



Lifelong Learners of the Central Coast



*Providing enriching educational,
personal growth, and cultural
opportunities for and by an active
volunteer community of retired and other
mature adults.*

COURSE OFFERINGS MARCH 2017

- The Evolving Peacemaker
- Great Decisions 2017—Moral Imperatives, Resistance & Civil Disobedience
- A Day with Wagner, Mendelssohn & Brahms
- Language Revival Among the Chumash & other California Tribes
- Shall We Get Rid of the Electoral College?
- Body in Balance for Active Aging
- Masters & Masterpieces of the Short Story



Register now for these courses and more at:
www.lifelearnerscc.org
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1-800-838-3006

Shall We Get Rid of the Electoral College? -- Ed Cabrera

Monday March 6 , 10:00pm - 11:30, SLO Adult School -- Room B3

\$5 for LLCC members, \$10 for non-members

What is the Electoral College and why did the Founding Fathers create it?
Does it still serve any useful purpose?

Are there alternatives that might be better?

Your Instructor will illuminate the origins of the Electoral College, and its operation through American history. You will have the chance to discuss the pros and cons of its continuation.

Ed Cabrera is a veteran of 37 years in the high school classroom. His last 30 were at Atascadero High School where he coached and taught political science and economics.

A Day With Wagner, Mendelssohn & Brahms -- Sandy Eastman

Sat. Mar. 11, 9am-10:15am class SLO Lib.Com.Rm., 11:00am-1:00pm rehearsal PAC. Sandy Eastman is offering an opportunity to attend his pre-concert class & symphony dress rehearsal for a SLO Symphony concert on Feb. 4. SLO Symphony offers as a gift to the community free dress rehearsals of its concerts during the morning (11am-1pm) preceding the evening of the performance. At the PAC, adults pay \$15 & seniors (65+) pay \$10, free to children. Tickets for dress rehearsal will be available a week before the performance at PAC box office or call at (805)756-4849. March 11 Program: Wagner: Overture Die Meistersinger von Nurnberg, Mendelssohn: Concerto for Violin with Timothy Chooi, Brahms: Symphony No. 4 in E minor, Op. 98, **David Handel, Conductor, Timothy Chooi, Violin Virtuoso.** Timothy Chooi has been described as “the miracle (Montreal Lapresse).” Recently winning the Bronze Medal Winner of the 2015 Michael Hill International Violin Competition, Timothy also recently completed an extensive recital tour with Jeunesses Musicales Canada, performed with Pinchas Zukerman & the National Arts Centre Orchestra, recorded his debut album, & was featured at Ravinia Festival in Chicago. He is also a winner of the 2013 Vadim Repin International Scholarship, a recipient of the 2015 Sylva Gelber Award & Grand Prize Winner of the 2010 Montreal Symphony Manulife Competition. Working on a theme of great German master composers, the Symphony welcomes Maestro David Handel. The evening begins with Wagner’s overture Die Meistersinger von Nurnberg, written as part of the musical opera that told the story of the Master Singers (i.e. musical craftsman) of the era. This course will be in two parts: Early morning lecture about composers, pieces, & soloist; late morning, the class will attend the dress rehearsal of the performance in the PAC.

Masters and Masterpieces of the Short Story -- Bert Bender

Wednesdays March 22 8 & 29, April 5, 12, 19 10am - 12pm

United Methodist Church, Dexter Hall, Atascadero

\$25 for LLCC members, \$50 for non-members **Five Sessions**

In this course we will read and discuss some of the world’s greatest short stories. We will begin by considering why so many great writers have worked with this form and why it is considered to be one of the most difficult forms of fiction. I will then provide brief guidelines on the art of the short story and on how to read short stories.

Since the short story is a condensed, highly focused form of fiction, it gives us the opportunity to learn a great deal about an author and his/her values and art within a brief period of time. For example, we will learn a great deal about Leo Tolstoy’s values and his world view by reading his (relatively short story) “The Death of Ivan Ilych”; or Herman Melville’s values and world view from what we can see in “Bartleby the Scrivener.”

Our readings will be short enough for us all to finish them before we gather to discuss them. In order for us to be on the same page in our discussions, we will all need to read from the same book, and to bring the book to our class discussions. Our text is *The Art of the Short Story*, edited by Dana Gioia and R. S. Gwynn. It is published by Pearson/Longman and is available at Amazon.com for \$11.71 (new). Used copies will do just as well and are available for as little as \$4.24 from Amazon.com, abebooks.com, or elsewhere.

At the first meeting we will discuss these readings from our text: two very short statements about the art of fiction in Edgar Allan Poe’s “The Tale and Its Effect;” and Wm. Faulkner’s “The Human Heart in Conflict with Itself;” and two short stories--Kate Chopin’s “The Story of an Hour” and Stephen Crane’s “The Open Boat.” Also at our first meeting you will receive a few materials to help you get started in further readings of short stories. E-mailed queries about this class are welcome (Bert.Bender@asu.edu).

Bert Bender is a Professor Emeritus from Arizona State University, where he taught American literature for 33 years. His PhD dissertation (UC Irvine) was on the short story. He published a number of interpretations of short stories, three scholarly books on American fiction, and a memoir of his (other) life as a commercial fisherman.

Body in Balance for Active Aging -- Faye Baker

Thursday March 2, 10:00am-12:00pm, United Methodist Church, Atascadero

Re-tune your body with some easy methods & exercises to improve breathing, posture & relaxation. Based on Tai Chi & Qigong, Body in Balance for Active Aging improves balance, flexibility, calms the mind & soothes the central nervous system. Some of the other benefits of these practices are improved circulation, strength, range of motion, awareness & enjoyment. Qigong, the parent of Tai Chi, is a healing art & is easier to learn than Tai Chi. Qi/Chi means 'breath or energy' & gong means 'practice'. Qigong exercises are designed to align the body for maximum efficiency, oxygenate the blood, & stimulate the immune system. Qigong can be practiced in small spaces, standing, seated, or lying. You will learn how to use self-acupressure techniques & simple methods to enhance your overall health & vitality. Qigong can be practiced at any age & ability, & you should be able to easily adapt these techniques for recovery from injuries & various health conditions. The exercises are fun to learn & easily integrated in daily life – at home or work. **Faye Baker**, certified instructor (Sifu) in Tai Chi Chuan, Qigong, Longevity Breathing & acupressurist, has been teaching movement for 30 years.

The Evolving Peacemaker -- A Commitment to Non-Violence -- Leona and Mathew Evans

Saturdays March 18 & 25, 1pm - 3pm, Unity of San Luis Obispo, Two Sessions

This 2-session class will introduce you to the concept of "passive violence" by discussing the importance of self-acceptance. We will explore ways to express ourselves using compassionate communication skills & how to deal with anger by transforming negative emotions into healing energy. The 1st class will be an overview of methods & practices designed to help us achieve inner peace & enhance the quality of our relationships. The goal, as evolving peacemakers is to "become the change we wish to see in our world." You will also see a short documentary film called Quest of Peace: Nonviolence Among Religions made by my son **Mathew**. This film won the Art of Making Peace Award from the Peace in the Streets Global Film Festival, presented to Mathew at the UN High-Level Forum on a Culture of Peace. In the 2nd class, Mathew will speak about the importance of the arts in the peacemaking process. You will also learn about the art of forgiveness & the concept of Emotional Intelligence & its value. In addition, you will be introduced to Gandhi's 4 concepts of Respect, Understanding, Acceptance, & Appreciation. We will base our discussions on the book, The Evolving Peacemaker by Leona & Mathew Evans with a forward by Arun Gandhi, grandson of Mahatma Gandhi. The book & our discussions are based upon Gandhi's timeless philosophy of nonviolence. **Leona Evans** holds a Master of Arts in Religious Studies. She is the former Chair of the Metaphysics Department at Unity School for Religious Studies. Evans has been the minister at Unity of SLO for the past 22 years, during which time she has taught numerous classes on the power of the mind to shape our destiny.

Great Discussions 2017 -- Moral Imperatives, Resistance and Civil Disobedience - Paul Worsham

Thursday March 16, 10:00pm - 12:00noon, Union Bank -- SLO

Great Discussions 2017 is a forum for exchanging ideas about international & domestic public affairs & America's place in the world. This one-session course is the third of three sessions of Great Discussions 2017. The topics discussed change during the year to coincide with world & domestic events & the interests of the participants. Participation is limited to 28. You may register for this course each time that it is announced during the year. This course is designed to be responsive & flexible to the issues of the world. The topic covered during this session will be moral philosophy a branch of philosophy that involves systematizing, defending, & recommending concepts of right & wrong conduct. The subject of this meeting will be "Moral Imperatives, Resistance & Civil Disobedience". We have secured the services of a stellar subject matter expert for this discussion: **Stew Jenkins** is the head of the SLO County ACLU. Stew grew up in SLO, attended SLOHigh, & graduated from CalPoly. He attended law school in SD before returning to the Central Coast to practice law for the last 25 years. His philosophy: "Government of the People, by the People and for the People shall not perish. Our democracy is something that we build together every day. Thousands of people in our area get up every morning feeling there is nothing they can do, no vote they can cast, and no action they can take that will make any difference. I want to help them to restore their hope, their trust, and their control over their democracy." Speaker one hour and Discussion one hour. Participants will receive a study guide prior to the class.

Language Revival Among the Chumash & other California Tribes -- Rouvaishyana

Tuesday March 28, 1pm - 3pm, Morro Bay Museum of Natural History

What happens when a people loses their language? How can it be put back together? This course will describe what has happened to Chumash and other Native American languages since European settlement, recent efforts to reclaim them, and discuss a beautiful dictionary produced by the Santa Ynez Chumash. Participants will learn a few Chumash words, hear a story told in its native language (and English), and be engaged.

Rouvaishyana is the manager of The Morro Bay Museum of Natural History. CA State Park Interpreter for over 25 years. Prior presentations on N. California Indian songs. Long-time interest in Native American languages, inc. Navajo, Chumash, Salinan, Yurok.

COURSES COST \$5 PER SESSION FOR MEMBERS
\$10 FOR NON-MEMBERS

For membership, go to: www.lifelearnerscc.org or mail to
LLCC, P.O. Box 1606, Arroyo Grande, CA 93421