

SUN CITY ORO VALLEY

Winter 2021 Institute of Learning in Retirement

Policies

- Most ILR courses will be conducted by Zoom. To view Zoom courses you must have the Zoom application installed on your device. Download the Zoom Web Client at: zoom.us/download.
- You must be a member of the ILR to register and enroll in all ILR courses and participate in Samplers.
- Samplers will be available only to ILR members. There is no charge and registration necessary.
- The ILR course fee is \$10/course/person. The fee is non-refundable even if issues with computer and internet problems interfere with your ability to receive the course content.

Winter 2021 ILR Courses

Registration deadline is December 15



1. An Empire of Liberty - Jim Williams – 5 weeks, Mondays, 9:00-11:00, January 11-February 8.
In 1780, Thomas Jefferson described the new United States of America as “an empire of liberty.” He saw the thirteen states as a benevolent force to benefit all mankind. Was the early U.S. a benevolent empire? Who gained liberty, and what groups did not? How did Americans gain independence from Great Britain, form a national government, expand westward and fight a second war of independence (War of 1812)? We will examine how the fragile American republic survived and prospered, and how the concept of liberty began to expand beyond the dreams of the Revolutionary generation. This course will examine trends in U.S. history from 1777 to 1815. We will utilize lecture, discussion and power point to examine this period. A list of suggested videos and readings will be provided via email, along with weekly handouts for each class. *Jim Williams is a former secondary level educator. He has taught ILR classes since 2008.*

2. America vs China: A history of Sino-American Relations 1783-Present – Barry Entin – 4 weeks, Tuesdays, 9:00-11:00-January 12-February 2. The US and China have had formal diplomatic and commercial relations since the founding of our nation. We are presently at a tense moment in our history. China is a rising power economically and militarily and hopes to be the ascendant power in the Asian-Pacific region if not the entire world. How did our relations with China reach this moment in history? How do we deal with this new reality? In this course I hope that I can supply some answers and some historical context to arrive at potential answers to these questions. *Barry Entin holds a BA with distinction in European Social History, Univ. of Wisconsin-Madison and an avocation in history for the past 40 years.*

3. Blackouts On The Grid: Causes and prevention – Dean Chapman – 4 weeks – Tuesdays, 9:00-11:00, February 16- March 9. Over the past 50 years there have been several major area-wide failures of the electric system. This course will examine four of them. We will cover the major components and the operation of the grid with an emphasis on preventing blackouts. We will then analyze the four

incidents cited. DVDs of the 1977 NY City and 2003 Northeast Blackout will be shown. ***Dean Chapman*** worked in an electric utility control center as an IT professional for about 40 years. He has a BS degree in electrical engineering from Rensselaer Poly and a MS in electrical engineering from Syracuse University.

4. Eat Plants: Prevent and reverse chronic disease with whole food, plant-based eating – *The Happy Vegan Couple – 12 weeks – Tuesdays, 2:00-4:00, January 5-March 23.* Discover the many benefits of eating a whole food, plant-based diet, whether your diet is 100% plant-based or you simply increase the amount of plant food you eat. Most disease is caused by harmful lifestyle practices, such as your diet and not from the genes you inherit. In this class we will share the best practices for eating a well-balanced, healthy and delicious plant-based diet so you can reduce your risk of suffering from common lifestyle diseases such as cardiovascular, Alzheimer's, cancer, diabetes, arthritis, auto-immune conditions and more. Many recipe ideas will be shared along with cooking videos. This class will also cover the scientific evidence for why plant-based eating has many nutritional advantages that enable you to age gracefully and significantly reduce your risk for chronic disease as compared to people eating a diet mainly of animal and processed foods.

Important themes will be discussed such as where do you get protein and calcium in a plant-based diet; what is the root cause of an unhealthy gut and digestive illnesses; how does calorie density impact body weight; which plant fats are healthy to eat and which are not; how plant foods affect IGF-1, a hormone linked to cancer promotion; why plant-based eaters have low levels of TMAO...and more. This discussion will include short video segments from lectures given by various physicians, researchers and dietitians in the plant-based medical community.

Whether you wish to fully transition to a plant-based lifestyle or simply want to add more plant food to your diet we believe you will find this will be one of the most significant lifestyle behaviors you can take to enhance your personal health and increase your longevity. ***The Happy Vegan Couple are enthusiastic about teaching people how to cook and transition to a lifestyle of healthy eating. Denise Rose is an experienced educator presenting the non-cooking content of their classes. She is a Ph.D sociologist with an interest in public health. Georgie Campas has lifelong experience as a cook for both his family and for restaurants. They have been featured speakers for health festivals in Tucson, Phoenix and Durango and have authored a book on the subject. Together they have been teaching classes in Tucson on plant-based eating for several years.***

5. Origami: In Art and Science – *Lei Bammel – 4 weeks – Wednesdays, 10:00-12:00, February 10-March 3.* Have you always been fascinated with Origami and/or wanted to be able to fold little Cranes out of colorful squares of paper? Or would you like to learn a new activity to promote brain plasticity? Origami is a wonderful brain training activity and this course is tailor made for you. But it will go much beyond just teaching some traditional Japanese folds and the standard International symbols. It will consist of three sections: (1) Learning some simple folds to get you started, (2) A little history of Origami (the types of origami and the different papers used) and (3) Viewing a few DVDs (on your own, when you want) documenting artists, scientists and how the knowledge of folding is being applied in science and medicine to design drugs, equipment, and to assist in future space missions. These DVDs will be discussed. The first class will start with folding a simple triangular bookmark and hopefully by the end of the course you will complete the traditional crane. Along the way there will be useful items like note cards and decorations. You may never look at paper the same way again. This course was given last year, slightly differently, when the circumstances were different. For those in or near SCOV a book, Easy Origami by John Montrol, and some 6" or 15cm square paper will be available for pick up. Those not local will have to purchase, or check out from a library, the book (\$4.95 at Amazon) and purchase some 6" single-sided solid color squares (taro's origami studio standard at Amazon \$9.90 for 200 sheets, enough for two participants. Standard means solid color on

one side and white on the other.) **Lei Bammel** has been doing Origami off and on for a few years with perhaps her most interesting “model” being 4 Cranes attached at their beaks (*Senbazuru*) from just one 8.25” piece of paper. She has made Origami note cards, fancy envelopes, hanging hummingbirds, jewelry, Christmas ornaments, name place holders, folded dollar bills to be left as tips or gifts, Crane earrings from foil tea bag packets, and much more. Possibilities are endless! Her pre-retirement years were primarily allocated to University teaching, research, writing (articles and books), conference presentations and community service. She has always participated in some form of craft, including stained and fused glass, wheel thrown pottery, paper cutting (*Scherenschnitte*), portrait drawing, water colors, jewelry making, and sewing.

6. Bugs, Birds, Bats and Their Flowers – Marion Cimmino – 4 weeks, Fridays, 9:00-11:00 March 5-March 26. Almost 400,000 species of flowering plants have been identified. Flowering plants make up 90% of the Plant Kingdom. The first flowering plant fossils are from about 130 million years ago. Today they inhabit almost every environment and are found on every continent except Antarctica. How did they become the dominant form of vegetation? One theory proposes that flowers formed partnerships with different kinds of animals which led to the speciation, spread and dominance. Why were partnerships formed? Do partnerships exist today? Who or what formed partnerships with flowers? We will look for these answers in the animal world of bugs, birds and bats. **Marion Cimmino** is a retired biology teacher and a frequent contributor to the ILR curriculum. Her courses offer an interesting understanding of the natural environment which surrounds us.