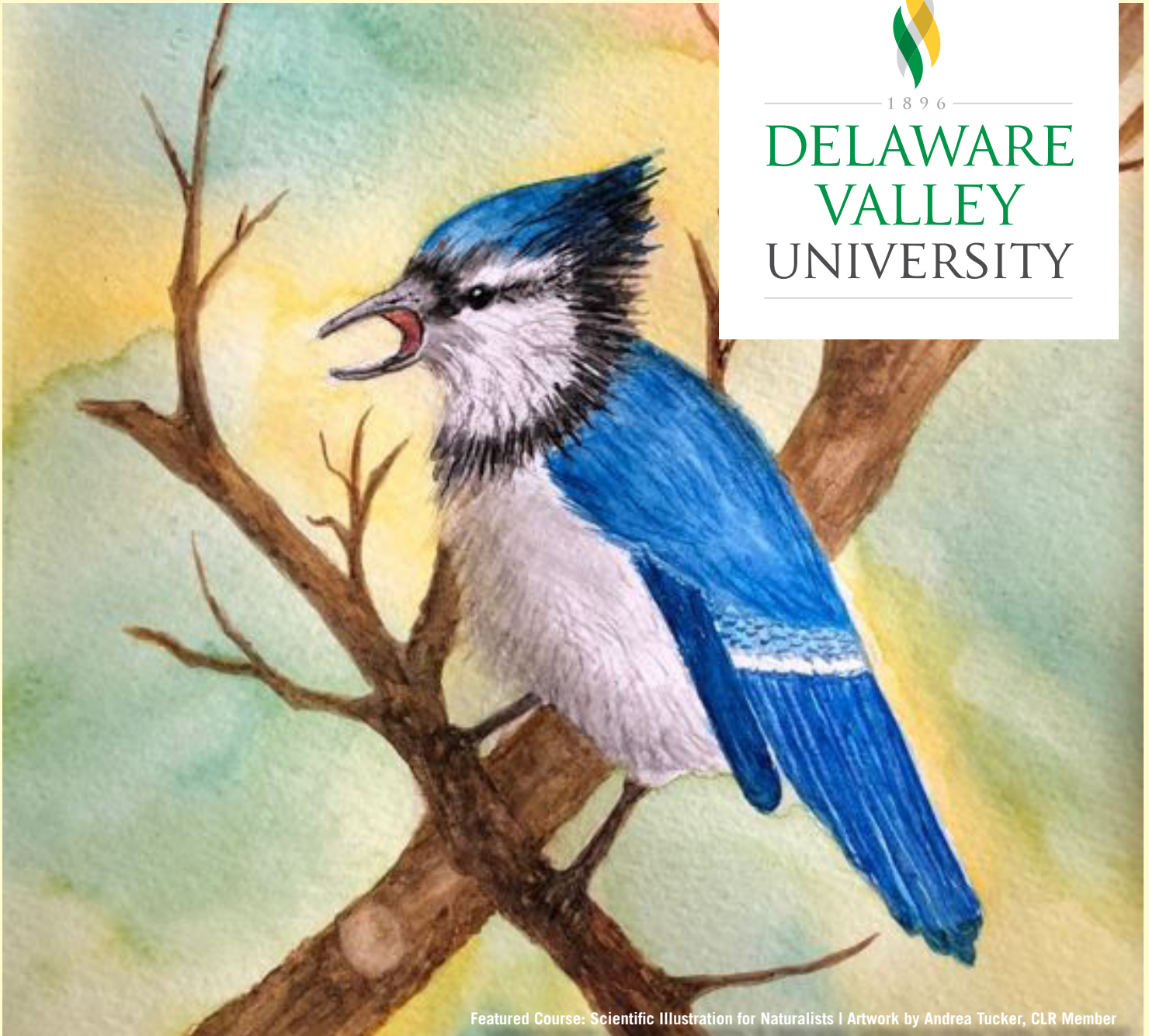




1896

DELAWARE  
VALLEY  
UNIVERSITY



Featured Course: Scientific Illustration for Naturalists | Artwork by Andrea Tucker, CLR Member

# CENTER FOR LEARNING IN RETIREMENT

## Course Guide | Spring 2023

REGISTRATION  
OPENS

Jan. 3

COURSE  
TERM

Feb. 1 - Apr. 25

*Explore the Grandeur of Nature!*

# SPRING TERM: FEB 1- APR 25

**SPRING I:** Feb 1- Mar 14

**SPRING II:** Mar 15-Apr 25

January 3, Noon	Registration opens and is rolling	CLR Membership and Registration Page
January 4, 1:30-2:30 p.m.	Online Registration Help Session	<a href="#">RSVP Here</a>
January 11, 1:30-2 p.m.	CLR Virtual Coffee Hour	Q&A Session (invitation to follow)
January 17	Class rosters emailed	Class rosters sent via email
January 17-19	Drop/add period	Instructions sent via email
March 6-10	Spring Break	CLR online classes may meet

Schedules are subject to change. \*ALL TIMES LISTED ARE EASTERN TIME.

## FROM THE OFFICE OF CPS

*Enjoy the Grandeur of Nature! with CLR!* We are very excited to be welcoming all of our new and returning members back to yet another exciting and robust CLR Online Program this Spring 2023! With 104 varied course offerings (the most we've ever offered!), which include 33 exclusive virtual, live, guided museum tours, trips, and adventures and 8 DelVal exclusive virtual seminars, taught by our gracious 78 volunteer instructors, there is something for everyone! The program is jam-packed with value! Special thanks to our friends listed on p. 28 of this brochure for being on board with us this Spring!

To celebrate the Spring season and to encourage members to get outdoors and to Explore the Grandeur of Nature!, all Spring 2023 CLR members will receive an exclusive CLR-Branded pocket, eco-friendly field notebook mailed to them as part of their membership as well! The notebook will also be enclosed with an insert containing some simple, yet engaging nature journaling prompts. Whether you decide to use the notebook as a nature journal, for sketching, and/or to just keep on hand for jotting down quick notes or To-Do lists, this notebook will be sure to keep you and your thoughts organized in style! See p. 1 for full details!

We have also incorporated into the offerings various seminars which revolve around exploring and observing the great outdoors and nature! Whether you seek to learn more about biking, hiking, bird watching, seeing mathematical patterns in nature, nature journaling, photographing nature, and more—we have you covered! Please be sure to help us to continue to spread the word about CLR to friends and your organizations far and wide (please see p. 34 for an electronic/printable flyer). Mark your calendars—Spring Online Registration will be rolling and opens Tuesday, January 3 at Noon (ET). Please consult the Registration Video Tutorial to ensure that your registration goes smoothly. We look forward to having you join us for a fruitful and productive term! Happy Learning from CLR!

Elizabeth Hollenbach, CLR Coordinator

## CLR ONLINE PROGRAM HIGHLIGHTS

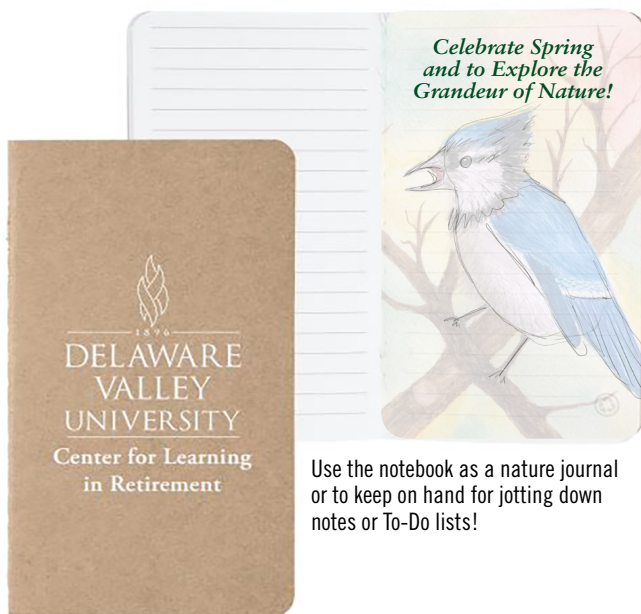
- No age requirement
- No geographic requirement
- No deadline to register—online registration is rolling
- 1 Membership fee per term entitles members to register for an unlimited number of courses on a first-come, first-served basis; courses are not individually priced
- Varying class start dates, durations, and times
- Any smart device can be used (ie. ipad, tablet, laptop, computer, phone)
- Tech support and assistance available via phone through the Center

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*Please Note: Delaware Valley University is not responsible for any damage or personal injury sustained when a member is participating in any Delaware Valley University activities. Information/opinions presented in any Center for Learning in Retirement (CLR) courses are those of the instructor(s) and do not necessarily reflect Delaware Valley University's policies or positions. CLR course descriptions and content or instructor biographies are not reviewed for accuracy or approved by the faculty or staff of DelVal. Schedules are subject to change.*

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Use the notebook as a nature journal or to keep on hand for jotting down notes or To-Do lists!

All Spring 2023 CLR members will receive an exclusive branded pocket, eco-friendly field notebook mailed to them as part of their membership! The notebook will include some simple, yet and engaging journaling prompts.



Spring membership allows access to 33 virtual, live, guided museum tours, trips, and adventures as well as 8 DelVal exclusive virtual seminars. See some of the prior virtual tours: [CLR Virtual Museum Tours](#).



Learn about benefits of the [online program](#) from CLR instructors Larry Lefkowitz and Sara Weisman-Shein.



**Did you know that CLR has a featured radio ad on WRDV-FM's Radio Station?** Click [HERE](#) to hear it! Tune in at [wrdv.org](http://wrdv.org)



**GIVE THE GIFT OF LIFELONG LEARNING!** Certificates are available for the Spring Semester (Jan 3 - April 25) in varying amounts. Call 215.489.4990 to learn more.

# SPRING ONLINE COURSES

## SPRING TERM: FEB 1- APR 25

**SPRING I:** Feb 1- Mar 14

**SPRING II:** Mar 15-Apr 25

Courses will run full terms unless otherwise noted, please see individual course descriptions.

CRN	DAY	TIME	INSTRUCTOR	COURSE TITLE	TERM
100	Mon.	9:25-10:40am	Tony Sciaino	Basic Conversational French	Spring II
101	Mon.	9:25-10:40am	Mary Lou Dahms	All-Levels Vinyasa Flow Yoga	Spring
102	Mon.	9:25-10:40am	Michael Smith	Introduction to Birding at Peace Valley Nature Center	Spring
103	Mon.	9:25-10:40am	Alan Freedman	The Amazing Computer Chip (Seminar)	Spring II
104	Mon.	9:25-10:40am	Glen Maxson	Biking Trails in Bucks, Montgomery Counties & Surrounding Areas	Spring II
105	Mon.	9:25-10:40am	Russ Bellavance	Modern Political Thought Continued...	Spring II
106	Mon.	10:50am-12:05pm	Doreen Stratton	Out From Slavery	Spring I
107	Mon.	10:50am-12:05pm	Janice Jacobs	Gardening Fundamentals	Spring II
108	Mon.	10:50am-12:05pm	John Deitz	Tricks of the Trade: Artist Tricks From Ancient Times to Modern (Seminar)	Spring I
109	Mon.	11:00am-12:00pm	Carol Moyer	All About Irises! (Seminar)	Spring II
110	Mon.	11:00am-12:00pm	Melissa Langston, Ph.D.	Environmental Endocrine Disruptors 101 (Seminar)	Spring I
111	Mon.	12:15-1:30pm	Michael Smith	GET OUT!: Outdoor Adventure Preparedness (Seminar)	Spring II
112	Mon.	12:15-2:15pm	Beth Lapp	Selling Your Stuff on the Internet	Spring I
113	Mon.	12:15-2:15pm	Beth Lapp	Selling Your Stuff on the Internet	Spring II
114	Mon.	12:30-1:15pm	Kellie VonStein	6 Pillars of Brain Health (Seminar)	Spring I
115	Mon.	12:30-1:15pm	Kellie VonStein	Social Security: Understanding Your Benefits (Seminar)	Spring II
116	Mon.	1:30-2:30pm	Lt. Charles Zeigler	Protecting Your Home & Property - Your Most Valuable Assets (Seminar)	Spring I
117	Mon.	1:40-2:55pm	Susan Taylor	Worth A Thousand Words: The Delaware Canal in Photos... (Seminar)	Spring I
118	Mon.	1:40-2:55pm	Louise Pulini	Watching Upstream-Great Finds on the Streaming Services and Cable	Spring I
119	Mon.	1:40-2:55pm	Rick Spector	The Three Stooges (Seminar)	Spring II
200	Tues.	9:25-10:40am	James Brown	Civil War Reconstruction & The New South	Spring
201	Tues.	9:25-10:40am	Glen Maxson	Origin and Evolution of Earth (Seminar)	Spring II
202	Tues.	9:25-10:40am	Glen Maxson	Science & Religion (Seminar)	Spring I
203	Tues.	9:25-10:40am	Glen Maxson	All About Electric Bicycles! (Seminar)	Spring II
204	Tues.	9:25-10:40am	Jerry Waxler	Start Writing About Your Life: The Best Hobby in the World	Spring I
205	Tues.	9:30-10:30am	Sara Weir	Optimizing Car Safety 101 (Seminar)	Spring I
206	Tues.	9:30-10:30am	Richard Newman, Esq.	Know Your Options: Medicaid & Asset Protection Essentials (Seminar)	Spring I
207	Tues.	10:00-11:00am	Connie Houchins	Andalusia: 225 Years of History Along the Delaware River (Seminar)	Spring II
208	Tues.	10:00-11:00am	Jennifer Shelly, VMD	Topics in Veterinary Medicine (Seminar)	Spring I
209	Tues.	10:50am-12:05pm	T.Lashnits/B.Bishop	Great Decisions in Foreign Policy	Spring
210	Tues.	10:50am-12:05pm	Michael Martorelli	More Histories of America's Infrastructures	Spring II
211	Tues.	10:50am-12:05pm	Marissa Jacobs	Foraging Foray: An Introduction to Identifying & Using Wild-Edibles...	Spring II
212	Tues.	11:00am-12:00pm	Ross Brakman	American Treasure Tour Museum: A Virtual Tour (Seminar)	Spring I
213	Tues.	11:00am-12:00pm	Peter Kupersmith	Exploring the History of Delaware Valley University (Seminar)	Spring II
214	Tues.	11:00am-12:00pm	Jimmy Mopecha, Ph.D.	Applications of Mathematics to the Natural World & the Sciences (Seminar)	Spring I
215	Tues.	12:15-1:30pm	Mark Conlon	Senior Fitness Conditioning (Seminar)	Spring I
216	Tues.	12:15-1:30pm	Lois Silverman	When Comedy Was King/Queen Part II: TV Comedy 1960-1980	Spring
217	Tues.	12:15-1:30pm	Larry Lefkowitz	Microsoft Windows Basic Operations	Spring I
218	Tues.	1:00-2:00pm	Stephen Cote	Topics in First Aid & CPR (Seminar)	Spring I
219	Tues.	1:30-2:30pm	Gregory George, Ph.D.	Ornithology 101 (Seminar)	Spring II
220	Tues.	1:30-2:30pm	Elise Georgulis, Ed.D.	Utilizing Free Online Research Tools & Resources (Seminar)	Spring I
221	Tues.	1:30-2:30pm	Christina Houck	Self Defense Tips for Seniors Using Brazilian Jiu-Jitsu (Seminar)	Spring II
222	Tues.	1:40-2:55pm	Victor Bittman	Tablets & Smartphones	Spring I
223	Tues.	1:40-2:55pm	Victor Bittman	Tablets & Smartphones	Spring II
224	Tues.	1:40-3:40pm	Christy Lynch	Gifts from the Kitchen: Freezer Jams and Jellies (Seminar)	Spring II
225	Tues.	1:40-3:40pm	David Tonkin	The Remarkable Women of WWII (Seminar)	Spring I
226	Tues.	1:40-3:40pm	David Tonkin	The Remarkable Women of WWII (Seminar)	Spring II
227	Tues.	1:40-3:40pm	Narayan Acharya	Brazilian Songbook: Part I	Spring
228	Tues.	1:45-2:30pm	Kellie VonStein	Fact Tracker: Sorting Fact From Fiction Online (Seminar)	Spring II
300	Wed.	9:25-10:40am	Alvin Lavoie	Introduction to Masking: Moving Beyond Simple Photo Editing	Spring II



CRN	DAY	TIME	INSTRUCTOR	COURSE TITLE	TERM
301	Wed.	9:25-10:40am	Charles Kleeman	The English Castles	Spring
302	Wed.	9:25am-12:05pm	Jan Marabito	Professional Artists Lecture Series	Spring
303	Wed.	10:00-10:45am	Lindsay Hughes	North Penn Water Authority: A Virtual Tour (Seminar)	Spring II
304	Wed.	10:50am-12:05pm	Alvin Lavoie	Digital Photography	Spring I
305	Wed.	10:50am-12:05pm	Alvin Lavoie	Introduction to Digital Photo Editing	Spring II
306	Wed.	10:50am-12:05pm	Elizabeth Steele	Jane Austen's Persuasion	Spring
307	Wed.	12:00pm-1:00pm	Carolyn Prieto	Standing & Chair Yoga	Spring
308	Wed.	12:15-1:30pm	Robert Bencher	Tips for Jumpstarting A New Business	Spring II
309	Wed.	12:15-1:30pm	Roy Rosser, Ph.D.	Wordle--And Beyond! (Seminar)	Spring I
310	Wed.	12:15-1:30pm	Roy Rosser, Ph.D.	Wordle--And Beyond! (Seminar)	Spring II
311	Wed.	12:30-1:15pm	Kellie VonStein	Retirement Planning: Strategies for Today & Tomorrow (Seminar)	Spring I
312	Wed.	12:30-1:30pm	Christen Conly	Munch on This: Food for Thought & Nutrition Too! (Seminar)	Spring I
313	Wed.	1:30-2:30pm	Leah Smith	Easter Art at Glencairn: A Virtual Tour (Seminar)	Spring II
314	Wed.	1:30-2:30pm	Howard Eyre	Walking Into Spring: DelVal & The Philadelphia Flower Show (Seminar)	Spring II
315	Wed.	1:30-2:30pm	Autumn Shaner	From Salty Meats to Tasty Treats: The History of Food Trucks (Seminar)	Spring I
316	Wed.	1:30-2:30pm	Michelle Squicimara	The Stoogeum: A Virtual Tour (Seminar)	Spring I
317	Wed.	1:40-2:55pm	John Banger	Great Jazz Vocalists	Spring II
318	Wed.	1:40-2:55pm	John Deitz	Introduction to Oceanography: A Dynamic Approach	Spring
319	Wed.	1:40-2:55pm	Christy Lynch	Home Food Preservation Tips (Seminar)	Spring I
320	Wed.	1:40-4:10pm	Scott McLaren	Meet the Beatles	Spring I
321	Wed.	3:05-4:20pm	Bill Lieser	Conversations on Cinema	Spring
322	Wed.	3:05-4:20pm	A. Lee Miller	CLR Book Club	Spring
323	Wed.	3:05-4:20pm	T. Lashnits/B.Bishop	Socrates Café	Spring
400	Thurs.	9:25-10:40am	Alan Freedman	All About Cryptocurrency!	Spring I
401	Thurs.	9:25-10:40am	Alan Freedman	All About Cryptocurrency!	Spring II
402	Thurs.	9:25-10:40am	Eugene Sosnowski	Discussions for Curious Minds	Spring I
403	Thurs.	10:30-11:30am	Vivian Williams	The History of Fairmount Waterworks (Seminar)	Spring II
404	Thurs.	10:30am-12:00pm	Michael Maguire	The History of the Johnsville Naval Air Development Center (Seminar)	Spring II
405	Thurs.	10:50am-12:05pm	Jerry Waxler	Write & Share	Spring II
406	Thurs.	10:50am-12:05pm	Jeanne Litwin	Green Lifestyle Alternatives	Spring II
407	Thurs.	11:00am-12:00pm	George Gula	Pennsylvania Trolley Museum: Philadelphia Trolleys (Seminar)	Spring I
408	Thurs.	11:00am-12:00pm	Michael Maguire	Aeronautics & The Science of Flight (Seminar)	Spring I
409	Thurs.	12:15-1:30pm	Meg Groff, Esq.	Topics in Family Law	Spring I
410	Thurs.	12:30-1:15pm	Kellie VonStein	Decluttering & Downsizing: You Can't Take It With You (Seminar)	Spring I
411	Thurs.	12:30-1:15pm	Kellie VonStein	Medicare 101 (Seminar)	Spring II
412	Thurs.	1:00-2:00pm	Nancy McElwee	Life and Legacy of Pearl S Buck: A Woman Ahead of Her Time (Seminar)	Spring I
413	Thurs.	1:30-2:30pm	Amanda McCall	Civil War Medicine (Seminar)	Spring I
414	Thurs.	1:30-2:30pm	Amanda McCall	Plant Medicine: Then and Now (Seminar)	Spring II
415	Thurs.	1:40-2:55pm	Marissa Jacobs	Scientific Illustration for Naturalists	Spring I
416	Thurs.	1:40-2:55pm	Larry Lefkowitz	Car Evolution Part I: 1950-1980	Spring II
417	Thurs.	1:40-3:40pm	David Tonkin	Lawrence of Arabia	Spring I
418	Thurs.	1:40-3:40pm	David Tonkin	Lawrence of Arabia	Spring II
419	Thurs.	3:05-4:20pm	Gregory Kuhn	Goals-Based Investing	Spring
500	Fri.	10:30-11:15am	Roger Turner	What's Behind a Nobel Prize? (Seminar)	Spring II
501	Fri.	10:30-11:30am	David Shallcross	Top 10 Senior Scams (Seminar)	Spring I
502	Fri.	10:30am-12:00pm	Michael Maguire	How We Got to the Moon! (Seminar)	Spring I
503	Fri.	11:00am-12:00pm	Sandra Kerr	Forgotten Heroes: Women & Their Fight for Suffrage (Seminar)	Spring II
504	Fri.	12:30-1:30pm	Laura Soder	What's New at the Zoo?! (Seminar)	Spring I
505	Fri.	12:30-1:30pm	Barry Fleck	The Half-Moon Historic Inn of Newtown: A Virtual Tour (Seminar)	Spring II
506	Fri.	1:30-2:30pm	Matthew Davis	A Literary Place: Andalusia the Home of Flannery O'Connor (Seminar)	Spring I
507	Fri.	12:30-1:30pm	Nicole Chinnici	All About Ticks of PA! (Seminar)	Spring II
508	Fri.	1:40-2:40pm	Don Tenenblatt	The American Songbook: Discussion & Sing Along-Part I (Seminar)	Spring I
509	Fri.	1:40-2:40pm	Don Tenenblatt	The American Songbook: Discussion & Sing Along-Part II (Seminar)	Spring II
510	Fri.	1:40-3:40pm	James Mattison	Epigenetics: The Ancestral Ghosts Inside Us (Seminar)	Spring II

Exclusive virtual, live, guided museum tour, trip, and adventure!

DelVal Exclusive virtual, live, guided tour, trip, and adventure!

\*ALL TIMES LISTED ARE EASTERN TIME

\*\* (Seminar) denotes a one-time class meeting that will provide an overview of and exposure to the topic at hand.

# CLR MEMBERSHIP AND CLASS REGISTRATION

**\$90 per person for the Spring 2023 Semester**

*This fee entitles members to register for as many courses as they would like on a first-come, first-served basis that are available at the time of registration.*

Check out this step-by-step [Online Registration Video Tutorial](#) to make sure that your registration goes smoothly!

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## STEP 1: PURCHASE MEMBERSHIP

Visit our [CLR Online Registration Store](#). (Please see below for full link if needed) Select the “CLR Spring 2023 Membership” product, click “add to cart,” and click “checkout.”

\*Please note that the “CLR Spring 2023 Membership” product will not be available and not appear in the Online Store until online registration opens Tuesday, January 3 @ Noon (ET).\*

## STEP 2: SELECT COURSES

Now select the available courses you would like to register for that are listed under the Additional Items heading by clicking on the add to cart icons next to the respective courses for which you would like to register.



Each time you add a course, the quantity in the small red bubble in your shopping cart in the upper right corner will increase. Once you are finished making your selection, scroll down to the bottom and click “Continue.” Please note that if a course is full by the time that you register, it will no longer be listed under the Additional Items heading. Courses will be filled on a first-come, first-served basis and members may take as many courses as they’d like so long as seats are available. If you need to make changes to the items you’ve selected in your cart at any time, click the shopping cart icon at the top, right-hand side of the page and adjust as needed.

## STEP 3: INPUT CONTACT INFORMATION, REVIEW ORDER, AND SUBMIT

Please complete all required remaining fields in the Buyer, Contact, & Payment information sections. Don’t forget to hit “Continue” after each section. You will then be prompted to enter your payment information. Click “Review Order” when finished, then click “Submit Order.” You should receive via email EITHER one hybrid order confirmation receipt confirming both membership and your classes OR you should receive two separate confirmation receipts-one confirming your membership and another confirming your classes.

All registration requests submitted are final, and only one online registration form may be submitted per member. Changes to the courses you selected can only be accommodated during the drop/add period (January 17-19). More info regarding the drop/add process will be communicated via email. Membership Registration for the Spring 2023 Online Program is non-refundable.

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*Need Help Registering? Please consult our instructional [Registration Video Tutorial](#).*

*Schedule a live [Registration Help Session](#) (Wednesday, January 4 from 1:30-2:30 p.m. via Zoom), or call 215.489.4990. We will be happy to assist you with the online payment and registration process and/or register you via phone.*

Visit <https://tinyurl.com/CLRregistration> for the registration link

# PROGRAM FAQs

The CLR program and all courses will be conducted synchronously (i.e., following the already established and set day/time schedule) live online only. No courses will be held on-site.

## What will I need if I am interested in taking online CLR courses this fall?

- A Computer
- Desktop computer with speaker and microphone or with a headset (webcam-optional)  
– OR –
- A laptop/tablet (most come with internal webcams and microphones)  
*Note: accessing courses via a smart phone is not recommended for optimal experience, however, the Zoom app can be downloaded to a smart mobile device*
- Internet Access  
*No Zoom account, prior experience, or special software needed. The Zoom app is free and can be easily downloaded and run.*
- Access to Email

## How exactly will courses be conducted online?

Instructors have been given basic training by our IT Team in using the free online web conferencing app Zoom and briefed on how to securely conduct their classes. Please note that instructors have been trained in how to adjust their meeting settings so as to achieve maximum security. What's Zoom? Check out this [video](#) for a brief overview (third-party video; not affiliated with DelVal). Classes will have varying capacities. Instructors will be able to share their screens, present PowerPoints and videos, interact with members, and members will be able to interact with each other as well through the platform in live time via audio, chat, or via optional video (webcam). Members will be able to control at all times if they would like to be seen or not via video and control if they would like to be heard or not. Members are able to easily mute and unmute their microphones with the click of a button and are able to enable and disable their webcams, if applicable, at any time. Please note that most laptops come equipped with internal webcams and internal microphones. No need to purchase any extra equipment unless you are using a desktop computer and do not have speakers and a microphone, a headset, or a webcam (only if you would like to be seen). Even if you do not have a webcam, you will still be able to see the instructor's presentation.

## How will members access the courses?

Prior to the start of their courses, instructors will email their class members the following:

- Class-specific link to join their Zoom meeting
- Class Class-specific meeting ID
- By clicking on the link and inputting the meeting ID, members will be able to access the course(s). Check out this [video](#) for a sneak peak to see how easy it is to join a Zoom Meeting (third-party video; not affiliated with DelVal).

## Are there any resources that can help me with Zoom if I'm having trouble?

Yes. Prior to the start of the semester, registrants will be provided with a quick start guide which includes helpful video links to familiarize themselves with how to join Zoom meetings and how to navigate Zoom. Current Spring 2023 CLR members will also be invited to a Virtual Coffee Hour (January 11 with an invitation to follow) which will serve as an open forum for members to join instructors and fellow members and have their questions addressed prior to the start of the semester. Also, two large optional Zoom test runs will be conducted prior to the start of the term and each instructor will conduct a brief test run 15min immediately prior to the start of their first classes to ensure that everything runs smoothly prior to the start of the term and first class. If issues arise during a Zoom test run, members are to contact their instructors directly to describe the issue. Instructors will collaborate with our volunteer troubleshooting aids to help resolve any technical issues. These troubleshooting aids are volunteer CLR members who have extensive career backgrounds and experience in technology and online teaching and learning.

*Please note: The University's IT Team will NOT be available to assist CLR with troubleshooting issues should any arise due to the University's high demand of needs at this time. CLR members and instructors will not be permitted to contact the University's IT Team.*

# COURSE DESCRIPTIONS

## MONDAY CLASSES

### 100 Basic Conversational French Mondays, 9:25-10:40am | Spring II

*Instructor: Tony Sciaino*

Parlez-vous français? This course is designed to expose you to daily conversation in the French language. Participants will be introduced to being able to speak basic French which is very helpful in this country, and useful for preparing for a trip to France. Topics will include basic salutations and greetings, the phrases and sentences regarding time of day, the date, the weather, as well as occupations. As we proceed, participants will have occasion to speak basic conversation and will have the opportunity to recommend other topics of interest regarding the language as well.

### 101 All-Levels Vinyasa Flow Yoga Mondays, 9:25-10:40am | Spring

*Instructor: Mary Lou Dahms*

Now breathe. Vinyasa is a style of yoga in which the practitioner moves seamlessly from one pose to the next, guided by breath. This class will begin with a short centering and breathing sequence and meditation, followed by a warm-up, and a series of standing poses, hip openers, backbends, twists and forward folds. It will conclude with inversions, a cool down, and a closing sequence as well. [Note: Modifications will be offered for all poses to accommodate participants of all levels and abilities. Members should have a mat and yoga blocks handy for class; bolster optional.]

### 102 Introduction to Birding at Peace Valley Nature Center Mondays, February 6-April 3 | 9:25-10:40am

*Instructor: Michael Smith*

White-Throated Sparrow. Chickadee. Mewing Catbird. These are all common North American birds that if you watch and listen carefully to, you will be able to identify in your own backyard or while on your next hike at Peace Valley Park (Doylestown, PA). In this course, the basic tools and practices used in the hobby of bird watching will be presented. Later classes will involve virtually taking to the field and identifying species that all levels of birders should find interesting and fun! No prior experience is necessary.

### 103 The Amazing Computer Chip (Seminar) Monday, March 20 | 9:25-10:40am

*Instructor: Alan Freedman*

Everyone hears about computer chips, their ubiquity, and their shortage, but very few people actually understand how magical the chip really is. In this seminar, you will learn about the most extraordinary technology that has dramatically changed the world. Are you ready to plug in?

### 104 Biking Trails in Bucks, Montgomery Counties & Surrounding Areas Mondays, April 10, 17, & 24 | 9:25-10:40am

*Instructors: Glen Maxson, Charles Kleeman*

Fresh air. Scenery. Sounds of nature. These are all things you can enjoy while enjoying a bike ride. For those of you who want to get out on your bicycles (electric or not) this spring, this course will provide an overview of trails in the trails Bucks and Montgomery county areas, provide recommendations on best trail access points, and highlight delicious lunch stops. It will also provide you with online resources that you can use to plan your next bicycle trek which will help you determine beforehand whether a trail is flat or hilly, paved or gravel. And we'll also talk about e-bike restrictions, if any, being imposed on these trails and more. Let's get rolling!



Charles Kleeman, Biking Trails 104

### 105 Modern Political Thought Continued... Mondays, 9:25-10:40am | Spring II

*Instructor: Russ Bellavance*

In this survey course, we will trace the origins of modern political philosophy which began with the writings of Machiavelli. We will take a trip through the eighteenth century Enlightenment, examine the nineteenth century foundations of classical liberalism, utilitarianism, socialism and communism, explore the early twentieth century clashes of international communism and national socialism, and delve into the post-World War II growth of social democracies. The course will conclude with an examination of the late twentieth century emergence of Post-Modernism and its rejection of the Enlightenment Project. [Note: This class will be a continuation of the previous term's Modern Political Thought Part I course. This first course is encouraged, but not required.]



## 106 Out From Slavery

**Mondays, February 6-27 | 10:50am-12:05pm**

*Instructor: Doreen Stratton*

In honor of Black History Month, join Doreen Stratton, a third-generation Doylestown resident, writer, researcher, and photographer, and granddaughter of a Civil War veteran for this course as she discusses the Underground Railroad and the journey of captives and fugitives from Africa to Freedom.

## 107 Gardening Fundamentals

**Mondays, 10:50am-12:05pm | Spring II**

*Instructor: Janice Jacobs*

Do you envy the “green thumb” of your neighbor? This course is an introduction to the fun and art of gardening. We will cover topics such as plant selection and placement, including deer-resistant plants, how to maintain what you have planted, designing for continuous blooms, the very basics of soil, water, and sun as the keys to success, how to divide your perennials and plant/shrub combinations, and more! No prior experience is necessary.

## 108 Tricks of the Trade: Artist Tricks From Ancient Times to Modern

**Mondays, March 6 & 13 | 10:50am-12:05pm**

*Instructor: John Deitz*

Artists have used drawing aids since at least the times of ancient Egypt to speed their work and increase their knowledge. These devices and techniques are often overlooked; however, they nonetheless serve as integral learning tools for both the beginner artist to the advanced. In this course, we will not only trace the history of the use of these tools, but we will also examine both the opportunities and limitations that each affords. Such artists including David Hockney and Vermeer, their use of these techniques, and the Hockney-Falco Thesis will also be discussed.

## 109 All About Irises! (Seminar)

**Monday, March 27 | 11:00am-12:00pm**

*Instructor: Carol Moyer*

This brief seminar will provide an overview of how and why you should invite Irises to your next garden party! The structure of the Iris, how they grow, the needs of the bearded Iris, different Iris types that bloom from April until Fall, and many more facets of Irises will be discussed and cultivated in this seminar.

## 110 Environmental Endocrine Disruptors 101 (Seminar)

**Monday, March 13 | 11:00am-12:00pm**

*Instructor: Melissa Langston, Ph.D.*

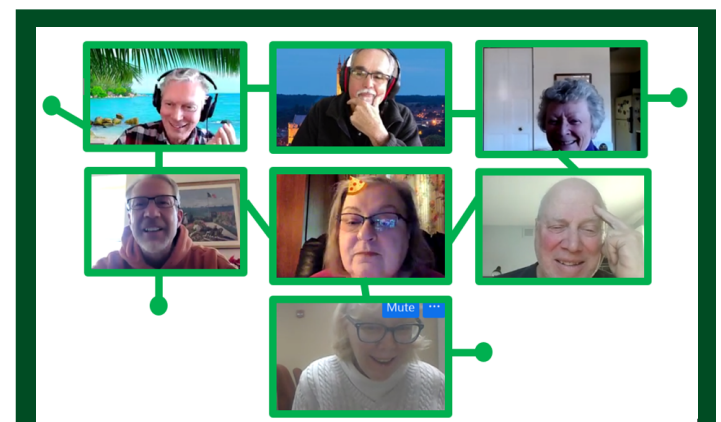
Ever wonder why certain product labels more and more include “BPA or phthalate free?” What do these chemicals do? Could these be “forever chemicals?” In this seminar, you will be given an overview of Dr. Langston’s research regarding the detection and quantification of environmental endocrine disruptors which can be found in everything from personal care products to normal household items to soil, air, and water.

## 111 GET OUT!: Outdoor Adventure Preparedness (Seminar)

**Monday, April 17 | 12:15-1:30pm**

*Instructor: Michael Smith*

Outdoor recreation is one of the most cost effective and healthy activities we can pursue. Whether in a local park or on an African safari, being in nature helps heal the mind and body. In this seminar, we will discuss how to prepare and what to bring on your excursion to make it safe and enjoyable. Let’s go!



## NEW TO ZOOM?

Our wonderful team of volunteer technical assistants will help you get and stay connected!

CLR offers remote technical assistance via phone and zoom. Visit the FAQs section for a list of smart device requirements.

### **112 Selling Your Stuff on the Internet** **Mondays, 12:15-2:15pm | Spring I**

*Instructor: Beth Lapp*

Do you have something you would like to sell on the internet? Do you know how to find out if it is saleable and, if so, at what price? The key to a successful sale depends on choosing the right starting price, selecting the most appropriate marketplaces, and creating an effective listing. This comprehensive course explores the online sales lifecycle, starting with thought processes and techniques for determining if your item is worth selling, and ends with steps for listing on six popular marketplaces. [Note: Course content reflects computer-based activities. Although there are cell phone apps for each marketplace, display and functionality are rarely the same. The Center for Learning in Retirement at Delaware Valley University is not dealer/trader and classes are for educational purposes only.]

### **113 Selling Your Stuff on the Internet** **Mondays, 12:15-2:15pm | Spring II**

*Instructor: Beth Lapp*

Please see immediately prior course listing for course description. [Note: This course is a repeated section of the same course offered during the Spring I term, not a continuation of the course.]

### **114 6 Pillars of Brain Health (Seminar)** **Monday, February 27 | 12:30-1:15pm**

*Instructor: Kellie VonStein, AARP*

It's never too late to focus on your brain health! In this interactive seminar, you will learn about the six pillars of brain health, activities that support brain health, and hopefully be inspired by others. You will also be provided with information on the latest research on brain health, lifestyle suggestions, and resources to learn more.

### **115 Social Security: Understanding Your Benefits (Seminar)** **Monday, April 3 | 12:30-1:15pm**

*Instructor: Kellie VonStein, AARP*

This seminar explains the facets of Social Security (retirement, survivors, and disability benefits), discusses the options for when to claim your retirement benefits, and covers implications of working while collecting benefits.

### **116 Protecting Your Home & Property-Your Most Valuable Assets (Seminar)** **Monday, February 6 | 1:30-2:30pm**

*Instructor: Lt. Charles Zeigler, Doylestown Township Police Department*

This brief seminar will provide an overview of how to protect your home and property with minimal financial obligation. We will speak about basic home security, ways to improve the security you currently have, and speak about networking with neighbors and finding ways to communicate outside of social media. Lastly, we will discuss what to do if you witness suspicious or criminal activity in your neighborhood. We will also allot time for Q&A.

### **117 Worth A Thousand Words: The Delaware Canal in Photos Old and New (Seminar)** **Monday, March 6 | 1:40-2:55pm**

*Instructor: Susan Taylor, Friends of the Delaware Canal*

A picture is worth a thousand words as they say. This seminar will provide a pictorial overview of the Delaware Canal (Bucks County, PA) from its past and in its many virtues today. There will be old postcard views, some then-and-now images to compare and contrast, and, of course, many of photographer Carole Mebus' outstanding scenic vistas and shots of nature at their best. Pictures of the Canal from its Bristol Borough portion to the Forks of the Delaware in Easton will be on display. This seminar will also include pictures of some favorites and "people's choices," such as the phenomenal Bald Eagle and Great Blue Heron encounter.

### **118 Watching Upstream-Great Finds on the Streaming Services and Cable** **Mondays, 1:40-2:55pm | Spring I**

*Instructor: Louise Pulini*

Be sure to sit back and relax with a bowl of popcorn! This course will focus on great finds the instructor has watched on the various streaming services and cable and interactive discussions will be fostered. Each class will focus on a particular genre or category of media such as foreign films, independent films, domestic series, comedy, cooking, and more! Clips and synopses will be provided as well.



Louise Pulini, Watching Upstream 118

## **119 The Three Stooges (Seminar)** **Monday, March 20 | 1:40-2:55pm**

*Instructor: Rick Spector*

The world is divided into two groups—one half who loves the Stooges, the other half who wonders why. If you belong to the first group, you must take this seminar. The Three Stooges were more than just slapstick. Learn the basic principles of successful comedy that have ensured the Stooges' popularity for more than 90 years and enjoy fun stooges' quizzes, meet the supporting cast, and discuss your favorite episodes. This seminar will be presented by "Whatsamatta U."

## **TUESDAY CLASSES**

### **200 Civil War Reconstruction & The New South** **Tuesdays, 9:25-10:40am | Spring**

*Instructor: James Brown*

Antietam. Shiloh. Bull Run. These are all major Battles of the American Civil War which took place from 1861-1865. This class will focus on the end of the Civil War and will examine the effectiveness of efforts to rebuild the country by reconstruction of the South.

### **201 Origin and Evolution of Earth (Seminar)** **Tuesday, March 28 | 9:25-10:40am**

*Instructor: Glen Maxson*

This seminar will cover the last 4.567 billion years of processes that have created our solar system and Earth—our home of course. It will utilize an approach called 'mineral evolution' which identifies the chemical, physical, and biological changes underlying the ten stages of change we'll be discussing. This topic will be expanded in future semesters, so consider this a preview of a future class currently in development.

### **202 Science & Religion (Seminar)** **Tuesday, March 14 | 9:25-10:40am**

*Instructor: Glen Maxson*

In the words of Albert Einstein, "Science without religion is lame, religion without science is blind." Science and religion are two of the most important influences on human civilization. This seminar will discuss the differences and similarities, and why both are necessary in our endless quest for knowledge and understanding. Bring an open mind and prepare for a lively discussion!



### **203 All About Electric Bicycles! (Seminar)** **Tuesday, March 21 | 9:25-10:40am**

*Instructor: Glen Maxson*

As we get older and our joints aren't working as well as they used to, we still need to get out in the great outdoors for exercise, and what better way to do that than on a bicycle (with a motor)?! This seminar will update everyone on the current state of electric bicycle technology, present e-bike choices and costs, and inform you of regulations of which you'll need to be aware before heading out to your favorite bike trails.

### **204 Start Writing About Your Life: The Best Hobby in the World**

**Tuesdays, 9:25-10:40am | Spring I**

*Instructor: Jerry Waxler*

Turn your reminiscences into an invigorating hobby! Memoir writing groups and clubs offer you a unique way to turn ancient memories into opportunities for self-expression and shared emotion. Whether you've always loved to write, or have never even considered it before, memoir writing lets you develop new neurons and strengthen old ones. Through the lens of your story, you can gain a healthy, and even healing relationship with your own past.

### **205 Optimizing Car Safety 101 (Seminar)** **Tuesday, March 14 | 9:30-10:30am**

*Instructor: Sara Weir, AAA*

This seminar is designed to provide participants with the knowledge and education needed for staying safe on the roads. Topics to be discussed include but are not limited to how to properly fit in your vehicle and how to stay alert and safe while avoiding distractions and more. Be sure to buckle up for some great safety tips!



### **206 Know Your Options: Medicaid & Asset Protection Essentials (Seminar)**

**Tuesday, March 7 | 9:30-10:30am**

*Instructor: Richard L. Newman, Esq.*

Having a good estate plan does not mean that you have a good asset protection plan. What is a good asset protection plan? Join Richard Newman, Esq. in this seminar to learn some tips and options regarding this topic and related topics. [Note: This seminar is for personal enrichment purposes only.]

### **207 Andalusia: 225 Years of History Along the Delaware River (Seminar)**

**Tuesday, March 28 | 10:00-11:00am**

*Instructor: Connie Houchins, Andalusia Foundation*

This seminar will provide a close look at the history of Andalusia Historic House, Gardens and Arboretum (Andalusia, PA). Built as a retreat from the heat and disease of summer-time Philadelphia by wealthy merchant John Craig during the 1790's, Andalusia evolved into one of the best examples of Greek Revival domestic architecture. Now a National Historic Landmark, it is best known as the home of Nicholas Biddle, President of the Second Bank of the United States during the 1820's and 30's. Furniture, paintings, decorative objects, and historic documents in the Andalusia collection tell the story of American and World history as well as that of a remarkable family and home.

### **208 Topics in Veterinary Medicine (Seminar)**

**Tuesday, February 21 | 10:00-11:00am**

*Instructor: Jennifer Shelly, VMD*

Are you an animal lover? Pets provide owners with innumerable benefits, but they also require care, compassion, and commitment. In this seminar, members will be given a first-hand overview of various topics in veterinary medicine. Seminar will be followed by Q&A.

### **209 Great Decisions in Foreign Policy**

**Tuesdays, March 7-April 25 | 10:50am-12:05pm**

*Instructors: Tom Lashnits, Betsy Bishop*

This course is produced by the non-partisan Foreign Policy Association and will highlight critical foreign policy challenges facing America today. It will provide an informed analysis of political affairs and will encourage understanding of opposing viewpoints. Topics for the spring include "Energy Geopolitics," "China and the U. S.," "Climate Migration" and more. Each session will begin with a twenty-five minute DVD followed by class discussion. [Note: This course will not begin until March 7. A briefing book of relevant essays from The Foreign Policy Association is recommended but not required. More info regarding this optional text to follow to registrants.]

### **210 More Histories of America's Infrastructures**

**Tuesdays, 10:50am-12:05pm | Spring II**

*Instructor: Michael Martorelli*

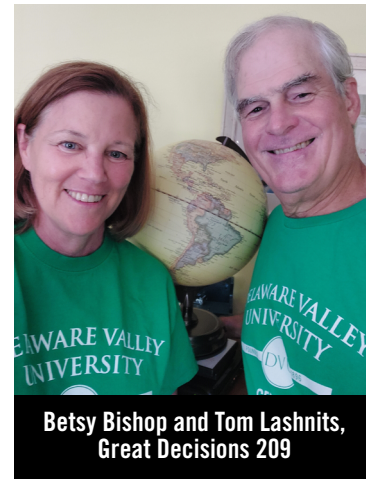
This course will explore the development of many iconic elements of America's infrastructure, the electric grid, the United States Mints, and various classic railroad stations. The initial planning and construction of what contemporaries saw as breakthrough projects that enhanced the average citizens' quality of life, the new relationships between government and industry which were forged, and the visionary managers who had spearheaded these projects by pioneering novel construction techniques and employing unusual financing mechanisms will be traced. More recent evolutionary developments concerning these decades-old projects will also be discussed.

### **211 Foraging Foray: An Introduction to Identifying & Using Wild-Edibles in the Kitchen**

**Tuesdays, 10:50am-12:05pm | Spring II**

*Instructor: Marissa Jacobs*

Discover the natural bounty in your own backyard and community in this introductory course to foraging! You will learn how to identify various local plant species, including trees, shrubs, flowers, and fruits, prior to taking a dive into ecosystem connections and foraging etiquette. You will be given opportunities to explore your community in search of wild-edibles and learn how to prepare and use plants in the kitchen to create drinks, desserts, and side dishes using in-season flowers and foliage.



**Betsy Bishop and Tom Lashnits,  
Great Decisions 209**



### **212 American Treasure Tour Museum: A Virtual Tour (Seminar)**

**Tuesday, March 7 | 11:00am-12:00pm**

*Instructor: Ross Brakman, American Treasure Tour Museum*

In this seminar, members will get an inside look at the American Treasure Tour Museum which will be broadcast live from the collection with the museum's curator as your guide. Take a ride through time as you listen to the tunes of a Wurlitzer band organ and many other self-playing instruments in the collection. From a history of telephones, to a flea circus, to a 20-foot-tall Gumby, you will witness all things pop-culture at the American Treasure Tour. You'll feast your eyes on a collection so quirky and fun that you'll want to see it to believe it. Planes, trains, automobiles, music, movies and sports—all is celebrated at the American Treasure Tour. Come celebrate!

### **213 Exploring the History of Delaware Valley University (Seminar)**

**Tuesday, April 18 | 11:00am-12:00pm**

*Instructor: Peter Kupersmith*

In this seminar, presented close to DelVal's Founders' Day, members will be given an overview of the history of Delaware Valley University as well as the history of the University's founder, Rabbi Joseph Krauskopf. From its start as the six-student National Farm School to its growth into a four-year multidisciplinary university, DelVal has steadily built on its reputation for personalized education and hands-on experience.

### **214 Applications of Mathematics to the Natural World & the Sciences (Seminar)**

**Tuesday, March 14 | 11:00am-12:00pm**

*Instructor: Jimmy Mopecha, Ph.D.*

What better way to celebrate Pi Day?! Have you ever realized how tangible math really is? It's all around us! In this seminar, you will be given an overview of how mathematics can be applied to everyday life and to the life, physical and social sciences. You'll be given more reasons than your fingers can count for how applicable math really is! 3-2-1, this class is for everyone!

### **215 Senior Fitness Conditioning (Seminar)**

**Tuesday, February 21 | 12:15-1:30pm**

*Instructor: Mark Conlon*

How often do you wiggle your bones? This seminar will introduce participants to the many benefits of beginning or maintaining an exercise program of which include but are not limited to improved physical and mental wellbeing, increased mobility, increased energy levels, and which essentially contribute to one living a more fulfilling and happier life. Simple exercises will be provided so that members can jumpstart their personal fitness goals. Let's begin!

### **216 When Comedy Was King/Queen Part II: TV Comedy 1960-1980**

**Tuesdays, 12:15-1:30pm | Spring**

*Instructor: Lois Silverman*

Comedy shows were staples for the new medium of television and viewers loved them. Through discussion and film clips, this course will explore the days of television comedy between 1960-1980. This course will be sure to reel you in with loads of fun and laughs!

**SAVE THE DATE**

**JOIN INSTRUCTORS AND MEMBERS FOR A  
VIRTUAL COFFEE HOUR**

**JANUARY 11 | 1:30-2 P.M.**



**Email invite to follow to Spring 2023  
CLR Registrants**

**217 Microsoft Windows Basic Operations**  
**Tuesdays, 12:15-1:30pm | Spring I**

*Instructor: Larry Lefkowitz*

Click. Delete. Drag. Drop. Many who use Windows need help with basic operations. Often people are shy about asking for assistance because these are fundamental tasks that they were never taught to perform of which include but are not limited to naming/renaming a file, moving/copying/deleting a file, making/finding folders, adjusting the size of windows, finding files, copying files to thumb drives, and many other operations that we take for granted until we need to use them. This class will touch on all of these subjects and more, and no question is too trivial. [Note: This class focuses on the use of desktop PCs and Windows-based laptops.]

**218 Topics in First Aid & CPR (Seminar)**  
**Tuesday, February 14 | 1:00-2:00pm**

*Instructor: Stephen Cote, Bucks County First Aid & CPR*

Celebrate National Heart month by learning a few tips regarding first aid and CPR and how best to respond during an emergency. In this short seminar, you will be given an overview of various first aid and CPR topics, tips on how best to respond during certain situations, and be given an opportunity to ask any questions you may have regarding these topics. No prerequisites required. [Note: This brief seminar overview is for personal enrichment purposes only and participation does not constitute a comprehensive and official training and certification in First Aid & CPR. Please review your local/online First Aid & CPR training and certification options if seeking training.]

**219 Ornithology 101 (Seminar)**  
**Tuesday, February 28 | 1:30-2:30pm**

*Instructor: Gregory George, Ph.D.*

Toucans, Hornbills, Red-Tailed Hawks, and more! In this seminar, members will take flight and be given an overview of various topics in ornithology and beyond! Let's soar!

**220 Utilizing Free Online Research Tools & Resources (Seminar)**  
**Tuesday, February 7 | 1:30-2:30pm**

*Instructor: Elise Georgulis, Ed.D.*

In this seminar, you will be given an overview of how to find reputable sources for a subject of interest using readily-available, free online research tools such as Google Scholar and more! Come with a topic in hand or just for fun!

**221 Self Defense Tips for Seniors Using Brazilian Jiu-Jitsu (Seminar)**

**Tuesday, April 4 | 1:30-2:30pm**

*Instructors: Christina Houck, Renê Nazaré-Azevedo, Hybrid Fit Gym*

Always be ready. In this seminar, participants will be presented first-hand with an overview of various Brazilian Jiu-Jitsu (BJJ) and self defense techniques & strategies and will learn about the proper mindset that is conducive to allowing you to always be ready and to make better fight or flight decisions, while in compromised positions, primarily while on the ground. These techniques will boost self-confidence, critical thinking, focus, discipline, and physical endurance in a safe, professional environment. Participants will learn situational awareness & various de-escalation techniques, defense moves, and more. The mission of BJJ training is to provide one with life-saving skills in high-speed, dynamic situations where one may need to protect one's self, a loved one, or a bystander.

**222 Tablets & Smartphones**  
**Tuesdays, 1:40-2:55pm | Spring I**

*Instructor: Victor Bittman*

Want to learn how to really use your tablet and/or smartphone? This course is for you! In this course, you will learn about various applications including but not limited to how to take and send pictures, how to use the GPS to navigate to new places, plus lots of tips and tricks so you can enjoy your device(s). Start learning how to use your device today! [Note: All devices are welcome.]

**223 Tablets & Smartphones**  
**Tuesdays, 1:40-2:55pm | Spring II**

*Instructor: Victor Bittman*

Please see immediately prior course listing for course description. [Note: This course is a repeated section of the same course offered during the Spring I term, not a continuation of the course.]

**224 Gifts from the Kitchen: Freezer Jams and Jellies (Seminar)**

**Tuesday, April 25 | 1:40-3:40pm**

*Instructor: Christy Lynch*

Ever wonder what the difference is between a jam and a jelly? During this demonstration seminar class, you will not only learn the difference between the two, but you will also learn how to make each of them, and be provided with various freezing techniques so as to help preserve them. These sweet spreads will be perfect to gift to friends and family

or to keep for yourself! [Note: This seminar is for personal enrichment purposes only. To learn more about comprehensive food safety practices and earning an official and comprehensive certificate in Food Safety & Handling, please contact your local County's Department of Health.]

### **225 The Remarkable Women of WWII (Seminar)** **Tuesday, February 14 | 1:40-3:40pm** *Instructor: David Tonkin*

This seminar is a tribute dedicated to the many thousands of remarkable women who contributed through their brave, altruistic actions to the hastening of victory during WWII. Members will meet fourteen of their noteworthy representatives from across the globe some of which are known to us, while others have gone unheralded or even recognized by popular history. This seminar is an attempt to bring their sacrifices and accomplishments to light in order to say a reverential "Thank you."

### **226 The Remarkable Women of WWII (Seminar)** **Tuesday, March 28 | 1:40-3:40pm** *Instructor: David Tonkin*

Please see immediately prior course listing for course description. [Note: This course is a repeated section of the same course offered during the Spring I term, not a continuation of the course.]

### **227 Brazilian Songbook: Part I** **Tuesdays, 1:40-3:40pm | Spring** *Instructor: Narayan Acharya*

This course will cover the first half of the spectrum of one hundred twenty-five years of Brazilian popular music, which had begun in the 1890's, advanced into the 1940's, and had evolved into World Music. Much of this early music is still being performed, recorded, and widely appreciated. Music clips will be presented and augmented by commentary on composers, performers, themes and styles. Some translations of lyrics will be made available, while other lyrics will be summarized.

### **228 Fact Tracker: Sorting Fact From Fiction Online (Seminar)** **Tuesday, March 21 | 1:45-2:30pm** *Instructor: Kellie VonStein, AARP*

Do you believe everything you see online? There are plenty of sensationalized headlines, misleading stories, and even complete falsehoods circulating on the internet, making it hard for even the most discerning reader to sort fact from fiction. This seminar will equip you with valuable tools and resources to help you stay safe online. Take this chance to learn how to protect yourself and loved ones. What will you learn?

## **WEDNESDAY CLASSES**

### **300 Introduction to Masking: Moving Beyond Simple Photo Editing** **Wednesdays, 9:25-10:40am | Spring II** *Instructor: Alvin Lavoie*

Masks are useful tools in photo editing as they help one to selectively edit only a portion of an image. Masks are often used to control local edits, filters, and special effects. Gradient masks (both linear and radial), luminosity, color range masks, and simple brush techniques will be covered. Time-permitting, creating selections and doing very simple composites will also be discussed. [Note: Members will need access to a photo editing program that supports layers such as, but not limited to, Affinity Photo, Photoshop, Photoshop Elements, ON1, and Luminar.]

### **301 The English Castles** **Wednesdays, 9:25-10:40am | Spring** *Instructor: Charles Kleeman*

England is said to have been home to over 4,000 Castles. And Wales has more Castles per square mile than any other country in Europe. Why is this? In this course, we will delve into these and other related questions such as What makes a Castle a Castle? What were the features and characteristics of English Castles? Where were they built? What are they today? Join me as we study at least a baker's dozen of these amazing Castles.

### **302 Professional Artists Lecture Series** **Wednesdays, 9:25am-12:05pm | Spring** *Instructor: Jan Marabito, Technical Assistant: Dom Visco*

For decades, Bucks County's bucolic beauty has long inspired artists to create a plethora of memorable works, and these works have in turn, attracted even more highly talented and contemporary artists to the area, leading it to become an artistic haven. This engaging course, which has been a staple of the program for over twenty-five years, will give you intimate access to this unique network of creative and accomplished artists. You will meet professional artists each week who work in various mediums, will learn first hand from the artists themselves about their work, techniques, lives, accomplishments, and challenges, and you will even have the opportunity to ask the artists questions related to their works. Each class features a different surprise artist some of which are well known, while others are rising stars, yet all are exceptional. Whether you are an aspiring artist or simply enjoy art, in this class, everyone is vicariously an artist and all are inspired. Ample time is allotted prior to the start of the artist's presentation (10:00am) and immediately following the lecture for questions. You are free to ask anything you would like of the artist!

### **303 North Penn Water Authority: A Virtual Tour (Seminar)**

**Wednesday, March 22 | 10:00-10:45am**

*Instructor: Lindsay Hughes, North Penn Water Authority*

Have you ever wondered where the water from your sink comes from? Take a virtual tour through the Forest Park Water Treatment Plant and get a behind the scenes look at where drinking water from North Penn Water Authority starts, how it is purified, and how it is distributed to customers.

### **304 Digital Photography**

**Wednesdays, 10:50am-12:05pm | Spring I**

*Instructor: Alvin Lavoie*

This course is for those who wish to branch out from point and shoot photography on their cell phones. We will work on skills which will allow you to get more out of your digital camera, will discuss how to edit digital photographs, and cover techniques to improve your image compositions, so as to allow you to tell more powerful and impactful stories with your photos.

### **305 Introduction to Digital Photo Editing**

**Wednesdays, 10:50am-12:05pm | Spring II**

*Instructor: Alvin Lavoie*

Ever wonder what techniques are behind captivating photos? This course will focus on explaining and demonstrating basic photo editing techniques and will expose participants to fundamental tools that are available in the most common editing software packages such as Lightroom, ON1, Luminar, Photoshop Elements, and several others to name a few. We will begin with simple global adjustments, which affect the overall image such as exposure, saturation and contrast, working up to local adjustments which adjust selective areas within an image with such features as brightening and enhancing a dark area of an image selectively. [Note: Access to a PC computer and to a photo editing software package is needed. Techniques will be demonstrated using ON1 Photo RAW, but all of the techniques covered will be applicable to most other photo editing packages. Instructor has experience with Adobe Lightroom, Luminar, DXO Photolab, and Affinity Photo software as well.]

### **306 Jane Austen's Persuasion**

**Wednesdays, 10:50am-12:05pm | Spring**

*Instructor: Elizabeth Steele*

Jane Austen's comedic novels are often mistaken for stories about romance alone. Learn about her life, time, and genius by closely reading Persuasion, which is considered by some to be her masterpiece. Was Austen a social critic, a feminist, a satirist? Discover her use of inside family jokes and eighteenth century humor, often missed by twenty-first century readers, and witness a much richer variety of topics and viewpoints than a mere love story can convey.

### **307 Standing & Chair Yoga**

**Wednesdays, 12:00pm-1:00pm | Spring**

*Instructor: Carolyn Prieto*

Using the power of breath and realizing its relationship to the body, this course will help participants to establish a gentle routine and a flow of postures which are supported and modified to the individual so as to foster healing, health, and joy.

[Note: Modifications will be offered for all poses to accommodate all levels and abilities. Members should have a mat, tennis ball, and preferably cloth band/belt handy for class.]



**Carolyn Prieto, Standing and Chair Yoga 307**

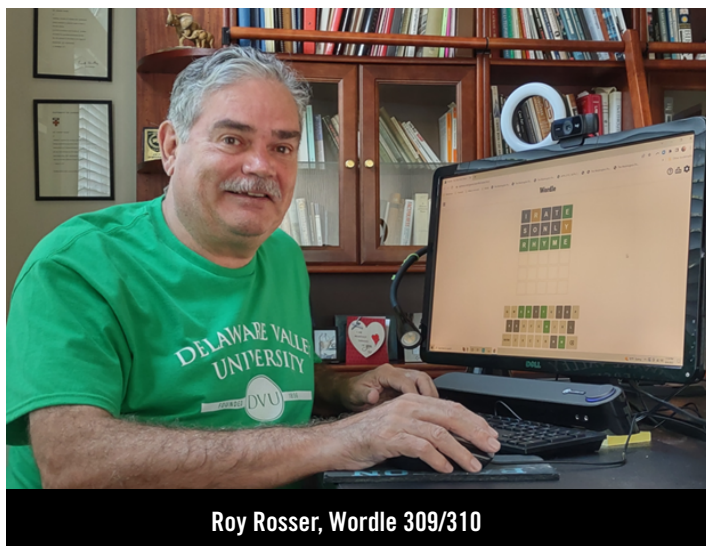
### **308 Tips for Jumpstarting A New Business**

**Wednesdays, 12:15-1:30pm | Spring II**

*Instructor: Robert Bencher*

Ever wonder about the processes involved in starting a new business? Calling all aspiring entrepreneurs! This course will not only help you to understand the building blocks of starting a new business, but it will also expose you to the many challenges as well. Topics to be addressed will include but not be limited to entrepreneurship, operations, strategies, tactics, financing, pricing, market analysis, as well as exiting. Members will also have an opportunity to present and/or discuss their own future business plans within a network of peers. [Note: This course is for personal enrichment purposes only.]





Roy Rosser, Wordle 309/310

### 309 Wordle—And Beyond! (Seminar)

**Wednesday, March 1 | 12:15-1:30pm**

*Instructor: Roy Rosser, Ph.D.*

This seminar will kick off with a review of whether or not playing games like Wordle can affect mental wellbeing and even help slow the process of aging. The basics of how to play will be discussed and a live demonstration as to how to solve a puzzle will be provided using the particular day's Wordle for fodder. After a brief look at the history of the game, we will examine various ways to analyze the game in order to answer that all important question—"What is the best starter word?" Finally, will explore related games that Wordle has spawned, including Quordle, Waffle, Nerdle, Worldle, Countryle and Artle.

### 310 Wordle—And Beyond! (Seminar)

**Wednesday, April 5 | 12:15-1:30pm**

*Instructor: Roy Rosser, Ph.D.*

Please see immediately prior course listing for course description. [Note: This course is a repeated section of the same course offered during the Spring I term, not a continuation of the course.]

### 311 Retirement Planning: Strategies for Today & Tomorrow (Seminar)

**Wednesday, February 8 | 12:30-1:15pm**

*Instructor: Kellie VonStein, AARP*

Retirement planning doesn't have to be daunting. In this seminar, you will learn tips for determining if you are on track and practical strategies to help you achieve retirement peace of mind. It's never too late to take charge of your financial future.

### 312 Munch on This: Food for Thought & Nutrition Too! (Seminar)

**Wednesday, February 1 | 12:30-1:30pm**

*Instructor: Christen Conly*

Do you ever get hangry?! In this seminar, members will learn about the impact food choices have on one's mood, will be sure to glean some tips as to how best to eat to support mood, and will be equipped with tools to cultivate mindfulness with food. One will also walk away with an experiment to see which macronutrients best support one's body.

### 313 Easter Art at Glencairn: A Virtual Tour (Seminar)

**Wednesday, March 29 | 1:30-2:30pm**

*Instructor: Leah Smith, Glencairn Museum*

This seminar will feature the Easter story illustrated through medieval works of art in stained glass, sculpture, and painting. The biblical narrative involves tremendous sadness, followed by great joy; key episodes highlighted on this tour include the Last Supper, the Crucifixion, the Resurrection, and the Ascension of Christ into heaven. Members will also learn how Easter was celebrated by the Pitcairn family at Glencairn when it was their home. Three Easter dioramas which were made in the 1920's for the Pitcairns by Winfred S. Hyatt, the principal stained-glass artist and designer for Bryn Athyn Cathedral and Glencairn, will also be displayed, as they were an important part of the family's annual Easter traditions.

### 314 Walking Into Spring: DelVal & The Philadelphia Flower Show (Seminar)

**Wednesday, April 19 | 1:30-2:30pm**

*Instructor: Howard Eyre*

Do you know the theme of the 2023 Philadelphia Flower Show? It's "The Garden Electric," a title inspired by the spark of joy that comes with giving and receiving flowers. In this seminar, members will be given a behind-the-scenes overview of the process from start to finish of how Delaware Valley University students, alongside DelVal faculty, design and submit a beautiful themed display for the Philadelphia International Flower Show each year. Members may even be given a sneak peak of the current design being worked on for the year's current show!

### **315 From Salty Meats to Tasty Treats: The History of Food Trucks (Seminar)**

**Wednesday, April 12 | 1:30-2:30pm**

*Instructor: Autumn Shaner, The Boyertown  
Museum of Historic Vehicles*

"I scream, you scream, we all scream for icecream!" This seminar will provide a brief history of food trucks in the United States, tracing their beginnings as chuck wagons to their evolution into serving versatile, chic street food. Featured are numerous photos of Boyertown Auto Body Works' trucks which had been built in the 1950's and 60's, as well as the Museum's own 1958 Mister Softee ice cream truck. You won't want to miss out on this tasty treat and adventure!

### **316 The Stoogeum: A Virtual Tour (Seminar)**

**Wednesday, February 22 | 1:30-2:30pm**

*Instructor: Gary Lassin, The Stoogeum*

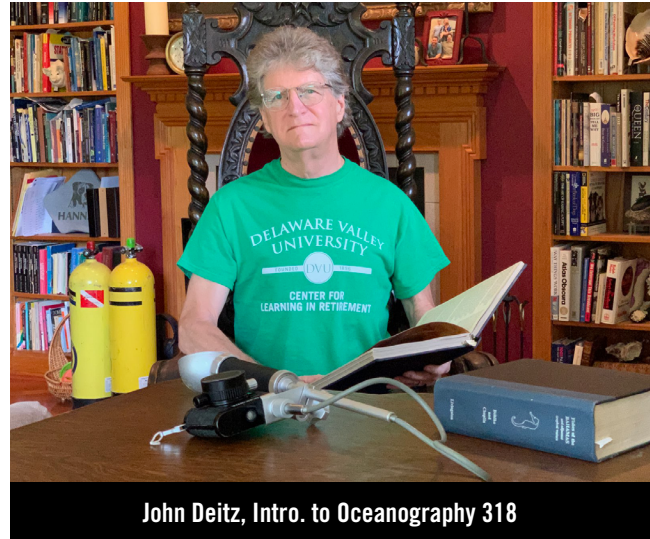
This seminar will be a virtual tour of The Stoogeum, a small history Museum located in Ambler, PA, which houses the largest private collection of Three Stooges memorabilia (or Stooage-abilia) in North America. It is also the headquarters of The Three Stooges Fan Club, one of the longest actively running fan clubs in the United States. It was opened to the public in 2004, after its curator and founder, decided to disclose his forty years' worth of hundreds upon thousands of collected pieces of Stooageabilia to the public. It is comprised of ten thousand square feet of exhibits and three floors of galleries, which track the Three Stooges' prolific careers in the entertainment industry.

### **317 Great Jazz Vocalists**

**Wednesdays, 1:40-2:55pm | Spring II**

*Instructor: John Banger*

Come celebrate our musical heritage as we listen to jazz and popular songs performed by some of the world's great vocalists — well-known, not so well-known, and some who are young and up-and-coming. Whether it's Ella Fitzgerald, Sarah Vaughan, Frank Sinatra, Tony Bennett or a host of other lesser-known names, we'll learn why the vocalist plays such an important role in helping us to understand and appreciate this musical genre, regardless of the style.



### **318 Introduction to Oceanography: A Dynamic Approach**

**Wednesdays, February 1- April 5 | 1:40-2:55pm**

*Instructor: John Deitz*

We all love the shore, wave watching, the beach, contemplating the forces that shape the land and move the water and air and provide habitat for marine life. This course will consider the way in which these forces of nature give rise to the waves and tides which then transfer the energy deep into the water so as to produce ocean currents, mix water, and ultimately provide food for ourselves and aquatic and marine organisms. The dynamic, symbiotic, and cyclical relationship between the ocean and the atmosphere will also be examined and surveyed.

### **319 Home Food Preservation Tips (Seminar)**

**Wednesday, February 15 | 1:40-2:55pm**

*Instructor: Christy Lynch*

Whether you live in the city or country, in an apartment or on a farm, this seminar will teach you practical steps you can take to store food. In this seminar, you will learn the six types of food preservation techniques, various safe methods of food storage, and the importance of diversifying your food supplies, and tips for best organizing your supply. [Note: This seminar is for personal enrichment purposes only. To learn more about comprehensive food safety practices and earning a comprehensive and official certificate in Food Safety & Handling, please contact your local County's Department of Health.]

### 320 Meet the Beatles

**Wednesdays, 1:40-4:10pm | Spring I**

*Instructor: Scott McLaren*

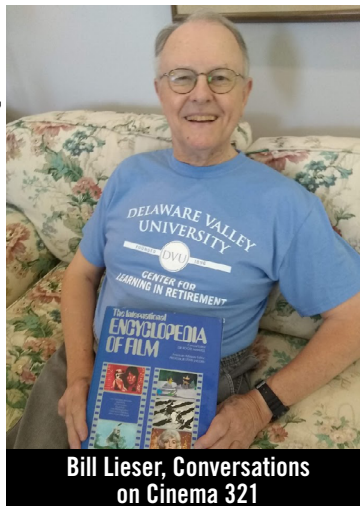
The Beatles' music communicates to people, touches them, is fun and light-hearted, is serious, is cynical, is frightening and dark. It embraces many preceding genres of music and spins them afresh. Most know the Beatles' hits but few know their story. In this class, we will delve into the rich personalities of a driven, but conflicted John, an eager-to-please, but private Paul, a money-concerned, turned spiritual George, and the abrupt late addition Richy (aka Ringo), the emulsifier of the band. We'll discuss how they met as teenagers, matured both musically and personally, and how they defined and reflected their time. Finally, we'll discuss the factors that led to their break-up. "The deeper you go, the higher you fly. So come on!"

### 321 Conversations on Cinema

**Wednesdays, February 1, March 1, & April 1 | 3:05-4:20pm**

*Instructor: Bill Lieser*

This course will focus largely on discussing recent films in the "Art House Cinema" genre and the type of independent and foreign films which are shown at Doylestown's County Theater. Prior to each class, members will have watched that class's designated film using one of the many online streaming services. The facilitator will open the discussion with some background information on the director, the actors, and the script, along with some relevant behind-the-scenes information on the making of the film, then the floor will be open for discussion by class participants. [Note: This class will virtually meet on the first Wednesday of each month of the Spring term, not in consecutive weeks. Usual movie charge applies, depending on subscription, online streaming service used to stream a particular film. Members will be provided with advance notice of each film at least one week prior to each class.]



**Bill Lieser, Conversations on Cinema 321**

### 322 CLR Book Club

**Wednesdays, February 8, March 8, & April 12 | 3:05-4:20pm**

*Instructor: Lee Miller*

The CLR Book Club reads a wide assortment of books which range from fiction, non-fiction, memoirs, short stories, to best sellers.

Participants always leave each book discussion with a greater appreciation for the book we have just discussed and they suggest the books for the next semester's class and then we all vote for our choices. [Note: This class will meet virtually on the second Wednesday of each month of the Spring term, not in consecutive weeks. Reading list will be provided to participants prior to the first class.]



**Marion McLaughlan, CLR Member**

### 323 Socrates Café

**Wednesdays, February 15, March 15, & April 19 | 3:05-4:20pm**

*Instructors: Tom Lashnits, Betsy Bishop*

Socrates Café is a discussion group which offers members the opportunity to exchange views on social, philosophical, political, and popular issues, based on their own backgrounds and experiences. For example, in the past we've discussed such topics as the consequences of inequality, the importance of friendship, and the meaning of family, to name a few. We encourage a diversity of opinions in an effort to share knowledge and to stimulate personal discovery – and just to enjoy some lively conversation! Facilitators will select the topic for the first session; after that, participants will choose the subjects. [Note: This class will meet virtually three times throughout the term on the third Wednesday of each month of the Spring term, not in consecutive weeks.]



## THURSDAY CLASSES

### 400 All About Cryptocurrency!

**Thursdays, February 2, 9, & 16 | 9:25-10:40am**

*Instructor: Alan Freedman*

Learn what crypto terms such as “Bitcoin,” “Ethereum” and “NFTs” mean and why there is so much “buzz” about them. Are they all scams, or is this bigger than the internet as pundits claim? This class will give you the fundamentals you need to make sense out of it. [Note: The Center for Learning in Retirement at Delaware Valley University is not dealer/trader and classes are for educational purposes only.]

### 401 All About Cryptocurrency!

**Thursdays, March 16, 23, & 30 | 9:25-10:40am**

Please see immediately prior course listing for course description. [Note: This course is a repeated section of the same course offered during the Spring I term, not a continuation of the course.]

### 402 Discussions for Curious Minds

**Thursdays, February 2, 9, & 16 | 9:25-10:40am**

*Instructor: Eugene Sosnowski*

This class is focused on the world-renowned TED Talks. TED is a global community dedicated to informing, inspiring, and spreading ideas in the form of short powerful talks by some of the most knowledgeable and inspired thinkers. It is a clearinghouse of knowledge covering topics including science, the environment, technology, medical advances, global issues, and more. After watching a TED Talk together, this is followed by discussion where you can share your experience, ideas, and opinions regarding the talk and subject at hand.

### 403 The History of Fairmount Waterworks (Seminar)

**Thursday, April 6 | 10:30-11:30am**

*Instructor: Vivian Williams, The Fairmount Water*

Learn about the novel design and operation of Fairmount Water Works in Philadelphia, the site of the nation’s first successful municipal water supply system. We will discuss how the supply of clean, fresh water contributed to the growth of our young city, how land use changes over the decades contributed to changes in water quality, and how stormwater runoff contributes to pollution in our waterways today. Find out about the innovative programs the Philadelphia Water Department has initiated to combat pollution in our rivers and explore what we all can do to become better stewards of our watershed.

### 404 The History of the Johnsville Naval Air Development Center (Seminar)

**Thursday, March 30 | 10:30am-12:00pm**

*Instructor: Michael Maguire*

This seminar will examine the history of the Naval Air Development Center (NADC), formerly located at the intersection of Street and Jacksonville Roads in Warminster, PA and will also touch on the local origins of naval aviation and the Brewster Aircraft Corporation. The topic of aviation technology developments especially those that helped place a man on the Moon and win the Cold War will be emphasized.

### 405 Write & Share

**Thursdays, March 16, 23, & 30 ; April 6 | 10:50am-12:05pm**

*Instructor: Jerry Waxler*

In this class, participants will be provided with some topics in memoir writing, given writing prompts, and the opportunity to write together briefly with your peers. By coming together in this virtual group, you will be able to gain familiarity and confidence in your life writing and add a few more stories to your growing collection of reminiscences.

### 406 Green Lifestyle Alternatives

**Thursdays, 10:50am-12:05pm | Spring II**

*Instructor: Jeanne Litwin*

Are you interested in learning how to incorporate more green and sustainable practices into your everyday activities? In this course, you will learn how to easily adopt behaviors that lead to a more sustainable lifestyle. We will discuss the concept of sustainability, share tips on green alternatives for home/garden, plastic packaging, food choices, waste reduction, energy consumption, and more!



## SAVE THE DATE



# VIRTUAL SPRING FLING

**THURS.  
MARCH 9  
1:30-2:30**

**Join fellow Spring CLR members for camaraderie, games, and more!**

**The Weekly Newsletter will have RSVP link.  
Email invite to follow to Spring 2023 CLR  
Registrants Kindly RSVP by 3/6/23 by noon,  
the zoom link will also be provided.**

### **407 Pennsylvania Trolley Museum: Philadelphia Trolleys (Seminar)**

**Thursday, February 9 | 11:00am-12:00pm**

*Instructor: George Gula, The Pennsylvania Trolley Museum*

All aboard! This seminar will focus primarily on the history of transit in Philadelphia. Participants will be given an overview of the city transit system, which had initially been comprised of nearly two hundred separate streetcar companies and which had eventually evolved into the Philadelphia Rapid Transit System, and later the Philadelphia Transportation Company, and now SEPTA. We will then move to the Pennsylvania Trolley Museum where the old Philadelphia cars still operate today—members will be given a virtual tour of the Museum's trolley car collections, and more. You will not want to miss the trolley on this!

### **408 Aeronautics & The Science of Flight (Seminar)** **Thursday, February 23 | 11:00am-12:00pm**

*Instructor: Michael Maguire*

Ever wonder how airplanes which can range from 740lbs to 127,000lbs can actually lift off of the ground and fly at altitudes of 36,000 ft (higher than Mount Everest) and higher?! This seminar will address the elements that make flight possible in the atmosphere and topics including but not limited to atmospheric pressure, Bernoulli's Principle, lift and drag, as well as the engines used for propulsion will be discussed. Some hands-on activities will be included as well.

### **409 Topics in Family Law** **Thursdays, 12:15-1:30pm | Spring I**

*Instructor: Meg Groff, Esq.*

In this course, members will be given an overview of topics in family law of which include but are not limited to spousal support, divorce, equitable distribution, alimony, APL, child custody, child support, protection from abuse, child protective services, and adoption. Members will be encouraged to and given the opportunity to ask questions regarding these topics as well. [Note: This course is for personal enrichment purposes only.]

### **410 Decluttering & Downsizing: You Can't Take It With You (Seminar)**

**Thursday, March 9 | 12:30-1:15pm**

*Instructor: Kellie VonStein, AARP*

Having too much stuff can impede one from relocating or from getting health care into his/her home. This engaging seminar will explore why stuff is so important to some and will teach you practical, easy-to-follow tips on downsizing and decluttering. Learn how to get started!

### **411 Medicare 101 (Seminar)** **Thursday, April 13 | 12:30-1:15pm**

*Instructor: Kellie VonStein, AARP*

This seminar will provide an overview of the different parts of Medicare including but not limited to coverage and costs and choices of plans. If you are interested in learning more about Medicare, this seminar will provide you with an overview as well as resources and tools to learn more.

### 412 Life and Legacy of Pearl S Buck: A Woman Ahead of Her Time (Seminar)

Thursday, February 2 | 1:00-2:00pm

*Instructor: Nancy McElwee*

This seminar will introduce participants to the life and work of Pearl S. Buck, Pulitzer and Nobel Prize winning author and humanitarian, who is known not only for the one hundred books she had written, but also for her humanitarian and advocacy works for children with special needs, women, civil rights, any group who had faced discrimination, as well.

### 413 Civil War Medicine (Seminar)

Thursday, February 16 | 1:30-2:30pm

*Instructor: Amanda McCall, The Mütter Museum*

This seminar will not only provide participants with an overview of the role and practice of medicine in the Civil War, which had included the use of ambulances, specialty medicine, and more, but it will also trace the impact of these early practices on modern medicine as well.

### 414 Plant Medicine: Then and Now (Seminar)

Thursday, March 16 | 1:30-2:30pm

*Instructor: Amanda McCall*

In this seminar, members will learn about the historical uses of plants in medicine beginning with a discussion of their use by healers in eighteenth century America, the period in which Benjamin Rush proposed to create a garden for medicinal plants at the College of Physicians of Philadelphia. Through three case studies, attendees will not only learn how Euro-American, Indigenous, and African American healers used plants to treat different diseases and ailments, but they will also learn how these practices have effected and influenced the use of plants in medicine today. [Note: This seminar is for personal enrichment purposes only.]

### 415 Scientific Illustration for Naturalists

Thursdays, 1:40-2:55pm | Spring I

*Instructor: Marissa Jacobs*

How often do you take time to slow down and to observe the natural world around us? We are surrounded by organisms which are laden with intricate details and mystery every day, but do we notice them? Bring out your inner artist and hone your creative skills as you learn the ins-and-outs of botanical and scientific illustration to create beautiful documentation of your ecosystem observations. This class will get you observing and learning how to document the natural world through illustration of organisms such as, but not limited to, seasonal plants, animals, and fungi as well as their

relationships and interactions with each other. We'll go over basic artistic techniques, plant & animal ID methods, and follow a step-by-step, scientific illustration process during this course. [Note: No art or natural science experience is necessary.]

### 416 Car Evolution Part I: 1950-1980

Thursdays, 1:40-2:55pm | Spring II

*Instructor: Larry Lefkowitz*

We grew up traveling in largely American-made cars, "Detroit Iron" so-to-speak, which was the family car. As it got bigger, more costly to buy the car and supply with fuel, and safety became a large factor in ownership, the American car became just part of the transportation fleet mixed with cars of varying makes from various countries of origin. This class will look at how internal and external factors combined to change our tastes, needs, and aspirations for the great love affair with the automobile.



### 417 Lawrence of Arabia

Thursdays, February 2 & 9 | 1:40-3:40pm

*Instructor: David Tonkin*

Thomas Edward Lawrence, CB, DSO was a British archaeologist, army officer, diplomat, and writer who was renowned for his liaison role during the Arab Revolt against the Ottoman Empire (Turkey) during World War I. The breadth and variety of his endeavors and associations, and his ability to describe them vividly in writing, earned him international eminence as "Lawrence of Arabia." In this seminar, we will delve into exploring Lawrence's life and history so as to truly get to know this author behind these vivid writings.

### 418 Lawrence of Arabia

Thursdays, March 16 & 23 | 1:40-3:40pm

*Instructor: David Tonkin*

Please see immediately prior course listing for course description. [Note: This course is a repeated section of the same course offered during the Spring I term, not a continuation of the course.]

## SAVE THE DATE



CELEBRATE NATIONAL TEA DAY

## VIRTUAL HIGH TEA & HATS EVENT

THURS. APRIL 20 | 1:30-2:30 P.M.

Wear your fancy hats and enjoy your own tea and scones! Learn from tea connoisseurs about the varieties of teas, how to brew the perfect cup of tea and other tea facts.

The Weekly Newsletter will contain the RSVP link.  
Email invite to follow to Spring 2023  
CLR Registrants.

### 419 Goals-Based Investing Thursdays, 3:05-4:20pm | Spring

*Instructor: Gregory Kuhn*

This course will present an overview of options for potentially allocating investment across multiple asset-class investments (e, stocks, bonds, etc..), emphasize the importance of prioritizing long-term financial goals, as well as examine options for establishing alternative investments in a portfolio, and more. [Note: The Center for Learning in Retirement at Delaware Valley University is not dealer/trader and classes are for educational purposes only.]

## FRIDAY CLASSES

### 500 What's Behind a Nobel Prize? (Seminar) Friday, April 14 | 10:30-11:15am

*Instructor: Roger Turner, The Science History Institute*

Each year, Nobel Prizes shine a spotlight on a few scientists, yet, out of the spotlight are the large and diverse teams who make the transformative research happen. In this seminar, participants will explore the many members and teams of scientists who are behind these award-winning laureates' research.

### 501 Top 10 Senior Scams (Seminar) Friday, February 24 | 10:30-11:30am

*Instructor: David Shallcross, Office of the Pennsylvania Attorney General*

Have you ever received a strange phone call from an unknown number? Who hasn't?! Or an email prompting you to take immediate action? This seminar will discuss the ins-and-outs of the top ten senior scams, provide helpful tips and strategies in preventing senior fraud, explain how one can file a complaint, and more! Tune in so as to avoid falling prey to these scams. You will not want to miss out on this informative seminar.

### 502 How We Got to the Moon! (Seminar) Friday, February 3 | 10:30am-12:00pm

*Instructor: Michael Maguire*

"That's one small step for man, one giant leap for mankind"-Neil Armstrong. Using scale models of the Mercury, Gemini, and Apollo rockets and capsules to demonstrate, this seminar will focus on the equipment, developments, as well as choreography which had played critical roles in our successful landing on the Moon. Don't miss out-this seminar will be out of this world!

### 503 Forgotten Heroes: Women & Their Fight for Suffrage (Seminar) Friday, March 3 | 11:00am-12:00pm

*Instructor: Sandra Kerr*

Inspired by the centennial anniversaries of the ratification of the Nineteenth Amendment and the founding of the League of Women Voters, this seminar will present an informative and entertaining look at the seventy-two-year-long fight for women's suffrage.

### 504 What's New at the Zoo?! (Seminar) Friday, March 10 | 12:30-1:30pm

*Instructor: Laura Soder, The Elmwood Park Zoo*

Ever wonder what it's like to work at a zoo? In this seminar, you will learn first-hand from an Elmwood Park Zoo (Norristown, PA) zookeeper regarding what a typical day is like at the Zoo, what exciting future plans are in store for this Zoo, as well as why Zoos are important, how you can make an impact for wildlife in your everyday life, and more! Also, participants may be given an opportunity to meet some furry guests!



### **505 The Half-Moon Historic Inn of Newtown: A Virtual Tour (Seminar)**

**Friday, March 24 | 12:30-1:30pm**

*Instructor: Barry Fleck, The Newtown Historic Association*

In this seminar, participants will be taken on a virtual tour of the Half-Moon Historic Inn of Newtown (Newtown, PA) and will about the many historical artifacts, furniture, pictures, cookware, and more that it contains. Why is it called the “Half-Moon Historic Inn?” Tune in to find out!

### **506 A Literary Place: Andalusia the Home of Flannery O'Connor (Seminar)**

**Friday, February 10 | 1:30-2:30pm**

*Instructor: Matthew Davis, Andalusia: Home of Flannery O'Connor*

“When it suits him, the peacock will face you. Then you will see in a green-bronze arch around him a galaxy of gazing, haloed suns.” - Flannery O'Connor

This seminar will explore the history of famous author, Flannery O'Connor's home, located in Andalusia, GA. The site, dating to 1814, covers a rich historical narrative and served as an inspiration for many of the elements and characters of O'Connor's stories. Not only the history of the site, but as well as the history of Flannery O'Connor, and the recent efforts by Georgia College to restore this National Historic Landmark will be explored.

### **507 All About Ticks of PA! (Seminar)**

**Friday, April 21 | 12:30-1:30pm**

*Instructor: Nicole Chinnici, The Tick Research Lab of Pennsylvania*

Did you know that ticks in the larval stage of development can be as small as poppyseeds?! This seminar will provide you with an overview of ticks prevalent in PA such as the Blacklegged Deer and American Dog Ticks, will provide you with information on common tick-borne diseases such as Lyme Disease and Anaplasmosis, as well as explore methods of tick safety and prevention. Services offered by the Tick Research Lab of Pennsylvania will also be discussed. Tune in to find out how to avoid exposure of both yourself and your pets to these ecto-parasites which can be vectors for diseases and pathogens. Are deer really responsible for the diseases ticks may carry? Or are they vectors too? From which animal do these diseases that ticks carry originate? Tune in to find out!

### **508 The American Songbook: Discussion & Sing Along-Part I (Seminar)**

**Friday, February 17 | 1:40-2:40pm**

*Instructor: Don Tenenblatt*

During this seminar, we will explore and sing examples from over the one hundred year evolution of American Standard including from Musical Theatre, and other Popular songs. PDFs of

lyrics will be provided in advance. [Note: No past music/singing experience is necessary. Spring I and Spring II sections of this seminar will feature different songs.]



### **509 The American Songbook: Discussion & Sing Along-Part II (Seminar)**

**Friday, March 31 | 1:40-2:40pm**

*Instructor: Don Tenenblatt*

Please see immediately prior course listing for course description. [Note: Spring I and Spring II sections of this seminar will feature different songs.]

### **510 Epigenetics: The Ancestral Ghosts Inside Us (Seminar)**

**Friday, March 17 | 1:40-3:40pm**

*Instructor: James Mattison*

This seminar will discuss epigenetic changes to our genes, that is changes to our genes induced by our environment due to such factors such as but not limited to smoking, stress, malnutrition, and diet. These changes can also be acquired from our parents-this is also why identical twins who although they may share the same (genotype)-DNA makeup, they are not totally “identical,” as they can have different genes be expressed or repressed (phenotype). [Note: A background in biology or chemistry may be helpful, but is not required.]



# CLR COMMUNITY QUOTES

"The great organizational skills, leadership skills, and coordination of efforts of the CLR program are a highlight. Some members said that the classes are 'an oasis of light in this time of social distancing.' This is a very positive learning experience for all of us. We are learning the courses in a safe, and engaging virtual academic and social environment. And, similarly to in person classes, we are participating, chatting, and talking in a very dynamic manner. And, as a bonus, we have learned to use and enjoy an internet tool that we may not have used otherwise. This has been a terrific experience!"

*~Ana Maria Fernandez, CLR Instructor*



"Nothing comes in the way of me and my CLR online classes!"

*~Cheryll Dearborn, CLR member*

"We are ALL IN! There are so many classes to choose from. We try to tell everyone how much fun it is!"

*~Brooke & Ron Foley, CLR Members*

"Thank you for all of the JOY CLR has brought us! We cannot thank DVU CLR enough. All the classes have been marvelous!! The instructors are all engaging, informative and present their passions in a way that captures the essence of each subject matter. OUTSTANDING! Mere words could never adequately describe the positive experience DVU CLR has been for us! Thank you to all who contribute to make this such an outstanding program. We want to be members forever!"

*~The Stoppers, CLR members*

"Easy-to-understand technology has provided a bridge to learning and socializing that otherwise would have been sacrificed. CLR has been a lifeline! With tech help readily available anyone can join in. Online classes afford a higher degree of participation through a more relaxed atmosphere and enthusiasm for socialization. Instructors and tech support volunteers ensure a smooth experience."

*~Larry Lefkowitz, CLR Instructor*



"Virtual classes for me weren't significantly different from classes given on-site. The added bonus is that I can take them while wearing my PJs, so long as I don't turn on the video!"

*~Elizabeth Steele, CLR Instructor*

# INSTRUCTOR BIOGRAPHIES

**ACHARYA, NARAYAN** after retiring from a career in Engineering Analysis for Research & Development projects at the Departments of Defense & Transportation, chance encounters led him to an abiding interest in Brazil and its culture. He was recognized on air for his valuable contributions to the first Brazilian music program on Boston airwaves ('Coração Brasileira', WERS, Emerson College) and in recent years, he has presented several courses on music and language appreciation.

**BANGER, JOHN** has been a music lover all his life and was raised on classical music and developed an interest in jazz as a teenager. He has participated in and taught jazz classes in the Delaware Valley area for more than seven years and spends much of his free time searching out and listening to jazz.

**BELLAVANCE, RUSS** is a recovering lawyer (business law) and a retired social studies teacher having focused on modern European history, government and economics. He holds degrees from Tufts University, Yale Law School, and Arcadia University.

**BENCHER, ROBERT** is a Director for Rules-Based Medicine, Inc. and began his career at Abbott Laboratories, where he was involved in the development of the first commercially available HIV blood test. He has since held sales, marketing, and strategic consulting roles with several large, mid-size, and early-stage companies, has taught business related courses for over twenty years, has been involved with three start-up companies, and has been a part of the adjunct faculty at Delaware Valley University. He holds a B.S. in Chemistry from Michigan State University and an MBA in Marketing and Finance from Loyola University of Chicago.

**BISHOP, BETSY** is a retired librarian and holds a B.A. from New York University and an M.L.S. from Long Island University.

**BITTMAN, VICTOR** has forty years of practical experience in information technology in New York financial institutions and can speak in easy-to-understand language.

**BRAKMAN, ROSS** is the curator of The American Treasure Tour Museum (Oaks, PA) which houses an unbelievable assortment of an anonymous donor's collection of American memorabilia including but not limited to one hundred classic and antique automobiles, a mind-blowing assortment of pop culture icons including the world's largest Gumby doll, and one of the world's largest collections of automated music machines such as nickelodeons and band organs. The vast collection takes up more than 100,000 square feet.

**BROWN, JAMES** had two great grandfathers who fought in and survived the Civil War and is tracing their battle journeys in documents and visits to battlefields where they had fought. He is a graduate of West Point Military Academy, holds an M.S. in Electrical Engineering from the California Institute of Technology, and a M.A. in American History from the University of Pennsylvania.

**CHINNICI, NICOLE** is the laboratory director of the Northeast Wildlife DNA Laboratory, a university-affiliated lab based in East Stroudsburg, PA which also houses the PA Tick Research Lab. The PA Tick Research Lab educates the community on tick prevention and specializes in testing ticks' DNA & RNA to identify tick-borne diseases, which

include Lyme Disease, Anaplasmosis, Rocky Mountain spotted fever, Powassan virus and many more. Tick testing can provide early detection of potential exposure to a tick-borne disease before symptoms occur. The lab offers FREE basic tick testing for all PA residents and subsidized comprehensive panel testing through grant funds received by the PA Department of Health.

**CONLON, MARK** has always been involved in athletics particularly in sports/activities including baseball, running, karate (black belt), judo (brown belt), tennis, and more. After recently retiring from the corporate world, he earned his ACE (American Council of Exercise) Certification in personal training and will soon earn his certification in Senior Fitness Training.

**CONLY, CHRISTEN** interests and work focus on the intersection of food, psychology, and behavior change, and is rooted in research pertaining to Adult Developmental Psychology and Behavioral Change. She is a certified Holistic Health and Life coach through the International Coaching Federation. She holds a B.S. in Human Development from Penn State and is a two-hundred hour registered yoga teacher (RYT). To learn more about Christen and her work, visit [www.christenonly.com](http://www.christenonly.com).

**COTE, STEPHEN** is the owner of Bucks County CPR & First Aid and has over thirty-four years of experience teaching safety and survival courses throughout the United States. He is a registered EMT (both nationally and in Pennsylvania), a certified American Heart Association BLS instructor, a member of the Bucks County Special Operations Dive Team, and a certified instructor/training center coordinator with both the Health & Safety and Emergency

# REFER A FRIEND TO CLR!

*New members  
and instructors  
are always  
welcome!*



Care & Safety Institutes. To learn more about his instructional courses, please visit [www.buckscountycpr.com](http://www.buckscountycpr.com).

**DAHMS, MARY LOU** has been practicing yoga for over twenty years, is a Yoga Alliance certified RYT-200 yoga teacher, enjoys reaping the benefits of and sharing with others the peace and tranquility, as well as the strength and flexibility, that yoga affords. She also was a prior student at the School of the Pennsylvania Ballet Company and was a member of the University of Pennsylvania dance troupe. She holds a B.A. in English, an M.B.A. in Marketing, and an NJ C.E.A.S. in English and Elementary Education.

**DAVIS, MATTHEW** is the Director and Chief Curator of Historic Museums at Georgia College, which includes Andalusia: The Home of Flannery O'Connor. He is a member of several professional museum groups and boards including the Milledgeville Museum Association, the Georgia Association of Museums, Southeastern Museums Conference, the American Association of State and

Local History, CurCom, American Alliance of Museums, the 21st Century Museum Leadership Institute, and more. He holds a B.A. in History and an M.A. in Art History from Georgia College.

**DEITZ, JOHN** is an active artist working in new media with a deep interest in what makes the natural world tick-his inquiring mind keeps him returning to a variety of subjects. He is an experienced underwater photographer, has taught in the British Virgin Islands, and his photography has appeared in Audubon Books, The Underwater Photographer, Skin Diver Magazine, Sea Frontiers, and more. He has taught diagnostic ultrasound, published articles in medical journals, contributed images and parts of textbooks, has owned and operated four businesses including Limited Diffraction Optics, and even makes his own telescopes on occasion. He holds a B.S. in Marine Science from Southampton College, Long Island University.

**EYRE, HOWARD** teaches in the Plant Science and Landscape Architecture department at Delaware Valley University. He teaches several courses in landscape construction, landscape management and arbor care. Each year, he guides Delaware Valley University students through the process of creating a display for the Philadelphia Flower Show. He holds numerous degrees in Forest Technology and Management.

**FLECK, BARRY** is a representative from the Newtown Historic Association (NHA) which was founded in 1964, 280 years after William Penn had established Newtown in 1684. Newtown, PA played an important role during the ten most crucial days of the American Revolutionary War when George Washington used it as his headquarters for the Christmas Eve raid on Trenton—the turning point of the Revolution. It is the mission of the NHA is to protect and preserve the historic significance of “Historic Newtown” for future generations to enjoy.

**FREEDMAN, ALAN** has experience as a programmer, systems analyst, salesman, and educator, for the Honeywell, RCA, and American Management Association companies. He has been self-employed for the last forty years and is the author of the longest-running tech reference book on the market, which he continually updates.

**GEORGE, Ph.D., GREGORY** is an Associate Professor of Biology at Delaware Valley University. He teaches courses including Ornithology, Ecology, Tropical Ecology and Quantitative Ecology. He holds a B.S. and M.S. in Biology and a Ph.D. in Forest Resource Science.

**GEORGULIS, Ed.D., ELISE** is the Graduate Studies Librarian at Delaware Valley University whose academic areas of expertise include information science, research skills and citation management and development. She is a Delaware Valley University alumna and holds a B.S. in Secondary Education, an M.S. in Library Science (Drexel University), an M.S. in Teaching in Learning, and an Ed.D. in Education all from Delaware Valley University.

**GROFF, ESQ. MEG** has been a family law attorney in Bucks County for over three decades. She has helped draft crucial amendments to Pennsylvania's Child Custody and Protection from Abuse Acts, has long been a legal consultant to numerous domestic violence agencies-both national and local, and has designed and implemented a project that ensures free representation, regardless of income, for all victims of domestic violence in Bucks County who seek a protection order from the court. Meg is a fierce advocate for social justice, rendering fruitless her continuing efforts to retire.

# TUNE INTO THE LEARNING FOR LIFE PODCAST!



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by CLR instructor,  
Sara Weisman-Shein

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**GULA, GEORGE** spent his entire career in transit and is now an operator and conductor for The Pennsylvania Trolley Museum (PTM) which came to Washington, PA in February 1954 with three trolleys. PTM now boasts a collection of nearly 50 trolleys and electric railway cars, over 600 members worldwide, 125 active volunteers, and over 30,000 visitors each year. The Museum is currently expanding along its 2-mile track by constructing a new Welcome and Education Center to open in 2023. Visit [patrolley.org](http://patrolley.org) for the latest information.

**CONNIE HOUCHINS** is the recently retired Executive Director of The Andalusia Foundation and has served in a number of capacities at Andalusia including as curator and archivist among other roles all the while delving deep into the history of Andalusia and its inhabitants. Connie holds a B.A. and M.A. from Temple University and a Certificate in Historic Preservation from Bucks County Community College.

**HOUCK, CHRISTINA** is an accomplished athlete and nutrition coach, owner of Hybrid Fit Gym (Chalfont, PA), has competed in local and international events, and has trained MMA at Ultimate Athletics in Ithaca, NY under Ryan Ciotoli, Alex Stewart and Renê Nazaré-Azevedo and more. She has a blackbelt in Brazilian Jiu-Jitsu and has taught Jiu-Jitsu in Abu Dhabi, UAE, at Al Erteqa'a School, and has won three consecutive UAE Jiu-Jitsu World Pro Championship coach titles, and has met Sheikh Mohammed Bin Zayed.

**HUGHES, LINDSAY** is the Manager of Administration and Public Relations at North Penn Water Authority (NPWA) (Lansdale, PA). NPWA is a municipally owned, non-profit Authority with a ten member Board of Directors. Its most important duty is to provide the public with a safe, reliable, and economical supply of drinking water. Its employees, many of whom are NPWA customers themselves, take pride in being able to provide this service to the community.



What started out as a small water utility serving seven thousand customers in seven municipalities has grown to one providing water to more than thirty-five thousand customers in twenty municipalities.

**JACOBS, JANICE** has been a gardener for more than forty years and has successfully developed her own perennial beds in the mountains of Colorado, the humid climate of the south, and the mild climates of Pennsylvania and Ohio. Once a Master Gardener, she is the prior owner and operator of JGardens, a design, install and maintenance landscape company specializing in shade beds and perennial garden design. She has attended a Horticulture Technology Program at an Ohio community college, is a retired attorney and former federal government employee, and enjoys the fertile gardening potential in the Delaware River Valley.

**JACOBS, MARISSA** is an environmental & conservation educator who blends the arts with science to deepen understanding and build stronger connections between ourselves and the ecosystems of which we are a part. She is an international speaker, award-winning nature photographer & eco-gardener, and a Certified National Geographic Educator. She is a Delaware Valley University alumna and holds a B.S. in Conservation & Wildlife Management with a focus in Media & Art and has ten years of education experience for all ages, but specializes mainly in adult pedagogy.

**KERR, SANDRA** is currently co-president of the League of Women Voters of Bucks County, which is a nonpartisan, grassroots organization that works to protect and expand voting rights and to ensure that all are represented in our democracy.

**KLEEMAN, CHARLES** is retired from the U.S. Environmental Protection Agency, and from post-career employment as an adjunct member of the faculty at Delaware Valley University, after having taught environmental remediation courses. He is a graduate of Drexel and Penn State Universities and holds degrees in civil and environmental engineering.

**KUHN, GREGORY** is First Vice President and Financial Advisor for Janney, Montgomery, Scott in New Hope, PA. He began in the investment field first as a registered representative, then as a registered investment advisor (RIA) and portfolio manager. He has had several articles on technical stock analysis published in trade magazines, regularly appeared on CNBC, CNN, Fox News Channel, and Bloomberg Television, was widely quoted in The Wall Street Journal and Investor's Business Daily, and has spoken at various investment symposiums throughout the United States and Canada. As a senior financial advisor today, he brings over three decades of experience navigating through many economic booms and busts.

**KUPERSMITH, PETER** is the Director of Delaware Valley University's Joseph Krauskopf Library which is named after the University's founder, Rabbi Joseph Krauskopf. He enjoys sharing the founder's legacy and the history of the University. He holds a B.A. in Classics and an M.S. in Library Science.

**LANGSTON, Ph.D., MELISSA** is a Professor in Delaware Valley University's Chemistry Department where she teaches general chemistry, analytical chemistry, and marine chemistry lectures and laboratories. In each of her courses, she works to make chemistry tangible to her students by showing them how chemistry affects their everyday lives. Her research interests

focus on the detection and quantification of environmental endocrine disruptors and chemical education. She has presented her research at meetings of the American Chemical Society and internationally.

**LAPP, BETH** is a retired business change consultant with many years' experience selling on the internet. She has owned RescuedObjects, a former vintage online shop on etsy.com and Seller's World, Buyers Unlimited, a former physical storefront for online consignment sales.

**LASHNITS, TOM** is a retired writer and editor who worked for Time Inc., Reader's Digest, and other publishers in the New York area. He holds degrees from Franklin & Marshall College and New York University.

**GARY LASSIN** is the curator and founder of The Stoogeum, the President of the Three Stooges Fan Club, and a member of Larry Fine's family. He has done countless radio and TV interviews and has acted as host and emcee for many Three Stooges' film festivals including Ambler Theater's annual "Three Stooges Night." Born in Japan and raised in the Philadelphia area, Gary is now retired after many years of employment as the Vice-president of Finance for a national direct-mail catalog company.

**LAVOIE, ALVIN** took advantage of early retirement from a long successful career in Chemistry where he was a research scientist, manager, director, and fellow. He has now refocused his energies into Digital Photography and is the President of the Doylestown Photo Club, has been a guest lecturer at regional photo clubs and the Doylestown Art League, and has displayed and sold multiple prints at the Doylestown and Tyler Art Fairs.

## THANK YOU TO OUR FRIENDS AT



**LEFKOWITZ, LARRY** was a technical writer and editor for over forty years, with stops at Educational Testing Service, Law School Admissions Services, McGraw-Hill, Comcast, Motorola, Google, and others. He has freelanced as a writer for a variety of print and online magazines, and now in retirement, he currently hosts a music program on an internet radio station.

**LIESER, BILL** is a lifelong film fan and student of both American and foreign films-from the silent era to the latest releases from both independent U.S. and world cinema. He has served on the Board of Directors of the Doylestown County Theater.

**LITWIN, JEANNE** is an environmental scientist with more than thirty-five years of experience as a consultant to the US Environmental Protection Agency addressing the protection of human health and the environment under the Superfund, Brownfields and Land Revitalization programs. As a champion for sustainable practices, she integrated sustainable “green” advancements into the program and focused efforts on the triple bottom line concept of providing the balance of economic, community, and environmental benefits. She recently earned an environmental communication certification from Duke University, Nicholas School of the Environment and practices a sustainable lifestyle.

**LYNCH, CHRISTY** is an adjunct professor at Frederick Community College where she teaches cooking to the college’s Thrive Program and she has a passion for home food preservation and safety. She is a former instructor with the United States Agency for International Development and an alumna of Delaware Valley University.

**MAGUIRE, MICHAEL** is the President of the Johnsville Centrifuge and Science Museum, Inc. which is an organization dedicated to preserving the technological and historic legacy of the Johnsville Naval Air Development Center (NADC). The site of the forthcoming Museum is set to be built in Warminster, PA and the organization plans to develop science exhibits paired with STEM educational programs to enhance the visitor’s experience. He recently retired after forty-five years of federal service and has prior experience serving as Director of Software and Quality Assurance for an agency of the US Department of Defense where he managed a group of more than fifty engineers who oversaw numerous programs including several satellite programs, large radars, and more.

**MARABITO, JAN** moved to Bucks County in 1972, where she quickly became a passionate patron of the arts, collecting art and supporting organizations such as the Phillips’ Mill, charities, and individuals affiliated with the arts. She studied at Miami University in Ohio.

**MARTORELLI, MICHAEL** has forty-five years’ experience as an investment analyst/banker and has spent time as an adjunct faculty member at Drexel and Philadelphia Universities. He has written articles and book reviews for the Financial History Magazine, the online publications of The Essential Civil War Curriculum, and The Encyclopedia of Greater Philadelphia. He holds an M.A. in History from American Military University.

**MATTISON, JAMES** worked in research labs for twenty-five years which focused on cell biology, clinical immunology, organic chemistry, hepatitis research, ag biotech, HIV research and assay development. He also has fifteen years’ experience as a field sales/applications representative for Pharmacia Biotech, Pierce Biotech, and Active Motif. He attended SUNY Geneseo, NY and holds B.S. and M.S. degrees in Biology.

**MAXSON, GLEN** before retiring built Boeing’s first corporate electronic directory while living in Seattle and has experience working for Intel in California. Glen now lives in PA and has kept current with new technology choices and trends and has a passion for sharing what he knows and what he is learning with seniors.

**MCCALL, AMANDA** is the Senior Museum Educator at the Mütter Museum of The College of Physicians of Philadelphia. She is responsible for all dealings with the many groups that visit the Museum each year, by teaching lessons and giving tours, as well as managing the Docents for the Museum. America’s finest Museum of medical history, the Mütter Museum displays its beautifully preserved collections of anatomical specimens, models, and medical instruments in a nineteenth-century “cabinet Museum” setting. The goal of the Museum is to help visitors understand the mysteries and beauty of the human body and appreciate the history of diagnosis and treatment of disease.

**MCELWEE, NANCY** within two short years after retiring from thirty-five years of teaching in the Central Bucks School District in Doylestown, PA, took a tour of Pearl Buck's home and was immediately drawn to and greatly inspired by Miss Buck's legacy. She now gives tours, manages the volunteer gift shop, and recently served as President of the Pearl S Buck Volunteer Association.

**MCLAREN, SCOTT** received the "Meet the Beatles" album as a gift at the age of nine and has been a passionate Beatles fan ever since. His interest in their music and each Beatles' individual charm and unique personality led him to deep exploration of the Beatles' story via books, seminars, and classes. He has traveled extensively to Beatle sites including, but not limited to, Liverpool, Hamburg, and London and has even interviewed Roag Best, the son of the Beatles' road manager and half-brother to the Beatles first drummer in an effort to gain a better knowledge of their collective and individual stories. He has collected over fifty hours of rare interviews, press conferences, outtakes, studio banter, concerts, and alternate song takes and is a recently retired sales executive with thirty-five years' experience at Amazon Web Services, IBM, and other technology companies.

**MILLER, Ph.D., LEE** taught various computer courses at the University level and she and her husband Jim have been facilitating the CLR Book Club for over twelve years. She holds a Ph.D. in Computer Science.

**MOPECHA, Ph.D., JIMMY** is an Associate Professor of Mathematics in the Mathematics & Physics Department at Delaware Valley University. His research interests include applications of mathematics in the life, physical, and social sciences.

**MOYER, CAROL** is a former science teacher, a Penn State Master gardener, and is an absolute connoisseur of all things Irises! She has been volunteering at Delaware Valley University in the campus's Iris garden for over twenty-three years, giving generously of her time and resources, working to transform it into a combination native perennial pollinator and bird-friendly garden that is now home to fourteen types of recognized Irises by the American Iris Society. Her efforts in the garden have not gone unnoticed-she is regularly seen sorting and crossing seeds among other tasks and she is well-known and admired by University faculty, staff, and students, so much so that the University dedicated and named the garden in her honor in 2007. She has served as former president of the Delaware Valley Iris Society, has been an American Iris Society judge, has given more than thirty presentations to garden clubs about Irises, and has earned various and numerous awards. She holds a B.S. in Chemistry and an M.S. in Education.

**NAZARÉ-AZEVEDO, RENÉ** owns Hybrid Fit Gym (Chalfont, PA), has practiced for over twenty years and holds a Black Belt in Brazilian Jiu-Jitsu, having studied under fifth degree Black Belt instructor and World Champion, Rodrigo Antônio Garcia da Silva "Feijão." He holds four Brazilian Jiu-Jitsu World Titles, competed in Bellator MMA, and taught Brazilian Jiu-Jitsu and self-defense to the military of Abu Dhabi, UAE.

**NEWMAN, ESQ., RICHARD L.** has been a practicing attorney for over thirty years focusing on Elder Law and Special Needs Planning. His practice is devoted to serving some of the most vulnerable members of society and the families who are caring for them. He

is currently a member of the National Academy of Elder Law Attorneys and the Pennsylvania Bar Association, Elder Law Section, is an active member of the Bucks County Bar Association, the Academy of Special Needs Planners, Bucks County Area on Aging Advisory Council, among other organizations.

**PRIETO, CAROLYN** is a certified RYT500 yoga instructor and has been an active yoga practitioner for over ten years, teaching a variety of people of all ages. She also enjoys painting and is a docent at the James A. Michener Museum (Doylestown, PA).

**PULINI, LOUISE** retired from a career in proposal management and her life-long hobby has been putting together lists of films for family and friends. She has been involved with film societies and attended film festivals around the world and is always searching for new and interesting content. She enjoys finding gems (i.e. documentaries, foreign and independent films and series) through the various streaming services as well as on cable.

**ROSSER, Ph.D., ROY** is a physicist and worked at the Princeton Plasma Physics Laboratory where he invented the technology now used for placing the virtual first down line on television broadcasts of football. He has experience in intellectual property law, is a US registered patent agent, and helps other inventors obtain patents. He also has experience with data compression, as worked as a consultant for the Mead Data Corporation (now Lexus-Nexus) to develop his proposals for using English word frequencies as a means of data compression. It was this old interest in word and letter frequencies that led him to examine strategies for solving Wordle. He holds a Ph.D. in Physics from Imperial College, London.



**SCIAINO, TONY** studied at the Sorbonne in Paris and taught French and Italian at both high school and college levels and is currently writing a book about his families of origin from both France and Italy and their immigration to the US early in the twentieth century. He traveled and lived with his families of origin from both countries, immersed students in the daily life and cultures on trips to these countries, and as a result of these experiences has become fluent in these languages. He holds B.A. degrees in French and Italian from Fairleigh Dickinson University, an M.S. in Counseling from Montclair State University, and an Ed.S. in Counseling Psychology from Seton Hall University.

**SHALLCROSS, DAVID** is the Director of the Senior Protection Unit and the Education and Outreach Specialist for the Pennsylvania Office of Attorney General. He appeared four times on PCN statewide cable television as a specialist on fraud against older adults, made numerous guest appearances on BCTV in Berks County and has been heard on Lehigh Valley NPR radio and WBCB Levittown radio shows. He testified before the Pennsylvania House of Representatives Aging and Older Adult Services Committee, as well as participated as a panelist on the State Senate Democratic Policy Committee's Safety and Wellness for Pennsylvania's Senior Citizens' Roundtable. Mr. Shallcross also serves as Attorney Generals' designee on the PA Supreme Court's Elder Justice Advisory Council and more.

**SHANER, AUTUMN** is the Curatorial Assistant for the The Boyertown Museum of Historic Vehicles (Boyertown, PA), a Museum which started in 1965 as a collection of road vehicles built in Southeastern Pennsylvania which has now grown. The Museum is a nonprofit educational institution housed in the former factory buildings of the Boyertown Carriage Works and Boyertown Auto Body Works, and some of the vehicles on display are in the same spot in which they were manufactured. Along with dozens of vehicles, the Museum also displays two stunning examples of roadside architecture—a 1921 gas station and 1938 diner. To learn more, visit [www.boyertownmuseum.org](http://www.boyertownmuseum.org).

**SHELLY, V.M.D., JENNIFER** is an Associate Professor in the Department of Animal Biotechnology and Conservation at Delaware Valley University. She has worked as a general practitioner in small animal medicine for several years before teaching courses at the University which include Pathology, Small Animal Research, Wildlife Nutrition, and Animal Assisted Activities and Therapies. Her research interests include the use of PCR for pathogen detection in blood samples of free-roaming coyotes as well as captive large felids, and physiological and behavioral signs of stress in working therapy dogs. She holds an M.S. in Biology from the University of Virginia and a V.M.D. from the University of Pennsylvania.

**SILVERMAN, LOIS** has taught American and English literature, writing, and media studies, has written many dramatic presentations for non-profit organizations across North America, and has taught personal enrichment courses relating to television and pop culture. She holds a B.A. and an M.A. in English Literature from Montclair State University.

**SMITH, MICHAEL** is a lifelong bird watcher, after having been introduced to the hobby by his father, one of the premier birders of Bucks County. He has observed birds across North America and parts of Europe, has taught all about birds and nature as a Scoutmaster of a Boy Scout troop, is an avid outdoorsman, and is a business owner.

**SMITH, LEAH** is the Visitor Experience Manager and Museum Educator at Glencairn Museum (Bryn Athyn, PA). She enjoys sharing the Museum's various ornate and history-laden collections with all.

**SODER, LAURA** is the Manager of Ambassador and Animal Engagement for The Elmwood Park Zoo (Norristown, PA) which currently maintains a collection of over one hundred species of which hail from all over the globe. Highlights of the Zoo's collection include giraffes, zebras, bald and golden eagles, jaguars, red pandas, and more! She is an alumna of Delaware Valley University and holds a B.S. in Conservation & Wildlife Management.

**SOSNOWSKI, EUGENE** has thirty-eight years' experience as an information technology professional, holding such roles as director of network marketing and sales, computer hardware and systems engineer, as he was employed by industry pioneers and leaders in information processing including UNIVAC, Sperry Rand, and Unisys Corporation. He holds degrees from The Newark College of Engineering and the University of Maryland.

**SPECTOR, RICK** is the owner and founder of Moviehouse Productions, where he produces video vignettes and live presentations on the hidden gems and forgotten yarns of Philadelphia's past.

**STEELE, ELIZABETH** is a connoisseur of all things Jane Austen, as she is a member of the Jane Austen Society of North America, has been a featured speaker for many organizations, including most notably Winterthur Museum's Jane Austen Day, and has published two articles in "Persuasions," a journal dedicated to the study of Jane Austen. She has been a Jane Austen devotee since the age of sixteen and has spent decades reading anything by or about Jane Austen, or anything that Jane Austen herself has read.

**STRATTON, DOREEN** is a third generation Doylestown, PA resident, living with her sister Judith in the home where their grandfather Joseph B. Stratton settled in 1887. She is a published writer, has traveled to Africa four times - Ghana, Egypt and twice to Kenya, and has a blog on The Bucks Underground Railroad which can be read by visiting [thebucksunderground-railroad.com](http://thebucksunderground-railroad.com).

**TAYLOR, SUSAN** is the recently retired Executive Director of the Friends of the Delaware Canal, which is an independent, not-for-profit organization that strives to restore, preserve, and improve the Delaware Canal and its surroundings. The organization's primary goals are to ensure that the Canal is fully watered from Easton to Bristol and that the towpath trail is useable over its entire length.

**TENENBLATT, DON** is a composer and lyricist, was a member of the BMI Musical Theatre Workshop in NYC, and has played piano and/or music directed for numerous dance, opera, and musical theatre productions in NYC, NJ, and PA including PA Ballet and Opera Theatre at TCNJ. He currently is a pianist for Capital Philharmonic of NJ and teaches voice and piano privately in the Doylestown area. He holds degrees in music from Yale and Rutgers Universities. Be sure to tune into his [YouTube Playlist](#). You will not want to miss a beat!

**TONKIN, DAVID WESLEY** has traversed the globe many times and has appreciatively gathered a rich tapestry of remarkable and matchless life-lessons, vivid memories, experiences and opinions, having served as an Airborne Cavalry Officer in the South African-Cuban-Angolan Wars and as a UN peacekeeper in five African countries. He has held various roles at global business training enterprises, and has been a prior recipient of the "Excellence and Innovation in Corporate Learning" Award. His eclectic topical coverage and range of lectures, blogs, and commentaries are fueled by his many years of global travel and his rich collective of experiences and research.

**TURNER, ROGER** is the Curator of Instruments and Artifacts at The Science History Institute (Philadelphia, PA), which is a multifaceted nonprofit organization whose mission is to expand knowledge, challenge perspectives in the history of chemistry, engineering, and the life sciences, reveal how developments in these fields are embedded in our daily lives, and work to catalyze the reimagining of our scientific and technological future.

**VISCO, DOM** has served as a technical assistant for over eleven years for the Professional Artists Lecture Series course, supporting instructor Jan Marabito by providing technical assistance to the artists and class members. He was the Director of Systems Development for Richardson-Vicks Inc., the Associate Director of Information Technology for Procter & Gamble, and an Adjunct Professor of Business Studies for Bucks County Community College.

**VONSTEIN, KELLIE** is the Associate State Director of Outreach and Advocacy for AARP of Lehigh Valley. AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people fifty and older to choose how they live as they age. With 1.8 million members in the Lehigh Valley and throughout Pennsylvania, AARP strengthens communities and advocates for what matters most to families-health security, financial stability, and personal fulfillment. To learn more, visit [www.aarp.org](http://www.aarp.org).

**WAXLER, JERRY** has written several books about writing, including “Memoir Revolution: A Social Shift that Uses Your Story to Heal, Connect, and Inspire,” and has taught memoir writing at Northampton Community College, and other institutions. He holds an M.S. in Counseling Psychology from Villanova University.

**WEIR, SARA** is the Traffic Safety Manager of AAA, has experience providing educational presentations to community members of all ages, is a certified Child Passenger Safety technician, and is a CarFit instructor. She dedicates much of her time to helping schools start-up and sustain the AAA School Safety Patrol Program and creates resources for the organization’s almost three thousand active patrols.

**WILLIAMS, VIVIAN** is the Educational Consultant for The Fairmount Water Works Interpretive Center (FWWIC) which is the Philadelphia Water Department’s (PWD) urban watershed environmental education center. FWWIC’s proximity to the Schuylkill River in an urban setting supports its role as a living laboratory for water-based research, education, and interpretation and its innovative projects and collaborations integrate art, history, and STEM subjects. Its mission is to encourage stewardship and to promote informed decisions regarding shared land and water resources, so that all may reap the benefits of clean water and a healthy river.

**ZEIGLER, CHARLES** is a Lieutenant for the Doylestown Township Police Department (DTPD), which he has served for over twenty years in various patrol operations and supervisory roles. He has attended several advanced supervision related trainings during his career, namely POSIT, POLEX, and the Northwestern School of Police Staff and Command and is accredited through the Pennsylvania Law Enforcement Accreditation Commission (PLEAC) and the Pennsylvania Police Chiefs Association. The DTPD currently has twenty-one full-time officers which include four patrol sergeants, twelve patrol officers, and three full-time detectives. It responds to approximately 10,000 calls for service each year, investigates many different types of crimes, and has participated in many community events including National Night Out, Shop with a Cop, Coffee with a Cop, and many other events in the Bucks County Area.



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