



The M I C L Letter

January 2020

Spring Session A

Message from our President - Dorothy Winke

My Fellow M I C Lites,

How do I begin to express my **THANKS TO ALL of you for making the Fall Semester such an outstanding success?** We have had some of the most interesting and educational programs ever presented for our learning pleasure!

There was an impressive number of outside speakers in the Fall semester. Dr. Debi Bolter of MJC and her team of learned colleagues led us through the Mysteries of Human Evolution sharing replicas and artifacts. Coordinators Joann Blaska (Child Welfare Services) and Dr. Steve Jacobs (Senior Health) also arranged for experts and medical professionals that provided informative programs. Dr. Larry Giventer guided us along the path to understanding Political Polling - necessary as the 2020 elections are fast approaching.

Exploring other cultures, Betty Boj-Sode (The Aztec Empire) and Frances Lopez (Islamic Golden Age II) gave us insight into exotic worlds. Music lovers indulged in modern themes with Christine Beckstrom and Folk Music with Ron Rutschman. With Roger Jackson's team featuring their Favorite Museums, I have more places to add to my bucket list.

Robin Martin (Travels Around the World) and Carol Olsen (M I C L Meet Your Past) once again assembled presenters that trekked the globe and touched our hearts with personal stories. Hugh Brereton (The Presidential Lecture Series) brought to life scoundrels and saints both. Dave Froba's Birding was a fun favorite many enjoyed.

All semester long we relaxed with Friday at the Movies; good shows with all the free popcorn you could eat. Diedre Bush, we love your variety of field trips. Whale watching was so great, I for one am ready to do it again. **The Halloween Potluck was a truly fun day.** So many of you got into the spirit of the day with innovative costumes... a wonderful cadre of Witches tended the kitchen. Who was that Zombie, Black Beard, Pirate and Snow White, the Prisoner and clever 50 Shades of Gray? Thanks to Susan Filice you can take a look at the photo collage of characters on our website to find out. And did you see the **Holiday Potluck photos** of you taking rides in the snow?

Spring Semester awaits offering exciting new classes for you. Session A includes three Monday dates devoted to **Leonardo da Vinci** and Tuesdays follow up with **Climate Change Solutions** focusing on remedies to this looming problem. **Pet World** Wednesdays are sure to be enlightening and entertaining and to keep Thursdays light, a **Comedy class** in the afternoon.

See you there!

Dorothy

VISIT OUR WEBSITE FOR MORE: micl-online.org

IMPORTANT:
No classes:
Jan 20, Feb 14, Feb 17

Diedre Bush



FIELD TRIPS:

Join Diedre on a Field Trip !

Details coming soon

SESSION A CLASSES:

January 20th
thru February 21st

No classes:
Jan 20, Feb 14, Feb 17

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	 Climate Change Solutions	 Pet World	 What in the World?	 Friday at the Movies
1 pm to 3 pm	 Leonardo da Vinci	 Bridge	 Writing It Down!	 Comedy	

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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
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George Pettygrove	Founder

MICLetter produced by Susan Filice and Annette Steve-Alexander

**M
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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.

- 01/20 **NO SCHOOL**
- 01/27 **Richard Anderson** - Germ Theory of Disease/An Odyssey Through Nine Countries;
Lynn Hansen - Tide Pools of Central California Coast
- 02/03 **Elaine Gorman** - Ajijic, Lake Chapala Mexico
- 02/10 **Chuck and Marilyn Rowland** - Crossing the Atlantic on the Queen Mary & 4 Days of London Theater
- 02/17 **NO SCHOOL**

12:00 NOON TO 1:00 PM BREAK

1:00 PM TO 3:00 PM

Coordinator:
Betty Boj-Sode



LEONARDO DA VINCI: Most days will be devoted to a 1970s semi-documentary Italian film (English dialogue) covering the artist's life and work in Vinci, Florence, Milan, Venice, Rome, Amboise, and France. Discussion of the famous theft of the Mona Lisa and less familiar works by the artist, such as a portrait of Ginevra de' Benci, the Madonnas in the Hermitage in Russia, an early St. Jerome, and St. John the Baptist, the artist's last painting.

- 01/20 **NO SCHOOL**
- 01/27 A ten-minute film sketching some major figures/influences contributing to the Renaissance in Italy.
- 02/03 Discontented Leonardo heads to Milan, hoping to start a new life at the court of Ludovico Sforza.
- 02/10 Film of Leonardo's life, a stop in Ferrara & drawing of Isabella d'Este, and the Mona Lisa painting.
- 02/17 **NO SCHOOL**

8:30 AM TO 9:30 AM

Coordinators: Rudy Serrato & Vicky 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:
Ron Rutschman



CLIMATE CHANGE SOLUTIONS: In the Spring of 2019 MICL presented a Climate Change class that focused on the causes and effects of climate change and global warming. This 5 weeks, the emphasis is solely on SOLUTIONS!

- 01/21 **Ron Rutschman** – A review of last spring's Climate Change class: Causes/effects, CO₂ emissions, ensuing sea level rise, droughts, floods, hurricanes and fires (Australia); preview of solutions.
- 01/28 **David Froba** – Transportation industry's contribution to greenhouse gases and solutions;
Ron Rutschman – Planting trees to alleviate climate change.
- 02/04 **Judy Lancaster** MJC Facilities & Staff – College compliance with environmental standards;
James Hopf retired Nuclear Engineer – Nuclear power's role in reducing carbon emissions.
- 02/11 **Dr. Richard Anderson** – The Earth's Orbital Cycles Will Cool Us and Ethanol Biomass Burning;
Ron Rutschman – Citizens' Climate Lobby's agenda, carbon fee and dividend plan.
- 02/18 **Alexandra Golikov** – Soil Carbon Sequestration in Agricultural Practice; second hour TBD.

12:00 NOON TO 1:00 PM BREAK

1:00 PM TO 3:00 PM

Coordinators:
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



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10:00 AM TO 12:00 NOON

Coordinator:
Ed Padilla



PET WORLD: Explore the world of pets, exclusively dog and cats. There will guest speakers, funny videos, and dog training DVDs. Learn about dog and cat breeds. Learn the best places to walk your dog and how to travel with your pet. We will have classroom discussions about pet issues. A field trip will be scheduled.

- 01/22 A pet survey and funny animal videos, dog and cat breed information, a dog training DVD, training principles; field trip with our dogs will be scheduled.
- 01/29 Stanislaus County Animal Volunteers guest speaker; Dog Training 101: Fear and Aggressive Behavior. Funny animal videos.
- 02/05 Traveling with our pets, how to brush your dog’s teeth, info on breeds, your cat – indoor or outdoor; Dog Training 101: Puppies and Senior Dogs. Funny animal videos.
- 02/12 Dr. Quinley, Veterinarian, guest speaker, more info on breeds, heartworm protection; Dog Training 101 - Understanding your Dogs Behavior. Funny animal videos.
- 02/19 Guest Speaker on CBD medical oil for pets, best places to walk your dog, spring cleaning w/your pet, your dog/cat breed information; Dog Training 101: Managing Barking. Funny animal videos.

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. Join us!

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8:30 AM TO 9:30 AM

Coordinators: Rudy Serrato & Vicky 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:
Larry Martin



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:
John Stott



COMEDY: Here come the clowns of yesteryear and glamorous dames as well. Netflix, Hulu, and HBO – eat your hearts out! We’ve got video tapes, vinyl recordings, and some live surprises, too. Laugh and the whole world laughs with you. ‘Nuff said!

- 01/23
- 01/30 John will tell us each week what fun he has in store for members in the Weekly Updates or he may just surprise us!
- 02/06
- 02/13
- 02/20 **Potluck 11:30 -1:00**

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1:00 PM TO 3:00 PM

Coordinator:
Carol Sullivan



MICL BOOK CLUB SELECTION: OLIVE, AGAIN BY ELIZABETH STROUT

Moderated by: **Frances Lopez**



The New Yorker has said that Elizabeth Strout “animates the ordinary with an astonishing force,” and she has never done so more clearly than in these pages, where the iconic Olive struggles to understand not only herself and her own life but the lives of those around her in the town of Crosby, Maine. Whether with a teenager coming to terms with the loss of her father, a young woman about to give birth during a hilariously inopportune moment, a nurse who confesses a secret high school crush, or a lawyer who struggles with an inheritance she does not want to accept, the unforgettable Olive will continue to startle us, to move us, and to inspire us – in Strout’s words – “to bear the burden of the mystery with as much grace as we can.”

Prickly, wry, resistant to change yet ruthlessly honest and deeply empathetic, Olive Kitteridge is “a compelling life force.”
the San Francisco Chronicle

February 20, 2020

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10:00 AM TO 12:00 NOON

Coordinators:
Susan Wiltse



Carol Quinlan



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.

01/24	The Innocents	1961	English	110 min.
01/31	A Taste Of Honey	1961	English	110 min.
02/07	Manon of Spring	1986	French/English subtitles	114 min.
02/14	NO SCHOOL			
02/21	Search for Bobby Fischer	1993	English	109 min.

EVENT SCHEDULE

Session A starts	Jan 20		
Curriculum Committee	Feb 4	3:15pm	Office
Board Meeting	Feb 12	3:15pm	Office
Birthday Lunch	Jan 17, Feb 21	1:00 pm	Mimi’s
Potluck	Feb 20	11:30am	Common area
Book Club	Feb 20	1:00pm	Classroom
Session A ends	Feb 21		
Trips	TBD		



Join us on Facebook: Enter MICL in search field, at site click on [+ Join Group](#)



2019 Holiday Card Project

Making it Merry in the Community



THANK YOU TO EVERYONE THAT COLORED CARDS! SOME LIKE TO BE ANONYMOUS:

- Sharon Matthews
- Carol Sullivan
- JoAnne Midboe
- Wade Meier
- Margaret Olson
- Susan Filice
- Frank McHugh
- and friends...
- Roy Farr
- Anice Beary



The community preparation phase of this project is a favored task. We have the privilege of viewing all the cards before they find their way to new "admirers." We know dozens of hours are contributed to giving several past members and other seniors in our community a reason to smile. Sharing these cards satisfies the soul and nourishes holiday spirit. It is a project of which MICL can truly be proud.

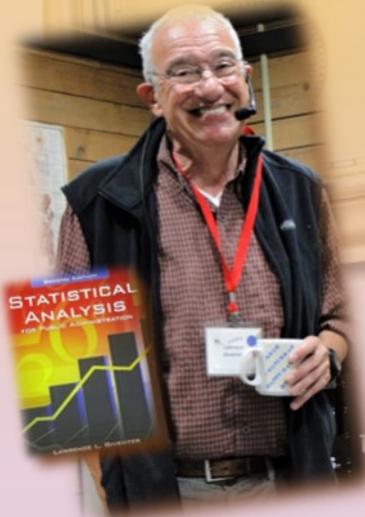
Susan Filice, Project Coordinator

We exceeded our goal...woo hoo!



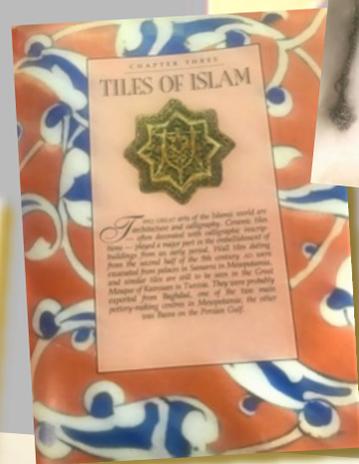
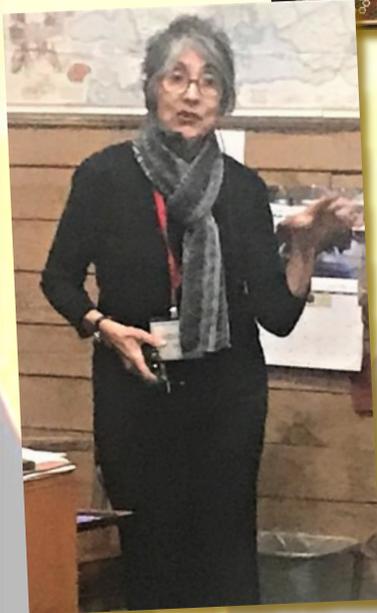
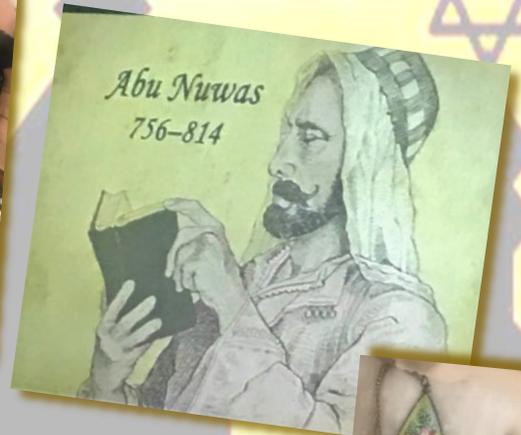
MICL - Meet Your Past

Coordinated by Carol Olsen



Islamic Golden Age II

Coordinated by Frances Lopez



Hush...Be Quiet...SHUT UP!

by Millie Starr, Writing it Down Coordinator



Every Thursday morning I receive a reminder. "It's garbage day. Hurry up and take out the trash." Usually I have attended to this minor duty. But the reminder is offered anyway.

I am sitting at my computer when the first dog starts barking. A quick Terrier yelp; he's just getting tuned up. Then comes a business-like Retriever and a Shepherd. Three pups add their eager baby voices; they've got to learn sometime. Beagles and Bassets and the neighbor's Pit Bull all join in.

Oh hush!

Soon the cacophony of dog voices is overpowering. But the first barkers have not opted out. They continue to support the effort to alert the world that today is GARBAGE DAY. Someone is coming to steal their garbage.

Be quiet!

I go back to the note I am composing. Then the noise really starts penetrating my concentration.

My mental message goes from polite hush, be quiet, to **SHUT UP!**

But nothing changes, the voices cannot be separated. Garbage day: best day of the week for a little community action, from worst day for all the wonderful smells of our garbage being stolen.

I begin to be annoyed - not with the dogs. This is their calling. They are the warning system. Just as I start to grumble about people not minding their animals a little voice says, "...ahem...Millie...ahem."

I stop cold and lean my head back and the memories flood my mind and my laughter fills the room. Samantha. Samantha was our Basset Hound. It was hard to get her excited about much. But the concept of someone stealing her garbage was more than any girl could take. We estimated that her sense of day and time were so finely tuned that she was ready to alert the world when the first key turned in the ignition at the garbage dump. Her barking started on garbage day long before any truck could be heard or any other dog on the early warning system passed on the information. She was the system! The anguish and anger did not abate until long after any residual sounds of garbage trucks lingered in the air. Then in disgust, dismay and exhaustion she would drop down and fall asleep. Would dreams of sugar plums dance in her head? No. Dreams of ripe and redolent garbage danced there instead.

I hope all of the neighbors who were awakened by her righteous indignation have forgiven us.

I know that in dog heaven, nobody ever steals her garbage. But does she still bark on Thursday morning?



DECEMBER

The Celebration's at Mimi's



Gene Richards turned 90!



Photos taken by Annette Steve-Alexander



Meet Us at Mimi's



The Birthday Luncheons
are every 3rd Friday
of the month at 1pm.
Everyone is welcome -
even if it is not
your birthday.



Sausalito Bay Model Visitor's Center



Photos taken by various members