

The MICL Letter

Sept 2019

Fall Session B

Message from our President - Dorothy Winke

My Fellow MICLites,

What a great A Session we just enjoyed. Our perennial classes were a fabulous foundation for the specialty classes added this session.

On Monday morning **Travels Around the World had one of the most unique trips yet.** What confidence it took to plan and execute a tandem bike ride over 5,000 miles across the United States. From dipping the rear wheel into the Pacific and the front wheel into the Atlantic, from camping out to motels, from cooking in one pot to dining in style, a memorable trip from start to finish. Bravo, well done!

Monday afternoons **Betty Boj-Sode continued our exploring Central American history,** this time with the Aztecs. Their accomplishments were outstanding, not just the bloody sacrifices we all associate with the word "Aztec."

On Tuesday morning we had the privilege of learning about the Mysteries of Human Evolution with MJC's own Dr. Debi Bolter and her associates at MJC and Stanislaus State. A marvelous learning experience taught with humor and we didn't even have to learn all those technical, scientific names.

Political Polling on Wednesday morning gave us insight into what happens when a voice on the telephone asks if you would be willing to answer some questions. Our own MICL member **Dr. Larry Giventer will be forever known as "One Stick and a Bit."** If you were there, you know what I mean, if not, you missed a very interesting, informative and surprisingly fun class.

We had another Ron Rutschman music class on Thursday afternoon. This time Folk Music was the topic, and with shoes kicked off, my toes were wiggling in time to the music (they wouldn't let me dance – said they didn't want me to scare people).

Everyone plan on attending the **Pot Luck at 11:30 on Thursday the 26th** as we wind up A Session and look forward to B Session. Remember new members don't have to bring anything this time around – you are our guests. Everyone else, a hot or cold dish please; the committee will provide dessert and drinks.

B Session starts Sept 30th with another line-up of classes you should not miss:

Monday afternoon Christine Beckstrom will enrich us will **Classical Music Appreciation.** I most likely will leave my shoes on for this class, but know it will sooth my mind and enrich my soul.

On **Tuesday morning** we will have Joann Blaska conduct a very informative class about **Child Welfare Services.** Joann served her working years with this service and we are fortunate to have her as a MICL member who knows all the ins and outs of what is happening in our County.

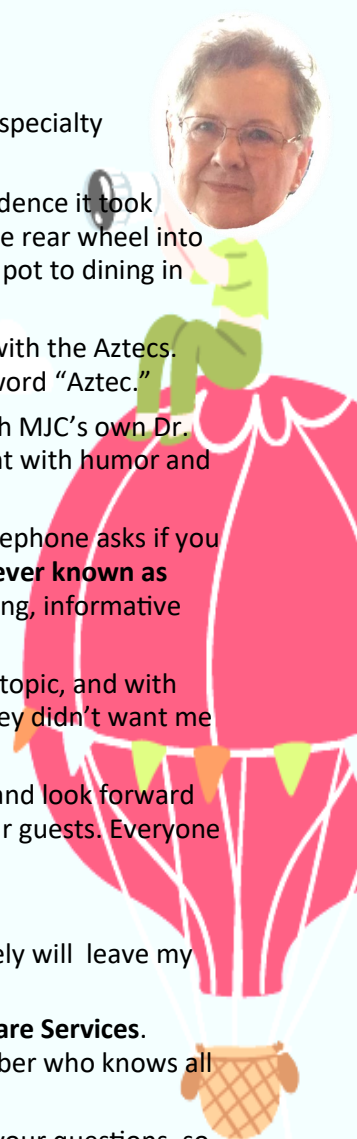
Kaiser Doctors will discuss Senior Health Issues with us on Wednesday morning. Write down all your questions, so you don't forget to ask all those pesky questions you forget to ask your own doctor. Now is your chance, while we have them with microphone in hand.

Roger Jackson will take us to **Favorite Museums on Thursday afternoons.** Check out MICL's Facebook page for a sneak preview of Dorothy Ford's recent trip with Susan Filice to the Getty Museums. And don't forget **Friday at the Movies.**

Think about presenting a class yourself, or at least present an idea for a class to the Curriculum Committee; they are always looking for interesting ideas. **MICL only works because we all pitch in to make it work!**

See you in class and don't forget to bring snacks for Break Time.

Dorothy



Diedre Bush



FIELD TRIPS:

Join Diedre on a Field Trip to
Sausalito Bay Model Visitor Center
October 26th!

MORE DETAILS ON PAGE 6

SESSION B Classes:
September 30th
thru Nov 1st

SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 to 9:30 AM		 Young at Heart & Qi Gong		 Young at Heart & Qi Gong	
10 am to NOON	 Travels Around the World	 Child Welfare Services	 Kaiser Doctors Discuss Senior Health	 What in the World?	 Friday at the Movies
1 pm to 3 pm	 Classical Music Appreciation	 Bridge	 Writing It Down!	 Favorite Museums	

2018-2019 BOARD OF DIRECTORS

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CLASSES ARE HELD

IN THE EL CAPITAN CENTER BUILDING
MONDAY THROUGH FRIDAY
DURING FALL & SPRING SEMESTERS
Summer Session No Mondays or Fridays
LOCATED ON THE WEST CAMPUS OF
MODESTO JUNIOR COLLEGE

Richard Cato	Immediate Past President
Rita Perez	MJC Community Ed Specialist
MJC Community Education	209-575-6063
MJC West Campus address	2201 Blue Gum Avenue Modesto, CA 95358
George Pettygrove	Founder

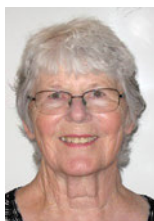
MICLetter produced by Dorothy Ford and Susan Filice

MONDAY

TUESDAY

10:00 AM TO 12:00 NOON

Coordinator:
Robin Martin



TRAVELS AROUND THE WORLD: Let yourself experience the travel delights of MICL members and selected guests on their journeys by foot, car, RV, rail, ferry, riverboat, ocean liner, airplane, etc. Shared in illustrated detail, are explorations of places far and near, exotic and familiar. Whether you are a fearless explorer or an armchair traveler, join us in a cozy classroom setting to vicariously experience these wondrous tales and adventures. Expand your horizons and brush up on world geography. Questions and comments are encouraged.

- 09/30 Cynthia Henry: Five decades of China
- 10/07 Jim Huckaby: Life in the Philippines
- 10/14 Jerry and Sandy Jackman: 30 cities in Asia in 3 months
- 10/21 Joyce Starkey: Quebec City, Canada
- 10/28 Steve Jacobs: Baltic Cruise

Coordinator:
Judy Spencer



12:00 NOON TO 1:00 PM BREAK

1:00 PM TO 3:00 PM

Coordinator:
Christine Beckstrom



CLASSICAL MUSIC APPRECIATION: A sonorous smorgasbord to sensitize and stimulate your musical taste buds: brain healthy music appreciation. This class continues with presentations by guest speakers, class members and the coordinator. Included are DVD lectures by Dr. Robert Greenberg from the Great Courses Series. This class is informational and engaging. Woven into the curriculum are aspects of Musical Cognition and Perception and topics suggested by the attendees.

- 09/30 Leonard Bernstein by Anita Young; Opera Modesto
- 10/07 Henry Cowell and George Anthill by Margaret Olson; Charles Ives by Diana Loomis
- 10/14 Samuel Barber by Marilyn Rowland; History of American Classical Music from the Pilgrims to Circa WW1 – Part 1 by Christine Beckstrom
- 10/21 History of American Classical Music from the Pilgrims to Circa WW1; Part 2 Christine Beckstrom
- 10/28 Arron Copeland by David Burdette; History of American Classical Music; Pt 3 Christine Beckstrom

8:30 AM TO 9:30 AM

Coordinators: Rudy Serrato & Vickie Morales

YOUNG AT HEART: A strength-training program designed specifically for older adults followed by Qigong. You may sit or stand, depending on your physical ability. Program follows the guidelines of the Presidential Fitness Award.

10:00 AM TO 12:00 NOON

Coordinator:
Joann Blaska



SOCIAL SERVICES: The Stanislaus County Community Services Agency (CSA) is a Social Program funded by county, state and federal funds pursuant to the Welfare & Institutions code which provides protection and safety to children and families.

Within CSA there are multiple social programs: Temporary Assistance for Needy Families (TANF), Adult Services and Child Welfare Services (CWS). Within CWS, there are multiple behaviors that are perpetrated that require assessment and treatment. The discussions for the next 5 weeks will cover:

- 10/01 Sexual abuse, Incest Treatment Program
- 10/08 Addiction and High Risk Infant Protocol
- 10/15 Domestic Violence
- 10/22 Severe neglect and physical abuse
- 10/29 Mental Health issues and related behaviors

12:00 NOON TO 1:00 PM BREAK

1:00 PM TO 3:00 PM

Coordinator:
Ron Rutschman



BRIDGE: As always, this class serves both experienced players and members who have never played bridge and want to learn something new. This is a game that will keep your mind young and offer the opportunity for you to make new friends!

Coordinator:
Wayne Edington



W E D N E S D A Y

10:00 AM TO 12:00 NOON

Coordinator:
Steve Jacobs



KAISER DOCTORS DISCUSS SENIOR HEALTH: Where do you get your medical information? There's network TV (plus/minus), cable TV (mostly bad), the Internet (some good, mostly bad, some awful), infomercials (very bad), drug ads (even worse), the National Enquirer (OK for aliens from outer space, not for humans). So how do you cut through the noise and get good information? "Evidence based medicine." The purpose of these talks is to give you a basis on what is known, and unknown, about a myriad of senior health issues. So, come and learn about medicine! You won't even need a chemical found in jellyfish to get smarter!

- 10/02 **Dr. Mohit Shahani**, Nephrologist, will speak about hypertension and kidney disease; **Dr. Theresa Jacques**, Endocrinologist, will discuss diabetes.
- 10/09 **Dr. Michael Rehbein**, retired, will speak on nutrition and obesity; **Dr. Stephen Jacobs**, retired, will speak to senior immunizations.
- 10/16 **Dr. Maria Dizon**, Neurologist, will talk about Parkinson's Disease with **Dr. Sun Hansrote**, Neurologist, speaking about dementia; **Dr. Angela Lima**, Psychiatrist and **Dr. Teresita Amay**, Psychiatrist, will discuss depression and anxiety.
- 10/23 **Dr. Michelle Chu** and **Swetha Ramachandran** will speak about rheumatoid arthritis and their autoimmune diseases; **Dr. Sylvia Fernandes**, Physiatrist, will speak about exercise and fall prevention.
- 10/30 **Dr. Theresa Jacques**, Endocrinologist, will be back to give a talk about osteoporosis; **Dr. Vipul Bhugat**, Family Physician, will discuss recommended screening tests for seniors.

12:00 NOON TO 1:00 PM **BREAK**

1:00 PM TO 3:00 PM

Coordinator:
Millie Starr



WRITING IT DOWN: Be inspired to share your writing efforts in an encouraging and supportive classroom setting. Class members write at home about anything they want, and they share what they write in class when they are ready.

The goal of the class is to support one another in the writing process and learn by doing. Come join our writing community as a writer or listener.

T H U R S D A Y

8:30 AM TO 9:30 AM

Coordinators: Rudy Serrato & Vickie Morales

YOUNG AT HEART: A strength-training program designed specifically for older adults followed by Qigong. You may sit or stand, depending on your physical ability. The program follows the guidelines of the Presidential Fitness Award.

10:00 AM TO 12:00 NOON

Coordinator:
Patricia Williams



WHAT IN THE WORLD?: Have you ever watched TV or read a news paper article, opinion, or letter to the editor and really wanted to discuss or react to what you read? *What in the World?* is just the class for you. We discuss all kinds of issues and happenings from your neighborhood, local, regional, state, national, and world news. You bring in the topic, introduce it, and we all discuss it with the help of a new class facilitator each five week session. A number of class members have real expertise to lend to a number of discussions. Learn something new every day. Join the camaraderie.

12:00 NOON TO 1:00 PM **BREAK**

1:00 PM TO 3:00 PM

Coordinator:
Roger Jackson



FAVORITE MUSEUMS: A museum is a place that fuels creativity, ignites minds, and provides inspiration. Its extraordinary exhibitions and collections are dedicated to helping you understand and enjoy the artifacts intended to be appreciated for their beauty or emotional power. Please join us on this four-week journey as we learn about a wide variety of museums that are visited locally, nationally and internationally.

- 10/03 Presidential Libraries and Museums, Roger Jackson; Gulbenkian Museum, Lisbon, Portugal, Frances Lopez
- 10/10 McHenry Museum, Rita Matthews; The Getty, Los Angeles, Dorothy Ford
- 10/17 National Gallery of Art, Washington, D.C., Betty Boj-Sode; The Art Institute of Chicago, Ron Rutschman
- 10/24 Boston Museum of Art, Legion of Honor, Musée d'Orsay, Vienna Anthropology Museum, British Museum, Hugh Brereton; Maritime Museum of the Atlantic, The Halifax Museum, Carol Sullivan
- 10/31 Potluck 11:30-1:00

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1:00 PM TO 3:00 PM

Coordinator:
Carol Sullivan



MICL BOOK CLUB SELECTION: THE BOOK WOMAN OF TROUBLESOME CREEK, BY KIM MICHELLE ANDERSON Moderated by Renate Glinkas

"...a hauntingly atmospheric love letter to the first mobile library in Kentucky and the fierce, brave pack-horse librarians who wove their way from shack to shack dispensing literacy, hope, and – just as importantly – a compassionate human connection." Sara Gruen, author of *Water for Elephants*

The hardscrabble folks of Troublesome Creek have to scrap for everything – everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome's got its very own traveling librarian, Cussy Mary Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy's family or the Library Project, and a "blue" is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachias and suspicion as deep as the holler.

Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s, *The Book Woman of Troublesome Creek* is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere – even back home.

MEETS OCTOBER 31st

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10:00 AM TO 12:00 NOON

Coordinator:
Susan Wiltse



FRIDAY AT THE MOVIES:

Start your weekend relaxation with a film classic or foreign film (subtitled in English, of course) that will carry you away to other times and other places. Discussion encouraged but not required. Details of the movies are posted just before the semester starts.

Oct. 4	Pather Panchali	1958	Bengali/English subtitles	119 min.
Oct. 11	Dangerous Crossing	1953	English	76 min.
Oct. 18	The Virgin Spring	1960	Swedish/ English subtitles	90 min.
Oct. 25	The Night of the Hunter	1955	English	93 min.
Nov. 1	Jean de Florette	1986	French/ English subtitles	121 min.

EVENT SCHEDULE

Session B starts	Sept 30		
Curriculum Committee	Oct 2	3:15pm	Office
Board Meeting	Oct 9	3:15pm	Office
Birthday Lunch	Oct 18	1:00 pm	Mimi's
Potluck	Oct 31	11:30am	Common area
Book Club	Oct 31	1:00pm	Classroom
Session B ends	Nov 1		
Trips	Oct 26	Details page 6	



Join us on Facebook: Enter MICL in search field, at site click on **+ Join Group**

Future Trips



Sausalito Bay Model Visitor's Center

OCTOBER 26th – Saturday

Check-in 6 am MICL office Bus departs 6:30 am
Check-in for return 4 pm Bus departs 4:30 pm

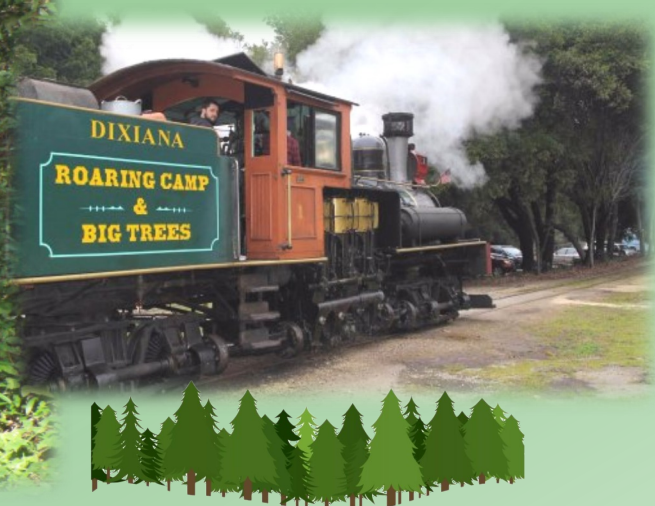
Lunch on your own

\$20

The Bay Model Visitor Center in Sausalito is a fully accessible education center administered by the U.S. Army Corps of Engineers which. It provides scientists, educators and visitors a unique opportunity to view the complete San Francisco Bay-Delta system at a glance.

This is a three-dimensional working hydraulic model of the San Francisco Bay and Sacramento-San Joaquin River Delta System. It is over 1.5 acres and capable of simulating tides and currents of the area from the Pacific Ocean to Sacramento and Stockton, including the San Francisco, San Pablo and Suisun Bays and a portion of the Sacramento-San Joaquin Delta system. Managing this precious resource is subject to many important but competing demands. This visit will add to our understanding of where we get our water and what are the environmental constraints on its use.

The center provides public information and educational programs focusing on the environmental, historical and cultural elements of the San Francisco Bay region as well as attention to concepts such as geography, geology, tide cycle, water cycle, the food chain and map scale.



Roaring Camp Steam Train to Bear Mountain DECEMBER 7th – Saturday

Bus leaves at 6:30 am returning by 7:00 pm

Enjoy festively decorated holiday trees

SENIOR HEALTH Coordinated by Steve Jacobs, MD

Fall Session B Wednesdays 10 - Noon



October 2, 2019



Dr. Mohit Shahani Nephrologist:
Hypertension and Kidney Disease

Dr. Theresa Jacques Endocrinologist:
Diabetes



October 9, 2019



Dr. Michael Rehbein (retired):
Nutrition and Obesity

Dr. Stephen Jacobs (retired):
Senior Immunizations



October 16, 2019



Dr. Maria Dizon and Dr. Sun Hansrote
Neurologists: Parkinson's Disease and
Dementia

**Dr. Angela Lima and Dr. Teresita
Amay** Psychiatrists: Depression and
Anxiety



October 23, 2019



Dr. Michelle Chu & Dr. Swetha Ramachandran
Rheumatologists: Rheumatoid Arthritis and
other Auto-Immune Diseases

Dr. Sylvia Fernandes Psychiatrist:
Exercise and Fall Prevention



October 30, 2019



Dr. Theresa Jacques Endocrinologist:
Osteoporosis

Dr. Vipul Bhugat Family Physician:
Recommended Screening Tests for Seniors

Mysteries of

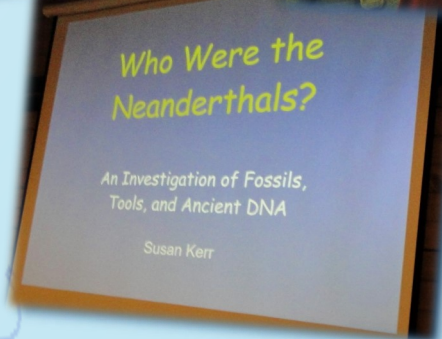
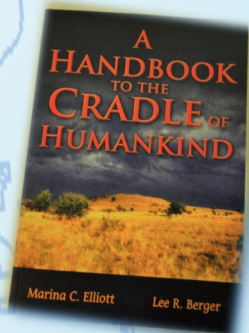
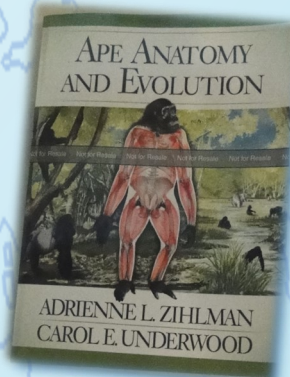


HUMAN EVOLUTION

Coordinated by Debra Bolter, PhD

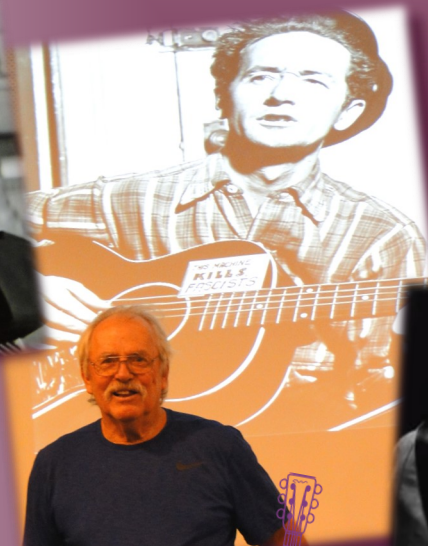
TODAY'S TALK:

1. Hominin origins
2. Selective pressures
3. Australopiths





Coordinated by Ron Rutschman



Travels Around the World

COORDINATORS Robin Martin and Judy Spencer do a fantastic job rallying our members to share their trips on Monday mornings. Pictured here are Theresa and Reuben Peterson who biked 5000 miles across America on a tandem bicycle. Not only is that an admirable accomplishment, it is a real commitment to teamwork and physical fitness. Helmets off to you both!



Political Polling



Larry Giventer, PhD was not only the coordinator for this course, he did 5 weeks of presentations. His in-depth knowledge of this topic is astounding. All attending were well-informed of the methodology behind measuring public opinion.

Attendee, Ed Ponganis, summarized his learning from this class citing he now has a better understanding of how polling results can be misleading. He learned polls:

- ♦ Don't predict behavior even though that is how they are reported in the news.
- ♦ Can easily be biased and you need to know who paid for them before believing their results.
- ♦ They are obsolete before they are published and reflect future behavior, have high entertainment value, but little *real* value.

Directory & MICLetter Production

The efforts of **Ron Rutschman and Dorothy Ford** are a valuable resource for MICL. Ron has the task of maintaining the membership database and then creating our directory each semester. Dorothy works on the MICLetter for each session. No matter the job, keeping our members informed takes dedication and solid computer skills. If you know how to use Microsoft Office Publisher 2016, contact Margaret Olson, Director of Communications.



August Birthday Luncheon



July Birthday Luncheon



June Birthday Luncheon



Whale Watching Trip



Monterey Bay Whale Watch
Sightings 8/22

Mammals	Birds
1 Southern Sea Otter	- Western Gull
2 CA Sea Lion	- Heermann's Gull
3 Humpback Whale	- Brandt's Cormorant
Probable feeding!	- Red-necked Phalarope
	- Brown Pelican
	- Sooty Shearwater
	- Common Murre

The Black-fin Crew:
Captain: Scott
Biologist: Kris
Deckhands: Kaitlyn & Josh
Intern: Bradley
gowhales.com #gowhales

Check us out on Instagram, Twitter, Facebook and YouTube!

