



## Message from our President - Richard Cato

With the holiday season behind us it's time to look forward to the New Year and the Spring class sessions. Check out the Spring calendar on Page 2 of this MICLetter for our course offerings. **Keep an eye out for the weekly class updates that will come out every Friday for the next week's classes beginning January 11.** In the El Capitan building, the class reviews are posted on the west wall outside the classroom. Session calendars are also available to the right of the front door as you exit the classroom.



**One of the unique classes we offer in the Spring is Great Decisions.** This is an eight-week course that will run over both the B and C Sessions focusing on foreign affairs. This class uses a textbook written by the Foreign Policy Association that provides useful information on a variety of foreign affairs topics. We show a video that summarizes the more important aspects of the subject for that day and then discuss questions from our textbook. Purchase of the textbook is not required to attend the class. The textbook costs about \$27 and will be available at the end of A Session potluck on February 14.

**In-person registration is Wednesday, January 9 from 9:00 am to 11:30 am.** We will have an orientation for new and returning members beginning about 10:00am. We will go over policies and procedures and review the A Session classes. If you want to register online before January 9 go to [mjc4life.org](http://mjc4life.org) and in the search box in the upper right enter "micl" and click GO. That will get you to the registration page. Scroll down to see all your options. You can register and purchase a parking pass or just register for classes without a parking pass. Couples need only purchase one parking pass. **Those with a handicap placard do not need to purchase a parking pass.** Your parking pass and registration card will be mailed to you within a week or so. I have already registered online and can assure you the process is quick and easy. Credit or debit card will be needed. Check it out.

In your registration packet look for a note outlining how we use your \$10 contribution. The contribution is voluntary. If you register online, you can pay the contribution on January 9 or anytime after that by dropping your check or cash in our donation box. **Your contribution purchases supplies for the kitchen, ink and paper for our printers and copiers, and other supplies to keep MICL running.**

Replacement of the exterior of the building will begin in April. MJC will be putting new siding on the building and adding ramps on both ends of the building. Noise will be an issue so be prepared. Since C Session ends the end of April, it may not be a factor.

For those of you who may not have been to the campus in the last month, **we now have a great new parking lot.** There are more spaces than before, more handicapped spots and a nice walkway from the far end of the lot. The sidewalk to the steps has been resurfaced as well. Thanks to Judy Lanchester and MJC for a job well done!

***See you at registration !***

**REGISTRATION** for  
Spring 2019 is **WED**  
January 9th, 9–11:30am  
in the MICL classroom

**SESSION A Classes:**  
**JANUARY 14**  
thru  
**FEBRUARY 15**

Diedre Bush



**TRIPS:**

**We will be venturing  
out to some great  
destinations in 2019!**

**SEE MORE DETAILS  
ON PAGE 6.**

**SCHEDULE**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 to 9:30 AM</b>		 Young at Heart & Qi Gong		 Young at Heart & Qi Gong	
<b>10 am to NOON</b>	 Travels Around the World	 MICL Meet Your Past	 Nutrition II	 What in the World?	 Friday at the Movies
<b>1 pm to 3 pm</b>	 Early Mesoamerican Cultures	 Bridge	 Writing It Down!	 History of Daily Life of Ordinary Ancient People	

**2018-2019 BOARD OF DIRECTORS**

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Louise Summerlot	Publicity
Judy Moore	Hospitality
Diedre Bush	Field Trip

**CLASSES ARE HELD**

**MONDAY THROUGH FRIDAY  
DURING FALL, SPRING & SUMMER SEMESTERS  
IN THE EL CAPITAN CENTER BUILDING  
LOCATED ON THE WEST CAMPUS OF  
MODESTO JUNIOR COLLEGE**

Marjorie Reis	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

## 10:00 AM TO 12:00 NOON

Coordinator:  
Robin Martin



**TRAVELS AROUND THE WORLD:** Let yourself experience the travel delights and occasional frustrations of MICL members and selected guests on their journeys by car, foot, RV, rail, ferry, river boat, ocean liner, airplane, etc. They will share with us, in illustrated detail, their 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 experience vicariously their wondrous tales and adventures. Expand your horizons and brush up on world geography. Questions and comments are encouraged.

Coordinator:  
Judy Spencer



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

## 1:00 PM TO 3:00 PM

Coordinator:  
Betty Boj-Sode



**EARLY MESO-AMERICAN CULTURES:** Over a century of archaeological research in Mesoamerica suggests that during the 4 thousand years of pre-contact history, the Olmec, Maya, and (for the last 2 or 3 hundred years) the Aztecs were the major influences throughout the area. At the same time, the groups evolved and developed their own distinctive cultures. Using Great Courses videos and class discussion, we'll learn about the mighty city of Teotihuacan whose extensive ruins north of modern Mexico City still awe thousands of visitors annually; about the Zapotecs, high above Oaxaca; about the mysterious people of the West Coast who had closer ties with South America than their neighbors to the East; about the Mixtec's (so-called Desert Warriors), and the Tarascans. The course ends with a survey of Mesoamerican plants, food, and medicine.

Jan 14 - 1st hr: Intro to Mesoamerican Cultures; 2nd hr: Enigmatic West Mexico & Shaft Tombs

Jan 21 - Holiday (no class)

Jan 28 - 1st hr: The Great City of Teotihuacan; 2nd hr: Monte Alban & Zapotec Rule Over Oaxaca

Feb 4 - 1st hr: The Mixtec Rise/Gold & Epic Stories; 2nd hr: The Great Pyramid of Cholula & El Tajin

Feb 11 - 1st hr: Independent Tarascans/Desert Warriors; 2nd hr: Mesoamerican Plants/Cuisine and Medicine

# TUESDAY

## 8:30 AM TO 9:30 AM

Coordinators: Arline Wortner, Lila Huff, Leonard Olives, Jim McCabe & Rudy Serrato

**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:  
Carol Olsen



**MICL MEET YOUR PAST:** This class, offered annually for two decades, presents two MICL members each week sharing their unique life stories. As you listen you may connect to something in your own experiences. These could be a hometown, school, job, events or family. It is those connections and the presenter's storytelling that makes this five week series so enjoyable.

Jan 15 - First hour: Art McRae, Second hour: Wendy Byrd

Jan 22 - First hour: Stephen Jacobs, Second hour: Louise Summerlot

Jan 29 - First hour: Maureen Fuertes, Second hour: James Hilburn

Feb 5 - Class features Marilyn and Charles Rowland

Feb 12 - First hour: Diana & Wayne Sicard, Second hour: Diedre Bush

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

## 1:00 PM TO 3:00 PM

Coordinator:  
Ron Rutschman



**BEGINNER'S BRIDGE:** As always, this class serves both experienced players and members who have never played bridge and want to learn something new. This semester also features a new program to enhance the skills of experienced players. The American Contract Bridge League (ACBL) course Play of the Hand in the 21st Century is taught to make better bridge players through lectures, videos, booklets and practice hands.

Coordinator:  
Wayne Edington





# W E D N E S D A Y

10:00 AM TO 12:00 NOON

Coordinator:  
Ed Padilla



**NUTRITION II:** This course is a practical, hands-on guide to understanding the science of nutrition and how what we eat and drink affects our bodies and our lives. We need to develop nutrition and exercise plans that not only work but are sustainable. They are lifestyle choices that can lead to a longer and healthier life for anyone at any age.

Jan 16 - Why we eat what we do! Hydration - You are what you drink. The facts about hydration.

Jan 23 - Guest speaker - will discuss the Vegan lifestyle. Lectures on organic foods and sugar in our diet.

Jan 30 - How safe is our food? We shall learn the truth about herbal supplements and nutrition and cancer.

Feb 6 - Guest Speaker - Registered Dietician from Sutter Health. Learn about a heart-healthy lifestyle.

Feb 13 - High blood pressure affects 1 out of every 3 Americans. Learn about the consequences of exercise and nutrition.

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 and 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: Arline Wortner, Lila Huff, Leonard Olives, Jim McCabe & Rudy Serrato

**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:  
Dave Froba



**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. Come join the camaraderie.

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

1:00 PM TO 3:00 PM

Coordinator:  
Marlene Cowan



**HISTORY OF DAILY LIFE OF ORDINARY ANCIENT PEOPLE:** We all know about the one percent who changed the course of history but not so much about the lives of the other 99%. In this class we'll learn about their daily lives as well as about special events like weddings and holidays. Using Great Courses DVD's and other materials, we'll study from the Greeks to the Medieval Period.

Jan 17 - 1st hr: Medieval Period Overview, 500-1500 A.D.; 2nd hr: Medieval Village Life

Jan 24 - 1st hr: What's for dinner? Food and Drink; 2nd hr: Life in a Noble Household

Jan 31 - 1st hr: Music and Entertainment ; 2nd hr: Marriage and Family Life

Feb 7 - 1st hr: Dress & Fashion; 2nd hr: World in Turmoil - End of the Medieval Period.

Feb 14 - Book Review

# T H U R S D A Y

1:00 PM TO 3:00 PM

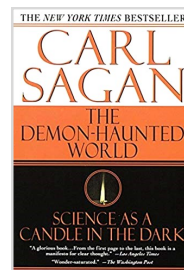
Coordinator:  
Carol Sullivan



## MICL BOOK CLUB SELECTION: *The Demon Haunted World* by Carl Sagan.

How can we make intelligent decisions about our increasingly technology-driven lives if we don't understand the difference between the myths of pseudo-science and the testable hypotheses of science?

Casting a wide net through history and culture, Sagan examines and authoritatively debunks such celebrated fallacies of the past such as witchcraft, faith healing, demons, and UFOs... as Sagan demonstrates with lucid eloquence, the siren song of the unreason is not just a cultural wrong turn, but a dangerous plunge into darkness that threatens our most basic freedoms. (Non-Fiction)

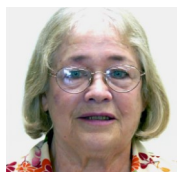


CLUB MEETS FEBRUARY 14TH

# F R I D A Y

10:00 AM TO 12:00 NOON

Coordinator:  
Betty Boj-Sode



## 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.

Coordinator:  
Susan Wiltse



Coordinator:  
Carol Quinlan



- Jan 18 - *The Journey* 1958, Color 120 minutes, Yul Brynner and Deborah Kerr
- Jan 25 - *The Witness* 2016, B & W 90 minutes, Documentary of the Kitty Genovese murder in 1964.
- Feb 1 - *The Fortune Cookie* 1966, B & W 120 minutes, Jack Lemmon and Walter Matthau
- Feb 8 - *Crimes and Misdemeanors* 1988, Color 104 minutes, Woody Allen and Mia Farrow
- Feb 15 - *The Man Who Knew Too Much* 1955, Color 120 minutes, James Stewart and Doris Day

## EVENT SCHEDULE

Session A starts	January 14		
Curriculum Committee	Jan 2, Feb 6	10 am, 3:15pm	Office
Board Meeting	Jan 9, Feb 13	10 am, 3:15pm	Office
Birthday Lunch	Jan 18, Feb 15	1:00 pm	Mimi's
Potluck	February 14	11:30am	El Capitan
Book Club	February 14	1:00pm	Classroom
Session A ends	February 15		
Trips	Tentative trip details on page 6		



T R I P S	TENTATIVE MICL TRIPS		
	Date	Place	Cost
	TBD	California Academy of Arts & Sciences	\$55
	TBD	Ardenwood Historic Farm and Patterson Mansion Museum	\$25
	TBD	Roaring Camp Steam Train up to Bear Mountain (includes breakfast)	\$65
	TBD	USC Stanford Cantor Center for Fine Arts and Rodin Sculpture Garden	\$20
	TBD	Monterey Bay Aquarium	\$65





# Making it Merry in the Community

WE MADE OUR GOAL OF 260 CARDS! THANK YOU TO THE MEMBERS THAT CONTRIBUTED TO THE PROJECT. YOUR WORKS OF ART BRING A SMILE TO OUR RECIPIENTS. THIS WAS OUR 3rd YEAR MAKING CARDS TO SPREAD A LITTLE HOLIDAY JOY. IT WAS EXCITING TO SEE MORE MEMBERS JOIN OUR EFFORTS THIS YEAR. WE HAVE QUITE A FEW REMBRANDTS AMONG US !



Coordinated by Susan Filice

A BIG THANK YOU TO THE "COLORING CREW" THAT WORKED TO NOT ONLY COLOR CARDS, BUT PASTED THE MESSAGES INSIDE THEM.



# Christmas Potluck





