

# Five College Learning In Retirement



Fall 2024

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## Statement on Diversity

FCLIR does not and shall not discriminate or engage in harassment or tolerate any such behavior by its personnel or members in any of its activities. This includes discrimination or harassment on the basis of race, color, religion, sex, sexual orientation, gender identity or expression, age, physical or mental disability, marital status, national origin, or military status.

# Sharing the Pleasures of Active Learning

Five College Learning in Retirement (FCLIR) was established in 1988 to provide, encourage, and support opportunities for members to share the pleasures of active learning. Each goal remains central to our mission. Each member benefits by participating in presentations, discussions, and hands-on workshops. Each of us enriches the learning experience through reading, researching, and writing, while bringing ideas, images, and insights to topics we have chosen to explore.

Members can participate in a wealth of learning and social opportunities. This semi-annual catalog provides details of new seminar offerings for Fall 2024. Beyond the seminars listed in this catalog, we run Friday morning encore presentations of some of the best presentations from the previous semester. Interest groups meet monthly to discuss books, movies, and current political issues. Further, FCLIR sponsors social events and trips to places of interest.

Meet new friends. Contribute your time and talents to maintain our vibrant organization of lifelong learners.

Many of us have strengthened our ties to FCLIR via Zoom. As we go forward, we are offering in-person seminars and events as well as hybrid or virtual access that connect with those of us who live far away, do not drive, or prefer its convenience. These varied styles of seminars enhance inclusion while maximizing participation and the reach of our programs.

FCLIR is a non-profit, self-governing organization under Five Colleges, Incorporated. An office manager works with our leadership and our many volunteers.

You can learn more about FCLIR on our website at [fclir.org](https://fclir.org). Email us at [fclir@fivecolleges.edu](mailto:fclir@fivecolleges.edu) to subscribe to our newsletter.

# Membership in FCLIR

All are welcome to join.

You do not have to be retired.

There is no age requirement.

Although we are a dues-supported organization, our membership assistance fund guarantees a place for anyone with a desire for shared learning.

Full members may participate in all programs and events of FCLIR. In addition, they may vote, serve on committees, and hold offices.

We welcome new members with a reduced-rate membership. First-time members are guaranteed a place in their first-choice seminar provided they join FCLIR and register by May 31.

Before registering for Fall 2024 seminars, both new and returning members must complete the online membership form. Click on the "Join or Renew" button at the bottom of the page [fclir.org/membership](http://fclir.org/membership) to go to the current membership form.

Payment can be made online or by mail. After you have filled out the entire form, the amount you plan to pay online is calculated. It will be zero if you have chosen to pay by check. Click to submit the form. You will receive an email to which your completed form is attached as a PDF.

- If the total amount due online is greater than zero, you will be directed to PayPal for secure online payment.
- If it is zero and you plan to pay by check, print out the completed form you received by email and send it with your check to:

FCLIR Office Manager, 202 Plain Road, North Hatfield, MA 01066

# Greetings from the Curriculum Committee

The Curriculum Committee of Five College Learning in Retirement is pleased to present an outstanding collection of seminars and workshops for Fall 2024. We thank the members who have generously shared their interests and energy to create a wide range of topics. We are especially pleased that several members have taken the plunge to be first-time moderators. We are always looking for new course moderators and co-moderators who will bring fresh energy and add an expanded variety of topics to our existing programs.

You will be able to meet all the moderators and co-moderators at the hybrid Preview on Saturday, May 18 at 2:00 P.M. The online portion will begin at 3:00 P.M. In addition, many moderators post additional information about their seminars and workshops on the online version of the catalog. They can also be reached by email if you have further questions.

Depending on the seminar or workshop, there may be different expectations for participants. In all of them, however, members will be actively engaged in sharing information, ideas, and conversation. The “Participant’s Handbook,” “Moderator’s Handbook,” and “Guidelines for Constructive Participation in Seminars” (see [fclir.org/resources/](http://fclir.org/resources/) under *Handbooks and Manuals*) all contain comprehensive and useful information that will enhance your active learning experience.

## Members of the Committee

Jake Greenburg, co-chair

Tom Jones, co-chair

Bob Cohen

Martha Cohen

Nancy Coiner

Nancy Denig

Kip Fonsh

Darcy Johnson

Miriam Moss

Janet Nichols

Bobbie Reitt

Deborah Rubin

Nina Wilder

# Seminar Registration Overview

Complete registration information is available at [fclir.org/registration/](https://fclir.org/registration/). The buttons at the bottom of that page link to the online catalog and to a downloadable PDF version of this catalog, as well as to the registration form.

## Registration Instructions

- Registration for Fall 2024 courses opens Saturday, May 18, 2024.
- Registration **must** be done online.
- Membership dues must be current prior to registration. Our membership year runs from May 1 through April 30, so returning members must renew prior to registering for the Fall 2024 semester.

## Enrollment Process

- All registrations received by Friday, May 31 will be included in the first round of seminar assignments.
- Oversubscribed seminars will be filled by random lottery of all registrations received by May 31. Applicants who are not enrolled in an oversubscribed seminar or workshop will be added to its waitlist unless they have been enrolled in as many seminars as they wanted once the first round of seminar assignments is complete.
- Enrollment notifications will be emailed to the course members and moderators during the week of June 10.
- Registrations received after the lottery will be added to the requested seminar or workshop if space is available or added to a waitlist.

## **Absences**

Members who are aware that they will miss more than two sessions of a seminar or workshop should check with the moderator before registering to determine whether or not that will be acceptable.

## **Changes and Withdrawals**

- Changes to seminar assignments can be made only by the office. In the event of low enrollment, a seminar may be canceled by the Curriculum Committee or the moderator.
- Notification of withdrawals should be communicated to both the office and the moderator. Such notifications should be made as soon as possible, so the space can be made available to another member and to ensure that the moderator can plan accordingly.

## **Seminar and Workshop Schedules**

- Most seminars and workshops run ten weeks, but some run fewer or start later. Seminars and workshops are usually two hours long. Morning seminars usually start at 9:30 A.M. and afternoon seminars at 1:30 P.M. but start times may be adjusted for some seminars.
- Please check the print or online catalog listing for individual seminar and workshop schedule details.

## **Seminar Locations**

- As FCLIR moves forward to accommodate our membership's desire to resume in-person meetings, please be aware that all locations are subject to change. We will attempt to keep seminars within the same town if they must be moved.
- Moderators will be made aware of any venue restrictions and will pass those on to participants prior to the start date.

## **Participant Responsibilities**

- Participants should become familiar with their roles and responsibilities. Please read the one-page *Guidelines for Constructive Participation in Seminars*. This document, as well as a lengthier *Participant's Manual*, can be found at [fclir.org/resources](https://fclir.org/resources).
- The Technical Assistance page linked in the paragraph above also includes Zoom guides and a contact form to request computer or software assistance from other FCLIR members.

## **Writing to Remember in FCLIR**

- Writing to Remember (WTR) is one of FCLIR's most popular offerings. There are currently five sections. Many participants return each semester, and in order to allow for continuity, FCLIR allows returning participants to re-enroll in their previous section in advance of general enrollment. As a result, some sections do not accept new participants in some semesters.
- For the Fall of 2024, only one section (WTR Yellow) is accepting new participants and is available on the registration form. FCLIR is committed to offering this popular seminar to all who wish to take it. Please contact the office if you are interested in participating in Writing to Remember but are unavailable on Tuesday afternoons.



# Completing Your Registration Form

Click on the button at the bottom of the page [fclir.org/registration](https://fclir.org/registration) to get to the current online registration form.

- You may select as many as six seminars and/or workshops in total. List your choices in your order of preference.
- Enter the TOTAL NUMBER of seminars and/or workshops in which you wish to enroll in the box provided. If this box is left blank, you will be enrolled in only ONE seminar.
- If you wish to co-enroll with another member, you may register for one seminar or workshop together. That seminar must be the first choice of both members, and both members must submit registrations by the lottery deadline. Moderators may not co-register.
- Moderators and co-moderators are pre-enrolled in their seminars. If you are a moderator or co-moderator, do not list your own seminar on this form.

## **Auditing**

- Members may opt to audit a seminar or workshop.
- If you elect to audit a course, you must contact the office, not a moderator. Such enrollment may also be subject to the lottery.
- If a seminar or workshop is a hybrid presentation, auditors must participate virtually, subject to the discretion of the moderator.

# 2024 Fall Seminar Schedule

Seminars and workshops meet for two hours once a week for ten weeks, unless otherwise noted in the program catalog.

## **Monday AM**

- Z - Elvis Presley
- Z - Food, Art, and Society
- Z - How Life Works

## **Tuesday AM**

- IP - Death and Dying in America
- Z - Great War, Great Poetry
- Z - Writing to Remember Green

## **Wednesday AM**

- Z - Exploring the Creative Process
- Z - Hanging on the Old Barbed Wire
- Z - Talking About Talking

## **Thursday AM**

- Z - The Power of Women's Voices
- Z - Writing to Remember Red

## **Monday PM**

- Z - UNESCO World Heritage Sites
- IP - The Vikings
- Z - Writing to Remember Blue

## **Tuesday PM**

- Z - Korea
- IP - Poetry Out Loud
- Z - Writing to Remember Yellow

## **Wednesday PM**

- Z - The Cultures of India
- Z - Traditional Family Recipes
- Z - Writing to Remember Purple

## **Key**

- IP – In-person
- Z - Zoom

# ELVIS PRESLEY

The life, the music, the legacy

Course ID: F24-EPY

Format: Seminar

Moderator: Kip Fonsh

Date and Time: Monday AM

Location: Zoom

Maximum # of participants: 10

Auditors Accepted: 0

**PURPOSE:** The purpose of this seminar is to provide participants with an opportunity to explore multiple facets of the life and career of Elvis Presley.

**DESCRIPTION:** Elvis Presley is a cultural icon, a musician, and a performer who served as a transition from black rhythm and blues, gospel, and country music into a new form of popular music: rock and roll.

**ROLE OF PARTICIPANTS:** Participants will select a topic from a list provided by the moderator and prepare a half-hour to forty-five-minute presentation. The presentation may include musical, video, and photo examples to enhance the presentation.

**RESOURCES:** There are numerous monographs and articles on Elvis, including Peter Guralnick's two-volume biography: *Last Train to Memphis* and *Careless Love*.

**ABOUT THE MODERATOR:** Kip Fonsh has moderated seminars on *Zen and the Art of Motorcycle Maintenance*, *The Beats*, *The Beatles*, *Miles Davis*, *Bob Dylan*, and *The Shoah*.

# FOOD, ART, AND SOCIETY

From the Roman villa to the Golden Arches

Course ID: F24-ATF

Format: Seminar

Moderator: Ellen Kosmer, Betsy Siersma

Date and Time: Monday AM

Location: Zoom

Maximum # of participants: 16

Auditors Accepted: 2

**PURPOSE:** In this seminar we will examine the significance of food in society as portrayed in the visual arts.

**DESCRIPTION:** From the story of Adam and Eve to our current obsession with dieting, food has been a central element in our lives. Necessary for sustenance, it can also be a symbol, a sensual pleasure, or an element of our identity. We will explore these aspects of food as represented in the visual arts: from Roman floor mosaics depicting bones and food scraps after a wild banquet and Dutch still-life paintings symbolizing society's wealth with lavish displays of exotic food to the Pop artists of the 1950s and 20<sup>th</sup>-century commercialization of food in advertising. We will look at socialization around food: dinners, luncheons, and cafes, as painted by Manet, Renoir, and Degas. Some contemporary artists use food as a medium to comment on society. For instance, Thai artist Rirkrit Tiravanija creates participatory installations that revolve around personal and communal traditions, e.g., cooking, bringing people together, and, thus, expanding the social dimension of art.

**ROLE OF PARTICIPANTS:** Participants will select from a given list of topics. They will make a 20-minute presentation and then lead a discussion on the topic.

**RESOURCES:** Participants will find many resources related to this seminar on the internet.

**ABOUT THE MODERATORS:** Ellen Kosmer is an artist and an art historian.

Betsy Siersma is an artist and past museum director/curator.

## HOW LIFE WORKS

A user's guide to the new biology

Course ID: F24-HLW

Format: Seminar

Moderator: John Armstrong

Date and Time: Monday AM

Location: Zoom

Maximum # of participants: 16

Auditors Accepted: 0

**PURPOSE:** The purpose of this seminar is to learn the current understanding of how living cells use the resources provided by DNA to carry out their vital processes and to discuss the implications of this knowledge.

**DESCRIPTION:** This will be a “specialist-led” seminar, based on the recent book *How Life Works* by Phillip Ball, a former editor of the leading scientific journal *Nature*. The book is well written and uses no more technical jargon than is absolutely necessary, but is unavoidably dense.

**ROLE OF PARTICIPANTS:** Participants will not make a presentation, but before each meeting will read assigned sections of the book *How Life Works* by Philip Ball and will be prepared to discuss the reading.

**RESOURCES:** *How Life Works*, by Phillip Ball (University of Chicago Press), available on Amazon.

**ABOUT THE MODERATOR:** John Armstrong has moderated many seminars on Science and his scientific training to educate himself about modern biology.

## UNESCO WORLD HERITAGE SITES

Course ID: F24-WHS

Format: Seminar

Moderator: Jessie Tropp, Susan Baron

Date and Time: Monday PM

Location: Zoom

Maximum # of participants: 18

Auditors Accepted: 2

**PURPOSE:** The purpose of this seminar is to introduce participants to important but not well-known cultural and natural resources around the world.

**DESCRIPTION:** Since 1972, The United Nations Educational, Scientific, and Cultural Organization (UNESCO) has encouraged the identification, protection, and preservation of cultural and natural heritage around the world considered to be of outstanding value to humanity. There are currently over 1000 sites on the list. Many are well-known, such as the Pyramids of Egypt and the Great Barrier Reef in Australia, but most are not. Let's travel together and discover some unusual natural and cultural wonders in this low-stress seminar.

**ROLE OF PARTICIPANTS:** Participants will select one or more heritage sites, show images, and describe the history and attributes of the sites. All information is on the UNESCO website. If you are presentation-shy, feel free just to read the UNESCO description, but more research is welcome.

**RESOURCES:** UNESCO World Heritage Site list: [whc.unesco.org/en/list/](http://whc.unesco.org/en/list/)

**ABOUT THE MODERATORS:** Jessie Tropp has moderated several FCLIR seminars on various topics. She finds coming up with seminar ideas a creative and informative process all on its own.

Susan Baron is looking forward to exploring UNESCO World Heritage Sites with similarly curious people. Last term she co-moderated the seminar on *Creation Myths*, which deepened her fascination with other cultures and places.

# THE VIKINGS

Bloodthirsty barbarians or merchants and colonists

Course ID: F24-VKG

Format: Seminar

Moderator: Larry Ambs

Date and Time: Monday PM

Location: In-person (Applewood)

Maximum # of participants: 18

Auditors Accepted: 2

**PURPOSE:** We will consider the impact of the Scandinavian people, often referred to as the Vikings, as they affected places from North America, the British Isles, Russia, and Anatolia to mainland Europe and as far south as the Mediterranean.

**DESCRIPTION:** After the Roman conquest, Europe was home to many peoples and village cultures that had developed farming, trading, and manufacturing skills. In this seminar we will explore the peoples and cultures on the northern edge of Europe – Denmark, Norway, and Sweden – which, although separated from each other geographically, had similar lifestyles and ethnicity. However, because of climate and terrain, there were limitations on their ability to grow and prosper locally. Instead, by developing superb sailing skills, they were able to impact much of the known and unknown world at that time. The intent of this seminar is to understand where they came from, what they accomplished, and how this affected the Western world

**ROLE OF PARTICIPANTS:** Each seminar participant will investigate some aspect of the Vikings, including their culture, travel, and warfare. A suggested set of presentation topics for the semester will be distributed by the beginning of the summer so that participants can choose a topic.

**RESOURCES:** Can be obtained at the website.

**ABOUT THE MODERATOR:** Larry Ambs has presented over 25 seminars on topics ranging from science history, culture, and economics.

# DEATH AND DYING IN AMERICA

Legal, Medical, Ethical, Cultural and Social Perspectives

Course ID: F24-DDA

Format: Seminar

Moderator: Edie Kirk, Austin Porter

Date and Time: Tuesday AM

Location: Zoom

Maximum # of participants: 10

Auditors Accepted: 1

**PURPOSE:** This seminar will explore legal, ethical, medical, cultural, and social perspectives related to death and dying in America.

**DESCRIPTION:** This seminar will focus on current and historical topics including but not limited to: Medical or Ethical or Legal End-of-Life considerations; Advanced Directives, Living Will, Do Not Resuscitate Orders and Medical Orders for Life Sustaining Treatments; Health Care Options at End-of-Life; Practical Steps in Preparing for Death; Music, Poetry or Literature related to Death and Dying in America; Roles of Various Professionals in Caring for the Dying; and Organizations offering services related to Death and Dying in America.

**ROLE OF PARTICIPANTS:** Participants will choose a topic (e.g., one from the list above), with the approval of the moderator, and give a 25 to 35 minute presentation via Zoom. Visuals may be included, but are not required. The presenter will also lead the group discussion following the presentation.

**RESOURCES:** There are no required readings. A list of possible topics for will be offered.

**ABOUT THE MODERATORS:** Edie Kirk has been a member of FCLIR for three years and has moderated previously. She has professional experience working with long term-care and hospice organizations.

After growing up in Brighton MA, Austin Porter moved about the Eastern US (Newport RI, Pax River MD, the Washington DC area, and WV). He is delighted to be in the Valley and joining FCLIR.



# GREAT WAR, GREAT POETRY

## British and American poets of the First World War

Course ID: F24-GWP

Format: Seminar

Moderator: Elizabeth Armstrong

Date and Time: Tuesday AM

Location: In-person (Applewood)

Maximum # of participants: 10

Auditors Accepted: 2

**PURPOSE:** Through our study of poems by British and American writers, we will follow the downward arc of patriotic fervor from the early days of World War (WW) I to its conclusion in cynicism and despair.

**DESCRIPTION:** In Great Britain, WWI brought a slow dismantling of England's dysfunctional class system and the crumbling of its colonial control. In the United States, an initial stance of neutrality was broken by the sinking of the *Lusitania*, among other causes. The entry of the U.S. into WWI in 1917 led ultimately to its greater involvement in international affairs. British poets (such as Siegfried Sassoon, Rupert Brooke, Wilfred Owen, and Isaac Rosenberg), along with American writers (such as Ernest Hemingway, Alan Seeger, Edith Wharton, and Amy Lowell), give voice to the lived experience of the estimated 40 million military and civilian casualties of that war, as well as to their own experiences.

**ROLE OF PARTICIPANTS:** Participants will read assigned materials, engage in group discussions, and choose one or more poems to share with the class for about 35 minutes.

**RESOURCES:** The moderator will provide a list of poets, books, and other print or internet resources to guide participants in their choice of topic.

**ABOUT THE MODERATOR:** Elizabeth (Lise) Armstrong has given countless seminars, mostly in literature, and apparently doesn't know when to quit.

# KOREA

## An improbable country

Course ID: F24-KEA

Format: Seminar

Moderator: Janet Nichols, Norma Johnson

Date and Time: Tuesday PM

Location: Zoom

Maximum # of participants: 15

Auditors Accepted: 2

**PURPOSE:** The purpose is to develop a more complete understanding of North and South Korea's impact on our modern world through exploring Korea's history, culture, and geography.

**DESCRIPTION:** Korea is a small peninsula buffeted throughout history by more powerful neighbors – China, Russia, Japan, Mongolia, and the U.S. Korea has developed its own unique culture and history. The aftermath of the Korean War in the early 1950s left the country divided and destitute. Within a 70-year span, South Korea became an economic juggernaut and cultural powerhouse, while North Korea remained an impoverished country run by a communist dictatorship. We will explore influences that led to today's opposing Koreas and their importance to the world.

**ROLE OF PARTICIPANTS:** Each participant is expected to prepare and deliver a presentation of approximately 30 minutes about some aspect of Korea and participate in seminar discussions.

**RESOURCES:** The book, *A Brief History of Korea*, by Michael J. Seth, is highly recommended. An additional detailed bibliography will be supplied to participants by the moderator.

**ABOUT THE MODERATORS:** Janet Nichols is a retired college business instructor and student of history. She has co-moderated two seminars and moderated one about Japan.

Norma Johnson has been a member of FCLIR since 2014 and participated in many seminars. She has interests in movies directed by Korean filmmakers and in traditional Korean foods.

## POETRY OUT LOUD

Sound and sense of poems to remember

Course ID: F24-PTL

Format: Seminar

Moderator: Nancy Denig

Date and Time: Tuesday PM

Location: In-person (The FCI Annex)

Maximum # of participants: 12

Auditors Accepted: 2

**PURPOSE:** The purpose of this seminar is to appreciate the music and understand the language of poetry.

**DESCRIPTION:** *Poetry Out Loud* has been a popular FCLIR seminar over the years. Rather than specifying the poets to be read, however, this variation will be organized around themes – of love, joy, grief, nature, and the like – as expressed by a variety of poets. Each poem will be read aloud by participants, with time for comments and discussion.

**ROLE OF PARTICIPANTS:** In addition to class participation, seminar members will (1) create an anthology of 6-8 poems selected for relevance to a theme of their choosing; and (2) take responsibility for a 50-minute session, including a brief introduction, with readings by other participants (from photocopies provided by each “presenter”), with a follow-up discussion.

**RESOURCES:** There is no single text for this seminar; your personal library or the web may well be all that’s needed. Participants, though, are encouraged to review (and/or utilize) other poetry anthologies, especially Roger Housden’s ten poem series: *Ten Poems to Say Goodbye*, *Ten Poems for Difficult Times*, *Ten Poems to Last a Lifetime*, and *Ten Poems to Set You Free*.

**ABOUT THE MODERATOR:** Nancy Denig has moderated an increasing number of FCLIR seminars, including several iterations of *Poetry Out Loud*. She enjoys poetry enough to have tried her own hand at writing it.

## WRITING TO REMEMBER YELLOW

Course ID: S24-WTRY

Format: Seminar

Moderator: Francie Borden

Date and Time: Tuesday PM

Location: Zoom

Maximum # of participants: 12

Auditors Accepted: 2

**PURPOSE:** This section of Writing to Remember (WTR), while open to all, is especially intended to encourage first-timers to explore the process.

**DESCRIPTION:** Writing and memory intersect in this seminar. Each prompts the other and can lead to gaining confidence in our writing while gaining insights into our memories. We will also spend some of our time together exploring and improving our practice of critique and how to make it relevant and helpful to the whole group. Writing is shared by email in advance as well as read aloud by the author. Each participant chooses the format, style, genre, and content of his or her submission and specifies the feedback desired.

**ROLE OF PARTICIPANTS:** Participants will have two opportunities to read their work aloud. Work of any length is acceptable; however, the length presented in our meeting will be limited to the amount of time we are each allowed for sharing. All participants participate in the feedback discussions.

**RESOURCES:** None.

**ABOUT THE MODERATOR:** Francie Borden has participated in and moderated several of the WTR sections every semester since joining FCLIR.

## EXPLORING THE CREATIVE PROCESS

Course ID: F24-ECP

Format: Seminar

Moderator: Susan Schroeder

Date and Time: Wednesday AM

Location: Zoom

Maximum # of participants: 12

Auditors Accepted: 2

**PURPOSE:** To better understand and experience creativity

**DESCRIPTION:** This seminar will include readings on the psychology and practice of creativity, exercises to enhance our own creative abilities, and analysis of the lives and work of creative individuals for a greater appreciation of all creative endeavors, as well as inspiration for living our own lives in a creative and satisfying way.

**ROLE OF PARTICIPANTS:** The seminar will have three stages. First, participants will read from articles on creativity, handed out by the moderator. We will then develop a theory and practice of creative thinking, and participate in exercises to develop our own skills. Finally, each participant will select and prepare a short presentation about a creative individual in any field, and discuss how creativity is manifested in that person's work and life, and any obstacles to creativity they overcame.

**RESOURCES:** The moderator will hand out required reading materials.

**ABOUT THE MODERATOR:** As an educator, Susan Schroeder has come to understand that the most important skills we learn are how to think and act creatively. She wrote her master's thesis on creativity in schools.

# HANGING ON THE OLD BARBED WIRE

Intimate experiences of 20th-century war

Course ID: F24-VKG

Format: Seminar

Moderator: Deborah Rubin

Date and Time: Wednesday AM

Location: Zoom

Maximum # of participants: 18

Auditors Accepted: 2

**PURPOSE:** The purpose of the seminar is to read two brilliant and less-well-known fictional accounts of how war enters the lives of ordinary people, and to think about ways war affects us all.

**DESCRIPTION:** *Billiards at Half Past Nine* (1962), by Nobel Prize-winning German author Heinrich Böll, portrays the fictional lives of three generations of a pacifist German family whose world was shattered by the events of World War (WW) II. As architects who created spaces of beauty for human growth, they saw their work destroyed and their families fractured.

*Regeneration* (1991), by Pat Barker, is an historical novel based on accounts of officers sent to Craiglockhart Hospital in Edinburgh during WWI to be treated for shell shock (i.e., post-traumatic stress syndrome; PTSD). Among these officers were two poets, Siegfried Sassoon and Wilfred Owen, treated by W.H.R. Rivers who pioneered treatments for PTSD. The book deals with those who refused to participate in acts of war and the moral dilemmas they faced.

**ROLE OF PARTICIPANTS:** Participants will read the two novels and either lead a discussion on a section of a novel or make a presentation on a topic related to themes in the books.

**RESOURCES:** Can be obtained at the website.

**ABOUT THE MODERATOR:** Deborah Rubin taught English literature and is a psychotherapist. She is interested in human trauma and is immersed in traditions which shed light on these experiences.

# TALKING ABOUT TALKING

## Communication across divides

Course ID: F24-TAB

Format: Seminar

Moderator: Francie Borden, Martha Cohen

Date and Time: Wednesday AM

Location: Zoom

Maximum # of participants: 14

Auditors Accepted: 0

**PURPOSE:** The purpose of this workshop is to consider and practice effective communication across the many large and small issues that divide us.

**DESCRIPTION:** As a follow-up to a four-week winter program, we will explore the variety of ways we talk to each other and what makes those conversations effective. We will develop some guidelines for communication and put them into practice. We will look into Internet conversations on public media, the relationship between talking and texting, intergenerational conversations, and identify categories of conversations. We will practice conversational skills on controversial topics. We will critique campaign speech and explore political conversation. We can consider the ingredients of a successful FCLIR seminar conversation, whether in-person, on Zoom, or via hybrid.

**ROLE OF PARTICIPANTS:** Each participant will be responsible for leading a session on a specific topic. The session leader will inform fellow participants of the topic or activity a week in advance, assign a short reading, if desired, and monitor and lead the conversation during that session.

**RESOURCES:** None.

**ABOUT THE MODERATORS:** Francie Borden has moderated several *Writing to Remember* groups and seminars in which participants are collectively engaged.

Martha Cohen is a retired librarian and FCLIR member since 2020 – co-moderating *Journey into Color* seminar in 2023 and participating in the winter 2024 *Talking About Talking* program.

# THE CULTURES OF INDIA

Legal, Medical, Ethical, Cultural and Social Perspectives

Course ID: F24-CRI

Format: Seminar

Moderator: Jim Harvey, Michael Miller

Date and Time: Wednesday PM

Location: Zoom

Maximum # of participants: 17

Auditors Accepted: 3

**PURPOSE:** The purpose of this seminar is to gain an understanding of the various cultures that make India such a fascinating country.

**DESCRIPTION:** India is a very ancient civilization with a variety of adherents following their beliefs, customs, and norms in activities such as art, music, literature, religion, family life, caste, and food. The fact that there are many choices gives India one of the most diverse populations on Earth. For example, the Indian constitution lists 22 official languages, with some more different from each other than Swedish is from Spanish. We will explore that diversity as best we can, seeking an understanding of the rich spectrum of activity that sometimes makes India hard to fathom for a Westerner. India is now the most populous country in the world, giving her power that will increasingly be felt on the world stage in arenas such as economics and geo-politics.

**ROLE OF PARTICIPANTS:** Participants will be asked to explore the cultures of a sub-group, give a presentation of approximately 30-40 minutes about that group, and guide a discussion.

**RESOURCES** Publications and resources will include at least one recommended book.

**ABOUT THE MODERATORS:** Jim Harvey was born in India and spent five years teaching at two Pakistani colleges. In addition, he has visited India several times. He has belonged to FCLIR for more than 20 years and moderated more than 40 seminars exploring other cultures.

Michael Miller has led a handful of courses and served as an officer during his five years with FCLIR.



## TRADITIONAL FAMILY RECIPES

Family recipes that have been passed down through the generations

Course ID: F24-TFR

Format: Seminar

Moderator: Ralph Lowen

Date and Time: Wednesday PM

Location: Zoom

Maximum # of participants: 10

Auditors Accepted: 0

**PURPOSE:** The purpose is to find an old family recipe as an anthropological base to look at family traditions, origins, and style of life.

**DESCRIPTION:** Many family recipes have been passed down through the generations without knowing when, where, or how they were originally prepared. Each participant will choose an old family recipe and explore its origins and history. Where did it come from and how was it first used in the family? For example: A granddaughter asks her mother, "Why do we cut both ends of the pot roast and place them on either side before we cook it?" Mother responds, "I don't know, that's how my mother did it." Grandmother says, "The roast was too big for the pot so I cut the ends off to make it fit." Who knows what might be discovered?

**ROLE OF PARTICIPANTS:** In coordination with the moderator, participants will be expected to prepare and deliver a talk or presentation about their traditional family recipe, and facilitate a seminar discussion. For the last session, participants will gather in person and bring their recipes. If they wish, they can bring the actual dish to share.

**RESOURCES:** Personal family history.

**ABOUT THE MODERATOR:** Ralph Lowen has taught in special education and has a master's in social work in psychotherapy. His hobbies are painting and golf, and he loves to cook.

## THE POWER OF WOMEN'S VOICES

Course ID: F24-PWV

Format: Seminar

Moderator: Edie Kirk, Sally Keehn

Date and Time: Thursday AM

Location: Zoom

Maximum # of participants: 10

Auditors Accepted: 1

**PURPOSE:** This seminar will explore famous and important speeches women have written and delivered in the last five centuries.

**DESCRIPTION:** This seminar will focus on the speeches women from around the world have given on topics including, but not limited to, health care, childcare, wages, politics, hunger, gender issues, and free speech. Examples might include Elizabeth I's Tilbury Speech to her troops before the Spanish Armada, Malala Yousafzai's *One Girl Among Many* United Nations Speech, and Virginia Woolf's *A Room of One's Own*.

**ROLE OF PARTICIPANTS:** Participants will be invited to select a speech through their own research, share the background and context of the speech, and deliver the speech out loud, in full or in segments. Video may be used, but not in place of the participant delivering the speech.

**RESOURCES:** There is no required reading. Information is available from libraries and online.

**ABOUT THE MODERATORS:** Edie Kirk's career has included sales, marketing, and management positions in pharmaceutical, health care, and nonprofit organizations. In addition, she has launched Toastmasters International chapters in three locations.

Sarah Keehn, a former librarian and young adult novelist, has written about two women of power in history: the herbal healer Mountain Mary and the Native American Queen Esther.

# Information on the FCLIR Website

There is much more information, including all FCLIR programs and a complete calendar of upcoming events, on our website [fclir.org](https://fclir.org).

Use the main menu that appears at the top of each page to find the pages you need. On a computer you can position your cursor over a top-level item to see its submenus.

On a smaller screen, click on the three-bar menu icon to see the submenus.

**For information about becoming a member or to renew your membership**, go to [fclir.org/membership](https://fclir.org/membership). Clicking on the "Join or Renew" button at the bottom of that page will take you to the membership form.

**For information about registering for seminars and workshops**, go to [fclir.org/registration](https://fclir.org/registration). At the bottom of that page, you will find links to the online catalog and to the downloadable PDF version, as well as the link to the registration form.

**For information about current interest groups**, go to [fclir.org/interest-groups](https://fclir.org/interest-groups). This page also includes a link to a form to propose a new interest group.

**For information about summer 2024 programs**, go to [fclir.org/summer-winter-programs](https://fclir.org/summer-winter-programs). You can also check the calendar at [fclir.org/events](https://fclir.org/events).

FCLIR is a member-run organization and relies on large and small contributions of time from its members. **For more information about volunteering**, go to [fclir.org/volunteer](https://fclir.org/volunteer).

**Additional useful information** is available at [fclir.org/resources](https://fclir.org/resources). In particular, clicking on the "+" sign in front of "Handbooks and Guidelines" will provide you with links to the *Participant's Handbook* and to *Guidelines for Constructive Participation in Seminars and Workshops*, as well as to a technical assistance page.

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