



SUMMER 2014 ICLRU STUDY GROUPS JUNE 23 – AUGUST 1*

*Note: we skip the week of June 30

History



Cinema



Literature



*Activities &
Hobbies*



ICLRU members:

Please register for a study group only if you plan to attend regularly. If you register and find you cannot attend, please notify the coordinator as soon as possible.

Through June 6, the ICLRU Center will accept online registrations and paper registration forms which have been mailed in or delivered in person.

*Please register online if possible.
This saves clerical work!*

And much more!

**Institute for Continued Learning at Roosevelt University
ICLRU Center, Room 316**

1400 N. Roosevelt Blvd., Schaumburg, IL 60173 Tel: (224) 523-6497

Email: officemanager@iclru.org Website: <http://iclru.org>



MONDAY 9:30-11:00

YOGA FOR BEGINNERS

Coordinators: Cathleen and Richard Chay

Yoga practice differs from other forms of exercise because it addresses body, mind and spirit. In this beginner's class, you will learn yoga poses that help maintain or increase flexibility, stability and strength. The class will also explore the calming, centering and stress-relieving effects of yoga for overall health and well-being through breathing techniques and meditation. Your coordinator is a certified yoga teacher. **Maximum participants: 12. Our sessions will be 1-1/2 hour long. Note: Yoga mat required.**

MONDAY 9:30-11:30

DIGITAL PHOTOGRAPHY ESSENTIALS

Coordinator: George Gintowt

Through lecture/demonstrations as well as videos we will introduce the essential techniques that will take your photography to a more satisfying level. Learn how to control your digital camera and identify the kind of lighting that leads to more effective pictures. Participants will have opportunities to share with the group their vision and interpretation of photographic subjects.

Maximum participants: 36.



THE PLACEBO EFFECT

Coordinator: Bob Long

We will review and discuss research, theories and practice in achieving the "Placebo Effect" to prevent or cure illness.

MONDAY 1:00-3:00

PHARMACEUTICALS: WHAT CONSUMERS SHOULD KNOW

Coordinator: Peter Marron

As far as the human body is concerned, all pharmaceuticals are foreign substances that can have both beneficial and deleterious effects on the person taking them. Balancing the risk/reward ratio can be tricky. The purpose of the course is to convince the participants of the foregoing statements by a historical review of experience. You will hear suggestions for ways to maximize the benefits of use of prescribed and OTC drugs and minimize the risks due to errors by the user. We will discuss the history of the Food and Drug Administration and its response to both adverse drug reaction problems (Avandia) and unethical marketing activities by some pharmaceutical companies.



MONDAY 1:00-3:00



ANATOMY OF A HYMN

Coordinators: Gordon and Vivian Palmer

We will explore the origins of many of the most popular and well-known hymns. We'll also answer many of the following questions/"mysteries" of hymns: Are Psalms, hymns and spiritual songs all the same? What is the difference? What distinguishes a German hymn from an English, French or other national hymn? How do different hymnbook selections differ--Methodist, Lutheran, Catholic, Presbyterian, independent, etc.? What is the difference between a hymn and a "Praise Song/Chorus?" How have hymns – their texts and tunes – changed in recent years? Who were some of the most influential and prolific hymn-writers and composers, and what made them "tick"? No singing is required in this class! You may just listen. **Note: we will meet the last 4 weeks only.**

IMMIGRANT VOICES

Coordinators: Ruth Sellers and Cathy Jensen

We will read and discuss contemporary short stories written by recent immigrants to the United States. The new Great Books anthology *Immigrant Voices: 21st Century Stories* will be our text. Participants will also be encouraged to share articles, web sites and information about television programs and films on related immigration topics. **Note: participants should bring these materials: Either *Immigrant Voices: 21st Century Stories*, ISBN 978-1-933147-65-9 for \$19.65 (plus tax and shipping) or *Immigrant Voices: 21st Century Stories*, E-book ISBN 978-1-939014-69-6 for \$9.95. Both are available from the Great Books Foundation at greatbooks.org. Maximum participants: 20.**



TUESDAY 9:00-11:30

THE DUKE

Coordinator: Chuck Simons

If you like John Wayne, this is for you. Carving out archetypal portrayals of cowboys, soldiers and other heroic types, John Wayne became an American movie icon, a symbol of times when men proved their worth not only with words but also with action. He was simply good at being John Wayne--his persona fit the roles he played. But it was the variation in the persona that made him a truly remarkable actor. We'll talk about him and look at five of his over 160 films in different categories—one for each decade. **Note longer time period.**



TUESDAY 9:30-11:30



BASICS OF SELLING ON EBAY

Coordinators: Audrey and Bob Allen

This hands-on study group will show you exactly how to get started on eBay. The focus will be on helping you with selling items you have lying around your home. We will look at opening an account, researching your item, creating a listing, using PayPal, monitoring your listing and completing a transaction. We will go on-line and actually go through the process with an item of your choice.

Note: There are only 24 computers in the room, and we are accepting 30 participants, so depending on attendance some participants may need to share a computer. Also note: you should attend each week as content progresses from week to week. We will meet the final 4 weeks only.



ORIENTAL BRUSH PAINTING: THE BEAUTIFUL ORCHID

Coordinator: Carolyn Simons

We will focus on painting one of the four "Gentlemen" of Oriental brush painting: the Beautiful Orchid. An orchid will be provided for each participant, and we'll discuss the care and upkeep required to have a healthy, growing plant. These sessions will be for returning students of Oriental brush painting (bring your own supplies and equipment).



TUESDAY 1:00-3:00

LYN'S SUPER DUO BRACELET

Coordinators: Diane Kinn and Barbara Carlo

Make a beautiful multi-colored bracelet that you can wear with any outfit. Class is open to both new and experienced beaders. Make great bracelets for wearing and gift giving. Materials will be provided. **Note: a fee of \$10.00 cash for all supplies will be collected at the first class. Maximum participants: 6.**



ENGAGE THE AGING: A GUIDE TO RETIREMENT THROUGH SPIRITUALITY AND WELLNESS

Coordinators: Michael McCann and Shawn Kafader

This program takes participants on a spiritual and wellness journey through what happens to all of us as we age. This will cover physical and cognitive issues, "ageism" and why it's so devastating, wellness techniques to help us live a life of independence and how to focus our spiritual selves to embrace paths of wisdom. **Note: we will meet during the first 4 weeks only. A fee of \$10 for materials will be collected at our first session.**



TUESDAY 1:00-3:00



IT WAS A DARK AND STORMY NIGHT

Coordinators: Char Willour and Joy Simon

This is an interactive study group. We will read and discuss stories that explore the boundaries between the real and the unreal, between waking and dreaming. From Washington Irving's comical "The Legend of Sleepy Hollow" to Ursula K. LeGuin's sly perspective on Sleeping Beauty in "The Poacher," these stories transform the stuff of fables and fairy tales into high art. **Our text is *Bedtime Stories*, Diana Secker Tesdell, ed., March 2011. (Available at Amazon.com and Barnes & Noble, less than \$15.) Bring your copy to class. Maximum participants: 24.**



TUESDAY 1:00-3:15

CHICAGO SPORTS AT THEIR BEST

Coordinator: Carolyn Simons



Chicago is a sports-minded town, and there are some great teams: baseball—Cubs and White Sox; Basketball—Bulls; football—Bears; hockey—Blackhawks and Wolves; soccer—The Fire. We'll look at each team. **Note longer time period.**

WEDNESDAY 9:00-11:30

SECOND ANNUAL SUMMER FILM FESTIVAL

Coordinators: Jan Brietze, Sue Masterson and Sue Gavigan

This year we have chosen to feature the films of Arthur Freed. The Freed unit produced over forty films during the Golden Age of MGM in the 1940's and 1950's. Freed's body of work includes *Singin' in the Rain*, *Showboat*, *An American in Paris*, *GiGi*, *The Wizard of Oz*, *Easter Parade*, *Bandwagon*, *The Harvey Girls*, *Meet Me in St. Louis*, *The Ziegfeld Follies*, and many others. Each week we will show one of Freed's films from this great era, and also learn about the man. **Note longer time period.**



WEDNESDAY 9:30-11:30

THE AMERICAN PRESIDENTS: THEIR LIVES AND LEGACIES, PART 3

Coordinator: Mike Glass

Part 3 of this four-part series employs mixed media and discussion to chronicle major events in the lives of our presidents. Part 1 covered the period from 1789-1837, George Washington to John Quincy Adams. Part 2 dealt with the 22 presidents from 1833 – 1929, Jackson to Wilson. Part 3 covers 7 presidents: Harding, Coolidge, Hoover, FDR, Truman, Eisenhower, and Kennedy. The material presents vivid snapshots of our Commanders in Chief and analyzes their powerful personalities, weaknesses, and major achievements and disappointments. The sessions will feature rare and unseen photographs and footage, as well as valuable insights from historians, scholars, journalists and politicians.



WEDNESDAY 1:00-3:00

OCEANOGRAPHY: LIFE IN THE WATERS

Coordinators: Steve and Pam Novey

We will look at the fascinating creatures that dwell in the oceans--those that swim, float and ooze-along, and some that don't move at all.



WEDNESDAY 1:00-3:30

OPERA GOES TO THE MOVIES

Coordinators: Jack McKee and Anita Lafferty

Our first film will be Bizet's *Carmen*, filmed on location in Spain. We'll also see excellent movie versions of *La Boheme*, *Madama Butterfly*, and two other opera classics. Join us and enjoy the enhanced experience of a well-done opera production on film. **Note longer time period.**



THURSDAY 9:30-11:30

POWERPOINT FOR ICLERS

Coordinators: Mary Svetlik, Mike Thompson, Mel Quinn, Donna Bohne and Diane McCarthy

Microsoft PowerPoint is often used by study group coordinators or participants to make presentations. But trying to create a presentation can be a formidable experience, despite how easy Microsoft claims to make it. This study group is geared to the ICLer who has little or no experience with PowerPoint. We will show you how to start your presentation from scratch, add photos and videos to it, and enhance it with slide transitions and animations. Participants are invited to come with an idea of the presentations they would like to make and will be encouraged to bring a flash drive so they can save their presentations from week to week.

Note: There are only 24 computers in the room, and we are accepting 30 participants, so depending on attendance some participants may need to share a computer. Also note: we will meet for four weeks only starting Wednesday July 9.



PANTHER MANIA!

Coordinator: George Venetis

The *Pink Panther* films, starring Peter Sellers, are among the funniest and most clever movies produced during the period from 1963 to 1978. Peter Sellers has been described as the best comic actor in the world and the most seminal force in shaping ideas on comedy. Sellers had a balance between character and absurdity, and his performances are considered as both 'low' and 'high' comedy rolled into one. We will follow the hilarious adventures of the bumbling Inspector Jacques Clouseau through all five films in which Sellers starred, and also learn about the life and times of the incomparable comic genius who made this series legendary.



THURSDAY 1:00-3:00



LEARN TO KNIT A SPECIAL GIFT

Coordinators: Sheila Libman and Toni Gibson

This study group is suitable for beginners as well as experienced knitters. Every month nearly 300 babies are born at Northwest Community Hospital, and each baby is sent home with a hand-knit hat contributed by a volunteer. How many hats can we create together this summer? We have an easy quick pattern for you to use. **If you do not know how to knit, we will teach you.** You can make your hats in team colors, school colors, seasonal colors--any color except yellow. Be creative, have fun. After the fifth week, all the completed hats will be delivered to Northwest Community Hospital, and for each hat that you submit, you will earn 4 hours of hospital volunteer credit. Participants should bring one skein of 3-ply yarn and one pair of size 6 or 7 knitting needles. **Maximum participants: 10.**



WHEN FLYING WAS FUN

Coordinator: Don Demski

Yes, Virginia, there really was a time when flying was fun, not the ordeal it usually is today. When meals and drinks were free. When seats were roomy and comfortable. When there was plenty of on-board storage space. When people dressed up to fly—after all, flying was a social occasion and a bit of an adventure. We will trace the story of commercial aviation from the days of the Wright brothers. Welcome aboard! Want some Chicklets or macadamia nuts? Better yet, a martini?



THURSDAY 1:00-3:30

BASEBALL, A KEN BURNS DVD DOCUSERIES

Coordinator: Bob Jackson

Baseball, the great, all-American game, presented by Ken Burns, the great, all-American documentarian. Relax and enjoy, including some group discussion. Please be prepared to stay to 3:30 on some days. This is the first half of the full series--more to follow in summer 2015. **Note longer time period.**





REGISTRATION: SUMMER 2014 STUDY GROUPS



F = Fee or cost involved

L = Limited # of registrants

MONDAY 9:30-11:00

1 Yoga For Beginners **L**

MONDAY 9:30-11:30

2 Digital Photography **L**
3 The Placebo Effect

MONDAY 1:00-3:00

4 Pharmaceuticals
5 Anatomy of a Hymn
6 Immigrant Voices **F L**

TUESDAY 9:00-11:30

7 The Duke

TUESDAY 9:30-11:30

8 Selling on eBay **L**
9 Oriental Brush Painting

TUESDAY 1:00-3:00

10 Lyn's Bracelet **F L**
11 Engage The Aging **F**
12 Dark and Stormy Night **F L**

TUESDAY 1:00-3:15

13 Chicago Sports

WEDNESDAY 9:00-11:30

14 Summer Film Festival

WEDNESDAY 9:30-11:30

15 American Presidents Part 3

WEDNESDAY 1:00-3:00

16 Oceanography: Life

WEDNESDAY 1:00-3:30

17 Opera Goes To The Movies

THURSDAY 9:30-11:30

18 PowerPoint For ICLers **L**
19 Panther Mania!

THURSDAY 1:00-3:00

20 Knit a Special Gift **L**
21 When Flying Was Fun

THURSDAY 1:00-3:30

22 Ken Burns Baseball

PLEASE NOTE:
For mail or walk-in registration, circle the number(s) of your choice(s), print your name below and submit this page only to the ICLRU Center

(PLEASE PRINT NAME)

