BERGEN COMMUNITY COLLEGE DIVISION OF
CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT

FALL

Lois E. Marshall
INSTITUTE for LEARNING in RETIREMENT
FALL 2022



- ✓ LITERATURE
- ✓ HISTORY
- ✓ CURRENT EVENTS
- ✓ SEWING
- ✓ CHOIR
- ✓ PERSONAL FINANCE
- ✓ PHOTOGRAPHY
- ✓ SCIENCE
- ✓ YOGA & MORE

ILR.BERGEN.EDU

LOIS E. MARSHALL INSTITUTE FOR LEARNING IN RETIREMENT
AT BERGEN COMMUNITY COLLEGE



FALL 2022 - THE DIVISION OF CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT

NOTE FROM PROGRAM STAFF

Greetings Students!

Thank you for your continued interest in the Institute for Learning in Retirement (ILR), and we hope you'll join us for the Fall 2022 Semester!

Come explore rich, academic and cultural topics in-person and online. We have both in-person and online courses available to meet the needs of our students.

Registration begins online on September 14, 2022.

Courses will continue to be facilitated by dedicated volunteer instructors who are passionate about the content they share with you.

If you are interested in teaching a topic, please call the ILR office at (201) 447-7156, or send us an email at ilr@bergen.edu

Cinzia D'Iorio, Executive Director
Mary Kate O'Toole-Mellow, Program Supervisor
Dolores Hunt, Coordinator
Beverly Miller, Secretary

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Bergen COMMUNITY COLLEGE



ILR REGISTRATION

Enroll Today! Visit ilr.bergen.edu/courses

If you are a returning ILR student, please use your current Username (your email) and Password to log in.

If you have trouble logging in, please contact our office at ilr@bergen.edu or (201) 447-7145.

The Fall 2022 Semester Membership fee is $125.00 and you can choose up to 5 courses.

Course Dates
The ILR Fall Semester 2022 begins September 28 and ends December 22. The ILR will not hold class on October 4 and October 5, or when the college is closed November 23-25.

Updated as of 8/31/22

General Information and Policies

BCC Policies
For BCC general information, Student Code of Contact and Sexual Harassment Policy, and Drug Free Workplace Act, please visit https://bergen.edu/ce/general-information-and-policies

ID Card
All returning members who have an ID Card and would like to update it, should stop by TEC-115 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.

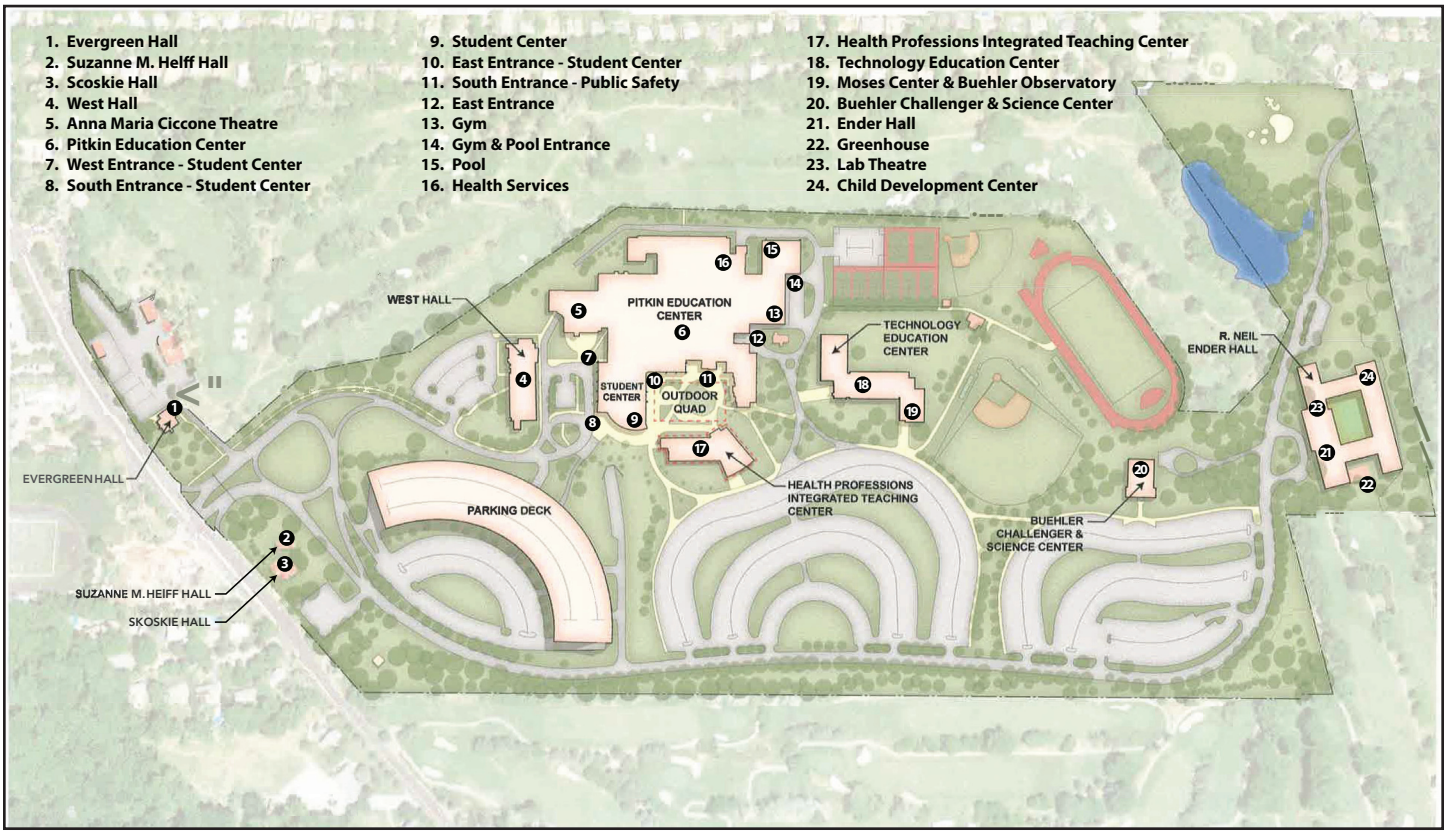
Parking
Park in student parking only. Most classes on the Paramus Campus are accessible from Parking Lot B. For directions and to view a Paramus campus map online visit: https://bergen.edu/about-us/locations/paramus

Public Transportation & Bergen Community College inter-campus Shuttle (BCC Shuttle)
NJ Transit: Buses run regularly to campus. Check www.njtransit.com for schedules and to verify they stop on Campus.

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

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

Paramus Campus Map



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Updated as of 8/31/22

General Information and Policies continued

ILR Photography/Video Policy for Members

NOTICE: While on the grounds of any Bergen Community College location, you may be photographed or videotaped. Your presence at the college will serve as a voluntary grant to Bergen of the right to photograph your image and to own, license, assign and/or use the same (and/or any portion thereof) forever and throughout the world in any manner and/media including, without limitation, in programming and the advertisement and promotion thereof.

You will not receive any payment for such use and waive any right to bring any action in law or equity against the college and its past, present and future officers, agents, representatives, employees, successors and assigns for such use.

If you do not agree to the above terms and do not wish to be photographed/taped, please remove yourself from areas where photography/videotaping are taking place.



About the Institute for Learning in Retirement

The Lois E. Marshall Institute for Learning in Retirement (ILR) at Bergen Community College, in cooperation with Road Scholar, serves the intellectual and social needs of a vibrant community of lifelong learners. Our members have a thirst for learning and intellectual stimulation. One fee, per semester, entitles members to attend courses which are taught by members and experts from the larger community. Each semester's offerings cover a broad range of academic and cultural topics. There are no tests or grades.

Please contact us at ilr@bergen.edu to get on our mailing list!

ILR 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 the Paramus campus.

Classroom locations are posted daily in Pitkin at the Welcome Counter by the Student Center entrance, the IT Help Desk by Public Safety area, and outside room TEC115.

Why You Should Join

- To become part of a community created specifically to meet the lifelong educational interests and needs of mature adults.
- To share with other ILR members what you have learned and experienced during your life.
- To enjoy the special learning opportunities available in a friendly and stimulating atmosphere.
- To have social interaction with other ILR members during classes and other organizational activities.
- To enjoy classes and activities in a diverse and multigenerational college campus setting.
- To have access and borrowing privileges at Bergen Community College Sidney Silverman Library.
- To be able to use the Paramus campus Fitness Center and pool during scheduled free-time hours.

ILR Instructors

Each semester we look to grow our course offerings. Should you want to volunteer to teach a course, please send your ideas to ilr@bergen.edu Please note, ILR Instructors are entitled to free membership during the semester they are teaching.



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Updated as of 8/31/22

Membership Information

Membership is open to all persons, 55 years and older. Current members come from a wide range of experiences and backgrounds. There are no educational prerequisites, no exams, and no grades. Members share one essential attribute: the belief that learning is lifelong.

Membership Fee

Fall 2022 membership fee of $125.00 is for one semester and entitles you to register for and attend five (5) courses per semester. The ILR offers a wide array of workshops and courses, of various lengths. Payment is by credit card.

The ILR accepts new members at any time but does not prorate fees.

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

Credit Card Payment Cancellation Fee

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.

Course Dates

The ILR Fall Semester 2022 begins September 28 and ends December 22. The ILR will not hold classes on October 4 and October 5, or when the college is closed November 23-25.

ILR Registration

Registration will be available online beginning Wednesday, September 14th, 2022. Visit ilr.bergen.edu/courses to register.

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

If you are a returning student, please use your current User Name and Password to register. If you do not remember your login credentials, please call the ILR office at least two weeks prior to the registration date to receive the information.

Once course dates are set, it is difficult, if not impossible, to change them. Please use your best discretion in choosing courses. Check your calendar for holidays, other important dates, and conflicts in your schedule, before choosing your courses each semester.

Benefits of 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 is located in the Student Center (Pitkin Building) and is open weekdays 7:30 a.m. to 3:00 p.m. Hours vary during holidays and breaks.

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.

Paramus Campus Fitness Center (S-128) and Swimming Pool

ILR members may use the facilities during scheduled free-time hours (which may vary throughout the year). Members should call the Bergen Community College's main number at 201-447-7100 to confirm hours of operation.

Fitness Center 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 have access and borrowing privileges at Bergen Community College Sidney Silverman Library by presenting their Student ID card at the desk.

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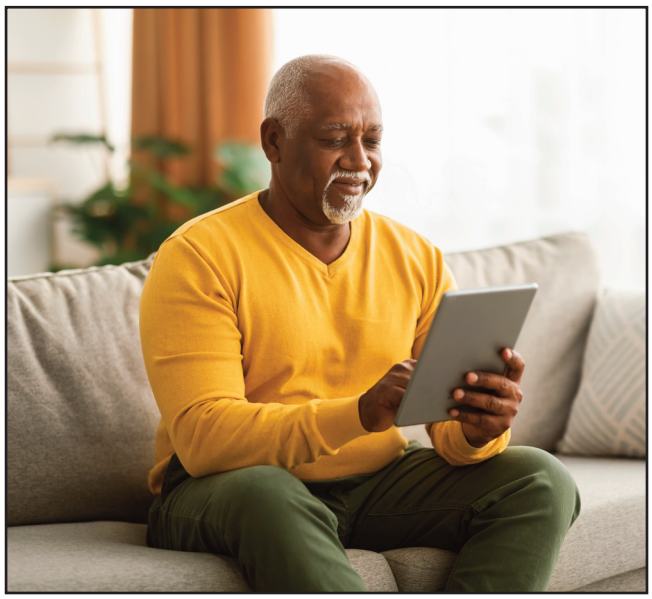
Tips for Online Courses

Webex
The ILR's online classes will be through Webex.

To learn more visit:
https://bergen.edu/online/getting-started-with-online-courses

For online course we recommend these minimum computing requirements:

- A reliable internet connection
- A laptop with a built-in webcam and microphone or a smartphone or tablet
- An internet browser (Google Chrome, or Mozilla Firefox)
- Please log into your class section 10 minutes in advance to address any connection needs.







Enroll Today! Visit ilr.bergen.edu/courses

Week-at-a-Glance IN-PERSON Courses (Page 1 of 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Discovery Series: Panama Canal, American Folk Art, Central Park 10/3, 10/10, 10/17 10:00 - 11:30 a.m. *Mario Medici*	**Native American History, Part 1** 10/18, 11/1, 11/15, 11/29, 12/13 11:00 a.m. - 12:30 p.m. *Emily Ginder*	**Senior Balance Yoga** 10/12, 10/19, 10/26 10:00 - 10:45 a.m. *Rennie Ackerman*	**Watercolors For All** 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1 10:00 a.m. - 12:00 p.m. *Barry Shiff*	**Impact of Healthcare and Claiming Social Security Costs in Retirement** 9/30, 10/7, 10/14 10:00 a.m. - 12:00 p.m. *Theresa J. Yarosh*
Self-Defense 10/10, 10/17 10:45 a.m. - 12:15 p.m. *Toni Plantamura-Rossi*	**America Through Native Eyes** 10/25, 11/8, 11/22 11:00 a.m. - 1:00 p.m. *Emily Ginder*	**The American Economy - Boom and Bust** 10/12, 10/19, 10/26, 11/2, 11/9 11:00 a.m. - 12:30 p.m. *Rick Feingold*	**U.S. Diplomacy IV: Argentia Bay to Tokyo Bay...and beyond** 9/29, 10/6, 10/13, 10/20, 10/27, 11/3 10:30 a.m. - 12:30 p.m. *Jim Devine*	**Reconstruction - A 2nd American Revolution?** 11/4, 11/11, 11/18, 12/2 10:30 a.m. – 12:00 p.m. *Janet Dinardo-White*
Mix of History and Politics: Enoch Poor, Aaron Burr, Mickey Marcus, Yogi Berra 10/10, 10/17, 10/24, 10/31, 2:45 - 3:45 p.m. *Dick Burnon*	**Photography Potpourri: "What does this button do? & what to do after you know!"** 11/1, 11/8, 11/15, 11/22, 11/29 12:00 - 1:30 p.m. *Harmon Kaplan*	**Financial Planning in Retirement** 10/5, 10/12, 10/19, 10/26, 11/2 12:00 - 1:30 p.m. *Traphagen CPAs & Wealth Advisors*	**The Irrepressible Conflict: The War Between the States** 11/10, 11/17, 12/1, 12/8, 12/15, 12/22 10:30 a.m. - 12:30 p.m. *Jim Devine*	**Chair Yoga and Meditation** 11/4, 11/11, 11/18 12:30 - 1:00 p.m. *Toni Chianetta*
Cohort on Conversations about Dr. Bruce Greyson's Book "After" 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21 2:45 - 4:45 p.m. *Rachel Wieland*	**Everything Aviation** 10/18, 10/25 1:00 - 2:00 p.m. *Trevor Forde*	**Fall in Love with Poetry** 10/12, 10/19, 10/26, 11/2, 11/9 1:00 - 2:30 p.m. *Laura Freedgood*	**Trains in Film (Film Program I)** 9/29, 10/6, 10/13, 10/20, 10/27, 11/3 11:00 a.m. - 1:00 p.m. *Theo Solomon*	
India Topics: The Great hedge of India and Stories from "Mahabharata" 12/5 2:30 - 4:30 p.m. *HK Chandrasekhar & Sreedevi Chandrasekhar*	**History of Poverty in the United States** 11/1, 11/15, 11/22 1:30 - 2:30 p.m. *Sumana Rangachar*		**Dealer's Choice (Film Program 2)** 11/10, 11/17, 12/1, 12/8, 12/15, 12/22 11:00 a.m. - 1:00 p.m. *Theo Solomon*	

Page 1 of 2. To be continued on next page.

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Updated as of 8/31/22

Week-at-a-Glance IN-PERSON Courses (Page 2 of 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I Can Sew: For Beginners 10/10, 10/17, 10/24, 11/7, 11/14, 11/28 4:30 - 6:30 p.m. *Marvene Spencer*	**Current Topics in the Environment** 10/18, 10/25, 11/1, 11/8 2:15 - 3:15 p.m. *Robert Dill*		**5 US Presidents** 10/6, 10/13, 10/20, 10/27, 11/3 1:00 - 2:15 p.m. *Tom DeStefano*	
	ILR Choir "Sing, Sing, Sing" 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13 Holiday Concert 3:00 - 4:30 p.m. *Barbara Heitmann*		**Sketching For All** 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1 1:00 – 2:30 p.m. *Barry Shiff*	
			US Space Program History: APOLLO 11- First Moon Landing, Shepard to the Station, Hubble Space Telescope 11/10, 11/17, 12/1 1:15 - 3:15 p.m. *Joe Lennox*	
			Topics in Neurology 11/3, 11/10, 11/17, 12/1 2:30 - 4:00 p.m. *Judith Lustig*	
			Legal Issues Concerning the Elderly and Their Caregivers 10/6, 10/13, 10/20, 10/27 3:15 - 4:45 p.m. *Robert J. Romano, Jr.*	

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Week-at-a-Glance ONLINE Courses

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
American Artists of the 20th-21st Centuries 10/3, 10/10, 10/17, 10/24, 10/31, 11/7 10:30 - 11:30 a.m. *Sandra Martin*	**Introduction to Digital Photography** 10/11, 10/18, 10/25, 11/1 10:00 - 11:30 a.m. *Ray Turkin*	**Financial Fitness in Retirement** 10/19, 10/26, 11/02, 11/09 1:00 - 2:00 p.m. *David Chepauskas* *James Maimone*		**Midlife Yoga** 9/30, 10/7, 10/14, 10/21, 10/28 10:00 - 11:00 a.m. *Rosemary Donnelly*
Makers of History in four Separate Disciplines - History, Psychology, Fiction, and Science 11/14, 11/21, 11/28, 12/5 10:30 - 11:45 a.m. *Manfred Weidhorn*	**DNA 101: Researching Your Family Tree** 10/18, 10/25, 11/1, 11/15 12:30 - 2:30 p.m. *Fred Voss*	**Making Sense of Current Events in Polarized Times** 9/28, 10/12, 11/9, 12/15 4:00 - 5:30 p.m. *George Burroughs*		**Introduction to Falun Dafa** 9/30, 10/7, 10/14 10:00 - 11:30 a.m. *Jan Cao*
				Introduction to Ancient Chinese Civilization 10/21, 10/28, 11/4, 11/11 10:00 - 11:30 a.m. *Jan Cao*
				Michelangelo, Universal Man 10/7, 10/14, 10/21, 10/28 1:00 - 2:15 p.m. *Denise Budd*

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Updated as of 8/31/22

Course Offerings

MONDAY Course Offerings

Discovery Series:

Building the Panama Canal: 1880-1914

The Spanish thought about it. The French drew plans for it. In the end though, it took a revolution, technology, money, determination, and grit to complete the Panama Canal. On this unique journey, learn about the epic struggle to carve a nautical shortcut from one ocean to another. Learn about the canal's construction and its impact on world history, commerce, and medicine. Lecture will be supplemented with historical photos.

Art Series: American Folk Art

Folk art encompasses art produced from native or tradespeople. In contrast to fine art, folk art is primarily utilitarian and decorative rather than purely aesthetic. Folk Art is characterized by a naive style, in which traditional rules of proportion and perspective are not employed. Basically, folk art is produced through the genius of untrained artists and has its own characteristics. Various materials, paints, and other items are used to produce this interesting and fascinating artwork. This lecture will take the listener and viewer through the various forms of artwork along with the artists who produced them. It is a journey not often explored and one you will find fascinating.

Highlights of Central Park

See Central Park through the lens of a camera along with commentary describing each photo. Since the mid-nineteenth century, Central Park with its 843 acres has been referred to as "The Jewel of New York City"and has many wonderful sights and experiences. Each year, 40 million people visit Central Park and are treated to a number of wonderful sights. Whether it's the 80 sculptures that dot the landscape, or the 33 bridges and arches (some dating back to 1863), or the acres of water bodies, lawns, and woodlands, you will be treated to a wonderful viewing and informational experience. This lecture will cover some of the park's history and many of its sights and attractions.Amateur photographer, art history enthusiast, and avid researcher, Mario Medici (Mario Medici Lectures, LLC) will take you on these fascinating journeys.
Mondays In person: 10/3, 10/10, 10/17
Time: 10:00 - 11:30 a.m.
Instructor: Mario Medici

Self-Defense

Take control and don't be a victim. Learn to defend yourself. Classes are very informative and contribute to one's overall general knowledge on how to stay safe and avoid danger zones. Students will be taught many offensive striking techniques that are very effective for both men and women.
Mondays In-person: 10/10, 10/17
Time: 10:45 a.m. - 12:15 p.m.
Instructor: Toni Plantamura-Rossi, BBC Faculty

American Artists of the 20th-21st Centuries

Explore the lives and times; study the paintings of American artists of the 20th-21st centuries and their visions. Some of the artists that will be studied are Wood, Pollock, Hopper, Wyeth, Lichtenstein, Warhol, Hockney, Neel and Wiley.
Mondays Online: 10/3, 10/10, 10/17, 10/24, 10/31, 11/7
Time: 10:30 - 11:30 a.m.
Instructor: Sandra Martin

Makers of History in Four Separate Disciplines - History, Psychology, Fiction, and Science

Join us as we learn about 4 important historical figures: U.S. Grant, a man with no less than four separate careers; Sigmund Freud, and the rise and fall of a grand theory; Leo Tolstoy, a supreme novelist turned into social critic, activist; and, to many, madman; Galileo Galilei, in my estimation arguably the most important person who ever lived.
Mondays Online: 11/14, 11/21, 11/28, 12/5
Time: 10:30 - 11:45 a.m.
Instructor: Emeritus Professor Manfred Weidhorn

Mix of History and Politics: Enoch Poor, Aaaron Burr, Mickey Marcus, Yogi Berra

Class 1 (10/10): Enoch Poor
Class 2 (10/17): Aaron Burr
Class 3 (10/24): Mickey Marcus
Class 4 (10/31): Yogi Berra
Mondays In-person: 10/10, 10/17, 10/24, 10/31
Time: 1:00 - 2:30 p.m.
Instructor: Dick Burnon

Course Descriptions

MON. Course Offerings Cont'd

Cohort on Conversations about Dr. Bruce Greyson's Book *After*
Whether you believe in the afterlife or not, come join the lively discussion about "what if's" regarding what happens when we transfer on from this life. This is not meant to be a class run by an expert, but more like a space where we can discuss, reflect, share, explore, and laugh in a safe environment. This cohort will share what we think matters in life and why- such as recipes for getting through trials and tribulations, wonders to look forward to, and getting clear on what's meaningful and important now. Each week will take a bite sized piece of Dr. Bruce Greyson's book *After* and share what those readings signified to us. Students will be reading approximately 2 chapters, around 20 pages of After prior to each class meeting. *Course Materials*: Please bring a copy of *After* by Bruce Greyson, M.D
Mondays In person: 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21
Time: 2:45 - 3:45 p.m.
Instructor: Professor Rachel Wieland, BCC Faculty

India Topics: The Great Hedge of India & Stories from the "Mahabharata"
Join us for this two-hour special program as Dr. HK Chandrasekhar and Dr. Sreedevi Chandrasekhar both share their expertise in Indian culture and history. The program features two sections. The first section, "The Great Hedge of India" will be led by Dr. HK Chandrasekhar and will explore how the British were able to tax Indians on their very own natural resource, salt. Dr. Chandrasekhar has studied this topic and written a book, *The Monstrous Hedge*. For the second section of the program "Stories from the Mahabharata" Dr. Sreedevi Chandrasekhar will share stories from the Indian epic the "Mahabharata" followed by a class discussion.
Monday In-person: 12/5
Time: 2:30 - 4:30 p.m.
Instructors: HK Chandrasekhar, MD and Sreedevi Chandrasekhar, MD

I Can Sew: For Beginners
Have you ever said, "I wish I knew how to sew?" Well, you can! Here's a beginner's class to conquer your doubts about sewing, no experience needed. Our first project will be a table runner for the holidays. *Course Materials: Please bring to class 1 yard of cotton fabric (43/44" wide) and 1⁄2 yard of batting (lesser thickness available). (All fabrics sale 40% off bi-weekly at Hobby Lobby). You will also need 1 fabric scissors, 1 measuring tape, 1 large eye needle, 1 pk of pins and pin cushion, 1 sm. spool of white thread, 1 sm. spool of thread any color. (These items go on sale 50% off bi-weekly at Hobby Lobby)*
Mondays In-person: 10/10, 10/17, 10/24, 11/7, 11/14, 11/28
Time: 4:30 - 6:30 p.m.
Location: Sewing Room in TEC Building
Instructor: Marvene Spencer

TUESDAY Course Offerings

Introduction to Digital Photography
This course is for those who have a basic knowledge of the fundamentals of digital camera operation. You'll learn the concepts of exposure, depth of field, lighting, and composition to improve your photographs, including pictures of family and friends. You'll also learn how to download, organize, and get your images printed. If all this sounds complicated, don't worry, we'll keep it simple. *Course Materials: Please have your digital camera and user's manual available.*
Tuesdays Online: 10/11, 10/18, 10/25, 11/1
Time: 10:00 - 11:30 a.m.
Instructor: Ray Turkin

Native American History, Part 1
We will learn about the history of the United States from the perspective of Indigenous People. We will read young adult fiction by Joseph Bruchac, who is of Abenaki descent. For the first class, please read Chapter 1 of "An Indigenous People's History" and "Children of the Longhouse" by Joseph Bruchac. Required Reading: Please get a copy of "An Indigenous Peoples' History of the United States for Young People" by Roxane Dunbar-Ortiz (ISBN 978-0-8070-4939-6)
Tuesdays In-person: 10/18, 11/1, 11/15, 11/29, 12/13
Time: 11:00 a.m. - 12:30 p.m.
Instructor: Emily Ginder

America Through Native Eyes
We will view documentaries about three significant events in Native American history. There will be about a 30-minute discussion after each film.
Tuesdays In-person: 10/25, 11/8, 11/22
Time: 11:00 a.m. - 1:00 p.m.
Instructor: Emily Ginder

Course Descriptions

TUES. Course Offerings Cont'd

Photography Potpourri: "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 an "adjustable" DSLR or mirrorless camera), the camera manual and most of all your questions and curiosity. Be ready to have fun with your camera!
Course Materials: camera, charged battery, memory card, camera manual (if possible)
Tuesdays In-person: 11/1, 11/8, 11/15, 11/22, 11/29
Time: 12:00 - 1:30 p.m.
Instructor: Harmon Kaplan

DNA 101: Researching Your Family Tree
More people are using DNA testing as part of their genealogical research. This course focuses on the basics: why you might want to take a DNA test, which DNA tests and testing companies are there, how to interpret your DNA results, and what to do next. **This course is sponsored by the Genealogical Society of Bergen County.**
Tuesdays Online: 10/18, 10/25, 11/1, 11/15
Time: 12:30 - 2:30 p.m.
Instructor: Fred Voss

Everything Aviation
Join pilot Trevor Forde for an open discussion on all thing's aviation. Topics will range from how to overcome your fear of flying to how to pursue an interest in learning to fly, plus any questions students may have.
Tuesdays In-person: 10/18, 10/25. Depending on student interest, a field trip to the Westchester County Airport may be arranged.
Time: 1:00 - 2:00 p.m.
Instructor: Trevor Forde

History of Poverty in the United States
Join us as we delve into the history of poverty in the United States through this three-part lecture series. We will explore the history of poverty in the United States, while learning about the primary factors. Together we will take a look at programs to address poverty in the United States and discuss their rates of success or failure.
Tuesdays In-person: 11/1, 11/15, 11/22
Time: 1:30 - 2:30 p.m.
Instructor: Sumana Rangachar

Current Topics in the Environment
This course will discuss current stories dealing with the environment and other environmental issues such as energy, pollution, climate change, sustainability, and assorted topics.
Tuesdays In-person: 10/18, 10/25, 11/1, 11/8
Time: 2:15 - 3:15 p.m.
Instructor: Professor Robert Dill, BCC Faculty

ILR Choir "Sing, Sing, Sing"
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. Students will perform a Holiday Concert at Bergen Community College, that is open to the public, at the end of the semester. Membership in singing groups, rehearsals, and engagements outside of the classroom are at the discretion of the instructor, independent of the class.
Tuesdays In-person: 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13 Holiday Concert
Time: 3:00 - 4:30 pm.
Instructor: Barbara Heitmann

WEDNESDAY Course Offerings

Senior Balance Yoga
This class is for all levels, even "never tried yoga!" We will work on simple but effective moves to help with balance, stability, and core strength. These moves are easy to incorporate into your daily life and are beneficial to anyone who struggles with balance issues or just wants an enjoyable movement class. Please wear loose, comfortable clothing. The class can be done in sneakers or barefoot. No mats or equipment needed - just your smiling faces!
Course Materials: Please wear loose, comfortable clothing.
Wednesdays In-person: 10/12, 10/19, 10/26
Time: 10:00 - 10:45 a.m.
Instructor: Rennie Ackerman

Course Descriptions

WED. Course Offerings Cont'd

The American Economy - Boom and Bust

It's a recession when your neighbor loses his job; it's a depression when you lose yours – President Harry Truman. The class will cover a 250-year history of American economic boom and bust cycles. Topics include: three depressions of early America, the Crash of 1929, the Great Depression, and the 2008 Great Recession. Themes include counterfeiting, the First and Second banks of the United States, the Wall Street Crash of 1929, Jesse Livermore - The Great Bear of Wall Street, the Lehman Brothers collapse, and the Too Big to Fail dilemma.
Wednesdays In-person: 10/12, 10/19, 10/26, 11/2, 11/9
Time: 11:00 a.m. - 12:30 p.m.
Instructor: Rick Feingold

Financial Planning in Retirement

Retirement is often looked 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 importantly, 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.
Wednesday In-person: 10/5, 10/12, 10/19, 10/26, 11/2
Instructor: Traphagen CPAs & Wealth Advisors
Time: 12:00-1:30 p.m.

Financial Fitness in Retirement

This 4-session course will cover the key risks of retirement including inflation, longevity, asset allocation, excess withdrawals, and much more. We will discuss how to invest money based off different retirement goals and objectives. Additionally, we discuss how to add additional guaranteed income to supplement social security, pensions, and other guaranteed investments.
Session 1: "Main Risks of Retirement" - high inflation, longevity, health care expenses
Session 2: "Investing" - asset allocation, alternate investment vehicles, and more
Session 3: "Maximizing Income Streams" - pensions, annuities, and social security
Session 4: "Comprehensive Financial Planning" - long-term care, investment accounts, inheritance techniques and more
Wednesdays Online: 10/19, 10/26, 11/02, 11/09
Time: 1:00 - 2:00 pm
Instructors: David Chepauskas and James Maimone, Summit Financial

Fall in Love with Poetry

Are you mystified by poems? Read lyrical and accessible contemporary works and discover how using your heart as well as your head can unlock the door and make poetry a pleasurable experience.
Course Materials: Please bring a pen and notebook or computer
Wednesdays In-person: 10/12, 10/19, 10/26, 11/2, 11/9
Time: 1:00 - 2:30 p.m.
Instructor: Laura Freedgood

Making Sense of Current Events in Polarized Times

Join me for a once-a-month discussion of current events. We are currently experiencing a perfect storm of events that will change the very nature of the world in which we live. How it changes will depend a lot on how we perceive competing ideas and tackle the challenges they represent. If we only see the world as black or white, red, or blue, and not the gray that it is, we risk a path of division and divisiveness that will only lead to despair and destruction. Yet, if we wallow in the murky gray waters and cloudy skies that await us, we can eventually have smooth sailing in blue skies and clear waters. This may seem like a rosy scenario, but when we take a deeper look at the causes of the tension, we can get a better understanding of the issues and forge a cohesive path forward.
Wednesdays Online: 9/28, 10/12, 11/9, 12/15
Note: This class meets once a month. The first class will meet on 9/28 with the following 3 classes meeting on the 2nd Wednesday of each month.
Time: 4:00 - 5:30 p.m.
Instructor: George Burroughs

THURSDAY Course Offerings

Watercolors For All

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).
Thursdays In-person: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1
Time: 10:00 a.m. - 12:00 p.m.
Instructor: Barry Shiff

Course Descriptions

THURS. Course Offerings Cont'd

Trains in Film (Film Program I)
Did you ever eat in the dining car of an overnight train? My first one-way was Pennsylvania Railroad, N.Y to Johnstown, Pennsylvania. I was 17, and on my first baseball tournament away from home. Boy, it was romantic! In that memory, I bring you six films whose story life is centered on a train. Come with me on these journeys. They take us to Paris, borderland Poland, Munich, Strelsau, Shanghai, and to the commuter from Jamaica to Forest Hills! Join us, get your tickets for First Class! ALL ABOARD!

(9/29) Night Train to Munich – Rex Harrison & Margaret Lockwood; *(10/6) Cassandra Crossing* – Burt Lancaster & Sophia Loren; *(10/13) The Lady Vanishes* – Michael Redgrave & Dame May Whittey; *(10/20) The Train* – Burt Lancaster; *(10/27) Strangers on a Train* – Robert Walker & Ruth Roman; *(11/3) Shanghai Express* – Marlene Dietrich & Anna May Wong
Thursdays In-person: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3
Time: 11:00 - 1:00 p.m.
Instructor: Professor Theo Solomon, retired BCC faculty

Dealer's Choice (Film Program 2)
Professor Solomon has been doing his Dealer's Choice program for ten years now. It has included 375 films. There are certain films that he wishes you to see out that do not fit into a particular category of theme, therefore the title. Please join him for a selection of film, and you will not be disappointed. Some are whimsical, others are comedies, and a few are extremely intense. Join us for each emotion.

(11/10) Don Juan de Marco – Marlon Brando (Johnny Depp); *(11/17) Ruggles of Red Gap* – Charles Ruggles; *(12/1) The Pirate* – Judy Garland & Gene Kelly; *(12/8) Rain* – Joan Crawford; *(12/15)The Heartbreak Kid* – Charles Grodin & Cybil Shephard; *(12/22) A Thousand Clowns* – Barbara Harris & Jason Robards
Thursdays In-person: 11/10, 11/17, 12/1, 12/8, 12/15, 12/22
Time: 11:00 - 1:00 p.m.
Instructor: Professor Theo Solomon, retired BCC faculty

U.S. Diplomacy IV: Argentia Bay to Tokyo Bay...and beyond
From FDR's simultaneous courtship with Churchill and duel with Hitler through the evolving Grand Alliance of the U.S.-British Empire-USSR to the formation of the United Nations and the dawning of the Cold War. The problems, domestic as well as diplomatic, with the "Germany First" strategy to the Yalta Agreement and the consequences of FDR's physical decline and death.
Thursdays In-person: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3
Time: 10:30 a.m. - 12:30 p.m.
Instructor: Jim Devine

The Irrepressible Conflict: The War Between the States Was secession inevitable? The South's four realistic chances at independence. What took the North so long (to win)? The pivotal elections of 1860 and 1864. And: *what if the South had not seceded?*
Thursdays In-person: 11/10, 11/17, 12/1, 12/8, 12/15, 12/22
Time: 10:30 a.m. - 12:30 p.m.
Instructor: Jim Devine

5 US Presidents
This course will cover five US presidents: Teddy Roosevelt, James Madison, Thomas Jefferson, Ronald Reagan, and Dwight Eisenhower.
Thursdays In-person: 10/6, 10/13, 10/20, 10/27, 11/3
Time: 1:00 - 2:15 p.m.
Instructor: Tom DeStefano

Sketching For All
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.*
Thursdays In-person: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1
Time: 1:00 - 2:30 p.m.
Instructor: Barry Shiff

THURS. Course Offerings Cont'd

US Space Program History: APOLLO 11- The First Moon Landing, Shepard to the Station, Hubble Space Telescope

APOLLO 11 - The First Moon Landing

This class covers every aspect of this historic mission. From launch to splashdown, Apollo 11 is reviewed in complete detail. The various components and spacecraft are covered in an easy-to-understand fashion, and the flight plan is explained through numerous videos. The landing and events on the moon will be completely re-lived through pictures and audio - visual media. In addition, my goal is to go back to 1969 and show how this incredible mission impacted the lives of millions of people worldwide. From baseball games to Shakespearean plays - reactions by many famous individuals and the effect it had on media and the culture of that time.

Shepard to the Station

Take a trip back to 1961 while we compare America's first human spaceflight to today's amazing space station missions - exploring the fabulous advances in technology and the wondrous benefits and possibilities of microgravity research. This multimedia historical, flight comparison includes many sights and sounds from 1961 and shows what life on the Space Station is like. Come join us and learn all about these 2 phenomenal spacecrafts and their missions.

The Hubble Space Telescope

Learn about this magnificent machine and the daring and dramatic repair mission that was required to give Hubble back its sight. Because of this mission, Hubble continues to dazzle astronomers and scientists throughout the world.

Thursdays In-person: 11/10, 11/17, 12/1
Time: 1:15 - 3:15 p.m.
Instructor: Joe Lennox

Topics in Neurology

Come join us as we explore topics in Neurology such as: Dementia, Stroke, Dizziness, Neuropathy, Carpal Tunnel Syndrome, Shingles, and Bell's Palsy. No prior medical knowledge necessary.

Thursdays In-person: 11/3, 11/10, 11/17, 12/1
Time: 2:30 - 4:00 p.m.
Instructor: Judith Lustig, MD

Legal Issues Concerning the Elderly and Their Caregivers

How to protect assets in the event of nursing home care, including Medicaid planning and planning for admission to the Veterans Home. The importance and use of Powers of Attorney, Advanced Directives (Medical Powers of Attorney and Living Wills), whether to purchase long term health care insurance as well as a discussion of estate planning using Wills and Trusts, and a clear explanation of the rules concerning gifts and probate procedures. All will be presented in a clear, concise "nuts and bolts" fashion.

Thursday In-person: 10/6, 10/13, 10/20, 10/27
Time: 3:15 - 4:45 p.m.
Instructor: Robert J. Romano, Jr., Esq.

FRIDAY Course Offerings

Midlife Yoga

Think it's too late to begin a yoga practice? Think again! Welcome to Midlife Yoga, the mat-free yoga program for the midlife & beyond. Specifically designed for beginners and those seeking a gentler approach to yoga, all Midlife Yoga poses are practiced either seated in a chair or standing, and will be modified to accommodate injury, illness, and all ability levels. Have a sturdy chair and wear comfortable, loose clothing. Bring an open mind and an open heart…
Course Materials: Please have a chair and wear comfy clothes.

Fridays Online: 9/30, 10/7, 10/14, 10/21, 10/28
Time: 10:00 - 11:00 a.m.
Instructor: Rosemary Donnelly

Introduction to Falun Dafa

Falun Dafa (also known as Falun Gong) is a powerful mind and body practice revealed to the public in 1992 and spread to 100+ countries. Please bring a seating mat for the third session. The course has three sessions. Introduction to Exercise 1 and 2 Exercise 3 and 4. Review exercises 1 and 2 Exercise 5. Review all 5 sets of exercises.
Course Materials: seating mat for 3rd session.
This program is provided by NJ Falun Dafa Association, a non-profit organization that provides activities and health education to the public.

Fridays Online: 9/30, 10/7, 10/14
Time: 10:00 - 11:30 a.m.
Instructor: Jan Cao

FRI. Course Offerings Cont'd

Introduction to Ancient Chinese Civilization

The Chinese people regard the Chinese civilization as 5000 years old. While modern western scholars still struggle to find archeological findings for the first 1000 years, some of the cultural wise most influential events happened during that time, for example: invention of the Chinese written language, agriculture, Chinese medicine, setting of the calendar, the Daoism philosophy, and more. Come learn about the beautiful and rich history of ancient Chinese civilization.

Fridays Online: 10/21, 10/28, 11/4, 11/11
Time: 10:00 - 11:30 a.m.
Instructor: Jan Cao

The Impact of Healthcare and Claiming Social Security Costs in Retirement

A comprehensive overview of the impact of healthcare costs in retirement. How does Medicare impact your decision of when to take social security? What is the best way to strategically design a plan with this healthcare cost structure in mind? Bring your questions to our thoughtful discussion. Claiming Social Security? Learn the various strategies behind Social Security Claiming. This will be an eye-opening course for those looking into claiming their Social Security income. This course will have a special focus on the impact of healthcare costs as a result of Medicare.

Session 1: "Medicare 101"
Session 2: "Savvy Social Security Planning: What Baby Boomers Need to Know About Their Retirement Income"
Session 3: "The Impact of Healthcare Costs in Retirement" This class is recommended after taking "Medicare 101" and "Savvy Social Security Planning".

Fridays In-person: 9/30, 10/7, 10/14
Time: 10:00 a.m. - 12:00 p.m.
Instructor: Theresa J. Yarosh

Reconstruction - A 2nd American Revolution?

After four long years of war, the nation faced the tasks of reunification and the assimilation of formerly enslaved persons into the nation. Winning the war turns out to be the easy part. This course will examine the social, political and economic issues facing the government. What would "successful Reconstruction" look like? Was "success" even possible?

Fridays In-person: 11/4, 11/11, 11/18, 12/2
Time: 10:30 a.m. – 12:00 p.m.
Instructor: Janet Dinardo-White

Chair Yoga & Meditation

Stretching, strengthening & empowering the mind and the body through physical and contemplative practices of the ancient art and science of yoga while seated and standing utilizing a chair for balance.
Course Materials: Please bring a journal and a pen.

Fridays In-person: 11/4, 11/11, 11/18
Time: 12:30 - 1:00 p.m.
Instructor: Toni Chianetta

Michelangelo, Universal Man

Earlier this year, a drawing of a shivering, nude man, copied from a famous Florentine fresco, was newly attributed to Michelangelo Buonarroti (1475-1564), inarguably one of the greatest artistic geniuses of the Renaissance. With this recently acquired label, this small, sepia-toned drawing, measuring about the size of a piece of printer paper, sold for a record-breaking $24.4 million. This example attests to our enduring fascination with Michelangelo and to the value we continue to place on the art he produced. This class will examine Michelangelo's better and lesser-known works in the varied media of sculpture, painting, and architecture, as well as related contemporary issues of attribution and restoration.

Fridays Online: 10/7, 10/14, 10/21, 10/28
Time: 1:00 - 2:15 p.m.
Instructor: Professor Denise Budd, BCC faculty

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Rennie Ackerman
A lifelong yoga enthusiast, Rennie Ackerman of YogaBalance teaches yoga solutions for specific needs, such as balance, anxiety, insomnia, grief and more. Rennie is a certified Yoga and Chair Yoga instructor and loves working with seniors.

George Burroughs
George Burroughs has been teaching high school social studies for over 30 years. He has a BA in Political Science, Masters in Public Administration, and Juris Doctorate in Law, all from Rutgers University. He has been a state championship coach of high school mock trial teams, and has conducted workshops on Law-Related, Social Studies and Civic Education at the state and national level. He served on the Montclair Housing Commission and has provided legal work for former felons with Volunteer Lawyers for Justice as well as pro bono work promoting tenant rights. He is currently teaching social studies at a juvenile detention center in Prince William County, Virginia.

Denise Budd
Denise Budd received her Ph.D. from Columbia University in 2002, with a dissertation focused on Leonardo da Vinci and his documentary evidence. She came to Bergen Community College in 2009, where she teaches a range of classes on the history of art, from Antiquity to Modernism. An active scholar, her current research is focused on the collecting of Renaissance art in the late 19th and early 20th Centuries.

Dick Burnon
Fort Lee Historian Dick Burnon retired eight years ago after a successful, 55-year Journalism and Public Relations Career. He holds a B.A. Degree in Journalism from Rutgers University. In retirement, he has been teaching at Bergen Community College, Paramus, NJ, for 10 years, and the New City, NY, Jewish Center. He has given hundreds of talks on more than 30 topics in the past 10 years at Bergen County venues and beyond. He also is active with an American Revolution Roundtable Group, a Montvale baseball group, and the Dixon Homestead Public Library Book Club in Dumont, NJ.

Jan Cao
Jan Cao has been teaching for the Bergen Community College's Institute for Learning in Retirement for many years. She is a practitioner and instructor of the mind and body practice Falun Dafa, as well as passionate about the history of ancient Chinese civilization.

HK Chandrasekhar
Dr. HK Chandrasekhar is a retired head and neck surgeon who practiced at NYU medical center for 40 years. He is an avid Indian historian and has given lectures on the British presence and influence on India for the past two decades. Dr. HK Chandrasekhar also worked for Governor Mario Cuomo and Mayor Ed Koch in their administrations as a cultural liaison to the Indian community. Before moving to the U.S. Chandrasekhar was active in the Freedom Movement led by Gandhi.

Sreedevi Chandrasekhar
Dr. Sreedevi Chandrasekhar practiced internal medicine in Queens in her own offices for 30 years. She is now an expert witness for disability hearings through the Social Security Administration. Dr. Sreedevi Chandrasekhar is passionate about Indian culture and history and is a talented storyteller.

David Chepaukas
David Chepaukas, CFP, has been teaching retirement planning at the ILR for over 20 years and has been a financial planner for over 30 years. David received his bachelor's degree from West Point Military Academy, a master's degree in Business Administration from Long Island University, and master's degree in Teaching from the University of Georgia. He co-teaches Financial Fitness in Retirement with fellow retirement planning and wealth management professional James Maimone, both of Summit Financial.

Toni R. Chianetta
Toni R. Chianetta MS RYT owner of Sanctuary Den is a holistic healer with a successful private healing practice as an Earth Keeper Shaman, Reiki Grand Master, IET Advanced Energy Practitioner, Nutritionist with a Master's Degree from New York University in Clinical Nutrition, also certified in medicinal aromatherapy, reflexology and sound healing meditation and Yoga. Toni is also a dancer and aerialist, and she is still performing and teaching all of these modalities with passion and joy.

Tom DeStefano
Tom DeStefano taught American History at Paterson's John F Kennedy High School for 30 years. Tom currently teaches at Bergen Community College ILR and the Learning Collaborative in New City, NY. Tom holds a B.A. and M.A. in History from William Paterson University. His specialties include the Civil War and the American Presidents.

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James Devine
Now completing his 10th full year at Bergen Community College's ILR, James Devine has taught over 40 courses in American and world history, as well as several in creative writing. A USAF Vietnam War Era veteran who holds a dual Bachelor of Arts degree from Ramapo College of NJ in Communications and American History, Mr. Devine has authored three books: alternative history novels The Dominion's Dilemma: The United States of British America; and The Nixon Challenge as well as a marketing textbook. He was formerly a journalist, working on newspapers and magazines in both New Jersey and Texas. He hopes to finish a third alternate history novel within the next year.

Robert Dill
Robert Dill is a full professor of Biological Sciences who has been teaching at Bergen Community College for 31 years. Professor Dill lives in Glen Rock, NJ where he is currently serving as a Councilman. He loves the outdoors, running, hiking, fishing, backpacking, and the works!!!!

Janet Dinardo-White
Janet Dinardo-White taught high school history with a focus on early American history for over 20 years. She has a Master's degree from The New School for Social Research. She has been teaching classes at Bergen Community College's Institute for Learning in retirement for several years.

Rosemary Donnelly
Rosemary Donnelly is the owner of Midlife Yoga & Wellness and its parent company You Are Right on Time LLC. She offers classes and courses that help us care for body, mind & spirit in midlife and beyond.

Rick Feingold
Rick Feingold has 30 years of teaching experience and has lectured at over 50 libraries in New Jersey and New York. Currently he teaches American Business History at Bergen Community College. Rick Feingold has written for the Boston Herald and Christian Science Monitor on travel and Caribbean League baseball. He holds a Bachelors' degrees in History and Business from Rutgers University and a MBA from Penn State University. Rick Feingold has extensive work experience in the field of marketing, and for more than 15 years has operated an e-commerce business specializing in automotive literature.

Laura Freedgood
Laura Freedgood has a Ph.D. in Applied Linguistics, a Master's Degree in English and was a professor at Queensborough Community College in Bayside, NY. Ms. Freedgood has published three poetry chapbooks and has given readings of her work locally. Her poems appear in Lips, Wisconsin Review, Journal of New Jersey Poets, The Stillwater Review, and in numerous other journals and anthologies. She has been nominated twice for a Pushcart Prize and won a 3-year poetry grant from the City University of New York.

Trevor Forde
Trevor Forde is an airline transport pilot, certified flight instructor and flight simulator instructor. He has worked as an Adjunct Professor at Bergen Community College's Aviation Science Department.

Emily Ginder
Emily Ginder has a B.A. in Sociology from the University of South Florida. She is a former homeschooling mom who brings her enthusiasm for history and literature to class. Emily teaches lifelong learners at several institutes including the ILR at Bergen Community College. She also moderates a book club with an online discussion site at Goodreads.

Barbara Heitmann
Barbara Heitmann worked as a music conductor, teacher, and a Performing Arts Assistant Principal for the New York City Board of Education for more than 41 years. She has taught and performed with the ILR Sing Sing Sing Chorus for 12+ years. Currently she is the music director for the Doo Wop performing group, the 'WildCats', who perform at various places in Bergen and Rockland counties.

Harmon B. Kaplan
Since his youth Harmon B. Kaplan has been passionate about photography. After completing college and dental school, Harmon volunteered for the US Navy and Vietnam. He attended the War College in Newport, R.I. and then served for two years aboard the USS Midway, home ported in Yokosuka, Japan. Harmon participated in "Operation Frequent Wind", the evacuation of Saigon, Vietnam. In 2016 he was selected an "Honorary Visionary" by Panasonic for their Lumix cameras. His work has been part of galleries and art shows and is also in many corporate and private collections including President George W. Bush, Hasselblad USA, B&W Magazine, Mayor Giuliani of NYC and Sean Hannity (WABC Radio). Harmon is partially retired after 48 years practicing as a dentist. Currently, Harmon's HB Kaplan Studios, features a wide variety of his work.

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Joe Lennox
Joe Lennox is a space program historian who has been a student of space exploration for over 60 years. He is the creator and curator of an extensive private space history museum which will belong to The Astronaut Hall of Fame at Kennedy Space Center, in the future. His career in this field includes his work with NASA, the Intrepid Air and Space Museum, as well as work as an educator, consultant, published author, and more. Joe is a member of The National Space Society, The Space Explorers Network, The Space Foundation, The National Science Teachers Association, and The Planetary Society. He served on the election committee for The Astronaut Hall of Fame and is a former President of the New Jersey Aviation Hall of Fame and Museum. He taught at The Gifted Child Society, Glen Rock, NJ for over 15 years. Joe attended LaGuardia Aeronautical College and is a retired senior banking officer.

Judith Lustig
Judith Lustig, MD is a retired, board-certified general Neurologist who is also fellowship trained in peripheral neurology.

James Maimone
James Maimone is a graduate of University of Scranton where he majored in Finance and minored in Economics. He has been working at Summit Financial as a Comprehensive Wealth Investment Advisor for over 6 years. James co-teaches Financial Fitness in Retirement with fellow retirement planning and wealth management professional David Chepaukas, both of Summit Financial.

Sandra Martin
Sandra Martin has taught art history at ILR since 2013. She has a B.A. and an M.A.T. plus 36 hours of graduate work in Spanish. She has studied art formally at the Prado in Madrid, The National Gallery in D.C., and the Met. For 32 years she taught in Ramsey, N.J. After retiring in 2003, she was an adjunct professor at Ramapo College for 18 years where she taught 46 courses and audited 46 courses on art, art history and many other subjects.

Mario Medici
Mario Medici, a retired Information Technology executive who has traveled the world, is New York City born and raised. He completed his undergraduate degree at Bernard Baruch College (CUNY) and earned his MBA at Long Island University. He is a licensed New York City tour guide, a passionate history enthusiast, and nurtures his curiosity about all things. In his presentations, Mario Medici Lectures LLC, takes on New York City's interesting history as well as other subject matter.

Toni Plantamura-Rossi
Toni Plantamura-Rossi has over 40 years of training in the martial arts and is a former police officer. Toni has been teaching self-defense at Bergen Community College for the last 18 years.

Sumana Rangachar
Sumana Rangachar, Esq. has been an adjunct professor at John Jay College of Criminal Justice in the Masters' Program for the past 4 years, teaching courses on Constitutional Law and Policy Making. She is also a full-time staff attorney at Legal Services of the Hudson Valley, representing tenants' rights in court. She worked as an Assistant DA in the Bronx through the 1990s. She attended New York Law School.

Robert Romano
Robert Romano is a member of the New Jersey State and Bergen County Bar Associations and also a member of the Elder Law Section of the New Jersey State Bar. He is a partner at Andora & Romano LLC, a practice specializing in representing the elderly, disabled, their families and health care providers. Mr. Romano is a past member of the Ethics Committee for the Home Health Assembly of New Jersey and has published in the area of Elder Law and Advance Directives.

Barry Shiff
Barry Shiff, a native of Massachusetts, received his art training at the Museum of Fine Arts in Boston and studied life drawing at the Don La Cedra Copley Society. He works primarily in pastels and oils. His work is part of the permanent collection of the Village Ridgewood NJ, Easton Historic Society in Easton, MA and many private collections in the the United States and around the world. Working in a wide range of media, Shiff sketches on location or paints in his Fort Lee, N.J. studio. His favorite subjects are animals, sailing ships and railroad trains. Shiff also creates pet portraits and portraits of home exteriors. Shiff is President of the Fort Lee Artist Guild. He is a board member of American Artists Professional League, and an active member of both the Fort Lee Historical Society and the Hackensack Art Club.

Marvene Spencer
Marvene Spencer loves the personal value in the handmade! She likes to design and sew accessories out of her own need for a particular item. Marvene sells her 'Handmade with Love' goods at holiday fairs and venues. Marvene served as the Department Head for the Fabric and Sewing Departments at Hobby Lobby Paramus where she worked for over a year.

INSTRUCTOR BIOS FOR FALL 2022 ILR

Traphagen CPAs and Wealth Advisors
For 50 years, Traphagen has served as a dynamic leader and provider of financial services. Unlike traditional financial advisory firms, their accounting team specializes in tax planning strategies, financial reporting, assurance services, mergers, and acquisitions. Trapenhagen's wealth management team manages client investment assets and provides comprehensive holistic fee-only financial planning, portfolio management, estate, and trust planning, as well as wealth transfer strategies.

Ray Turkin
Ray Turkin has enjoyed photography for over 55 years. He has exhibited extensively in solo and juried group shows, including the Salmagundi Club in New York City, and has received numerous awards for his work. Ray also works as a commercial photographer specializing in photographing the work of artists. In addition to teaching courses on photography at the Bergen Community College Institute for Learning in Retirement, Ray teaches at The Art School at Old Church in Demarest, and at the Institute for New Dimensions, and also gives private instruction. Since its inception 17 years ago, Ray has served as an official photographer for the Teaneck International Film Festival.

Mandfred Weidhorn
Mandfred Weidhorn is an Emeritus Professor at Yeshiva University, where he taught for 51 years. He has published many books and essays on such topics as 17th century literature, with special emphasis on Galileo, Shakespeare, and Milton.

Rachel Wieland
Professor Rachel Wieland is part of the Mathematics Department at Bergen Community College. She has been at the college 22+ years and enjoys the learning environment of 'growers' at any age. Lifetime learners are a special bunch!

Theresa Yarosh
Theresa Yarosh has been in the financial services industry for over 25 years. She specializes in the impact of healthcare costs in retirement plans. She has two companies Macro Wealth Management, LLC, and Main Street Medigap, LLC which work in tandem to project out healthcare costs in a retirement plan for individuals and couples.

NOTES

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- Welding
- Fabricated Metals
- Animal Control Officer
- Plumbing/Electric/Elev Inspector
- AutoCAD
- Construction Site Management
- Construction Document Technology

Students are welcome to enroll in any class as an elective course for enjoyment without being part of the certificate program. Some certificate programs may also be eligible for grant-funding from your local New Jersey Job Center.

Apprenticeships

Apply for one of our many Apprenticeship Programs in Health Professions and Manufacturing. Receive paid on-the-job training and free classroom instruction.

Kids and Teens (Grades 1-12)

- SAT/ACT Prep
- Credit Recovery
- New Work for High School Credit
- Summer Programs
- Early Career Programs for Juniors and Seniors
- Pre-Apprenticeship

Learning in Retirement (55+)

Senior students can take 5 courses for one low fee per semester.

- Sketching and Painting
- Chair Yoga
- Medicare 101
- History Topics

Call (201) 447-7488 or email continuinged@bergen.edu

Continuing Education and Workforce Development does not award degrees, but college credit may be earned for some courses and certificates.

Bergen Community College

FALL 2022 DATES TO REMEMBER

September 1: ILR Fall Catalog available

September 14: ILR Fall Registration opens

September 28: ILR Fall Classes begin

Bergen Community College

The ILR is a program of the Division of Continuing Education and Workforce Development.

For all Continuing Education Offerings please visit us at https://ce.bergen.edu

Enroll Today! Visit ilr.bergen.edu/courses

Updated as of 8/31/22