

# ILR

Lois E. Marshall  
Institute for Learning In  
Retirement at  
Bergen Community College

Fall 2019



**Rise Up, Join the ILR**



**ROAD SCHOLAR<sup>®</sup>**

*Institute Network*





Institute for Learning in Retirement  
400 Paramus Road, Room Tec-115  
Paramus, New Jersey 07652-1595  
(201) 447-7156

**The Division of Continuing Education,  
Corporate and Public Sector Training**

Thank you for your continued interest in the Institute for Learning in Retirement (ILR). It has been a pleasure to lead and grow this wonderful program.

Every semester I am amazed and grateful for the increased interest and enthusiasm from both students and instructors. This semester, like all of them, we have some great course offerings.

In 1999, the ILR opened with 20 courses per semester and a few hundred people on its mailing list. Today it offers 50+ courses per semester and has over 2000 people on its mailing list. The courses offered cover a broad range of academic and cultural topics taught by dedicated volunteer instructors who are passionate about the courses they teach.

I am truly honored to be part of this vibrant community!

I hope you join us for the Fall 2019 semester. If you have questions or are interested in teaching, please call the ILR office at 201-447-7156.

With gratitude,

Darrilyn Di Nardo  
ILR Program Supervisor

## Institute for Learning in Retirement (ILR)

Fall 2019 Program Information

(201) 447-7156

ilr@bergen.edu

### Location

The ILR office is located in the Technology Education Center (TEC), Room TEC115. The TEC building is next to the Pitkin Education Center (Pitkin), the main building. ILR courses are held in various classrooms on all campuses.

Classroom locations are posted daily in Pitkin at the Welcome Counter by the Student Center entrance and the IT Help Desk by the Public Safety area as well as outside room TEC115. There is also a recorded room assignment message updated every Sunday afternoon, call (201) 447-7156 then press 2 after the voice message begins.

### ILR Registration

**Registration will only be available online beginning Wednesday, September 11, 2019, at 10:00 a.m.** Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses) then follow the prompts to register. Payment is by credit card. The Fall 2019 membership fee is \$125.00. ***If you are an ILR Fall 2018 or Spring 2019 returning student, please use your current User Name and Password to register.***

**\*\*The ILR does not issue refunds.\*\***

### Courses

Your membership fee entitles you to choose up to **4 courses**. **\*\* The ILR is very popular and space is limited, so please only sign up for classes you plan to attend and *only attend classes for which you are registered.* \*\***

### Bonus Courses

Foreveryone!! Some courses are designated with **\*\*** as bonus courses. You may register for **1** of these courses in addition to the courses you are paying for.

**\*\* The ILR is very popular and space is limited, so please only sign up for classes you plan to attend and *only attend classes for which you are registered.* \*\***

### Course Dates

The ILR is in session on days that the College as a whole is open. Some of these days are holidays.

As a student, you have the ability to check your calendars for holidays, other important dates, and conflicts in your schedule, before choosing your classes each semester. Once course dates are set, it is difficult, if not impossible, to change them. Please use your best discretion in choosing classes.

### ID Card

All returning members who have an ID Card and would like to update it, should stop by TEC115 to receive a new semester sticker.

All members who do not have an ID Card and would like to receive one need to obtain a Student ID Number from the ILR, then stop by the Public Safety Department located in the Pitkin Building, first floor, room L-154.

### Parking

Park in student parking only. Most classes on the Paramus Campus are accessible from Parking Lot B.

### Public Transportation & Bergen Community College inter-campus Shuttle (BCC Shuttle)

NJ Transit: Buses run regularly to campus check [www.njtransit.com](http://www.njtransit.com) for schedules and to verify they stop on Campus.

Paramus Campus

Bus Numbers: 163 (stop on Paramus Road), 175, 751, 755, 756, 772 (stop at the Student Center)

Hackensack Campus

There are many buses that stop in Hackensack, please check [www.njtransit.com](http://www.njtransit.com) for the bus number and schedule.

Lyndhurst/Meadowlands Campus

Bus Numbers: 76, 192

BCC Shuttle: shuttle runs at 30 minute intervals.

The shuttle is provided to all members of the BCC community to connect the Paramus campus and the Lyndhurst/Meadowlands Campus. For a current schedule please log onto [www.bergen.edu/bccshuttle](http://www.bergen.edu/bccshuttle).

## Benefits of ILR Membership

**Cafeteria** – BCC cafeteria (Pitkin Building, 2nd Floor) is open Monday to Thursday 7:30 A.M. to 6:00 P.M.; Friday 7:30 A.M. to 3:00 P.M. Dunkin’Donuts is located in the Student Center (Pitkin Building) and is open weekdays 7:30 A.M. to 8:00 P.M. and Saturday 7:30 A.M. to 1:00 P.M. Hours vary during holidays and break weeks.

**Dental Hygiene Clinic** – This on-campus program is open to ILR members with a Student ID card. Call (201) 447-7180 for an appointment. There is a minimal charge for this service.

**Fitness Room and Swimming Pool** – Schedule and Medical Release forms are available in the Office of Health Service room HS 100 Pitkin. You must complete a Medical Release form and return it to room HS 100 to receive a medical card before you can use the facilities. You must also present your Student ID card.

**Sidney Silverman Library** – ILR members may borrow items from the BCC Library by presenting their Student ID card at the desk.

### Emergency Closings

In the event that the College will be closed or have a delayed opening, official notification is available from the following services:

- BCCs Emergency Notification System register at <https://bergen.sendwordnow.com/HomePage.aspx>
- BCC website: [www.bergen.edu](http://www.bergen.edu)
- Call the College’s main telephone number (201) 447-7100
- Log on to [www.1010wins.com](http://www.1010wins.com) to sign up for email notification of college closings
- Listen to radio stations: WCBS/880, WOR/710, 1010 Wins, WVNJ 1160
- Watch News 12 NJ TV on Cablevision

### \*\*\*PLEASE NOTE\*\*\*

- Classrooms are not available until the scheduled start time of an ILR course. If you arrive before the start time, please wait in the student center, cafeteria or any area designated for students.
- Do not block corridors or in any way interrupt a class prior to its end time.
- Help keep everyone safe. Allow students to exit a classroom before entering.
- Since classroom space is limited, it is important you register only for courses you will be able to attend. If you know you will miss more than one session, please forgo registering for the course.
- If you register for a course and later decide you do not wish to begin the course, call or stop by the ILR office to let us know.
- The college reserves the right to make changes to courses when necessary. Every effort will be made to inform course registrants in advance.
- Please arrive to your class on time and have your cell phones turned off.
- **The ILR does not issue refunds.**
- Canceling your credit card payment through your credit card company, will result in a \$35.00 processing fee from the ILR. Failure to pay the fee will result in delayed registration.

**REGISTRATION WILL ONLY BE AVAILABLE ONLINE**

**BEGINNING WEDNESDAY, SEPTEMBER 11, 2019, AT 10:00 A.M.**

**VISIT:**  
**ilr.bergen.edu/courses**

**THEN FOLLOW THE PROMPTS TO REGISTER**

### MONDAY Course Offerings

**The Discovery Series:** **IR- 640**  
**“All About Central Park: the Jewel of New York” (Part 1 and Part 2),**  
**“Ellis Island: Island of Tears, Island of Joy,” and “The Ellis Island**  
**Immigration Hospital and The Statue of Liberty.”**

See **Central Park** through the lens of a camera along with commentary describing each photo. This two part lecture will cover the park’s history and many of its sights and attractions. Ellis Island, often referred to as the **“Island of Hope”** and **“Island of Tears.”** Find out why by viewing a slideshow and lecture covering the island’s earliest days up to the present day. A continuation of Part 1, Part 2 will include photos of the island’s limited access south side, the non-restored **Ellis Island Immigrant General Hospital** Complex and Contagious Disease Hospital, in addition to interesting pictures of the Ellis Island Museum. Hear the stories of the patients, nurses, and doctors who worked at the hospital and what they had to cope with.

Instructor is a licensed New York City tour guide, traveler, amateur photographer, art and architecture information researcher, and possesses a natural curiosity about many things.

**Mondays:** September 23, 30, October 7, 14

**Room:** TBA / **Time:** 10:00 - 11:30 a.m.

**Instructors:** Mario Medici

**NEW** **Uncle Tom’s Cabin vs the “Peculiar Institution”** **IR- 838**

*Uncle Tom’s Cabin* is arguably the most influential book ever written by a woman. Harriet Beecher Stowe wrote about slavery in the 1850’s. Was her novel accurate? As we study the history of slavery in the U.S., we will compare her depictions to autobiography of a former slave. This is a literature course that focuses on the historical, political, economic and social conditions of the Antebellum South. Additional course book is *Narrative of the Life of Frederick Douglass*. **Please read chapters 1-13 of Uncle**

**Tom’s Cabin for the first class. If possible, use the Norton Critical Edition.**

**Mondays:** September 23, 30, October 14, 21, 28

**Room:** TBA / **Time:** 1:00 - 3:00 p.m.

**Instructors:** Emily Ginder

**NEW** **History of Famous Spies** **IR- 839**

- Nathan Hale: American Revolutionary War Martyr
- John Andre: British ‘Fall Guy’
- Edith Cavell: World War I British Nurse
- Julius and Ethel Rosenberg: Atomic Bomb Spies

**Mondays:** September 23, October 7, 14, 21

**Room:** TBA / **Time:** 1:30 - 3:00 p.m.

**Instructor:** Dick Burnon

**In “The Record”** **IR- 256**

Meet your favorite editors, columnists and writers from The Record and learn more about the current newspaper industry.

**Mondays:** September 23, 30, October 7, 14, 21, 28

**Room:** TBA / **Time:** 1:30 - 3:00 p.m.

**Instructors:** Various speakers from The Record

**NEW** **Sustainable Foraging: Cooking with Wild Plants and Mushrooms** **IR- 853**

Learn to safely identify edible wild plants and mushrooms and harvest them sustainably, from a forager with 25 years of teaching experience. Learn the interactions of the natural world and how they affect foraging. Then learn to prepare delicious dishes from his original recipes as well as classic delicacies from around the world.

**Mondays:** September 23, 30, October 7

**Room:** TBA / **Time:** 1:30 - 3:00 p.m.

**Instructors:** Bobcat Saunders

**NEW** **\*\*Sing Your Heart Out** **IR- 858**

Join this one-day class as the instructor guides you in songs from the past. Genres include Big Band, Rock & Roll, Showtunes and more!

**Monday:** September 23

**Room:** TBA / **Time:** 2:00 - 3:30 p.m.

**Instructors:** Michael Svechin

**\*\*BONUS Course:** This course is in addition to the four courses allotted per semester.

**NEW** **The New Global Populism**

**IR- 840**

What is the global populist movement? In this course we will examine the new international populist movements. What is at their root? Are they all part of the same phenomenon and what makes some countries more vulnerable to extreme illiberalism than others. Readings will be taken from the current media and discussed in class. This will be primarily a “discussion” class after a few preliminary hours together.

**Mondays:** September 23, 30, October 7, 14, 21, 28, November 4, 11, 18, 25, December 2

**Room:** TBA / **Time:** 4:00 - 5:30 p.m.

**Instructors:** Suzanne Rosenberg

**NEW** **Non-Military History of the American Revolution Part II** **IR- 856**

Yorktown did not mark the conclusion of the Revolution. A lasting peace with Great Britain (and the withdrawal of Redcoats from the newly-independent U.S.); the establishment of a stable national government...and the transition of power in that new government between opposing philosophical parties; as well as the new government's ability to provide both domestic peace and national security still needed demonstration before the Revolution could be considered successfully concluded. This course will examine the 20-year evolution of a victorious but shaky confederation of thirteen independent former British colonies into the United States of America.



**Mondays:** September 30, October 7, 21, 28, November 4, 11

**Room:** TBA / **Time:** 10:30 a.m. - 12:30 p.m.

**Instructor:** James Devine

**NEW** **Up, Down, Wet, Dry: A History of Exploration**

**IR- 837**

A history of exploration of mountains, caves, oceans and landforms of our world. The instructor brings her own experience in wild cave mapping for the Cave Research Foundation in Mammoth Cave, and many others throughout the US and Mexico; PADI dive master earned in Utila, Honduras; and mountain trekking in Morocco and Uganda to aid in understanding and appreciating the giants of exploration from Sir Francis Drake to the present day.

**Mondays:** October 7, 14, 21, 28

**Room:** TBA / **Time:** 10:30 a.m. - 12:00 p.m.

**Instructors:** Jane Prendergast

**Learn to Draw & Paint from the Classics**

**IR- 726**

Get inspired!! Escape the every day and embrace your inner artist in this encouraging non-judgmental art class. We will learn about the artist and their different techniques, and then we will paint and draw from one of their works of art. Some of the artists we will explore are Pierre Auguste Renoir, Amedeo Modigliani, and Roy Lichtenstein.

Students are responsible for their own supplies. Supplies needed are 2b pencil, kneaded eraser and sketch pad. Also, watercolor set, watercolor pad 9x12, mixing tray, brushes: round number 10, and a container for water.

One-on-one art instruction with demonstrations. No experience necessary.

**Mondays:** October 14, 21, 28, November 4, 11

**Room:** TBA / **Time:** 2:30 – 4:00p.m.

**Instructor:** Pierina Panebianco

**NEW** **Women of Courage: Part 8**

**IR- 841**

- Molly Pitcher and the Women Soldiers of the American Revolutionary War
- Dolley Madison: First Lady Extraordinaire
- Alice Paul, American Suffragist Leader in the Women's Fight for the Right to Vote
- What Really Happened to Famed Aviatrix Amelia Earhart?

**Mondays:** October 28, November 4, 11, 18

**Room:** TBA / **Time:** 1:30 - 3:00 p.m.

**Instructor:** Dick Burnon

**NEW** **Strike up the Band (aka orchestra)**

**IR- 854**

A classical music approach to the Sections of an orchestra and its accompaniment to voice and dance performances.

- Exploring the beauty and relaxation provide by the STRING AND WIND INSTRUMENTS provided by the classics.
- Hold onto your seats for some bombastic selections for the BRASS AND PERCUSSION INSTRUMENTS featuring martial, classical, and modern.
- Here we applaud the full orchestra supporting voice and dance demonstrated with fun selections of boogie woogie, opera, ballet and folk dancing.

Mr McKeown is a frequent contributor to Classical Opera, Sacred, and popular secular venues Ars Musica; Canta Lyrica; Voices of Ascension; West Side Oratorio.

**Mondays:** November 4, 11, 18

**Room:** TBA / **Time:** 10:00 - 11:30 a.m.

**Instructor:** James McKeown



### Documentaries: The Competitive Edge

IR- 842

We will view and discuss a variety of documentaries about competition. The subjects can range from dance, sports, knowledge and specialized skills. We will explore the pros and cons of competition. Questions examined will range from "Is competition good for children?" to "What are the benefits of competition?" to "What are unhealthy aspects of competition?" Films may include: *Spellbound, Dark Horse* and *Deep Water*.

**Mondays:** November 4, 11, 18, 25, December 2

**Room:** TBA / **Time:** 1:00 -3:00 p.m.

**Instructors:** Emily Ginder

## TUESDAY Course Offerings

### Photography Potpourri:

IR – 774

#### "What does this button do" and what to do after you know!

These classes will remove the fear from the "computer with a lens." Once you know a few basics you will be able to photograph friends and family events with confidence... even add an artistic flair to your images. The classes will be adaptable to the wishes of the students including small fun assignments if desired i.e. portraits, landscape and architecture. Bring your camera (a basic point-and-shoot to an advanced DSLR but to get the most from the class it should be and "adjustable" DSLR or mirrorless camera), the manual, your questions and curiosity. Be ready to have fun with your camera!

**Tuesdays:** September 24, October 1, 8, 15, 22

**Room:** TBA/ **Time:** 12:00 -1:30 p.m.

**Instructor:** Harmon Kaplan



### The Conspiracy Theory

IR-843

This has become the era of conspiracy theories. We are still at a loss recording all the conspirators that killed presidents Lincoln and Kennedy. What is in the army warehouse if anything in Roswell New Mexico? Professor Theo Solomon will guide you through 5 films that center on imagined or actual conspiracies (Both true stories and fiction).

#### Films

- 1)"Conspiracy Theory" - An Ex CIA operative believes everything about him is conspiratorial and is therefore afraid for his life.
- 2)"Day of the Jackel" – A meticulous account of the attempt of the assassination of President of France Charles DeGaul.
- 3)"3 Days of the Condor" – A CIA reader comes across material that indicates that there is a conspiracy with the agency to rule other nations.
- 4)"J'Accuse" – Alfred Dreyfus, the only Jew on the French Intelligence Agency is accused of treason
- 5)"Parallel view" - - The commission states one man was responsible for killing a senator!

6)"IL Mafioso" – (Italian – English titles) A worker is sent under cover to the United States to assist in the commission of a conspiratorial crime. (Based on a true incident).

**Tuesdays:** September 24, October 1, 8, 15, 22, 29

**Room:** TBA / **Time:** 3:00 - 5:00 p.m.

**Instructor:** Theo Solomon, BCC Faculty

### Sing Sing Sing

IR247

This class is open to all for pleasure and fun. We will sing popular music, old standards, and show tunes. No auditions necessary, just a desire to sing. Membership in singing groups, rehearsals and engagements outside of the classroom are at the discretion of the instructor, independent of the class.

**Tuesdays:** September 24, October 1, 15, 22, 29, November 5, 12, 19, 26, December 3. Concert December 10.

**Room:** TBA / **Time:** 3:00-5:00 p.m.

**Instructor:** Barbara Heitmann



### Provoke Your Thinking: Part 5

IR – 844

Each class will start with a thought-provoking video followed by a discussion. The names of the videos are: Renewable Energy, Sinking city-New York, The Secret of Tuxedo Park, League of Denial-NFL Concussion Crisis, and Forks and Knives

**Tuesdays:** October 1, 15, 22, 29 November 5

**Room:** TBA/ **Time:** 10:00 – 11:30 a.m.

**Instructor:** Ted Arin



### American Business History: The Consumer Part 6

IR - 845

Consumer spending represents 69% of business activity and drives the national economy. Yet 200 years ago retail stores did not exist. Cheap steel made mass production of consumer products possible, changing the retail marketplace forever. From the Sears Catalog to Amazon, this class will cover the consumer industry's transformation from the General Store to today's mass market economy. Topics include Starbucks, Apple, Ebay and the Shark Tank Nation of home-based entrepreneurs. The class is taught using the documentary format combining lecture and film.

**Tuesdays:** October 8, 15, 22, 29

**Room:** TBA/ **Time:** 1:00 – 2:30 a.m.

**Instructor:** Rick Feingold

**\*\* AARP Driver Safety Course****IR – 088**

This AARP Driver Safety course offers the attendee an important opportunity to learn how to drive more efficiently and safely. The course contains up-to-date information about changes over time in ourselves, our vehicles, and our roads. The content of this course can help boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence.

**AARP requires an additional fee, \$15.00/Member of AARP; \$20.00/non-member, payable by check at the beginning of class.** This course is all day, please bring your lunch.

**Tuesday:** October 15**Room:** TBA / **Time:** 9:00 a.m. – 4:00 p.m.**Instructor:** Frank Biamonte*\*\*BONUS Course: This course is in addition to the four courses allotted per semester.***“Hot Topics” in the News****IR – 355**

Discuss the “hot” topics and controversial issues in today’s news. Share your thoughts and opinions.

**Tuesdays:** October 15, 22, 29, November 5, 12, 19, 26, December 3**Room:** TBA/ **Time:** 1:00 - 3:00 p.m.**Instructor:** Fred Sauberman & Alan Benstock**Improv: Theater without a Script****IR – 547**

If you like to have fun, this is the course for you!! This theater course consists of popular improvisation/Theater games. Students will be given situations and they will make up a story using their own words (there is nothing to read or memorize), small groups will interview famous people (dead or alive) on current topics. Along the way, you will learn about performance and stagecraft. Most of all we have lots of laughs.

**Tuesdays:** October 15, 22, 29, November 5, 12, 19**Room:** TBA/ **Time:** 1:30 - 3:00 p.m.**Instructor:** Beatrice Greenberg**Enjoying Short Stories****IR – 055**

Short stories recommended by class members and/or teacher will be discussed. Students should read stories before each class. Copies of all stories will be available for student pick-up a week before the first class.

**Tuesdays:** October 15, 22, 29, November 12**Room:** TBA/ **Time:** 3:15 – 4:45 p.m.**Instructor:** Marsha Rosen**3 + Factors that Gave Meaning to 3 + Sciences****IR – 636**

In Biology, Chemistry and Geology certain factors developed in the 19th and 20th centuries that solidified each of these. Physics has too many parts for this to happen but if there is time I will include some physics. Join the class to explore what led up to these factors and how they affected each science.

**Tuesdays:** October 29, November 5, 12**Room:** TBA/ **Time:** 11:00 – 12:00 p.m.**Instructor:** Stuart Kaplan**Digital Cameras for the Technology Challenged****IR – 437**

This course is for those who have a digital camera but do not know how to use it. You’ll learn how to set up your camera as well as how to download, organize, and get your images printed. You’ll also learn how to use depth of field, lighting and composition to improve your photographs, including pictures of friends and family. If all this sounds complicated, don’t worry, we’ll keep it simple. This is a hands-on course. Please bring your camera and the camera manual to class. Enrollment is limited.

**Tuesdays:** October 29, November 5, 12, 19**Room:** TBA / **Time:** 1:30 - 3:00 p.m.**Instructor:** Ray Turkin**Modern French Painting: From Matisse to the 21st Century IR - 846**

This course will examine contemporary French painting, beginning with the influence of Cezanne and discussing the works of significant modern artists like Matisse, Picasso, the Cubists, Leger, Chagall, Louise Bourgeois, Nikke de St. Phalle, Yves Klein, Christo, among others.

**Tuesdays:** November 5, 12, 19, 26**Room:** TBA / **Time:** 1:00 - 2:30 p.m.**Instructor:** Ronnie Friedman**WEDNESDAY Course Offerings****Watercolors****IR- 619**

This course is designed for anyone with a reasonably good understanding of how to handle watercolor techniques. Discussions and demonstrations provide students with unlimited information regarding color mixing, wet on wet painting, dry brush and much more. Students are responsible for their own supplies. Supplies needed are: watercolor set, watercolor pad 8X10 or 9X12 rough paper, mixing tray, brushes: round #10, #8, flat #1/2, rigger brush (long haired brush).

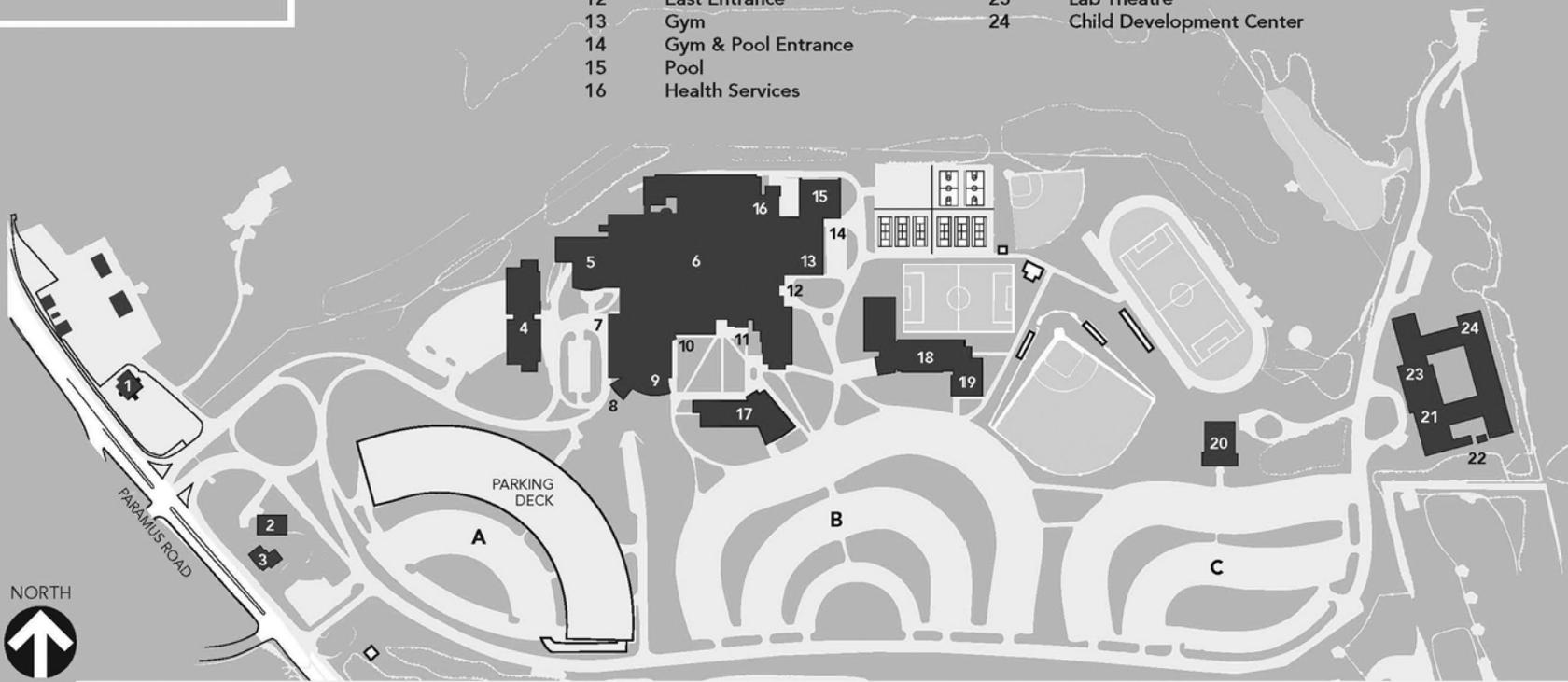
**Wednesdays:** September 25, October 2, 9, 16, 23, 30,

November 6, 13, 20, 27, December 4

**Room:** TBA / **Time:** 10:00 a.m. - 12:00 p.m.**Instructors:** Barry Shiff



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|-------------------------|-----------------------------------|--|
| 1 Evergreen Hall        | 6 Pitkin Education Center         | 17 Health Professions Integrated Teaching Center |
| 2 Veterinary Technology | 7 West Entrance – Student Center  | 18 Technology Building                           |
| 3 Scoskie Hall          | 8 South Entrance – Student Center | 19 Moses Center & Buehler Observatory            |
| 4 West Hall             | 9 Student Center                  | 20 Buehler Challenger & Science Center           |
| 5 Ciccone Theatre       | 10 East Entrance – Student Center | 21 Ender Hall                                    |
|                         | 11 South Entrance – Public Safety | 22 Green House                                   |
|                         | 12 East Entrance                  | 23 Lab Theatre                                   |
|                         | 13 Gym                            | 24 Child Development Center                      |
|                         | 14 Gym & Pool Entrance            |  |
|                         | 15 Pool                           |  |
|                         | 16 Health Services                |  |



<b>Classroom Key</b>	Evergreen Hall (1) Room EG	West Hall (4) Room W	Pitkin Education Center (6) Rooms A, B, C, L, S, Gym	Health Professions (17) Room HP	Technology Building (18) Room TEC	Ender Hall (21) Room E
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**NEW** **Financial Planning in Retirement**

**IR- 860**

Retirement is often looked at as a 'finish line.' In reality, it is a new phase in your financial life which can span as long as your working years. Retirement typically presents more questions than answers. What will be my medical expenses? Who will make decisions on my behalf if I have diminished financial capacity? What are my insurance needs? Most important, will I outlive my retirement assets? This course analyzes many aspects of financial planning including, investment management, insurance planning, tax planning, and estate planning. The objective of this course is to help retirees navigate through the uncertainty of retirement and plan accordingly.

**Wednesdays:** September 25, October 2, 9, 16, 23

**Room:** TBA / **Time:** 12:00 – 1:30 p.m.

**Instructors:** Traphagen Financial Group

**Drawing**

**IR-676**

This course is designed for anyone with a reasonably good understanding of the art of sketching using pencils. **Students are responsible for their own supplies.** Supplies needed: 2H HB 2b 4b, 6b, general sketching pencils 2b, 4b, 6b, Pencils, colored pencils, art stix, kneaded eraser, sketch pad and photos to sketch.

**Wednesdays:** September 25, October 2, 9, 16, 23, 30,

November 6, 13, 20, 27, December 4

**Room:** TBA / **Time:** 1:00 - 2:45 p.m.

**Instructors:** Barry Shiff

**NEW** **Sights and Sites to Remember and Entice**

**IR – 847**

A series of Travelogues, each presenting a traveler's photographs of places visited, accompanied by descriptions, history and experiences encountered. These Travelogues are designed (1) for those who are well-traveled and like to reminisce and recall, (2) for those who want to learn about and see places where they may plan to travel and (3) for those interested in photographs of exotic places. Among the photos to be viewed are many selected by Travel & Leisure for inclusion in their contest.

The class will decide which countries they wish to "travel" from among major cities, villages, the countryside and sites in Spain, Portugal, France, Switzerland, Italy, Sicily, Greece and the Greek Islands, Croatia, Hungary, The Czech Republic, Austria, Germany, The Netherlands, Belgium, Ireland, Denmark, Norway, Sweden, Finland, Russia, Turkey, Israel, Egypt, Morocco, Thailand, Cambodia, Vietnam, Hong Kong, Singapore, London, The Panama Canal, the Caribbean Islands, Puerto Rico, Bermuda, the Atlantic Islands, Canada, Alaska, and the continental United States.

**Wednesdays:** September 25, October 2, 16, 23, 30, November 6, 13

**Room:** TBA / **Time:** 1:30 – 3:00p.m.

**Instructor:** Marvin J. Rothenberg

**Contemporary Issues in French**

**IR- 234**

Parlez-vous francais? Un peu? Assez bien?

If you already know basic French vocabulary and grammar, put it to use for getting information and giving information. We get information from reading French newspapers. We read about events and issues in the United States, in France and in other parts of the world that give us concern. We get information about how the French news media view the U.S us).

The class is conducted in mostly French. Class members are encouraged to use French to ask questions, to add their information, to express their thoughts and opinions, to learn to understand and participate in discussions in French.

The classroom ambiance is informal, relaxed, friendly and supportive. Most of the class members are "repeaters." They came once, then stuck with it. They represent varying professions and specialties. They enjoy each other and a lively "esprit de corps." The instructor enjoys it too.

PS Once in a while, a brief grammar check is slipped in, as needed.

**Wednesdays:** September 25, October 2, 9, 16, 23, 30, November 6, 13

**Room:** TBA / **Time:** 3:15 – 4:45 p.m.

**Instructor:** Virginia Rauch, Ed.D.



**Before the Hoax: Presidential Scandals, Real & Imagined IR 857**

There have been actual Presidential scandals. Ones which did not rely on opposition-funded fictional dossiers and ambiguously-contradictory special counsel reports: the Grant Administration scandals collectively known as Credit Mobilier and the Harding Administration's Teapot Dome among them. There are been other discredited smears: pre-knowledge of Pearl Harbor and 9/11. And there have been still-debated controversies: Edith Bolling Galt's de facto rule during the last 18 months of the incapacitated Woodrow Wilson's second term; the 1960 Presidential election fix and Richard Nixon's extreme overreaction to the Pentagon Papers leak. This course will examine the causes and outcomes of the real scandals...and investigate the truth behind the imagined ones...and the on-going controversies.

**Wednesdays:** October 2, 9, 16, 23, 30, November 6

**Room:** TBA / **Time:** 10:30 a.m. - 12:30 p.m.

**Instructor:** James Devine

### Putting Genes in Your Genealogy

IR - 727

More people are using DNA testing as part of their genealogical research. This course focuses on the basics; why you might want to use DNA testing, which DNA test and companies to use, how to interpret your results, and what to do next.

Prerequisite: Students are assumed to be familiar and experienced with basic genealogy resources, family research methodology and comfortable navigating websites on the Internet.

*This course is sponsored by the Genealogical Society of Bergen County*

**Wednesdays:** October 2, 9, 16, 23, 30

**Room:** TBA/ **Time:** 11:30 a.m. - 1:30 p.m.

**Instructor:** Fred Voss

### **NEW** Senior Issues We Need to Talk About

IR-848

There are a hundred issues we can talk about. The students will decide the choice of topics. Some examples of topics would be: clutter, meaning of my life, tipping, any health topic, money, depression, relatives, family, grandchildren, boundaries, loss of "power" or ability, spousal difference, volunteering, exercise, diet, use of time, conflicts of loyalty, "enabling" obsessiveness and compulsions, neighbors, travel, etc. Bring your issues and concerns!



**Wednesdays:** October 23, 30, November 6, 13, 20, December 4

**Room:** TBA/ **Time:** 11:00 a.m. - 12:15 p.m.

**Instructor:** Fred Sauberman

### Moral and Ethical Choices

IR-557

A discussion of the moral and ethical dilemmas and/or choices that confront us. They can be a personal or a public dilemma. Each student will be required to bring in at least one dilemma. The teacher will offer many dilemmas too.

**Wednesdays:** October 23, 30, November 6, 13, 20, December 4

**Room:** TBA / **Time:** 1:00 – 2:30

**Instructor:** Fred Sauberman

### \*\*The United States and China Relationship

IR - 805

Join the class discussion as we explore the history and present relationship of US and China relationship from 1898 - 2019, business and trade between Frenemies as well as the game of STEM (Science, Technology, Engineering, and Mathematics).

**Wednesdays:** October 30

**Room:** TBA/ **Time:** 11:00 a.m. - 12:30 p.m.

**Instructor:** Yiyang Xia & Dr. Jason Ma, Senior Commentator of NTD TV

**NEW** *\*\*BONUS Course: This course is in addition to the four courses allotted per semester.*

### \*\*Organizing Your DNA Matches Workshop

IR-849

A combination lecture and hands-on workshop in organizing your DNA matches using the Leeds Method. This is a logical way to organize 2nd, 3rd and possibly 4th cousin matches by family lines regardless of which testing company you use. Experience using spreadsheets is helpful. Prerequisite is attendance in the Putting Genes in Your Genealogy class or equivalent experience. NOT for DNA newbies. *This course is sponsored by the Genealogical Society of Bergen County*

**Wednesdays:** November 6, 20

**Room:** TBA/ **Time:** 11:30 a.m. - 1:30 p.m.

**Instructor:** Fred Voss

*\*\*BONUS Course: This course is in addition to the four courses allotted per semester.*

### \*\*Traditional Chinese Culture & Shen Yun

IR-741

Every legend has its history. Every story has its truths. And the best is rarely forgotten. For the past 5,000 years, China amassed a diverse legacy of heroes, myths, and values that still resonate in the present.

**The workshop takes you on an inspiring journey through video and audio-slide presentation:**

- Capture the essence of traditional Chinese culture and the beliefs that are the foundation of various cultural forms, including dance, music, martial arts, and education.
- Explore the meaning of Chinese characters and its connection to the culture.
- Experience the gentle elegance and rich expressiveness of classical Chinese dance - pioneers of many other art forms, including acrobatics, Chinese opera, and Olympic gymnastics flips.
- Feel the joy of the distinct Chinese sound of ancient instruments with thousands of years of history.
- Discover the true China you've never known.

**Wednesday:** November 6

**Room:** TBA/ **Time:** 11:00 a.m. - 12:30 p.m.

**Instructor:** Teresa Shen

*\*\*BONUS Course: This course is in addition to the four courses allotted per semester.*

## THURSDAY Course Offerings

### **The Golden Age of Pop Music - Fall 2019 Edition** IR-850

Do you remember songs from the Golden Age of Pop Music, song standards primarily from the 1920-1960 period? The music in our course will feature songwriters like Richard Rodgers, George Gershwin, Cole Porter, Irving Berlin, Jerome Kern, Harry Warren and others. They wrote for Broadway, Hollywood and Tin Pan Alley. Each class will have a unique theme, with musical selections and background discussion.

**Thursdays:** September 26, October 10, 24, November 14, 21

**Room:** TBA / **Time:** 10:00 - 11:30 a.m.

**Instructor:** Joe Weisfeld, Ph.D.

### **The Mueller Investigation** IR-851

We will study the investigation into Russian collusion as established by the Justice Department by explaining its importance, what a special counsel is, why Robert Mueller was appointed and the legal precedents that support such an appointment, what has been discovered so far, and what we can potentially expect now that the retracted report has been made public with the upcoming 2020 Presidential election.

**Thursdays:** September 26, October 3, 10

**Room:** TBA / **Time:** 10:00 - 11:30 a.m.

**Instructor:** Jeremy Levine

### **Selected Topics in U.S History** IR-786

This class will cover diverse themes in American history. Some of the topics include:

- James K Polk and Manifest Destiny
- Marquis DeLafayette
- Theodore Roosevelt
- World War I
- The Spanish-American War

**Thursdays:** September 26, October 3, 10, 17, 24

**Room:** TBA / **Time:** 1:30 - 3:00 p.m.

**Instructor:** Tom DeStefano

### **Introduction of Falun Dafa - An Ancient Chinese Mind and Body Practice** IR-740

Falun Dafa (also known as Falun Gong) is a powerful mind and body practice that was revealed to the public in 1992 and spread to 100+ countries around the globe. This course will offer a brief introduction of Falun Dafa and its characteristics, and help students learn the five sets of meditation exercises.

The course has three sessions:

I. Introduction, Exercise 1 and 2.

II. Exercise 3 and 4. Review exercise 1 and 2.

III. Exercise 5. Review all 5 sets of exercises.

Please bring a sitting mat for the third session.

This program is provided by NJ Falun Dafa Association, a non-profit organization that provides activities, advocacy and health education to the public.

**Thursdays:** October 10, 17, 24

**Room:** TBA / **Time:** 10:00 - 11:30 a.m.

**Instructor:** Jan Ren

### **\*\* "What You Need To Know About Your Healthcare Expenses in Retirement"** IR 861

Today Americans are choosing to age in place in the comfort of their own home; increasing their quality of life and longevity. This workshop is designed to address both along with the increased healthcare costs that may occur.

**Thursday:** October 17

**Room:** TBA / **Time:** 2:00 - 4:00 p.m.

**Instructors:** Macro Wealth Management, LLC - Theresa J. Yarosh, CFP®, CLU®, ChFC® Elara Caring (formerly Accredited Health Services) – Julie Merrill, Regional Senior Director

**\*\*BONUS Course:** This course is in addition to the four courses allotted per semester.

### **Neurology 101** IR-702

This is an introductory course to Neurology for Non-Neurologists. We will cover: Dementia, Stroke, Fainting, Vestibular disorders and Back pain. Basic anatomy and physiology will be discussed as they pertain to the individual disorders. No medical or scientific background required.

**Thursdays:** October 24, November 7, 14, 21

**Room:** TBA / **Time:** 2:00 - 3:30 p.m.

**Instructors:** Judith Lustig, MD



### **Chair Yoga with Aromatherapy Meditation**

**IR 859**

In this class we will do modified gentle yoga poses while seated and supported in a chair. This class will also allow students to do standing yoga poses with the support of a chair for balance. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions on the floor. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. In addition to a good stretch, chair yoga participants can also enjoy other health benefits of yoga, including improved muscle tone, better breathing habits, reduction of stress, and improved proprioception. Each class will include a 10-15 minute meditation with essential oils to enhance relaxation and relieve stress. After class you may find you sleep better, feel more grounded amidst the chaos of your life, and more comfortable in your body for having let go of stress stuck in your shoulders, neck and back. The meditation component teaches tools for managing a busy mind and finding peace in any situation.

**Thursdays:** October 31, November 7, 14, 21

**Room:** TBA / **Time:** 10:00 - 11:00 a.m.

**Instructor:** Jan Jeremias

### **Retiree's Guide to Financial Fitness**

**IR-393**

The value of good advice is more important than ever. Discuss how lowering your investment fees (often substantially!) can impact your returns. Learn about investment products, and how inflation can erode your retirement income. Learn ways to potentially lower your risk in the stock market, IRA issues, the proper mix, and type of bonds, stocks and alternatives; long-term care coverage, minimizing your estate taxes, and other financial issues. A review of some sophisticated products that offer lower risk ways to make respectable returns.

This course is given by an advisor in one of the largest independent financial planning firms in the NY/NJ area. He is a Certified Financial Planner with 28 years of experience and a graduate of the U.S. Military Academy at West Point, NY.

**Thursdays:** October 10, 24, 31, November 7

**Room:** TBA / **Time:** 1:30 - 3:00 p.m.

**Instructors:** David R. Chepauskas, CFP

### **\*\*Life on Wheels: Vacation or Live in a Motor Home**

**IR 527**

From a humorous standpoint, learn how a motor home can replace a shore, lake, desert or mountain home or better yet, replace all of them. This class presents an overview of life styles available to those who would like to see many interesting sights in USA at their own pace in a house on wheels. The instructor and his wife own a motor home and reside in it 2 to 4 months a year.

**Thursday:** November 21

**Room:** TBA / **Time:** 1:00 - 2:30 p.m.

**Instructors:** Steve Fowls

*\*\*BONUS Course: This course is in addition to the four courses allotted per semester.*

## **FRIDAY Course Offerings**

### **Yo-Chi™**

**IR784**

Yo-Chi is a fitness activity that combines the ancient Indian practice of Yoga with the traditional Chinese practice of T'ai Chi.

The Purpose of Yo-Chi is to build strength, balance, and flexibility by combining the stability of yoga poses with the mobility of T'ai Chi forms. Yoga will be practiced while seated in a chair, while T'ai Chi forms and certain yoga poses will be done while standing. The practice has been uniquely modified to be very gentle and simple to follow, offering a successful, joyous experience for all.

No prior experience in either yoga or T'ai Chi is required. Participants should wear loose, comfortable clothing, and it is preferable to practice in bare or stockinged feet.

**Fridays:** September 27, October 4, 11, 18, 25, November 1, 8, 15

**Room:** TBA / **Time:** 11:30 a.m. – 12:45 p.m.

**Instructor:** Rosemary Donnelly

### Exercise Your Way to Health

IR- 445

Would you like to exercise while having fun? Come join us for a group exercise class that is light on stress but heavy on results. Exercise your body for strength, balance and even cognitive fitness. This class concentrates on upper body, core, legs, coordination, and speed. Walking, sitting and rising from a chair, getting into and out of a car, and ascending and descending stairs will all become less arduous. There will be chair and standing exercises utilizing free arm movement, speed work, balance, multi-tasking, coordination, and ball/band exercises. The class is one hour with plenty of time to ask questions about individual concerns. Impress your friends with a renewed vigor; impress yourself with a renewed strength. You have nothing to lose and everything to gain!

Please wear comfortable clothing and shoes or sneakers with a non-slip sole; eat a light snack and hydrate with at least a glass of water one hour prior to class; feel free to bring bottled water to class.

**Fridays:** September 27, October 4, 11, 18, 25, November 1, 8, 15

**Room:** TBA / **Time:** 2:00 – 3:00 p.m.

**Instructor:** Richard Portugal, Founder of Fitness Senior Style, LLC

### How America Got Its Shape

IR 852

From the earliest settlements in the North American wilderness, Americans were an acquisitive people. Settlements grew, pushing westward relentlessly. In the process, conflicts with the original inhabitants were inevitable. This course will trace the major territorial acquisitions that have resulted in our current-day boundaries. Although this expansion was usually framed as noble effort to spread democracy and progress, each major territorial acquisition was accompanied by considerable controversy and conflict

**Fridays:** October 18, 25, November 1, 8, 15

**Room:** TBA / **Time:** 10:30 – 12:00 p.m.

**Instructor:** Janet Dinardo-White

### 1-2-3 Crochet

IR-395

Beginners and advanced crocheters are welcome! Join the group for two hours of crocheting and conversation. All are welcome to share in the fun and enjoyment of this relaxing hobby.

**Fridays:** October 25, November 1, 8, 15, 22

**Room:** TBA/ **Time:** 2:00 – 4:00 p.m.

**Instructor:** Eileen Sudol



### \*\*1968: The Year that Shook Our History

IR 855

Unprecedented military defeat in Vietnam, a toppled president, charismatic leaders assassinated, the worst riots in U.S. history-and that was only the first half of 1968. In this two session course, revisit the most tumultuous year in history, which alternated passionate hopes and searing tragedies on almost a daily basis. Examine the May student-worker protests that drove the French republic to the brink of collapse, and the Prague Spring that brought hope for reforming the Communist Bloc. Watch footage of a Democratic convention torn apart by protests and violence, and examine how a bold about-face by a pro-war Democrat led to a photo finish with Richard Nixon. Lectures will be supplemented by audio and video of great speeches by Martin Luther King, Jr. and Robert Kennedy, as well as little-known accounts of behind-the-scenes decisions that led to some of the most shocking events in our time. Up for discussion will be the premise that a shift in one leader's judgment, a few votes, or a single bullet, might have changed the course of history.

**Fridays:** October 25, November 1

**Room:** TBA/ **Time:** 11:00 – 12:30 p.m.

**Instructor:** Jess Velona

*\*\*BONUS Course: This course is in addition to the four courses allotted per semester.*

The views and opinions expressed in ILR courses are strictly those of the instructors. The advice or information given by your instructor may not coincide exactly with your own particular situation, we urge you to:

- Consult your broker or financial advisor before acting upon implied or actual recommendations concerning the investment of your money.
- Consult your doctor before following any suggestions pertaining to consumption of medically related products or other medical advice.

**REGISTRATION WILL ONLY BE AVAILABLE ONLINE**

**BEGINNING WEDNESDAY, SEPTEMBER 11, 2019, AT 10:00 A.M.**

**VISIT:**  
[ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

**THEN FOLLOW THE PROMPTS TO REGISTER**



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## **ILR Registration for Fall 2019**

**Begins:** Wednesday, September 11, 2019

**Where:** Online only

**How:** The ILR web page at

[ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

**THEN FOLLOW THE PROMPTS**

ALL REGISTRATIONS ARE COMPLETED ONLINE

### **No computer, No worries**

### **We have your back!**

The computer lab in **Pitkin Education Center (S-343)** will be open for your convenience on **Wednesday, September 11, 2019, between 9:45a.m. - 2:00p.m.**

Remember to bring your credit card and valid email address.

***If you are an ILR Fall 2018 or Spring 2019 returning student, please bring your User Name and Password.***

**Sudoku  
Hard Level**

	6						2	
			8	3	2	6		
					5		7	
7		5	3					2
		3				4		
6					7	9		8
	4							
		8	4	2	6			
	5							



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