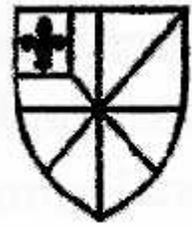




Albion Area Lifelong Learners



Albion College

Winter 2013 Newsletter

2013 Winter Assembly

January 17, 2013 - First United Methodist Church, (Fellowship Lounge)

10:00 a.m.

Speaker: Dave Seely, Ph.D., Professor of Physics, Albion College

Subject: Nuclear Power: Pros and Cons

Proponents of nuclear power argue that nuclear energy is economical, safe, and good for the environment. Critics maintain that fission reactors are neither safe nor clean, and cite the Fukushima Daiichi and Chernobyl power plant disasters, among others, along with problems that are associated with the disposal of nuclear waste. Some also argue that nuclear power plants that reprocess spent fuel may contribute to the proliferation of fissile material for use in weaponry ("dirty bombs") and that nuclear power plants are a public health risk, at least to people living in their vicinity. In this talk, we will take a brief look at the physics of nuclear energy and then examine the pro and con debate. If there is time and interest, we will also take a brief look at some next-generation nuclear energy technology such as the Next Generation Nuclear Plant (NGNP) project at the Idaho National Laboratory and/or the ITER experimental fusion reactor.

Biographical Information:

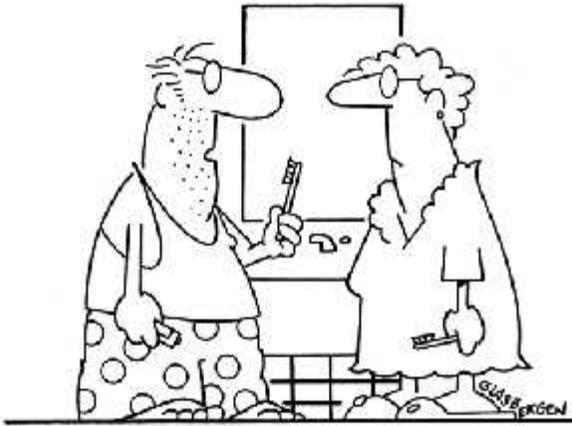
Dave Seely is Professor of Physics at Albion College. He grew up in southern Minnesota and attended Gustavus Adolphus College where he earned a B.A. degree in Physics. He subsequently received a PhD degree from the University of Missouri at Rolla (now the Missouri University of Science and Technology), where he did experimental research in the physics of atomic collisions. He currently collaborates with a research group at Oak Ridge National Laboratory (ORNL) in Tennessee which investigates low-energy charge-changing interactions between hydrogen ions and atoms and photon emission in collisions between highly charged ions and simple atoms. This research is relevant to the understanding of electron dynamics on the periphery of hot fusion plasmas.

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<http://www.albion.edu/ia/alumniengagement/stay-connected/subscribe-to-e-news>

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"Look at the bright side. It's nice to know that our sex life doesn't contribute to global warming."

AALL Officers

President : Abby Mortensen
Vice President: Robert Armstrong
Treasurers: Larry Steinhauer, David Hogberg
Secretary: Hal Wyss
Editor, Newsletter: Dick Lewin

AALL Membership

If you are not already an AALL member, or if you have not paid your 2012-2013 dues, a membership form is included at the bottom of the "Course Registration" form. Dues are \$20 per person, per year, with the year running from July 1 to June 30 of the following year.

Members may take one (1) free course per term (fall, winter, spring). There is a charge of \$10 for each additional course taken in any term. Members who are not sure whether they have paid dues for the current year should contact Carol Gnich at 517-629-9509 or e-mail: cgnich@msn.com

Registration Information

The Registration form attached to this newsletter should be sent, with payment (if any), to:

AALL Registrar
10920—29 Mile Road
Albion, Michigan 49224

or

brought to the Winter Assembly on January 17, 2013 @ 10 a.m.
in Fellowship Lounge, First United Methodist Church.

"If there are additional class fees for supplies, these fees need to be paid at the time of registration and are non-refundable unless the class is canceled."

In the event that a class, which has limited enrollment, is oversubscribed, AALL policy is to choose successful applicants on a random basis. Thus, participants for limited classes will be chosen by lottery from all registrations received for that class, no later than January 25, 2013.

Registrants for all classes will receive a letter shortly after January 25, 2013 that will acknowledge their registration, and provide additional information about the course(s) for which they have registered.

If you are unable to attend a course for which you have registered, fees will be refunded **ONLY** if the AALL Registrar, Carol Gnich (517-629-9509) is notified *no later than one week prior to the start of the class.*

For your information: AALL incorporated as a separate **NONPROFIT** organization in January 2010 under the incorporation laws of the State of Michigan. However, we have **NOT** yet become a **TAX EXEMPT** organization under the provisions of the Internal Revenue Service. Therefore, any donations and/or fees paid to AALL are **NOT** tax deductible. The AALL Board is currently weighing the costs and benefits of applying for tax-exempt status, but no decision has yet been reached.

Membership & Course Registration Form - Winter 2013

Instructions; Please read carefully

1. Fill in the left-side of the form below for yourself. If you have a spouse/partner who is joining or renewing their AALL membership, use the right-side form for her/him.
2. For each course for which you wish to register, place a number in the column in front of the course name: 1 for the course you most wish to take, 2 for the second course you wish to take, etc. Note: If you only wish to take one course mark it with the number 1.
3. In the column marked FEE, indicate the appropriate cost. Your first course (each term) is free with your AALL membership; simply write FREE in the FEE column. For each additional course, the fee is \$10.
4. If you are registering for a course with limited enrollment, make sure you mark it number 1 (only those indicating a course as their first choice will be entered into the random selection if the class is oversubscribed.)

Name _____

Spouse/Partner Name _____

Address _____

City _____ Zip _____

Phone _____

S/P Phone _____

E-Mail _____

S/P E-Mail _____

	<u>FEE</u>
2012-2013 Membership Dues	<u>\$20</u>
___ I am 55+ (spouse/partner may be younger)	
<u>Classes</u>	
___ 20th Century American Composers	_____
___ Alexander McCall-Smith Film Series	_____
___ AALL Travelog 2013	_____
___ Robert Frost: America's Last Poet Celebrity	_____
___ Climate Change	_____
___ Exercise and Aging	_____

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___ Alexander McCall-Smith Film Series	_____
___ AALL Travelog 2013	_____
___ Robert Frost: America's Last Poet Celebrity	_____
___ Climate Change	_____
___ Exercise and Aging	_____

Membership & Course Registration Deadline: January 25, 2013

Old Age Quiz

Q: How can you speed up the heart rate of your 60+ year old husband?

A: Tell him you're pregnant.

Q: How can you avoid getting wrinkles?

A: Take off your glasses.

Q: What is the most common remark made by 60+ year olds when they browse an antique store?

A: I remember these.

Q: Where can a man over 60 find a younger, good looking woman who is interested in him?

A: Try the bookstore under fiction.

Q: What can a husband do when his wife is going through menopause?

A: Keep busy. If he's handy with tools, he can finish the basement. Then when he's finished, he'll have a place to live.

Q: Why should 60+ people use valet parking?

A: The valet won't forget where he parked your car.

2013 Sister City Adult Exchange Trip

The third adult exchange trip to Albion's sister cities in France, Noisy-le-Roi/Bailly will be May 24 - June 2, 2013. This Cultural encounter will take us to parks, museums and cathedrals in and near Paris. We will take a boat trip on the Seine, listen to concerts in the Madeleine Opera House and the Palace of Versailles, and visit two chateaux (Chambord and de Blois), and the cathedral of Chartres in the Loire Valley. Host families provide our lodging and many meals, and treat us as good friends. The cost of the trip is an estimated \$2500 - \$3000 (including ground and air), depending on the current exchange rate and the airfare. In addition to airfare, the costs cover ground transportation, fees and admissions to the various venues, and some meals. For a full itinerary contact Keith Kehlbeck, keith@k2consulting.net or Mary Slater, mail@albionheritage.com.



Winter Class Announcements

Winter 2013 Newsletter

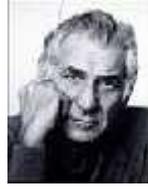
Albion, Michigan 49224

P.O. Box 188

AALL

AALL Course Descriptions, Winter, 2013

Registration required



Lesser Known Gems of 20th Century American Composers. Rob Reed. Thursdays, 2:00-4:00. January 31, February 7, 14, 21. At Rob and Gail's: 414 Allen Place, Albion.

Here are four weeks of guilty pleasure: music of beauty and power. Very often popular composers have given us gems that are not on their "best of" or "hit" list. The sub-title for this course could be: *"You know that piece, but did you know he also wrote...?"*

We will focus on American symphonic composers of the 20th Century: romantics and mystics—majestic and confessional. By the month's end, I would hope the works we hear would constitute something of a "bucket list" of memorable, transcendent music for you. That the composers we will relish are "great" may not be established judgment: people like Barber, Bernstein, Bloch, or Bolcom (and that's just some of the "B's"), but even their less known works have the power to touch your soul. Join me for some fresh takes on old friends who call us to the best that one can know.



© Chris Watt

Welcome Alexander McCall-Smith Film Series. Richard Lewin. Mondays, 10:00-12:00. February 4, 11, 25 & March 4. Albion District Library, Naomi Lane Room.

Alexander McCall-Smith is coming to Albion to be the speaker for the Joseph Calvaruso Lecture in April, 2013. Author of many books, he is probably best known for his series: *"The No. 1 Ladies Detective Agency"*. In preparation for his visit to Albion, this course will be an introduction to those who have not read his work, or for those who simply want to re-visit his work. We will be viewing four of the HBO movies from the *"The No. 1 Ladies Detective Agency,"* filmed in Botswana, Africa. The series is thoroughly entertaining and introduces the viewer to some of the most lovable and interesting people it is possible to imagine. There will be time for conversation following each showing.

This film series is open to the public at no charge.

AALL Travelog 2013. Led by various persons. Wednesdays, 2:00-4:00. February 6, 13, 20, 27. Albion College Library, Mudd 210.

February 06: Ireland – the North and the Republic – Ann & Dick Grzeskowiak

February 13: Egypt & Petra – Abby & Dick Mortensen

February 20: Russia: Moscow, St. Petersburg, and the River In Between – Bob Armstrong

February 27: China in the 1980's – Martha O'Kennon



continued



Robert Frost: America's Last Poet Celebrity. Hal Wyss, Ph.D., Professor Emeritus of English, Albion College. Tuesdays, 10:00-12:00, February 5, 12, 19, 26. First United Methodist Church Fellowship Lounge.

This is an appropriate time to pay tribute to Robert Frost. Frost was America's last celebrity poet, and we, you and I, are the last generation who can remember when there was such a being as a poet everyone recognized and read. America has had perhaps four poets who, during their lives, were studied by all school children, were read by people who didn't often read poetry, and who filled auditoriums across the nation when they gave readings. They were Ralph Waldo Emerson, Henry Wadsworth Longfellow, Walt Whitman, and Robert Frost, untitled American poet laureates. Emily Dickinson currently receives a great deal of critical acclaim but was unknown during her lifetime, and the reputation of such Frost contemporaries as T.S. Eliot, Wallace Stevens, and Ezra Pound was more academic than general. I wager that none of us in AALL reached adulthood without having read "Stopping by Woods on a Snowy Evening." On the other hand, if we read "The Wasteland" at all, it was in college and we're still not sure why it's good.

Frost won four Pulitzer Prizes and was arguably America's best known poet from the publication of *North of Boston* in 1915 until his death in 1963. But throughout his forty-eight year career, he was chided by academic critics for being outdated and politically regressive, and his handpicked biographer published three volumes depicting him as, in the biographer's words, "a monster." Fortunately, later biographers are setting the record straight; Frost's artistic reputation is also holding up very well.

The class will include a review of Frost's long and troubled life and considerations of the kinds of poetry he wrote, his main themes, and his remarkable talents in the use of meter and rhyme. The assigned poems are ones I think well illustrate his main patterns of thought and the range of his abilities, but many of the poems not assigned are equally worth reading.

The text I will be using is *The Poetry of Robert Frost*, New York, St Martin's Griffin, 1979, edited by Edward Connery Lathem. This book is available at Books and More; it costs \$21.99 new, but Dorothy is ordering some used copies which will cost less. If you have a different reasonably comprehensive volume of Frost poems, feel free to use it.

In preparation for the first class, students should read the following poems: "The Need of Being Versed in Country Things," p. 241; "Come In," p. 334; "On Going Unnoticed," p. 247; "The Most of It," p. 338; "Acquainted with the Night," p. 255; "Desert Places," p. 296; "The Oven Bird," p. 119.



Climate Change. Tuesdays, 2:00-4:00, February 5, 12, 19, 26. Albion College Science Complex, room to be announced.

For the course there will be four distinct sessions.

Dennis Gaswick, Ph.D., Professor Emeritus of Chemistry, Albion College.

The first session will be an introduction to factors that can lead to climate change and the reasons to be concerned by the concentration of carbon dioxide, methane, and other greenhouse gasses in the atmosphere. The advantages and disadvantages of renewable energy sources will be discussed.

Thomas Wilch, Ph.D., Chair, Geological Sciences Department, Albion College.

The second session will share how geology and oceanography inform us about climate change. Specific topics include natural vs. anthropogenic changes, ocean circulation, and climate archives of past gradual and abrupt changes from the oceans and polar ice sheets. Participants will be asked to fill out a questionnaire about climate change issues and will spend part of the class discussing the range of viewpoints of participants and of society in general.

Kimberly Hall, Ph.D., and Katherine Kahl, Ph.D., Nature Conservancy Great Lakes Climate Change Ecologists.

In the third session scientists from the Lansing office of the Nature Conservancy will discuss ways the Nature Conservancy is assessing the effects of climate change on the Great Lakes ecosystem and highlight examples showing how conservation work is being changed to reduce risks to people and nature.

Douglas White, Ph.D., Associate Director, Center for Sustainability and the Environment, and Adjunct Assistant Professor of Biology, Albion College.

Dangerous human-caused climate change can be addressed through personal practices, local programs, and government policies. Participants will learn how to calculate their carbon footprint and prioritize personal "green" initiatives. They will tour Albion College's science complex which is a model of sustainable design and will review key programs and policy proposals on climate change including Energy Star, CAFE standards, renewable portfolio standards, cap & trade, and fee & dividend.

continued

Exercise and Aging. Sharon Frandsen, M.S., Adjunct Instructor, Kinesiology Department, Albion College. Fridays, 1:00-2:00, February 1, 8, 15, 22, and March 1, plus additional gym time. Herrick 506 at Albion College Dow Center.

Loss of strength and muscle mass, increasing body fatness, short memory, these seem to be hallmarks of aging – but it doesn't have to be that way. Current research indicates that the benefits of exercise can be realized by people in all stages of life. The Exercise and Aging class, a collaboration between Albion College and AALL, will meet in the classroom and in the gym. Albion College students will present information about exercise and aging once a week in the classroom. In the gym, the Albion College students will be paired with 1 or 2 older adult exercisers for personalized exercise training sessions with a focus on resistance training or muscle conditioning exercises. The exercise sessions will meet for one hour, twice a week, at a mutually convenient time. AALL students may participate in just the classroom portion of the class. Sharon Frandsen will oversee the class and exercise sessions.

FOR THOSE WHO WISH TO PARTICIPATE IN THE PERSONALIZED CONDITIONING EXERCISE:

All participants in the exercise classes must submit a physician clearance form to Sharon Frandsen. This may involve scheduling a physical exam if one has not been administered within the last year or if the physician requires one. These forms can be picked up at the front desk of the Dow. During winter break, the Dow is open Monday through Friday 10:00am-7:30pm until December 21 and from January 3-18.

Exercise class participants will also need a Dow membership which may be purchased after the first class on February 1, 2013. An annual Dow membership is normally \$125 for seniors 60 and older but AALL participants receive a 25% discount making the fee \$93.75. This does not include the Tennis Center or the pool (which can be purchased separately, if desired.) Class participants who don't do the exercise portion don't need a Dow membership. The Dow membership fee can be paid to Linda Lincoln at the office near the atrium of the Dow Center at Albion College's Athletic Complex.

Procedures for Registering for the Active Part

1. Make an appointment with a physician as soon as possible after reading about the class in the newsletter.
2. Pick up packet of forms at the Dow Front Desk in the atrium of the Dow Center at Albion College's Athletic Complex.
3. Deliver physician's forms to your doctor.
4. Send in Health History forms to Sharon Frandsen. See her letter that is with the forms for additional information.
5. Sign up for the 5-week classroom class at the assembly (Jan. 17, 2013) or mail in registration to Carol Gnich.
6. Attend the class starting February 1, 2013. Then, during that class, Sharon will identify those who want to be in the personalized conditioning part from the responses she has received in the mail.
7. Pay for the Dow membership with Linda Lincoln after the first class.

