



ALBION AREA LIFELONG LEARNERS

An Institute for Learning in Retirement Sponsored by Albion College

Greetings!

Dear Friends,

Happy birthday! Albion Area Lifelong Learners is 20 years old, and we will celebrate at the Fall Assembly on September 5 at Washington Gardner School. We'll also celebrate an Albion icon: Dr. James A. Curtis will be the subject of the assembly presentation at 10 am, talking about his life-long dedication to justice and social change.

AALL is looking for a TREASURER to take over for Alice Cook, our long-time treasurer who would like to step down after many years of keeping AALL on track financially. Alice promises to help train her replacement and be available for advice. The treasurer is a voluntary position that maintains the financial records of AALL, keeping account of all receipts and disbursements; prepares and files any appropriate tax returns; and prepares financial reports for the board meetings and for the annual membership meeting. The treasurer attends the quarterly meetings of the Board of Directors, and serves on the Administration and Finance Committee. Attention to detail and previous experience in finance would be helpful. If you are interested, or know of someone who might be, contact Royal Ward, AALL President.

As we develop the potential of our new web presence, the Board of Directors asks that all AALL members share their email addresses so we might send fewer paper copies of the newsletter. If you have an email address that you haven't shared with AALL, please let us know so we can take you off our paper mail list.

As we begin our 21st year, I'm looking forward to yet another term of varied and interesting class offerings. I hope you are, too.

Royal Ward
President, AALL

Upcoming Events

Fall Assembly – September 5, 2019, 10:00 a.m.

Leading a Life of Advocacy: A Conversation with Dr. James A. Curtis, M.D.

Dr. James A. Curtis is a familiar figure around Albion. A graduate of Washington Gardner High School, Albion College, and the University of Michigan Medical School, Dr. Curtis has been living in Albion since 2003 following his retirement as Director of Harlem Hospital Department of Psychiatry and Clinical Professor of Psychiatry at the Columbia University College of Physicians.

Born in 1922, Dr. Curtis pursued his education during the World War II era and began his career during the civil rights movement. Along his way to the top of his field in academic medicine, Curtis faced and addressed issues of race, class, and social injustice. Buoyed by a strong optimism and blessed with keen insight, Dr. Curtis will discuss some of the hurdles he has faced in his own life, and share some advice for the challenges we all face as a community, a country, and a world.

Dr. Curtis, an active participant in the Albion Area Lifelong Learners, will discuss his life-long advocacy for social change with Royal Ward, president of AALL.

Dr. Curtis' autobiography, *Memoirs of a Black Psychiatrist: A Life of Advocacy for Social Change*, details his life goal of improving the quality of life and full citizenship for his people, his family, his community, and the world. Copies can be purchased at Stirling Books and Brew in Albion. It will also be available at the Assembly meeting.



Washington Gardner School

401 E. Michigan Ave.

(Elevator available at west entrance off of N. Berrien St.)

Upcoming Courses

GREAT LAKES PLAYLIST

Clayton Parr, Ph.D.

Professor of Music, Albion College.

Tuesdays. 10:00 a.m.-12:00 noon. October 1, 8, 15, 22.

Location: TBD.

In this class, we will explore three major musical innovations that came out of the Great Lakes region in the 20th Century and how they spread throughout the country and beyond—first, the beginnings of African-American gospel music in Chicago in the 1930s; second, the development of rhythm and blues in Chicago in the 1940s and 50s; and third, Motown. We will discuss the roots of this music and look at the social, racial, religious and geographical situations that made the cities of Chicago and Detroit such important places for this music to develop as it did. Background reading in the texts listed is strictly optional.

MEDICAL IMAGING

David A. Reimann, Ph.D.

Professor of Mathematics and Computer Science, Albion College.

Tuesdays. 2:00-4:00 p.m. October 8, 15, 22, 29.

Location: Albion College Science Complex TBD.

Noninvasive medical technology has transformed modern medicine. In this course, we will discuss the science, technology, and applications of the most common medical imaging modalities. We will begin with a general discussion of imaging formation and perception, then talk about 2D and 3D imaging techniques that involve ionizing radiation (x-rays, gamma rays, neutrons, positrons) and non-ionizing radiation (MRI and ultrasound). We will finish by looking at several new imaging technologies. The goal of this course is to better understand the imaging techniques that help physicians diagnose, monitor, and treat diseases.

SIR WINSTON SPENCER CHURCHILL, A LIFE TOLD IN FILM

John P. Kondelik, Ph.D.

Director of Libraries Emeritus, Albion College.

Wednesdays. 1:30-4:00 p.m. October 2, 16, 23, 30.

Location: Bohm Theatre.

Winston Churchill has been portrayed in as many as 65 films (feature films and documentaries). This class will view four of the feature films that have been produced since 1972. These include some of the best portrayals and some of the worst. Some of these films have been based on sound historical research and interpretation, while others we will see have been based on unsound revisionist interpretations. I will introduce each film for about 15 minutes and provide a guide to viewing each film with suggested scenes to think about. After the viewing of each film there will be time for discussing these scenes and what is historically accurate and what is not. Some scenes in each film take liberties with historical accuracy to make some point that supports Churchill's actions and events of Churchill's life. My hope is that each participant in the class will come away with a critical view of film-making as an accurate portrayal of history and biography.

TOWARD A HEALTHY LIFESTYLE

Tom Johnson, Ph.D.

Associate Professor Emeritus of Physical Education and Director of Campus Wellness

Melissa Sommers

Registered Medical Assistant, Albion College.

Mondays. 10:00 a.m.-12:00 noon. October 7, 14, 21, 28.

Location: The Depot and TBD.

Have you thought about taking a class to learn CPR? What happens if you have trouble getting up? How many calories should be burned every day? How do you master fitness machines? Do you want a healthier lifestyle but you do not know where to begin? We will be discussing all of the items above and much more—including fitness gadgets and how to use them, easy stretches for everyone, how to read food labels, cholesterol, blood pressure, and fitness apps.

THE SELF-PORTRAIT AS ARTISTIC EXPRESSION: A BEGINNER'S GUIDE

Michael Dixon

Chair of the Department of Art and Art History and Professor of Art, Albion College.

Thursdays. 10:00 a.m.-12:00 noon. October 10, 17, 24, 31.

Location: Bobbitt Visual Arts Center, 2nd floor, Room 216. Limited to 16 registrants. For the first class meeting, participants should bring pencils and mirrors. Participants will be able to leave their materials in Room 216 of Bobbitt during the course.

The self-portrait has a long and rich history in the arts. In this session, we will create a series of self-portraits using contemporary methods in oil paint. We will cover the techniques of mixing colors, mixing flesh tones, basic color theory, proportions of the face, basic drawing techniques, and basic painting techniques. The focus will be on drawing and painting from observation. We will play with performance as a method of creating images. We will use imagery to think about conceptual ideas and storytelling.

Books, Equipment, Supplies that participants will need before class starts before class starts:

**Items can be found at Dick Blick www.dickblick.com or Michael's, JoAnn Fabrics, Wal-Mart (some of the items), Amazon (www.amazon.com)*

***Oil Pigments (37ml tubes) / (Utrecht Artists' Oil Colors are Preferred) (\$63)**

- *Cadmium Red hue
- *Alizarin Crimson
- *Cadmium Yellow hue
- *Cadmium Yellow Deep
- *Ultramarine Blue
- *Cerulean Blue hue
- *Prussian Blue
- *Titanium White (150 ml tube)

***Brushes (Blick Studio Bristle Brush, Oil Paint Brushes) (\$60)**

- *Bright or Flat #14, #10, #6, #2
- *Round #10, #4

***Pre-Stretched Canvas (Blick Studio Cotton Canvas, Traditional Profile) (\$20)**

- *20"x20" (One of these)
- *30"x30" (One of these)

Other Items for Painting/Drawing

- Pencils (#2 Pencils are fine)
- Coffee cans or jars with lids
- *75ml Liquin Original by Winsor Newton (Paint medium) (\$6)
- Dish soap & bar soap
- Large Hand Mirror
- *9"x12" Paper Palette (\$7)

WANTED

Four travelogue presenters for AALL's travelogue series to be held on Tuesdays from 2-4 pm during February 2020. Did you visit someplace interesting, exotic, or fascinating you would like to share?

Please contact Jim Seidl by phone 517-629-5736 or by email seidljames415@gmail.com.

Registration Information

If you are not already a member, please join now.

AALL Registrar
P.O. Box 188
Albion, MI 49224

MEMBERSHIP FORM

_____ **Yes, I am 55 or older (spouse/partner could be younger)**

(New members are always welcome. Membership renewals are due before the Fall term)

Name _____ Spouse/Partner Name _____

Address _____

City _____ Zip _____ Date _____

Phone () _____ E-mail _____

Dues: \$20 per year, per person

Spouse's E-mail _____

Course Registration Form Instructions

For each course for which you wish to register, place a number in the box 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—see instruction 3 below.

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.

If you wish to indicate an alternate choice (in case one of your choices above is oversubscribed and you are not admitted to that course), mark an X in the box before your alternate choice.

If there are additional class fees for supplies, these fees need to be paid at the time of registration. If you are unable to attend a course for which you have registered, fees can be refunded up until the start of the course.

Policy for over-enrolled classes

When a course with limits is over-enrolled, the names of all those who had it listed as #1 shall be entered in a lottery. Those randomly drawn shall be placed in the class. Those not selected will comprise the waiting list and also be given first access if that course is offered again. The Registrar will keep a record of those on the waiting list until the course is offered again. Those selected for the course in its first offering will not be eligible to retake it until all those on the waiting list have had the opportunity to take the course. Those who have signed up for a class with limits and listed it as #1 are encouraged to sign up for at least one additional class. Members are also encouraged not to sign up for a course with limited enrollment if they know they won't be there for all four sessions.

	Course Title	Fee
	Great Lakes Playlist	
	Medical Imaging	
	Sir Winston Spencer Churchill, a Life Told in Film	
	The Self-Portrait as Artistic Expression: A Beginner's Guide	
	Toward a Healthy Lifestyle	

Name:	
Phone:	
Email:	

Registration Deadline: Thursday, September 12.

Signature: _____

	Course Title	Fee
	Great Lakes Playlist	
	Medical Imaging	
	Sir Winston Spencer Churchill, a Life Told in Film	
	The Self-Portrait as Artistic Expression: A Beginner's Guide	
	Toward a Healthy Lifestyle	

Name:	
Phone:	
Email:	

Registration Deadline: Thursday, September 12.

Signature: _____

AALL
P.O. Box 188
Albion, Michigan 49224

AALL Fall Class Announcements
Fall 2019 Newsletter

ABOUT AALL

AALL Officers

President: Royal Ward
Vice President: Bruce Nelson
Secretary: Kathleen Seidl
Treasurer: Alice Cook

Support Staff

Registrar: Mary Deardurff
Webmaster: Eric Westmoreland

PLEASE NOTE: 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.