

MI

Modesto Institute for Continued Learning

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*Spring
2024
Catalog*

Sessions A, B & C

January 16 -

April 26, 2024

Register In-Person: **January 11, 9:00 am - 11:30 am**
with refreshments and overview of A Session classes.

You can also register:

Over the phone: (209) 575-6063

Link to MJC on our Website: micl-online.org

The [Modesto Institute for Continued Learning](#) is an organization for retired people who wish to continue to learn new things, visit new places, and build new friendships. The class subjects change all the time, depending on our members interests. We are part of the Community Education division of [Modesto Junior College](#), but a college degree is NOT required, **EVERYONE IS WELCOME!** We are men and women from ALL walks of life, please come join us!

Weekly Update:

Details of each weekly class, the movie, trips, and all other activities can be found in the Weekly Update. This is **emailed each Friday**, with a **printed version** available in the classroom each **Monday**.

CLASSES ARE HELD
IN THE EL CAPITAN CENTER BUILDING
LOCATED ON THE WEST CAMPUS OF
[MODESTO JUNIOR COLLEGE](#)
MONDAY THROUGH FRIDAY
DURING FALL & SPRING SEMESTERS
SUMMER No Mondays or Fridays

Session A: January 16, 2024 - February 16, 2024

MONDAY

Travels Around the World 10:00 am - 12:00 pm *NO CLASS 1/15 HOLIDAY

Coordinator: To Be Announced

In this class we bring in MICL members and friends of members to tell us about their trips, near as well as far and wide. You can expect lots of great pictures, perhaps videos, and most of all, stories about the trips. In addition to the experience of virtually going along on these trips, you will learn how the trip was planned and other background information. For good reason, this course has consistently been the MICL class with the largest attendance. Come and see the world!

The History of the Alphabet 1:00 pm - 3:00 pm *NO CLASS 1/15 HOLIDAY

Coordinator: David Froba

Learning the alphabet is kids' stuff. We begin to pick that up in kindergarten. So why do we as adults want to learn about the history of the alphabet? Because HOW and WHY the alphabet came to be is an extremely interesting story. This course will center around a Wondrium series by John McWhorter. We at MICL had a general linguistics course by Professor McWhorter several years ago and it was extraordinarily well-received. This professor who could make a ham sandwich an extremely interesting discussion. Here's the trailer: <https://www.wondrium.com/ancient-writing-and-the-history-of-the-alphabet>

TUESDAY

MICL meet Your Past 10:00 a.m. - 12:00 p.m.

Coordinator: Debi Jackson

MICL members have always shared their talents in presentations, organizational skills, and service to our club and community. Let's learn more about these members in *MICL Meet Your Past*. Each session two members will share their childhoods, education, careers, and life experiences. You will be amazed and entertained, while getting to know our MICL friends a bit better! Join us!

Abe Lincoln 1:00 p.m. - 3:00 p.m.

Coordinator: Duane Nelson

We review the life of Abraham Lincoln, 16th President of the U.S., recognized as one of the outstanding leaders and at the same time one of the most representative men our nation has produced. The life of President Lincoln is presented by Wondrium Professor Allen Guelzo—through Lincoln's childhood, political career, civil war, emancipation, and assassination.

WEDNESDAY

Why Insects Matter 10:00 a.m. - 12:00 p.m.

Coordinator: Bob Droual

Insects dominate the earth and after we are gone will continue to dominate! They appeared on earth about 480 million years ago and survived three mass extinctions. There are more than 1,000,000 species of insects, about 2,000 times the number of mammal species. They are incredibly diverse! Their evolutionary accomplishments include being able to migrate over many miles using the earth's magnetic field, jumping into the air 25 times their body length and running 125 times their body length in a second. They have evolved ways of avoiding conflict and loss of life by using ritualized behavior. Some insects have evolved agricultural methods long before humans: leaf-cutter ants harvest leaves to feed and grow fungus gardens, ants use antibiotics to control parasites, and some ants are even ranchers. In this course we will learn not only these and many other fascinating adaptations but begin to appreciate the beauty of insects as the ancient Egyptians did many years ago. Finally, we will learn that insects are not only beautiful, interesting, and accomplished but make for good eating! Yum!

Writing It Down 1:00 p.m. - 3:00 p.m.

Coordinator: Joyce Starkey

Do you like to write? Do you have family stories you want to share with your grandkids? Do you like to write poetry? If you answered yes to any of these questions, come join our writing group. Write anything you like at home and bring it to class when you are ready to share. We will enjoy what you wrote and offer friendly feedback. Don't worry, sharing is always voluntary! If you are not sure, come and listen to check it out. Come and join our writing community of writers and listeners.

THURSDAY

Current Events 10:00 a.m. - 12:00 p.m.

Coordinator: Dorothy Winke

Have you ever watched TV or read a newspaper article, opinion, or letter to the editor and really wanted to discuss or react to what you read? This class allows and encourages you to do just that. We discuss all kinds of issues and happenings, local, regional, statewide, national, worldwide, and occasionally universe-wide. You bring in the topic, introduce it, and we all discuss it with the help of our considerable collective expertise. We are very careful to respect the rights of all to express their opinions.

Hair, Health and Black History 1:00 p.m. - 3:00 p.m.

Coordinator: Johnnie Williams

In this class, we will share the various aspects of Black culture and identity, with a focus on hair, health, and history. We will discuss how Black hairstyles reflect social and professional norms, as well as personal expression and empowerment. We will also investigate the health disparities that affect Black communities.

Finally, we will revisit some of the Black American History lessons and highlight the contributions of many forgotten Black men and women who have shaped our world.

LAST THURSDAY EACH SESSION

Potluck (except C Session) and Book Club

Session A Potluck 11:30 a.m. - 1:00 pm, February 15, 2024

At the end of each session we have a potluck held immediately after "Current Events". MICL will provide the beverages and dessert. The members bring a main dish or side dish to share. There will be presentations by the class coordinators about each class in the upcoming session. New members are our guests at the Session A Potluck, so new members need bring only an appetite.

Session A Book Club 1:00 pm - 3:00 pm, February 15, 2024

Coordinator: Carol Sullivan

We meet the last Thursday of each Session. We read a nonfiction book one month and a fiction book the next month. The book is suggested and selected by the group and will be moderated by the person that suggested the book title. Our group is open to everyone, even if you have not read or have previously read the book. Please feel free to join the group for any of the meetings. Keep Reading!

Session A book: "Demon Copperhead" by Barbara Kingsolver

From the acclaimed author of *The Poisonwood Bible* and *The Bean Trees*, a brilliant novel that enthralls, compels, and captures the heart as it evokes a young hero's unforgettable journey to maturity

Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, Demon braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.

Many generations ago, Charles Dickens wrote *David Copperfield* from his experience as a survivor of institutional poverty and its damage to children in his society. Those problems have yet to be solved in ours. Dickens is not a prerequisite for listeners/readers of this novel, but he provided its inspiration. In transposing a Victorian epic novel to the contemporary American South, Barbara Kingsolver enlists Dickens' anger and compassion, and above all, his faith in the transformative powers of a good story. *Demon Copperhead* speaks for a new generation of lost boys, and all those born into beautiful, cursed places they can't imagine leaving behind.

FRIDAY

Friday At The Movies 10:00 a.m. - 12:00 pm

Coordinator: Noel Russell

Start your weekend with a film that will carry you away to other times and other places. The movies coordinate with the classes in each session. The specific film titles and details are announced each week in the Weekly Update. After the movie we meet at a local restaurant for lunch and discussion.

Session B: February 20, 2024 - March 22, 2024

MONDAY

Travels Around the World 10:00 am - 12:00 pm *NO CLASS 2/19 HOLIDAY

Coordinator: To Be Announced

In this class we bring in MICL members and friends of members to tell us about their trips, near as well as far and wide. You can expect lots of great pictures, perhaps videos, and most of all, stories about the trips. In addition to the experience of virtually going along on these trips, you will learn how the trip was planned and other background information. For good reason, this course has consistently been the MICL class with the largest attendance.

The History of the Alphabet 1:00 pm - 3:00 pm *NO CLASS 2/19 HOLIDAY

Coordinator: David Froba

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TUESDAY

The Fall and Rise of China 10:00 am - 12:00 pm

Coordinator: Bruce Clifton

China is a world in transition, a civilization represented by a nation state. With the Chinese Communist Party's aggressive counterintelligence and espionage actions against the US, are they the biggest threat to our democracy? On the heels of our Russia course, join us in this comprehensive look at China to decide for yourself. Reactive discussion will follow each lecture.

The World of Food 1:00 pm - 3:00 pm

Coordinator: Kathy Haynes

Explore the world of food and discover why you eat what you eat. It is not simply because certain foods taste good and you are hungry. Your upbringing (your mother said to eat it!), culture, religion, geographical location and education all play a part. We will look at how your health, the earth's environment and food sources are affected by your daily eating habits. Classes will include guest speakers, documentaries, along with food demonstrations & samplings.

WEDNESDAY

Why Insects Matter 10:00 am - 12:00 pm

Coordinator: Bob Droual

Insects dominate the earth and after we are gone will continue to dominate! They appeared on earth about 480 million years ago and survived three mass extinctions. There are more than 1,000,000 species of insects, about 2,000 times the number of mammal species. They are incredibly diverse! Their evolutionary accomplishments include being able to migrate over many miles using the earth's magnetic field, jumping into the air 25 times their body length and running 125 times their body length in a second. They have evolved ways of avoiding conflict and loss of life by using ritualized behavior. Some insects have evolved agricultural methods long before humans: leaf-cutter ants harvest leaves to feed and grow fungus gardens, ants use antibiotics to control parasites, and some ants are even ranchers. In this course we will learn not only these and many other fascinating adaptations but begin to appreciate the beauty of insects as the ancient Egyptians did many years ago. Finally, we will learn that insects are not only beautiful, interesting, and accomplished but make for good eating! Yum!

Writing It Down 1:00 pm - 3:00 pm

Coordinator: Joyce Starkey

Do you like to write? Do you have family stories you want to share with your grandkids? Do you like to write poetry? If you answered yes to any of these questions, come join our writing group. Write anything you like at home and bring it to class when you are ready to share. We will enjoy what you wrote and offer friendly feedback. Don't worry, sharing is always voluntary! If you are not sure, come and listen to check it out. Come and join our writing community of writers and listeners.

THURSDAY

Current Events 10:00 am - 12:00 pm

Coordinator: Duane Nelson

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Great Decisions 1:00 pm - 3:00 pm

Coordinator: Richard Cato

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the video series, and meeting in a Discussion Group to discuss the most critical global issues facing America. If you have any questions about the class or would like to reserve a book, please contact Richard Cato via email – ask4cato@hotmail.com – or by phone at (209) 484 8572.

Session B Potluck 11:30 am - 1:00 pm March 21, 2024

At the end of each session we have a potluck held immediately after "Current Events". MICL will provide the beverages and dessert. The members bring a main dish or side dish to share. There will be presentations by the class coordinators about each class in the upcoming session.

Session B Book Club 1:00 pm - 3:00 pm March 21, 2024

Coordinator: Carol Sullivan

We meet the last Thursday of each Session. We read a nonfiction book one month and a fiction book the next month. The book is suggested and selected by the group and will be moderated by the person that suggested the book title. Our group is open to everyone, even if you have not read or have previously read the book. Please feel free to join the group for any of the meetings. Keep Reading!

Session B Book: Not yet selected

FRIDAY

Friday At The Movies 10:00 am - 12:00 pm

Coordinator: Noel Russell

Start your weekend with a film that will carry you away to other times and other places. The movies coordinate with the classes in each session. The specific film titles and details are announced each week in the Weekly Update. After the movie we meet at a local restaurant for lunch and discussion.

Session C: March 25, 2024 - April 26, 2024

MONDAY

Travels Around the World 10:00 am - 12:00 pm

Coordinator: To Be Announced

In this class we bring in MICAL members and friends of members to tell us about their trips, near as well as far and wide. You can expect lots of great pictures, perhaps videos, and most of all, stories about the trips. In addition to the experience of virtually going along on these trips, you will learn how the trip was planned and other background information. For good reason, this course has consistently been the MICAL class with the largest attendance. Come and see the world!

The Fall and Rise of China 1:00 pm - 3:00 pm

Coordinator: Jerry Jackman

China is a world in transition, a civilization represented by a nation state. With the Chinese Communist Party's aggressive counterintelligence and espionage actions against the US, are they the biggest threat to our democracy? On the heels of our Russia course, join us in this comprehensive look at China to decide for yourself. Reactive discussion will follow each lecture.

TUESDAY

Everything You Ever Wanted to Know About Welfare...

But Never Knew What or Whom to Ask! 10:00 am - 12:00 pm

Coordinator: Joann Blaska

The United States has a long history of providing care and assistance to those that need it. It goes back as far as 1862 with the Civil War Pension for veterans and their families and Roosevelt's Social Security Act of 1935 which provided Unemployment Insurance, Aid to Families with Dependent Children, Old Age programs for survivors and the disabled as a social safety net for increasing number of elders.

In the next 5 weeks MICAL members will learn about the current StanWorks Programs provided to eligible families, couples and singles in Stanislaus County by staff that determine this eligibility.

The Joy of Gardening 1:00 pm - 3:00 pm

Coordinator: Anita Young

Whether you are new to gardening or have had a green thumb for years, this class will help you get started and give you new skills. We'll learn about growing vegetables and flowers, including California native plants, how to prepare your soil for planting, the ins-and-out of irrigation and how to adapt gardening methods to accommodate our aging bodies. There will be experts to give us lots of advice and a field trip to a local native plant garden.

WEDNESDAY

Canada 10:00 am - 12:00 pm

Coordinator: Ron Rutschman

In recent years MICL Members have learned a great deal about two Asian countries, Russia and China. This spring we will examine a country a little closer to home. Canada has ten provinces and three territories that are sub-national administrative divisions under the jurisdiction of the Canadian Constitution. In the 1867 Canadian Confederation, three provinces of British North America — New Brunswick, Nova Scotia, and the Province of Canada (which upon Confederation was divided into Ontario and Quebec) — united to form a federation, becoming a fully independent country over the next century.

We intend to explore both Province and Territory including their history, geology, major cities and politics.

Writing It Down 1:00 pm - 3:00 pm

Coordinator: Joyce Starkey

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Coordinator: David Froba

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Annual Installation Luncheon May 7, 2024 *NO POTLUCK

At the end of CSession we forgo the potluck for our Annual Installation Luncheon, more details to come. At this luncheon we will review the past year, give out awards, and install the new board members. There will also be presentations by the class coordinators about each class in the upcoming session.

Session C Book Club 1:00 pm - 3:00 pm April 25, 2024

Coordinator: Carol Sullivan

We meet the last Thursday of each Session. We read a nonfiction book one month and a fiction book the next month. The book is suggested and selected by the group and will be moderated by the person that suggested the book title. Our group is open to everyone, even if you have not read or have previously read the book. Please feel free to join the group for any of the meetings. Keep Reading!

Session C book: Not yet selected

FRIDAY

Friday At The Movies 10:00 am - 12:00 pm

Coordinator: Noel Russell

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MEMBER TESTIMONIALS

Elaine Gorman

"MICL is the most thoughtful, smart, interested, and interesting group in Modesto!"

Paul Liu

"I joined MICL three months ago. I found the existing members to be friendly and welcoming. The classes cover a variety of topics from travel, history, science, current events, and so on. It is easy to find at least a few classes that will catch your interest."

Lynn Hansen

"The MICL program at Modesto Junior College serves seniors in our commitment with so many opportunities to grow and continue their education. Courses vary but people attending the classes have a wide variety of topics to choose from including current events, travel experiences, cultural emersion, engineering, and architectural exposure, and more presented with passion, compassion and not lacking in intellectual content. MICL is one way to enlarge your circle of friends and is, in my life, indispensable for my continued learning."

Bob Droual

"I retired three years ago and MICL made my transition from work to retirement seamless! I immediately made many new friends among people of diverse backgrounds: law (both lawyers and law enforcement), education, business, construction, engineering and blue collar. Everyone is welcoming and eager to learn something new. Join us!"

Sharon Froba

"MICL is a school for motivated seniors who choose to attend classes with content that appeals to them. There are no mid-terms or final exams. There is no homework. There is only the joy of learning something new with classmates who are equally interested."

David Froba


"I joined MICL after I retired 20 years ago. My first interest was the class on current events. I soon begin to attend other classes too. I have also taught classes on numerous occasions. I must say that I am fortunate enough, at age 84, to still be pretty sharp. I attribute a lot of that to the ongoing mental and social stimulation that I have benefited from as a member of MICL."

2023-2024 BOARD OF DIRECTORS

President	Annette Olsen
President Elect	Bruce Clifton
Secretary	Debi Jackson
Treasurer	Dorothy Ford
Curriculum	David Froba
Membership	Ron Rutschman
Field Trips	Roger Jackson
Facilities	Dan Gorman
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Diana Sicard	Immediate Past President
Vicki Vander Veen	MJC Comm. Ed. Specialist
MJC Community Lifelong Learning	(209) 575-6063
MJC West Campus, El Capitan Bldg.	2201 Blue Gum Avenue Modesto, CA 95358
Odessa Johnson George Pettygrove, 1920 - 2014	Founders

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Making Education
Accessible to Seniors

Visit our Website: micl-online.org to find this catalog, the [MICLetter](#), the Weekly Update, Field Trip information, the Birthday Luncheon Flyer, along with pictures, and other information about MCL classes.

You can also register for MCL through our website.