baltic Sea. On their way home, they stopped in London, and the beautiful countryside of Wales, Northern England.

**Coordinator:** Steve Hopper

**Class Sessions:** Thursdays, April 12, 19, 26 and May 3, 10

**Time:** 1:30-3 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 28

**Cost:** \$20

## ***The Artistic Legacy of John Brown***

On Dec. 2, 1859, the state of Virginia executed John Brown for treason, murder and inciting a slave insurrection during his raid on Harpers Ferry. That evening, Robert E. Lee, commander of the federal troops that captured Brown, wrote, "Tomorrow, when they place his remains aboard the train, will be the last we will hear of this Osawatimie Brown." Little did Lee know, almost immediately following the execution, poets, essayists and painters began responding with both tributes and denunciations, and later, novelists, poets and artists continued that engagement with Brown well into the 21st century. This artistic legacy of Brown is remarkably pertinent for understanding some compelling issues today, such as the forces underlying racial divides in our society, the "fake news," red states vs. blue states, violence and religion, notions of masculinity, public monuments and public art. In this class, we will skim the historical facts of Brown's life and spend time discussing the art and literature responding to Brown. African American writers and artists will be prominent in the artistic legacy, especially Jacob Lawrence and his series of paintings completed in 1940 titled "The Legend of John Brown."

**Coordinator:** Thomas Joswick

**Class Sessions:** Wednesdays, Feb. 7, 14 and 21

**Time:** 3-4:20 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$10

## ***Ask a Professional about Right Sizing for Life***

Sue DeRoos, a board certified professional organizer, has been assisting clients to declutter and organize their lives for more than 20 years. Based on the success of Sue's Fall 2017 LIFE presentation, this session will solely focus on answering questions from the audience regarding how they can organize, declutter and develop the right size to create a life with room for what matters most.

**Coordinator:** Sue DeRoos

**Class Session:** Tuesday, April 3

**Time:** 1:30-3 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$5

## ***Balloon Animals...Dangerous or Fun, Create One and See***

Come learn the basic skills needed to make balloon art. All materials and air will be provided. Participants will learn how to twist, fold and manipulate long, skinny balloons for the enjoyment of all ages. This is very helpful for parties, seasonal decorating, children's activities and more. Please leave sharp objects at the door.

**Coordinator:** Jim Miner

**Class Session:** Wednesday, March 28

**Time:** 3-4 p.m.

**Place:** Grand Prairie Supported Assisted Living, 1307 Meadowlark Ln.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

## ***Basic Tree Care***

This program will cover basic tree care topics, such as tree selection (putting the right tree in the right place), planting, pruning and insect and disease problems in our area. Coordinator Barrie McVey is a district forester for the Illinois Department of Natural Resources. She has worked in the area for 31 years, and previously worked for the United States Forest Service in northern Idaho as a wild land fire fighter.

**Coordinator:** Barrie McVey

**Class session:** Thursdays, April 12 and 19

**Time:** 1-2 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

## ***Beyond Word-A-Day***

There are many ways to build your vocabulary. All it takes is a commitment of a few minutes each day. This class will help you with the methods. Everyone will contribute words and ideas and the leader will contribute some expertise and resources. Buy the book “Ten Days to a More Powerful Vocabulary,” from Amazon.com or abebooks.com (used copies from \$4 up).

**Coordinator:** Alice Davenport

**Class Sessions:** Mondays, March 19, 26 and April 2

**Time:** 2-3 p.m.

**Place:** Wesley Village, 1200 E. Grant St.

**Parking:** At the site

**Maximum Enrollment:** 12

**Cost:** \$10

## ***Birding***

This class will introduce students to the wondrous sights and sounds of the birds around us. It is scheduled during peak bird migration season. Participants will learn how to identify local, common birds and more uncommon migrating birds by sight and sound. This course will contain two outdoor birding sessions at different locations. Expect a moderate amount of walking, although at a slow pace. Participants should dress according to the weather. Each person should bring a pair of binoculars to the outdoor sessions in order to better see the birds. A bird field guide or bird identification app is recommended.

**Coordinator:** David Benson

**Class Sessions:** Saturdays, May 12 and 19

**Time:** 8:30-10:30 a.m.

**Place:** **May 12:** Meet at Vishnu Springs: Take the Tennessee/Blandinsville Blacktop (350 East) to 1100 North and turn west. Follow the road as it eventually turns south (50 East) and pull off at the intersection just as it turns back west again (1075 North).

**May 19:** Meet at Argyle Lake State Park, north of Colchester. We will meet at the Sunset Shelter. Take the first left once inside the park. It is next to the prairie, just before the pine forest.

**Parking:** At the sites

**Maximum Enrollment:** 15

**Cost:** \$10

## ***The Book Class***

A regular LIFE offering, The Book Class involves leaders and participants who read and discuss a significant book of current interest. For Spring 2018, the book selection is a topical and somewhat controversial volume by Graham Allison, entitled “Destined for War: Can America and China Escape Thucydides’s Trap?” The book’s point of departure is the trenchant observation by Thucydides that the disastrous Peloponnesian War resulted from fear “instilled in Sparta” by the rise of Athens. Allison sketches 16 historical episodes in which a “ruling power” is challenged by a “rising power,” and he finds that no less than 12 of those dangerous situations ended in war. Informed by this perspective, he surveys our contemporary context in which a rising China confronts the predominant U.S., and assesses the prospects for avoiding a catastrophic conflict. Participants should read the preface, the introduction, and chapters one and two, before the first meeting. The book may be obtained from New Copperfield Book Service or from Amazon.com.

**Coordinators:** Sterling Kernek and Chris Brix

**Class Sessions:** Mondays, March 19, 26 and April 2, 9

**Time:** 10-11:30 a.m.

**Place:** Trinity Lutheran Church, 123 S. Campbell St.

**Parking:** At the site

**Maximum enrollment:** 20

**Cost:** \$15

### ***Chinese Dim Sum***

Learn how to make tiny Chinese dumplings or sweets, like those served in Chinese tea houses. This is a hands-on class, taught to two groups, so each participant can have the experience of making a variety of treats. Coordinator Peggy Ma is an outstanding cooking instructor with long experience in preparing Chinese foods. Cost includes cooking supplies.

**Coordinator:** Peggy Ma

**Class Session:** Class A – Monday, Feb. 5, **OR**

Class B – Monday, Feb. 19. **Choose one or the other.**

**Time:** 5:30 p.m.

**Place:** Peggy Ma's Residence, 1300 E. Grant St., #119

**Parking:** At the site

**Maximum Enrollment:** 12 at each session

**Cost:** \$10 including supplies

### ***Cloud Computing—What Is It and Why Should I Use It?***

This class will be a discussion and demonstration class. In the simplest terms, Cloud computing means storing and accessing data and programs over the Internet, instead of on your computer's hard drive. The Cloud is just a metaphor for the Internet. You're probably using Cloud computing right now, even if you don't realize it. If you use an online service to send email, edit documents, watch movies or TV, listen to music, play games or store pictures and other files, it's likely Cloud computing is making it all possible. Participants will learn about this multi-faceted technology.

**Coordinator:** Brenda Allison

**Class Session:** Tuesday, April 10

**Time:** 9-10:30 a.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5

### ***Cooking with Harold, Part Two***

This term "Cooking with Harold" will feature two meals. The first will be a German meal: German potato salad, red cabbage and other ethnic dishes. The second will focus on shrimp. Each will be a demonstration and also provide an opportunity to eat the food featured in the evening's cooking. Recipes will be shared.

**Coordinators:** Harold Schmalfeld and Patti Jones

**Class Session:** Thursdays, April 12 and 19

**Time:** 5-7 p.m.

**Place:** First Christian Church, 120 N. McArthur St.

**Parking:** At the site

**Maximum Enrollment:** 10

**Cost:** \$30

### ***Dustin London Inside Out and Laken Bridges an/other***

Tyler Hennings, director of the WIU Art Gallery, will lead a tour of two exhibits. Dustin London is a painter from Ann Arbor, MI, whose exhibition will be up from Jan. 16-Feb. 22 at the Art Gallery. He makes large-scale, non-objective paintings. Laken Bridges' work includes prints, drawings, installation and found objects or "readymades." It is driven by an exploration of labor, economic class and social stigmas in the working class or blue-collar sector.

**Coordinator:** Tyler Hennings

**Class Session:** Thursday, Feb. 8

**Time:** 5:15-6:30 p.m.

**Place:** University Art Gallery, Western Illinois University campus

**Parking:** At the site

**Maximum enrollment:** 15

**Cost:** \$5

### ***E-Books for Everyone in the State of Illinois***

You do not need a library card, just residence in this state to access eBooks, eAudiobooks and streaming videos. You will need a mobile device and access to your Playstore account to install an app. Come and see how wonderful this new service is, which is being promoted by the Macomb Public Library.

**Coordinator:** Sharon Sample

**Class Session:** Monday, Feb. 26

**Time:** 2-4 p.m.

**Place:** Macomb Public Library, 235 S. Lafayette St.

**Parking:** At the site

**Maximum Enrollment:** 18

**Cost:** \$5

### ***The Future of Humankind—Better or Worse?***

“Do Humankind’s Best Days Lie Ahead?” This is the title of a small book that records a recent public debate in Toronto, with four noted intellectuals taking opposite sides on this question. We will use it as a brief introduction to some of the major issues. How great a threat is our human propensity toward violence, given nuclear weapons? What about climate change? Will artificial intelligence supersede natural stupidity or merely enhance its power? Are women being empowered rapidly enough to avert catastrophe? If we decide there is much more that we need to know in order to answer such questions satisfactorily, then perhaps we will have topics for future LIFE classes.

Please obtain your own copy of the book, read pp 1-23 before our first session, and bring your own views. The debaters—Stephen Pinker, Matt Ridley, Alain de Botton, and Malcolm Gladwell—are introduced on pp 103-4.

The book is: “Do Humankind’s Best Days Lie Ahead?: The Munk Debates,” edited by Rudyard Griffiths, Oneworld Publications, 2016, paperback.

**Coordinators:** Bill Davenport and Bryant Keeling

**Class Sessions:** Tuesdays, March 20, 27 and April 3, 10

**Time:** 4-5 p.m.

**Place:** Wesley United Methodist Church Lodge Parlor, 1212 W. Calhoun St.

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$10

### ***The Geology of Argyle Lake State Park***

Participants will walk portions of the hiking trails that contain outcrops of rock. They will learn the types of rocks found in the park and what they tell us about the geologic history of the area. Particular attention will be paid to the coal deposits and mining history of the area. Class members will be walking up and down some hills, but the total hike should be less than one mile. We may drive to different locations in the park if time permits.

**Coordinator:** Steve Bennett

**Class Session:** Wednesday, May 23 (Rain date: Wednesday, May 30)

**Time:** 1-2:30 p.m.

**Place:** Argyle Lake State Park Visitors Center, 640 Argyle Park Rd.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$5



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### ***Illinois Literature: The Small-Town Experience***

To mark our state's bicentennial year, this LIFE class will focus on Illinois literary works from many generations that reflect small-town experience. The readings will include nineteenth-century poems and stories by figures like Springfield's John Hancock, Warsaw's John Hay and Danville's Mary Harwell Catherwood, as well as later works by Lewistown's Edgar Lee Masters, Galesburg's Carl Sandburg and others. The discussion topics will include belonging, alienation, community life, historical change and remembrance. Most of the readings will be distributed in photocopies shortly before the classes begin, but those who enroll are also asked to acquire a copy of "On Community," by John Hallwas, which has many small-town related readings. It is available in paperback at New Copperfield's and at many libraries. The class coordinator is a well-known commentator on small-town life. As usual, the knowledge and experience of class members are also a welcome addition to the discussions.

**Coordinator:** John Hallwas

**Class Sessions:** Wednesdays, May 16, 23, 30 and June 6

**Time:** 2-3:30 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$10

### ***Immigration 101 and DACA***

This course will introduce participants to the necessary requirements to get a work visa or become a resident and eventually a citizen in the United States. It will also explain why so many commentators say the immigration system is "broken." The second part of the course will explain the history and rules of Differed Action for Childhood Arrivals (DACA), this program's requirements, as well as the different bills introduced in Congress to replace it. Including the 2017 DREAM Act, SUCCEED Act and the BRIDGE Act.

**Coordinator:** Julia Albarracin

**Class Sessions:** Tuesdays, Feb. 6 and 13

**Time:** 5-6 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

### ***Importance of Advance Directives***

A written statement of a person's wishes regarding medical treatment, often including a living will, made to ensure those wishes are carried out should the person be unable to communicate them to a doctor, is something every adult should have. This program will explain why and indicate what an advance directive should include.

**Coordinator:** Lynn Allen

**Class Session:** Wednesday, April 4

**Time:** 10-11 a.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$5

### ***An Introduction to Chair Chi***

This is an introduction to active, mindful relaxation, involving gentle stretches and meditative exercises adapted from traditional Chinese medicine's practice of qigong ("energy work") that anyone can do. Learn how to reduce fatigue, improve concentration and promote healing from within. This is suitable for all ages and abilities, and all movements may be done either sitting or standing.

**Coordinator:** Bill Maakestad

**Class Sessions:** Wednesday, March 7

**Time:** 2-3:15 p.m.

**Place:** Free Range Yoga and Community Wellness Center, 118 N. Lafayette St.

**Parking:** On, or near, the Macomb square

**Maximum Enrollment:** 12

**Cost:** \$5

### ***Is Our Retirement Going as Well as We Thought it Would?***

Steve Hopper will initially pose a number of questions concerning various aspects of retirement to a panel of four retired community leaders: Dan Colvin, Ph.D, WIU professor emeritus; Rick Iverson, MD, retired family practitioner; Marcia Moulden, retired Everly House administrator; and Suzan Nash, retired executive director of WIRC. Questions will cover topics such as:

- What was the most helpful advice that you received as a pre-retiree?
- What aspects of your retirement planning really worked well or not so well?
- What expenses significantly increased or decreased?
- What non-financial aspect of retirement surprised you the most?
- Do you believe you retired too soon, too late, or just right?
- If you could change one thing about your retired life, what would it be?
- What advice do you wish you had received prior to your retirement?

Time will be allowed for the audience to ask questions to the panel members.

**Coordinator:** Steve Hopper

**Class Session:** Tuesday, April 17

**Time:** 2:30-4 p.m.

**Place:** Conference Room B, Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 60

**Cost:** \$5

### ***Kayaking Tour of Lake Argyle State Park***

Enjoy a beautiful afternoon on the scenic waters of Lake Argyle, located at Argyle Lake State Park. This program is perfect for kayakers of any ability/ experience level as instruction will be covered completely for the entire group. Kayaks, paddles and life vests will be provided. Please dress for the weather and wear shoes that can get wet. Bring a hat, water and sunscreen. In the event of inclement weather, the program will be canceled at the discretion of the instructor.

**Coordinator:** Bridget Hinchee, natural resources coordinator, Argyle Lake State Park

**Class Session:** Saturday, June 16

**Time:** 1:30-3:30 p.m.

**Place:** Argyle Lake State Park, 640 Argyle Park Rd.

**Parking:** In the parking lot by the park concession/bait shop

**Maximum Enrollment:** 10

**Cost:** \$5

### ***Knitting for Loved Ones, Including Pets!***

Now that winter has arrived, it is time to pick up your knitting needles and your favorite yarn. The goals of this class are to enhance your knitting skills to include working with two or more colors (Fair Isle techniques) and to create a sweater for you or a loved one, including your favorite pet. We will begin with a basic review of techniques: knitting flat versus in-the-round, increases/decreases, fixing dropped stitches, etc. If you know how to knit, cast on, purl, and cast off, this class is for you. If you are interested in this class, please sign into Raverly.com and begin looking for the sweater pattern you would like to use. Please bring your pattern, needles, and tool-kit to the first class session. This will be taught in a very relaxed and informal manner and may include a field trip, weather permitting. If you have questions, e-mail to pcself@gmail.com.

**Coordinator:** Phyllis Self

**Class Sessions:** Wednesdays, Jan. 10, 17, 24, 31 and Feb. 7, 14, 21, 28

**Time:** 10 a.m.-noon

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 15

**Cost:** \$20

## ***Making the Case for Graphic Novels***

Graphic novels are often dismissed as long form comic strips and thus not appropriate or challenging reading. However, the recent growth of this format in the publishing industry has moved graphic novels from meaningless fluff to serious literature. Authors like Gene Yang, Jennifer Holm and Senator John Lewis are proving there is a graphic novel for every reader. We will examine graphic novels for the youngest reader to young adult memoirs that are making headlines and racking up rewards. You will go away with a new appreciation for this reading format.

**Coordinator:** Tiffany Erickson

**Class Session:** Wednesday, April 18

**Time:** 2-3 p.m.

**Place:** Macomb Public Library, 235 S. Lafayette St.

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

## ***The Nature Conservancy's Emiquon Project: Restoring River Floodplain for Nature and People***

A presentation will provide an overview of The Nature Conservancy's Emiquon Project, along the Illinois River near Havana, where a science-based approach was employed to plan and implement restoration and management to reestablish and sustain functional floodplain processes and habitats. A subsequent tour of the preserve, led by Conservancy staff, will afford participants opportunities to see restored plant and animal communities that contributed to the preserve and adjacent lands being designated as an internationally important wetland. Challenges, successes, failures and future plans will be discussed. Walking will be minimal and easy on rocked pathways or grass roadways.

**Coordinator:** K. Douglas Blodgett

**Class Sessions:** Tuesday, May 15 (Spoon River Community College) and Tuesday, May 22 (Emiquon Preserve). Rain date for the Emiquon tour is Thursday, May 24.

**Time:** May 15, 9-10 a.m.; May 22, 9-10:30 a.m.

**Place:** Presentation (May 15) at the Spoon River College Community Outreach Center, 2500 E. Jackson St.; Tour (May 22) beginning at the visitor use area at Emiquon Preserve near Havana. Participants will meet in the parking lot at the Spoon River College Community Outreach Center and carpool to the Emiquon Preserve. A map will be provided during the initial presentation.

**Parking:** At the sites

**Maximum Enrollment:** 30

**Cost:** \$10

## ***On Looking 5***

This class involves walking a path on campus with various experts who will highlight sights and sounds along our way. This year, we will walk from Waggoner Hall to Thompson Hall to view the memorial grove in the meadow north of Currans Hall and then loop around back to Waggoner Hall, pausing to observe birds, plants, trees, buildings and the land itself. Our experts include Ed Franks (birds), Ted Renner (Physical Plant), Leslie Melim (geology), Morris Vos (trees) and Tara Heath (plants). The class is based loosely upon the book "On Looking: Eleven Walks with Expert Eyes," by Alexandra Horowitz, which describes how taking a walk with a variety of other people, opened her eyes and allowed her to see things in a new way. Parking will be available on the WIU campus.

**Coordinator:** Paula Wise

**Class Session:** Thursday, April 26 (Rain date May 3)

**Time:** 9-10:30 a.m.

**Place:** Meet at the front (north) door of Waggoner Hall

**Parking:** In Q-Lot (east of Western Hall), Waggoner Hall lot (Between Western Hall and Waggoner Hall) or lot just west of Currans Hall

**Maximum Enrollment:** 15

**Cost:** \$5

### ***Piano Is for Everyone***

Piano is for Everyone provides a quick and efficient method of learning to play this popular musical instrument. The coordinator has played the piano privately and in performance for many years, and is an experienced teacher. **Students will need to buy a piano lesson book from the instructor for \$32 at the first lesson.**

**Coordinator:** Sandra Mosley

**Class Sessions:** Thursdays, Feb. 1, 8, 15 and 22

**Time:** 10-11 a.m.

**Place:** Piano Studio, 101 W. Kelly St.

**Parking:** At the site

**Maximum Enrollment:** 8

**Cost:** \$10

### ***The Play's the Thing***

WIU's Department of Theatre and Dance will again host this long-time favorite LIFE program. The class will meet an hour before curtain time for the Sunday matinee performance of the two mainstage shows. The director and/or other members of the production team will join us for a pre-show discussion and we will attend the performance at 2 p.m. When possible, we will also meet immediately after the shows for a brief response session. The 2018 spring season includes:

- "Sense and Sensibility," by Kate Hamill. The playful new adaptation of Jane Austen's beloved novel follows the fortunes and misfortunes of the Dashwood sisters after their father's sudden death leaves them financially destitute and socially vulnerable. Set in gossipy late 18th-century England, the play is full of humor and depth, and examines our reactions to societal pressures. When reputation is everything, how do you follow your heart?
- "Avenue Q," book by Jeff Whitty, music and lyrics by Robert Lopez and Jeff Marx. Winner of the Tony "Triple Crown" for Best Musical, Best Score and Best Book, "Avenue Q" is "part flesh, part felt and packed with heart." This puppet-filled musical comedy follows a recent college grad and his unique neighbors "all the way out on Avenue Q" in New York City as they struggle to find jobs, dates, and their ever-elusive purpose in life.

**Coordinator:** Nancy Crossman

**Class Sessions:** Sunday, March 4 ("Sense and Sensibility," directed by Jeannie Woods, Horrabin Theatre)

Sunday, April 8 ("Avenue Q," directed by DC Wright, Hainline Theatre)

**Time:** 1 p.m.

**Place:** Horrabin and Hainline theatres, WIU campus

**Parking:** At the sites

**Maximum Enrollment:** 25

**Cost:** \$20 (covers admission to the performances)

### ***The Process of Making Maple Syrup***

Participants will experience the tapping of the maple trees, the collection of sap, the boiling down of the sap into syrup, and a taste of the finished product. A hayrack ride will take us to the sugar grove and then back to the shelter. Please dress for the weather as we will be outdoors the entire time.

**Coordinator:** Bridget Hinchee, natural resource coordinator, Argyle State Park

**Class Session:** Saturday, March 3

**Time:** 1-3 p.m.

**Place:** Pioneer Shelter, Argyle Lake State Park, 640 Argyle Park Rd. (second left after entering the park)

**Parking:** At the Pioneer Shelter

**Maximum Enrollment:** 20

**Cost:** \$5

### ***Rock ‘n’ Roll Goes to the Movies—Again!***

Sit back, relax and enjoy another eclectic, highly personal selection of film clips from the 1950s to date, that possess the kind of music, attitude and fun that only Rock ‘n’ Roll can bring. Munch free popcorn and view scenes from famous (and not-so-famous) feature films in the following categories, with no repeats from last year’s LIFE class:

- Movies about Rock ‘n’ Roll
- Movies with influential rock soundtracks
- Musicals with rock scores
- “Docs, Rocs and Mocs” (Documentaries, Rockumentaries and Mockumentaries)

The only common denominator for the films is that Rock ‘n’ Roll (or its predecessor, Rhythm n’ Blues) must be an essential element. If you’re expecting erudite lectures on rock music and its role in the decline and fall of western civilization, this most assuredly is not that class. However, the instructor—a well-known local music performer and very experienced teacher—will offer context, opinions and memories for each film—and class participation, is encouraged.

**Coordinator:** Bill Maakestad

**Class Sessions:** Mondays, March 5, 12 and 19

**Time:** 6:30-8 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 40

**Cost:** \$15

### ***Russia: From Versailles to the Death of Stalin (1953)***

The War to End All Wars was a monumental event in European history. It certainly did not make the world safe for democracy, especially in Russia. How did a ruined, isolated country make its way back? In what ways did the Communist regime differ from the Tsarist? We will cover the careers of Lenin, Trotsky and Stalin, as well as the internal contradictions within the economy. Also, we will discuss the foreign relations with other countries, especially Germany, England, France, Japan and the United States.

**Coordinator:** Chris Brix

**Class Sessions:** Tuesdays, March 27; April 3, 10, 17 and 24; May 1

**Time:** 10-11:30 a.m.

**Place:** Trinity Lutheran Church, 123 S. Campbell St.

**Parking:** At the site

**Maximum Enrollment:** 24

**Cost:** \$20

### ***Shakespeare’s “Macbeth”***

What would cause a loyal and noble man to betray and kill his king? Ambition? Impatience? A scheming wife? The fates? Using a variety of means—the text, videos—we will look at Shakespeare’s great tragedy of a man who kills a king, “Macbeth.” In the process, we will consider some of the significant questions Shakespeare raises in the play: Where does human responsibility lie? How does the conscience work? What are the problematics of knowledge?

**Coordinator:** Dan Colvin

**Class Sessions:** Thursdays, Feb. 1, 8, 15, 22 and March 1, 8

**Time:** 10-11:30 a.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 25

**Cost:** \$20

### ***Three French Composers Influenced By Impressionism***

It has been said Claude Debussy (1862-1918) disliked the term Impressionism to describe his music, yet he has come to be known as the father of that musical style. Originally, the movement was associated with the art world. As an outgrowth of his literary interests, Debussy would choose to use evocative titles for various musical pieces, which suggests he was as much influenced by the Symbolist's poetry as by the painter's art. Debussy has been heralded as one of the great innovative forces in music. As a consequence of introducing new concepts of harmony, tonality, tone color and form, it is evident that composers of the early and middle twentieth century have experienced the weight of the Impressionist's influence or sought to push it away.

The much older, Gabriel Faure, (1845-1924), recognized as one of the great men of French music: organist at the Madeleine (1877), composer, director of the Paris Conservatory (1905-1921) and teacher of the renowned younger Impressionist colleague, Maurice Ravel adopted many of the technical musical practices of Impressionism with use of exoticism and whole tone scales. Among his works are a well known "Requiem" of delicate beauty (1886-87), Incidental Music for Maeterlinck's play: "Pelleas and Melisande" (1898), a violin sonata in C minor, as well as piano and chamber music. Faure is probably best known for his song cycle, "La Bonne Chanson/The Good Song" of 1891-92. For his sensitive setting of poets, he is also often referred to as the Robert Schumann of France.

The eccentric iconoclast, Erik Satie (1866-1925), our third and youngest composer, was a close friend of Debussy and has become a pop cult favorite of the young today. As he was heavily influenced by Impressionism, he became an anti-Impressionist who created ironic and witty titles for his pieces and attested to deliberately meaningless and absurdist texts. He was against bigger works of music, especially, symphonies. He felt himself so burdened by Impressionism in the visual and musical spheres that he turned away from it toward a clean, textured style that admitted humor.

Sessions one and two will include projected visuals and listening to CDs, DVDs and YouTube. Our third session will be a live music presentation with commentary. Viennese guest pianist, Anna Wagner, will play Debussy and Satie and will accompany mezzo-soprano, Marietta Dean, who will sing songs of Debussy, Faure and Satie. This concert will be free and open to the general public.

**Coordinator:** Marietta Dean

**Class Sessions:** Wednesdays, Feb. 7, 14 and 21

**Time:** 1:30-3 p.m.

**Place:** Feb. 7 and 14: Spoon River College Community Outreach Center, 2500 E. Jackson St.  
Feb. 21: First Presbyterian Church, 400 E. Carroll St.

**Parking:** At the sites

**Maximum Enrollment:** 25/Presbyterian Church - no maximum

**Cost:** \$10



LEARNING IS FOREVER  
Call (309) 298-1911 for more information.

Western Illinois University is not responsible for personal injury or property damage arising out of voluntary participation in this program.

## ***Uniting for Progress***

Collaborations among organizations offer great opportunities for meeting the social and economic needs in a community. By uniting resources, organizations with similar goals will more effectively achieve their mission in improving the quality of life for those that they serve.

Such was the case when Wesley United Methodist Church and Habitat for Humanity of McDonough County Illinois united on a project to provide a home for a family needing suitable housing. Habitat for Humanity builds or renovates homes, and Wesley Church has been assisting homeowners with construction and repair tasks during one week each year through their Streaming Waters program. Recently, Wesley Church bought a home in foreclosure and donated it to Habitat for Humanity. Habitat for Humanity used its skills in handling title transfers and work supervision, while both provided volunteers to do much of the work renovating the home. The final outcome was for one family, living in substandard housing, to move into an affordable and comfortable home. There is much that remains to be accomplished in achieving the missions of these organizations. Attend this session to learn how you can help. You do not need to have a background in construction. The Habitat for Humanity program is for volunteers ages 13 and up, so you can do this with your children and grandchildren.

**Coordinators:** Rodney Fink and John Timmons

**Class Session:** Tuesday, May 15

**Time:** 3-4:30 p.m.

**Place:** Wesley United Methodist Church atrium, 1212 W. Calhoun St.

**Parking:** At the site

**Maximum Enrollment:** 30

**Cost:** \$5

## ***A Virtual Trip to Andalusia, in Southern Spain: A Guide to, Perhaps, Prepare Your Own Trip***

In this class you will discover, as a virtual tourist, the Spanish region of Andalusia, and especially its capital, Seville. The class will have a double function: to serve as an exploration of a space where diverse civilizations (Moors, Christians, and Jews) left their cultural imprint; and serve as a practical guide for those who, adventurously, may dream of a real trip to Andalusia. Also, in case the dream becomes reality, you will learn some basic phrases in Spanish that will help you a lot, if you do travel there.

**Coordinator:** Luciano Picanco

**Class Session:** Tuesday, March 20

**Time:** 1:30-3 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 20

**Cost:** \$5

## ***Why Is Sleep So Important?***

We will be discussing why “good sleep” is important to your body, and what is “good sleep.” How do you identify sleep issues, and what does sleep deprivation do to your body and to any physical ailments or current health issues you may have? The different causes of poor sleep will be included in this discussion, with sleep apnea, one of the most underdiagnosed issues today in the United States, being explained. We will go over simple questions to ask yourself, that may lead to a discussion with your physician about the need for a sleep study. We will end the presentation with how sleep apnea is diagnosed and the different treatments for sleep apnea. There will be time for questions and answers at the end of the presentation. This is an interactive presentation, so if questions arise during the presentation, please ask them.

**Coordinator:** Suellen Carmody-Menzer, MBA, RRT, RRT-NPS, AE-C

**Class Session:** Thursday, April 26

**Time:** 2-3:30 p.m.

**Place:** Spoon River College Community Outreach Center, 2500 E. Jackson St.

**Parking:** At the site

**Maximum Enrollment:** 50

**Cost:** \$5

***Wild Flower Walk***

On this walk around Horn Field Campus, we are likely to see Butterfly Weed, Virginia Blue Bells, Hardy Geranium, Black Eyed Susan, Allium, Panicle Hydrangeas, Sedum, Russian Sage, Aromatic Aster and a variety of Coneflowers. Hiking will be extremely moderate with no hills, although there may be some uneven footing in places.

**Coordinator:** Keith Krey

**Class Session:** Saturday, May 5 (Rain date Saturday, May 12)

**Time:** 11 a.m.-noon

**Place:** Horn Field Campus Office, 985 China Rd.

**Parking:** At the office

**Maximum Enrollment:** 10

**Cost:** \$5

***Save the Date!***

***Spring Fling***

***Friday, May 4, 2018***

***4-6 p.m.***

***Wesley Community Center, 1200 E. Grant St.***

***Other Information***

☐ ***I would like to teach a course on:***

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☐ ***I would be interested in taking a course on:***

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☐ ***I would like to be added to the email list.***

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☐ ***I would like to donate to LIFE. Amount: \$*** \_\_\_\_\_

***Additional Comments:***

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## Chronological Course Listing

Beginning in January	
Knitting for Loved Ones, Including Pets	Wednesdays, Jan. 10, 17, 24, 31 and Feb. 7, 14, 21, 28
Beginning in February	
The Artistic Legacy of John Brown	Wednesdays, Feb. 7, 14 and 21
Chinese Dim Sum	Mondays, Feb. 5 <u>OR</u> 19
Dustin London Inside Out and Laken Bridges an/other	Thursday, Feb. 8
E-Books for Everyone in the State of Illinois	Monday, Feb. 26
Immigration 101 and DACA	Tuesdays, Feb. 6 and 13
Piano Is for Everyone	Thursdays, Feb. 1, 8, 15 and 22
Shakespeare's "Macbeth"	Thursdays, Feb. 1, 8, 15, 22 and March 1, 8
Three French Composers Influenced By Impressionism	Wednesdays, Feb. 7, 14 and 21
Beginning in March	
Adenauer and De Gaulle	Wednesdays, March 21, 28 and April 4, 11
Balloon Animals	Wednesday, March 28
Beyond Word-A-Day	Mondays, March 19, 26 and April 2
The Book Class	Mondays, March 19, 26 and April 2, 9
The Future of Humankind—Better or Worse?	Tuesdays, March 20, 27 and April 3, 10
An Introduction to Chair Chi	Wednesday, March 7
The Play's the Thing	Sundays, March 4 and April 8
The Process of Making Maple Syrup	Saturday, March 3
Rock n' Roll Goes to the Movies—Again!	Mondays, March 5, 12 and 19
Russia: From Versailles to the Death of Stalin (1953)	Tuesdays, March 27, April 3, 10, 17, 24 and May 1
A Virtual Trip to Andalusia, in Southern Spain	Tuesday, March 20
Beginning in April	
Annual Medicare Visit - What's In It for Me?	Tuesday, April 24
Armchair Traveler	Thursdays, April 12, 19, 26 and May 3, 10
Ask a Professional about Right Sizing for Life	Tuesday, April 3
Basic Tree Care	Thursdays, April 12 and 19
Cloud Computing	Tuesday, April 10
Cooking with Harold - Part Two	Thursdays, April 12 and 19
Importance of Advance Directives	Wednesday, April 4
Is Our Retirement Going as Well as We Thought it Would?	Tuesday, April 17
Making the Case for Graphic Novels	Wednesday, April 18
On Looking 5	Thursday, April 26
Why Is Sleep So Important?	Thursday, April 26
Beginning in May	
Birding	Saturdays, May 12 and 19
The Geology of Argyle Lake State Park	Wednesday, May 23
Illinois Literature: The Small-Town Experience	Wednesdays, May 16, 23, 30 and June 6
The Nature Conservancy's Emiquon Project	Tuesdays, May 15 and 22
Uniting in Progress	Tuesday, May 15
Wild Flower Walk	Saturday, May 5
Beginning in June	
Kayaking Tour of Lake Argyle State Park	Saturday, June 16

# LIFE Registration Form

## Spring 2018 Semester

Please feel free to duplicate this registration form. Couples should submit separate registrations. **Register early to ensure your place in class.**

**Please print.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

**I want to sign up for the following course(s):**

- \_\_\_\_\_ Adenauer and De Gaulle - \$15
- \_\_\_\_\_ Annual Medicare Visit - What's In It for Me? - \$5
- \_\_\_\_\_ Armchair Traveler - \$20
- \_\_\_\_\_ The Artistic Legacy of John Brown - \$10
- \_\_\_\_\_ Ask a Professional about Right Sizing for Life - \$5
- \_\_\_\_\_ Balloon Animals - \$5
- \_\_\_\_\_ Basic Tree Care - \$5
- \_\_\_\_\_ Beyond Word-A-Day - \$10
- \_\_\_\_\_ Birding - \$10
- \_\_\_\_\_ The Book Class - \$15
- \_\_\_\_\_ Chinese Dim Sum - \$10
- \_\_\_\_\_ Cloud Computing - \$5
- \_\_\_\_\_ Cooking with Harold - Part Two - \$30
- \_\_\_\_\_ Dustin London Inside Out and Laken Bridges an/other - \$5
- \_\_\_\_\_ E-Books for Everyone in the State of Illinois - \$5
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- \_\_\_\_\_ Uniting in Progress - \$5
- \_\_\_\_\_ A Virtual Trip to Andalusia, in Southern Spain - \$5
- \_\_\_\_\_ Why Is Sleep So Important? - \$5
- \_\_\_\_\_ Wild Flower Walk - \$5

**Total Amount: \$** \_\_\_\_\_

**Refund Policy:** Requests to withdraw from a class and for a related refund must be received 30 days prior to the first class meeting. All approved refunds will be issued at the end of the semester. For full refund policy please refer to page two.

Please return your completed form and check made payable to Western Illinois University to the Office of Study Abroad and Outreach, Horrabin Hall 8, Western Illinois University, 1 University Circle, Macomb, IL 61455-1390.

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- \_\_\_\_\_ Chinese Dim Sum - \$10
- \_\_\_\_\_ Cloud Computing - \$5
- \_\_\_\_\_ Cooking with Harold - Part Two - \$30
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- \_\_\_\_\_ Is Our Retirement Going as Well as We Thought it Would? - \$5
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- \_\_\_\_\_ Why Is Sleep So Important? - \$5
- \_\_\_\_\_ Wild Flower Walk - \$5

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