

**CCAL**  
**WINTER/SPRING 2021 CLASS SCHEDULE**

**What is in *The Book of Mormon*?**

**Frederic Chrislip      Tuesdays, Jan.5, 12, 19      10:00 to 11:30 am**

In July, this class skimmed the content of the first 40% of *The Book of Mormon* (from 1 Nephi through Mosiah). This winter, the facilitator will teach three sessions: Day 1, the book of Alma (chapt. 1-42); Day 2, the book of Alma (chapt. 43-63) and the book of Helaman; Day 3, the books of 3 Nephi, Mormon, and Moroni.

**Readings from *Seeing Things: An Anthology of Poetry***

**Dr. Robert Bensen      Tuesdays, Jan. 12, 19, 26, Feb. 2 and 9      7:00 to 8:00 pm**

Dr. Bensen and several other poets whose works are in the anthology will read and discuss their poems, with a last session reserved for CCAL poets who would like to share their works. Poets who will be participating are Robert Bensen, director; David Bachner, Diane Bliss, Liz Huntington, Bhala Jones, Lynne Kemen, Cicada Musselman, Pam Strother, Julie Suarez, Julene Waffle, Vicki Whicker, Lisa Wujnovich:

Jan. 12 Pam Strother, Liz Huntington, Julene Waffle, Vicki Whicker

Jan. 19 Julie Suarez, David Bachner, Robert Bensen, Diane Bliss

Jan. 26 Michael Piercy, Lynne Kemen, Lisa Wujnovich

Feb. 2 Cicada Musselman, Jesse Hilson, Bhala Jones

Feb. 9 Reserved for CCAL students to read their own work.

**Ida Rubenstein: Forgotten Diva**

**Gale Baden      Tuesday, Jan. 12      1:00 to 3:00 pm**

As a follow up to *Diaghilev's Ballets Russes*, this class will focus on Ida Rubinstein, performer and impresario in the early decades of the 20th century, who collaborated with the creative geniuses of her day. Through photos and film, this class will acquaint participants with this remarkable woman.

**Introduction to the Human Design System**

**Susan Smith      Tuesdays, February 2 and 9      10:00 to 11:30 AM**

Human Design is a channeled system which seeks to explain the human experience that all of us uniquely experience. You will be introduced to best practices for each type and authority as well as a very brief introduction to the various aspects of this system.

1) Give history of Human Design--how it came to be

2) Describe Human Design (combination of 4 esoteric systems: I Ching, Astrology, Chakras, and the Kabbalah and two scientific understandings--neutrino physics and genetics)

3) Explain the centers, types, authorities, and profiles inherent in the Human Design system

4) Encourage participants to "live their design"

Highly recommended before attending this class, take the following test to determine your own human design:

<https://jovianarchive.com/GetYourChart>

Note: You will need to know your birthdate, birth time, and birth place. Having this information is crucial to obtaining an accurate chart.

## **Twilight of the Southern New York Railway - 30 years of operations in the West End of Oneonta**

**Paul Straney      Thursdays, February 11 and 18      1:30 to 3:00 pm**

Using vintage photos, narrative and discussion, we will explore railroad operations in the West end of Oneonta. While equipment and physical plant will be discussed, we will also look at the part it played in life, and how it was affected by the changing needs of the community. While a very small part of the Southern New York Railway, the 1.6 miles of track between the D&H yard in Oneonta and a handful of businesses in the West end of Oneonta would outlive the rest of the line that ran from Oneonta to Mohawk by almost 30 years, soldiering on until 1970. The twin orange and white locomotives that served the line were a familiar sight to locals, quietly going on about their duties until the end. We will review both the equipment of the Southern New York as well as the areas the railroad served.

## **Medicare 101**

**Jim Farnham      Saturday, February 13      10:00 to 12:00 Noon**

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event. **You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.**

### **Choice of two dates. Please register at:**

Saturday, February 13, 2021, 10:00 AM to 12:00 Noon Eastern Time: <https://bit.ly/2K4Auu0>

Monday, May 17, 2021, 6:00 to 8:00 PM Eastern Time: <https://bit.ly/3ITXOYT>

## **The Northern Renaissance - Art, Politics, and Economics**

**Edwin Sanborn      Tuesdays, March 2, 9, 16, 23      10:00 to 11:30 am**

The period from 1400-1700 will be covered. Topics will include the impact of a growing world and the wars of religion on the wealth, power, and influence of Northern Europe (including the Reformation and the revolutions in Burgundy and England). Special emphasis will be given to the relationship between wealth and art, religion and art, climate and art. We will also discuss the impact of the reformation on philosophy and science.

## **Creepy Crawlies and Other Critters on US Postage Stamps**

**Dorothy Scott Fielder      Wednesday, March 3      10:00 - 11:30 am**

I plan to show many creatures from the lower realms of the animal kingdom, to raise awareness of the great diversity and beauty of these often-over-looked creatures. These creatures can be observed safely as they are only images from postage stamps. This course combines three of my interests – biology, stamps and photography. I am offering another course featuring U.S. stamps from my collection, illustrated by my photographs on PowerPoint slides. I have shown

animals and pets on stamps but have shown few of the invertebrates and not many reptiles and amphibians. This course will fill in that gap and show a sample of the variety of creatures on our postage stamps. Many will be small, but some will be huge.

### **Ghosts, Spirits, and Hauntings, Oh My!**

**Sue Murray-Miller      Wednesday, March 3      7:00 to 8:00 pm**

So...what is the difference between a ghost and a spirit? What is an earthbound spirit? Who comes back to be with you or visit you and who doesn't? Who are your guides and why are they with you in the first place? Funny and not so funny tales of spirits, ghosts and hauntings that will get you thinking about the wonderful and sometimes frightening and very misunderstood word of the spirit. Join spirit communicator Susan Murray-Miller (owner of the Plaid Palette in Cherry Valley) in an insightful talk on the who is and why-is-why of the spirit world. Susan has been ghost-hunting, dowsing cemeteries, talking with the dead, clearing homes and businesses of unwanted presences and generally making a nuisance of herself within the spirit community for many years. She brings a wealth of information and many tales of the hereafter and what exactly does happen after you cross over.

### **Introduction to Buddhism and Guided Meditation**

**Lanny Harrison      Monday, March 22      11:00 am – 12:00 Noon**

We will pose the questions: What does meditation have to do with how we are living in this world today? What can it offer? How does meditation relate to suffering? To joy? Can we actually be present? The facilitator will speak briefly about the beginnings of Buddhism and how it has spread from its roots in India to today's global communities. The facilitator will share some of her own experiences studying under the Tibetan meditation master Chogyam Trungpa as well as a few other Buddhist teachers. The class will engage in a guided meditation based on the mindfulness/awareness technique the facilitator has practiced since 1971. There will be some time for questions and comments.

### **Eleanor and Franklin**

**Harry Pence      Mondays, April 12, 19, and 26      1:00 – 2:30 pm**

A look at the marriage of the Roosevelts, who became one of the major political power couples in American history.

### **A Tour in Bahrain**

**Olive Crews      Wednesdays, April 14 and 21      1:00 – 2:00 pm**

My husband, Niel Crews Sr, served two US Navy tours with the Commander Middle East Forces, headquartered on Bahrain Island, which is located in the Persian Gulf (or Arabian Gulf). As a Navy photographer, he was able to capture many sights on Bahrain and during his other travels in the Middle East. I will share some of our family's experiences and adventures while living on Bahrain Island in the 1970's, and will include a short history of Bahrain and how it has become modernized in the last 50 years.



## **My Dad's 100 Year-Old WWI Airplane**

**Bob Parmerter    Thursday, May 13    1:00 to 2:30 pm**

This is an account of a French training plane that was brought to the US after WWI by a French Ace to use for barnstorming.

It flew from Roosevelt Field and was featured in an early silent film thriller. The Ace died trying to cross the Atlantic in another plane, and my father bought the trainer and restored it.

Marriage and the Great Depression caused Dad to sell it and it next appeared in public in the "new" 1976 Air & Space Museum. Subsequently my son and I accidentally "discovered" it as it was flying at Cole Palen's Old Rhinebeck Aerodrome, and Dad was invited to be reunited with it. The plane still survives as one of the few originals from that era. I'll use photos, documents, clippings, audio and videos to tell the story.

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