

Spring 2023 Schedule

April - June

Classes. Special Events. Field Trips.

SOAR

LIFELONG LEARNING
INSTITUTE



**Priority Enrollment begins
Monday, March 20 at 10:00 a.m.**

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From Debra Yamstein, SOAR Executive Director



I am writing this letter on a cold and dreary winter day. But, by the time you are reading this, spring will be around the corner. Winters in Michigan can be long, but when spring comes along and the sun returns, we Michiganders are ready to go. SOAR staff, leadership and members are no exception. We've got a great term planned for you and are excited to have options for in-person or virtual gatherings.

The Spring 2023 term kicks off with a SOAR Special Event on April 13th in the theatre at the HAWK. Sean Blackman will bring his world

music experience to SOAR's members and guests. Joined by accomplished musicians, Blackman will not only weave music from different cultures together, but he will also teach us about the differences found in music from other cultures and what influences those differences. It is sure to be a fun and educational afternoon.

We are excited to introduce 20 new faculty members to our membership this spring, three of whom are past or current SOAR members. In all, there are 53 classes, four special events, one field trip, and a chance to learn to play Mah-jongg. It's going to be a great term! New this term, we will have coffee available in one of SOAR's alternate classrooms between morning and afternoon classes, so members can chat, drink coffee, eat lunch, and get to know each other better. After all, our members are the best part of SOAR.

A few other new things to keep in mind. As we continue to re-emerge from the pandemic and incorporate virtual and single class options into our offerings, we have had to make some adjustments. As with most things these days, costs have risen, and SOAR is no exception. Our full membership fee is now \$125 for the term. This fee includes access to all the Zoom classes, special pricing on events and fieldtrips, participation in our popular SIGs, and the opportunity to register for as many in-person classes as you will attend.

We will continue to offer SOAR members Priority Enrollment which will begin on March 20th and run thru March 26th. Members may enroll in up to five (5) in-person classes during this time. Then, beginning with Open Enrollment on March 27th, members may enroll in as many additional in-person classes as they plan to attend, as long as space remains available for that class. For participants who wish to enroll in only one or two classes, Open Enrollment is the right time to register. Single class enrollment may only be completed online beginning on March 27th.

We know you value SOAR, so please help us grow our membership. Share the experience of SOAR with others who would enjoy attending a class. Members enrolled in the Spring 2023 term will receive two guests passes with their mailed class schedule. If you know more than two people who may want to sample SOAR, call me at the office and I'll be happy help. Remember, passes are to be used for classes only and by people who have never taken a SOAR class before.

As I complete this letter, the sun is peaking out from behind a cloud. Spring is on the way and I look forward to seeing you all soon.

Deb

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Help Magnify Our Future

In 2023, SOAR LLI will celebrate our 20th year of providing exceptional, non-credit academic lectures, classes, field trips, special events, shared interest groups, and more. As we head into this third decade of service, the SOAR leadership team remains deeply committed to ensure SOAR continues to provide opportunities for anyone interested in lifelong learning.

Your financial support helps us continue to offer a wide variety of stimulating educational and social opportunities, and access to SOAR programs, classes, and services at affordable prices.

Make a donation to SOAR LLI today. Every dollar helps us magnify our future!

**To make a donation, go to our website (www.soarexplore.com)
or add a gift to your registration fee.**

Thank You For Your Support!

Registration Information

Any person who registers for a full SOAR term is a SOAR member!

The six-week, Spring 2023 membership fee is \$125. This includes access to all SOAR classes, along with access to all the recorded classes so you can watch them on-demand, at your convenience. SOAR membership also includes the opportunity to participate in our Special Interest Groups (SIGs), at no additional charge and discounted member prices for SOAR Special Events and Field Trips.

*Limited scholarships are available. Contact Deb if you are experiencing a financial hardship.

Important Spring Term Dates

| | |
|--------------------------------|--|
| March 20, 2023 -March 26, 2023 | Priority Member Enrollment -Learners purchasing a full membership may register for up to 5 in-person classes (Zoom classes are included and do not require registration). |
| March 27, 2023 | Open Enrollment - Single class registration is available. Members may register for additional in-person classes as space allows. |
| April 17, 2023 | Classes Begin |

Closed/Full Classes

If an in-person class fills before a member is able to register, the member may come to the SOAR registration table at the HAWK before the class begins to receive a numbered waiting token. Our team will begin to let members with tokens into the class, one to two minutes before class begins, in the order of their token numbers until such time as the class is full.

Guest Passes

Members are entitled to two guest passes per term. Guest passes are intended to be used by friends and family members **that have never taken a SOAR class before**. If additional guest passes are desired, contact the office. Please help us share the joy of lifelong learning. Guest passes are not to be used by single class registrants.

Recorded Classes

Not all SOAR classes are recorded for later viewing. If a class is recorded, the recording will be sent to SOAR members at the end of the week in which the class occurred.

Teach for SOAR. Volunteer for SOAR

SOAR is powered by volunteers. All of SOAR's faculty members and committees function thanks to a corps of volunteer leaders and members. SOAR simply could not exist without the brilliant minds and dedicated hands of the people who spark ideas and action. Please consider becoming a SOAR volunteer. Volunteers help plan our terms and events, organize and lead SIGs, greet and welcome learners, and become Ambassadors to promote SOAR to all.

Location

SOAR is on the 3rd floor of the Hawk Community Center, between Farmington and Orchard Lake Roads in Farmington Hills. An elevator is located in the main lobby. Our main classroom, Room 370/391, is equipped with hearing loop technology and multiple screens to ensure everyone can see the presentation without interruption. The SOAR office is also on the 3rd floor and is staffed whenever classes are meeting in-person. Occasionally classes or events will be held at the Congregation for Humanistic Judaism of Metro Detroit, 28611 W. 12 Mile Rd., Farmington Hills, MI 48334.

SOAR's Commitment

SOAR is committed to serving all individuals with dignity and respect. SOAR commits to not discriminate against members or guests, based on race, color, ancestry, religion, sex, national origin, sexual orientation, age, citizenship, marital status, disability, gender identity/expression or Veteran status.

How to Register for Classes

Full SOAR Membership

In order to accommodate all participants, learners who pay the \$125 membership fee, will be able to register for up to five (5) in-person classes from March 20th through March 26th. Beginning on March 27, members can register for additional in-person classes, space permitting. Those who purchase a full membership, will receive links to all virtual/Zoom classes. There are two ways to register for the full term:

Online (Preferred method)

Go to SOAR's website, www.soarexplore.com. Click "Register" at the top right corner of the screen. This will take you to the Registration Portal (registration will open at 10 a.m. on March 20th).

- Once at the Registration Portal begin by clicking "Login" or if you are NEW TO SOAR click "New User? Start Here" and follow the prompts. Previous members, log in to your account and follow the steps below. New users will need to set up a user account first and then follow the steps below:
- Pay the Membership Fee first (a credit card will be required for payment). Click on "Membership" at the top left side of the screen. Select the applicable Membership option.
- Enter your payment information
- Scroll down and look for the "Terms of Use" box at the bottom of the screen
- After reading the terms do not forget to click on the box to accept
- Click "Submit"

Once your Membership is paid for, you may now select your classes by following these steps:

- Click "Search" at the top of the screen
- Go to the "Search Options" menu at the middle, left side of the screen and click on "Select Semester"
- Select "Spring 2023 Term" from the drop-down menu
- Click "Search," then click "Register" to add courses to your cart
- Do not forget to "Check Out" to complete your transaction

Single Class Option

Once you are logged in (see steps above), follow the steps below:

- Click "Membership" at the top left side of the screen
- Select 'Single Class Option,' then follow the prompts
- Click "Search" at the top of the screen
- Go to the "Search Options" menu at the middle, left side of the screen and click on "Select Semester"
- Select "Spring 2023 Term" from the drop-down menu
- Click "Search," then click "Register" to add courses to your cart
- Click on the Shopping Cart icon at the top right side of the screen to complete the "Check Out" process
- Enter your payment information
- Scroll down and look for the "Terms of Use" box at the bottom of the screen
- After reading the terms do not forget to click on the box to accept
- Click "Submit"

Mail-in registrations are entered in the order received, via postmark, but are not processed until Monday, March 20th. Complete the Spring 2023 registration form and mail with a check (made payable to SOAR) to the SOAR office.

Walk-in registrations are not accepted but assistance is available for those who may need it. Please call the office to make an appointment with our staff.

Withdrawal/Refund policy

Requests for Spring Term refunds must be made in writing or by email. Requests must be received no later than 5:00 PM on April 10, 2023. Refunds for Special Events must be received at least one (1) week prior to the event. There will be a \$10 service fee for all refunds. Field Trips are non-refundable.

Classes by Date

| Course Number | Course Date | Day | Course Title | Course Time | Instructor(s) | Class Type |
|---------------|----------------|-----------|--|-------------|---------------------------------|------------|
| S2342 | April 17, 2023 | Monday | A Reflective Mindfulness Approach to Worry | 10:00 AM | Erica Dutton | Zoom |
| S2316A | April 17, 2023 | Monday | Film and Philosophy: Entre Nous | 12:30 PM | mark wenzel | In-Person |
| S2312 | April 18, 2023 | Tuesday | Are the Democrats Saving Michigan? | 10:00 AM | Jack Lessenberry | In-Person |
| S2336 | April 18, 2023 | Tuesday | The Great American Songbook: The Other Guys - Part One | 1:00 PM | Stuart Johnson | In-Person |
| S2314 | April 19, 2023 | Wednesday | Detroit Riverfront Reborn | 10:00 AM | Tom Walsh | In-Person |
| S2337 | April 19, 2023 | Wednesday | King Kong: How the Beast Saved Classical Music | 1:00 PM | Brian Murphy | In-Person |
| S2328 | April 20, 2023 | Thursday | The Wisdom of Good Health - Understanding Acupuncture and Traditional Chinese Medicine | 10:00 AM | Julie Silver | In-Person |
| S2334 | April 20, 2023 | Thursday | Creating a Backyard Habitat | 1:00 PM | Joe Derek | In-Person |
| S2327 | April 21, 2023 | Friday | Introduction to Tai Chi | 10:00 AM | Annette Ogger & Christina Eaton | In-Person |
| S2348 | April 24, 2023 | Monday | Adventures in India | 10:00 AM | Jill Pavlat | In-Person |
| S2316B | April 24, 2023 | Monday | Film and Philosophy: Red Joan | 12:30 PM | mark wenzel | In-Person |
| S2320 | April 25, 2023 | Tuesday | Dwight D. Eisenhower: Moderation in Dangerous Times | 10:00 AM | Bruce Zellers | In-Person |
| S2336 | April 25, 2023 | Tuesday | The Great American Songbook: The Other Guys - Part Two | 1:00 PM | Stuart Johnson | In-Person |
| S2347 | April 26, 2023 | Wednesday | Travel to Montgomery Alabama: Experience The American Legacy | 10:00 AM | Rochelle Rubin | In-Person |
| S2311 | April 26, 2023 | Wednesday | Coming Out As an LGBTQ+ Ally | 1:00 PM | Judy Lewis | In-Person |
| S2345 | April 27, 2023 | Thursday | Social Media: The Good, The Bad, and The Beautiful | 10:00 AM | Karen McDevitt | Zoom |
| S2302 | April 27, 2023 | Thursday | People That Made Albert Kahn | 1:00 PM | Arnold Collens | Zoom (NR) |
| S2309 | April 28, 2023 | Friday | National Security Implications of the Russia Ukraine War | 10:00 AM | Javed Ali | In-Person |
| S2319 | May 1, 2023 | Monday | Exposing the Ho Chi Minh Trail - Covert Reconnaissance - Vietnam - 1965 | 10:00 AM | Walter Pheeny | In-Person |
| S2316C | May 1, 2023 | Monday | Film and Philosophy: Death and the Maiden | 12:30 PM | mark wenzel | In-Person |
| S2326 | May 2, 2023 | Tuesday | A Balancing Act: What Do the Eyes, Ears and Feet Have to Do With It? | 10:00 AM | Wendy Carender | Zoom |
| S2330 | May 2, 2023 | Tuesday | An Update From the Michigan Innocence Clinic | 1:00 PM | David Moran | In-Person |
| S2318 | May 3, 2023 | Wednesday | 1st Person Perspective: The Fight for Civil Rights in Richmond, Virginia in the 1960s | 10:00 AM | Raymond B. Randolph, Jr. | In-Person |
| S2346 | May 3, 2023 | Wednesday | From Apollo 8 to Humans on Mars | 1:00 PM | Craig Williams | In-Person |
| S2340 | May 4, 2023 | Thursday | Practical Intuition | 10:00 AM | Laura Day | Zoom |

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|-------|--------------|-----------|--|----------|----------------------------------|-----------|
| S2305 | May 4, 2023 | Thursday | Lustrons as Vernacular Art Deco: A Heap of Cheerful Living in This New Idea of Home | 01:00 PM | Kjirsten Blander | Zoom |
| S2306 | May 5, 2023 | Friday | Frank Lloyd Wright in Michigan Redux | 10:00 AM | Stephen Vogel | Zoom |
| S2323 | May 9, 2023 | Tuesday | Civil War Part I: Terrible Swift Sword | 10:00 AM | Fred Johnson III | In-Person |
| S2324 | May 9, 2023 | Tuesday | Civil War Part II: Relentless March Toward Justice | 1:00 PM | Fred Johnson III | In-Person |
| S2303 | May 10, 2023 | Wednesday | Vogue | 10:00 AM | Carlene VanVoorhies | Zoom |
| S2338 | May 10, 2023 | Wednesday | Coping with Aging, Grieving and Living Well | 1:00 PM | Toni Sanchez-Murphy | Zoom |
| S2310 | May 11, 2023 | Thursday | What To Do When Hate Comes to Town | 10:00 AM | Rabbi Francine Roston | In-Person |
| S2313 | May 11, 2023 | Thursday | CKLW - THE BIG 8 | 1:00 PM | Rochelle Forester | In-Person |
| S2307 | May 12, 2023 | Friday | Intra-Community Divisions in the Middle East: Fractures and Friendships | 10:00 AM | Saeed Khan | In-Person |
| S2335 | May 15, 2023 | Monday | Big Band: How It Came to Be | 10:00 AM | Henry Feinberg | In-Person |
| S2329 | May 15, 2023 | Monday | Michigan Legislative Update | 1:00 PM | Sen. Mary Cavanagh | In-Person |
| S2304 | May 16, 2023 | Tuesday | Emil Nolde and the Third Reich: The Unpaintings and Others | 10:00 AM | Paula Drewek | Zoom |
| S2325 | May 16, 2023 | Tuesday | Effects of the Ukraine war | 1:00 PM | Fred Pearson | Zoom |
| S2308 | May 17, 2023 | Wednesday | The Power of Words and Ideas | 10:00 AM | Stephen Henderson | In-Person |
| S2333 | May 17, 2023 | Wednesday | Revisiting Detroit in the 1960s | 1:00 PM | Bob Morris | In-Person |
| S2322 | May 18, 2023 | Thursday | Einstein's Pacifism | 10:00 AM | Francis Shor | Zoom |
| S2341 | May 18, 2023 | Thursday | Psychology and Films | 1:00 PM | Ellen Sutzky | Zoom |
| S2349 | May 19, 2023 | Friday | Baseball in Japan: A Historical, Social, and Cultural Look at This Imported and Yet National Sport | 10:00 AM | Elizabeth Lublin | In-Person |
| S2343 | May 19, 2023 | Friday | Wonderful Webb: Touring the Images from the James Webb Space Telescope | 1:00 PM | Jesse Mason | In-Person |
| S2321 | May 22, 2023 | Monday | Bringing the Civil War Home: The Internal Conflicts of the Lincoln and Booth Families | 10:00 AM | Leonard Zucker | In-Person |
| S2315 | May 22, 2023 | Monday | Wayne State University: A Rich Architectural History | 1:00 PM | Jerry Nechal | In-Person |
| S2331 | May 23, 2023 | Tuesday | The History and the Literature: "Matrix" | 10:00 AM | Diane & Stan Henderson | In-Person |
| S2344 | May 23, 2023 | Tuesday | The Future of Driving: Electric Vehicles, Autonomy, and More | 1:00 PM | Mark Phelan & Phoebe Wall Howard | In-Person |
| S2301 | May 24, 2023 | Wednesday | A New Look at the Black Death | 10:00 AM | Mary Fissell | Zoom (NR) |
| S2339 | May 24, 2023 | Wednesday | Psychology of Travel: Personal Benefits...and Overcoming Hesitations | 1:00 PM | Mel Chudnof | In-Person |
| S2332 | May 25, 2023 | Thursday | Agatha Christie - Queen of Mystery | 10:00 AM | Peggi Tabor | Zoom |
| S2317 | May 25, 2023 | Thursday | The Berlin Airlift and the Advent of Global Air Mobility | 1:00 PM | Doug Slocum | Zoom |

Art / Architecture

A New Look at the Black Death (S2301)

Wednesday, May 24, 2023 ● 10:00 AM-11:30 AM

Instructor: Mary Fissell
Zoom (NR)

This lecture will explore two strands of recent scholarship on the Black Death of the mid-14th century. Firstly, the advent of paleogenomics has enabled scholars to reconstruct the pre-history of the epidemic in places without written records. Secondly, at the same time, an exploration of traditional sources suggests that some of the stories most frequently told about the origins of the Black Death cannot be true. The lecture thus investigates historical records as well as the plague.

Mary Fissell is a historian of medicine at the Johns Hopkins University and specializes in pre-modern medicine and the histories of gender, sex, and the body. She is the author of two scholarly books and numerous articles. She has been the recipient of many grants and fellowships.

People That Made Albert Kahn (S2302)

Thursday, Apr 27, 2023 ● 1:00 PM-2:30 PM

Instructor: Arnold Collens
Zoom (NR)

Albert Kahn's body of work directly influenced the outcome of WWII, the "Arsenal of Democracy," and how we build industrial and commercial structures. During the 2020's enthusiasts will celebrate several of his most iconic buildings now turning 100 years old. Kahn's designs reflect inventions and contributions that have changed life for Americans and the world, but he didn't do it alone. This class will explore the influences and relationships which tie Kahn's success to his connections with family, friends, workers, and artisans.

Arnold Collens has degrees in education and business from Wayne State University and has taken photographic coursework at the College for Creative Studies. As a lifetime Detroit resident he has followed his passion to live, explore, and share Detroit's historic architectural path.

Collens leads tours and lectures using his personal photo gallery as a vehicle to highlight his interests in travel, people, and architecture.



Pictured: (Above) Arnold Collens. (Right top row) Paula Drewek. (Right bottom row, l to r): Mary Fissell, Carlene VanVoorheis, Kijrsten Blander

Vogue (S2303)

Wednesday, May 10, 2023 ● 10:00 AM-11:30 AM

Instructor: Carlene VanVoorheis
Zoom

The clothing we wear is our message to the world. It says a lot about who we are. This presentation explores some of the costumes and adornments represented in the permanent collection of The Detroit Institute of Arts. The class will explore the ways that personal and cultural identity is communicated through clothing and body art.

Carlene VanVoorheis has been an Interpretive Programs volunteer (docent) for the DIA since 2010 and has presented more than 3,000 programs in the community and museum tours. The very best part of her job is having the chance to bring the museum's stories to libraries, senior residences, and community centers.

Emil Nolde and the Third Reich: The Unpaintings and Others (S2304)

Tuesday, May 16, 2023 ● 10:00 AM-11:30 AM

Instructor: Paula Drewek
Zoom

Art's involvement in political controversy is an especially interesting topic to explore. This class will focus on the controversy surrounding German Expressionist, Emil Nolde. Nolde's acceptance and later rejection by the German Third Reich resulted in a series of "unpaintings" in the 1940's to escape detection by Nazi authorities. This presentation will briefly review examples of his work, closing with the "unpaintings." The lecture will raise several questions: How do political systems affect the kind of art a culture produces? Who becomes an arbiter of what art is publicly shown and where?

Paula Drewek is a retired professor of Humanities at Macomb Community College, teaching courses in arts and ideas and comparative religion for 39 years. Following her retirement in 2007, Drewek has focused on a variety of interfaith activities in the Detroit area. She is past-president of WISDOM, an interfaith women's organization and chair of the Macomb Retirees Association. During COVID, she especially enjoyed playing the piano.



Lustrons as Vernacular Art Deco: A Heap of Cheerful Living in This New Idea of Home (S2305)

Thursday, May 04, 2023 ● 1:00 PM-2:30 PM

Instructor: Kjirsten Blander
Zoom

The early 20th Century was filled with a certainty that Everyman—the vernacular human—could truly control his or her own destiny through growth and industry. This belief was expressed in architecture, materials, and design in a movement called Art Deco. What would be better, then, than to marry this certainty in the goodness of industrialization and the fascination with the machine-made with the housing shortage after World War II? Enter the Lustron Home: A New Standard for Living.

Kjirsten Blander, M.A., M.S., has been a student of many things over many years and, if given her druthers, would be happy to simply research and report on almost any topic. While completing her MS in architectural history and museum science, she learned about her favorite little “lunch box” houses, Lustrons. When not researching whatever strikes her fancy, Blander provides editorial support for Ph.D. candidates whose primary language is not necessarily English.

Frank Lloyd Wright in Michigan Redux (S2306)

Friday, May 05, 2023 ● 10:00 AM-11:30 AM

Instructor: Stephen Vogel
Zoom

Back by popular demand, this lecture, first presented in 2019, will cover the career of renowned American architect Frank Lloyd Wright using primarily Michigan examples of his work. Wright’s overall philosophy and design approach will be explained. Although critics love to hate Wright, there is no doubt that he was a genius, and his work endures.

Stephen Vogel, FAIA, is Dean Emeritus and Distinguished Professor of the University of Detroit Mercy School of Architecture and Community Development. As dean, he co-founded the Detroit Collaborative Design Center, a university-based center providing professional design services to non-profit, civic, and community organizations. He also created the Master of Community Development degree program, which emphasizes community engagement and cross-cultural understanding. He is a Richard Upjohn and Louise Blanchard Bethune Fellow of the American Institute of Architects.



Pictured: (l to r): Stephen Vogel, Saeed Khan, Stephen Henderson

Current Events

Intra-Community Divisions in the Middle East: Fractures and Friendships (S2307)

Friday, May 12, 2023 ● 10:00 AM-11:30 AM

Instructor: Saeed Khan
In-Person
(Congregation for Humanistic Judaism)

This course will explore the divisions that exist within communities and religions throughout the Middle East and how those divisions impact and affect relations and politics within each state and in country-to-country relations in the region. Professor Khan will shed light on how existing and emerging ideological currents play an important role in defining the Middle East today and setting future trajectories and trends.

Saeed Khan is Associate Professor of Teaching in Near East & Asian Studies and Global Studies at Wayne State University, where he is also Associate Director of the Center for the Study of Citizenship. Prof. Khan is also Co-Founder and Senior Research Fellow at the Institute for Social Policy & Understanding.

The Power of Words and Ideas (S2308)

Wednesday, May 17, 2023 ● 10:00 AM-11:30 AM

Instructor: Stephen Henderson
In-Person

Henderson, using his experience as a journalist, will explore the effects that words and ideas can have on a community and how the power of words can affect change at the community level. Henderson’s experiences in various communities, including Detroit, Baltimore, Lexington, and Washington, DC have informed his belief in the power of words.

Stephen Henderson is an American journalist who won the 2014 Pulitzer Prize for Commentary and the 2014 National Association of Black Journalists award for Journalist of the Year. He hosts a daily radio show on WDET FM, Detroit’s public radio station and is the founder of BridgeDetroit.com.

National Security Implications of the Russia Ukraine War (S2309)

Friday, Apr 28, 2023 ● 10:00 AM-11:30 AM

Instructor: Javed Ali
In-Person

This course will examine a variety of national security issues related to the Russia Ukraine War, including military, diplomatic, intelligence, economic, and cybersecurity concerns. It will assess Russian President Putin's mindset and what potential drivers are motivating his continued support for the campaign against Ukraine. It will lastly explore possible scenarios for how the conflict might end, and the potential likelihood of each.

Javed Ali is Associate Professor of Practice at the Gerald R. Ford School of Public Policy. Professor Ali has more than 20 years of experience in national security and intelligence issues in Washington, DC., holding positions in the Defense Intelligence Agency and the Department of Homeland Security before joining the Federal Bureau of Investigation. While at the FBI, he held senior roles on joint duty assignments at the National Intelligence Council and the National Counterterrorism Center, and National Security Council under the Trump administration.

What To Do When Hate Comes to Town (S2310)

Thursday, May 11, 2023 ● 10:00 AM-11:30 AM

Instructor: Rabbi Francine Roston
In-Person

Rabbi Roston will share her experience of being the target of a neo-Nazi cyber-terrorist campaign and what her community learned about responding to hate. The discussion will explore various ways social media has been used to amplify hate and the deadly consequences it can have. Rabbi Roston will also share ways we can all respond to hate and bring about positive change in our communities.

Rabbi Francine Green Roston grew up in Farmington Hills and currently lives in Whitefish, Montana. After 16 years serving Jewish congregations in New Jersey, she moved to Montana with her family for a healthier lifestyle where she founded an independent Jewish congregation and volunteers with community organizations including Habitat for Humanity, the Abbie Shelter providing services for survivors of partner violence and sexual assault, and Glacier National Park's Citizen Science Program. Roston is a trained resiliency teacher, supporting people suffering from trauma and helping them build their resiliency.

Coming Out As an LGBTQ+ Ally (S2311)

Wednesday, Apr 26, 2023 ● 1:00 PM-2:30 PM

Instructor: Judy Lewis
In-Person

"When you put love out in the world it travels and it can touch people and reach people in ways that we never even expected." Laverne Cox

Coming out as an Ally, a person who supports, empowers, or stands up for another person or a group of people, is critical to making changes in society so oppression is not acceptable. This class will share stories of the impact that allyship can have and offer some techniques so learners can "Come Out" as Allies – for families, friends, and themselves.

Judy Lewis is the Training and Education Director for MiGen, providing resources and advocacy for LGBTQ+ older adults. She co-founded the Jewish Gay Network of Michigan and served as its first executive director. She also created the Affirmations LGBT Faith Alliance Initiative and served as its program coordinator. Working with Inclusive Justice/Together in Faith, she helps clergy and lay leadership by providing education and advocacy for LGBTQ+ individuals and families of faith. As a presenter, Lewis seeks to change hearts through impactful stories often overlooked when serving LGBTQ+ older adults.

Are the Democrats Saving Michigan? (S2312)

Tuesday, Apr 18, 2023 ● 10:00 AM-11:30 AM

Instructor: Jack Lessenberry
In-Person (Hawk Theater)

For the first time in 40 years, Democrats control all branches of government in Michigan. But now that they can enact their policies, are they the right ones – and what is coming next? This lecture will explore what has happened so far, what's still on the table, how national policies and trends may be affecting Michiganders, and — if the group is feeling brave — Lessenberry will take a look ahead to 2024.

Jack Lessenberry has been a writer for many publications, including Vanity Fair and The New York Times. He is a contributing editor and columnist for the Toledo Blade and Pittsburgh Post-Gazette, and is co-author of "The People's Lawyer: The Life and Times of Frank J. Kelley;" and author of "Reason vs. Racism: A Newspaper Family, Race, and Justice", and "Thinking About the Other Fella: Avern Cohn's Life and the Law". He lives in Huntington Woods and Charlevoix, with Elizabeth and their Australian Shepherds, Rusty and Chet.

Detroit / Michigan

CKLW - THE BIG 8 (S2313)

Thursday, May 11, 2023 ● 1:00 PM-2:30 PM

Instructor: Rochelle Forester
In-Person

Hey boys and girls! If you grew up in the Detroit area in the 50's and 60's, you're going to love this stroll down THE BIG 8 memory lane! Revisit the station's favorite disc jockeys and favorite kiddie programs from CKLW while learning a bit of history about this influential radio and television station. Join Rochelle Forester for a nostalgic look at the music, TV shows, and personalities of CKLW, THE BIG 8! It's the soundtrack of this era that had an impact on the auto industry, the muscle of the Motor City and beyond.

Rochelle Rosenthal Forester has had a life-long love of music, theater, and performance. A member of Actors Equity and SAG, she frequently performed at The Attic Theater, JET Theater, and Michigan Opera. Now retired, she enjoys researching and sharing her love of learning with others. Forester is married and has an adult daughter.



Pictured: Top: Rochelle Forester. Center (l to r) Rabbi Francine Roston; Judy Lewis, Jack Lessenberry. Bottom: (l to r) Tom Walsh, Jerry Nechal



Detroit Riverfront Reborn (S2314)

Wednesday, Apr 19, 2023 ● 10:00 AM-11:30 AM

Instructor: Tom Walsh
In-Person

From Detroit's birth in 1701, the riverfront was mostly about commerce—fur trading, iron ore, and booze during Prohibition. By the 1990s, however, the city and its riverfront had fallen prey to pollution and abandonment. In 1996, General Motors bought and renovated the half-empty Renaissance Center, then the Kresge Foundation made a \$50-million gift to help launch the RiverWalk, and a new mayor nixed the notion of putting casinos on the River. Fast forward 20 years and *USA Today* declares the Detroit RiverWalk to be the nation's best—two years in a row! How did this happen?

Tom Walsh was a reporter, columnist, and business editor at the Detroit Free Press from 1982 to 2015. A 1972 graduate of Purdue University, he also worked as a business journalist for Fairchild Publications in Chicago, London and New York. From 1994-1998, he served on the board of governors of the Society of American Business Editors and Writers (SABEW) and was honored in 2016 with the Society of Professional Journalists (SPJ) Detroit Lifetime Achievement Award. Walsh continues to do freelance writing and consulting.

Wayne State University: A Rich Architectural History (S2315)

Monday, May 22, 2023 ● 1:00 PM-2:30 PM

Instructor: Jerry Nechal
In-Person

The campus of Wayne State University and its surrounding area have a rich architectural history spanning three centuries. The area was originally part of the city's "Piety Hill" residential neighborhood and the center of the early years of the automobile industry. Many of the campus' buildings were designed by prominent regional architects, including Albert Kahn and Minuro Yamasaki. From its inception to the present, Wayne State University has repurposed older structures and introduced more contemporary architectural designs, most notably mid-century modern. In the last 25 years newer structures have transformed much of the campus into a vibrant contemporary setting.

Jerry Nechal holds two degrees from Wayne State University and spent 14 years on campus working in administration. He previously worked as an urban planner and community development director. He has also given architectural tours of the WSU campus for Preservation Detroit.

Film

Film and Philosophy (3-Part Series)

Instructor: mark wenzel
In-Person

This three-part series will explore how films create (ideal) viewers in and through cinematic techniques like narrative style, plot, editing, scene sequencing, dialogue, and emotional response. Films are a powerful means of evoking thought, emotion, and judgement around representations of different social and political issues; legal and political culture, guilt, shame, honor, responsibility, dignity, crime, punishment, intimacy, race, identity, gender, sex, sexuality, ethnicity, and value, e.g. The classes examine film as an essential form of cultural activity that either challenges us to interrogate dominant norms and practices or deepen our uncritical allegiance to them.

mark wenzel has taught in the Philosophy Department at Wayne State University for 25 years. His specialties are feminist perspectives in philosophy, philosophy of art and aesthetics, and contemporary moral issues. He's also taught feminist perspectives at the Women's Huron Valley Correctional Facility and plans to participate in an alliance between WSU and Huron Valley as soon as feasible.

(Please register for each class individually)

Entre Nous (S2316A)

Monday, Apr 17, 2023 • 12:30 PM-3:30 PM

In-Person

Lena is a Jewish refugee from Belgium living in occupied France in 1942. The only way she can avoid being deported to a concentration camp is to marry Michel, a discharged military officer but they cannot find happiness. Meanwhile extroverted artist Madeleine mourns her dead husband and remarries after France's liberation but she too is unhappy with her life. After a chance meeting, the two women develop an emotional relationship that borders on romance.



*Pictured (l to r):
mark wenzel,
Doug Slocum*

Red Joan (S2316B)

Monday, Apr 24, 2023 • 12:30 PM-3:30 PM

In-Person

Joan Stanley is a widow living out a quiet retirement in the suburbs when, shockingly, the British Secret Service places her under arrest. The charge: providing classified scientific information - including details on the building of the atomic bomb - to the Soviet government for decades. As the interrogation gets underway, Joan relives the dramatic events that shaped her life and her beliefs.

Death and the Maiden (S2316C)

Monday, May 01, 2023 • 12:30 PM-3:30 PM

In-Person

Paulina Escobar is convinced that the guest her lawyer husband brings home is the same man who kidnapped, tortured, and raped her years ago. Holding him captive at gunpoint, she repeatedly attacks him and demands that he confess his crime. Her husband tries to stand by his wife and her claims, but he begins to doubt her story and the claims. She forces her husband to represent the guest in a mock trial that she devises.

History

The Berlin Airlift and the Advent of Global Air Mobility (S2317)

Thursday, May 25, 2023 • 1:00 PM-2:30 PM

Instructor: Doug Slocum
Zoom

In a war-ravaged Europe at the end of World War II, the Allies split Germany among the U.S., Great Britain, and Russia. Berlin, located deep inside Soviet occupied East Germany, was also divided into occupation zones. Tensions boiled over in 1948 as the Soviets blockaded the road, rail, and water routes to Berlin. The allies faced a seemingly impossible dilemma, and they turned to the air to supply the city in the biggest aerial resupply mission in history. This class will take a deep dive into the operation and how it impacts U.S. airlift operations to this day.

Doug "Odie" Slocum is a retired Air Force Brigadier General with more than 4000 hours as a fighter pilot in F-4, F-16, and A-10 aircraft. He retired as the Commander at Selfridge ANGB in 2009 which included a global mobility core mission. He was also uniquely selected as the first-ever fighter pilot to serve as the Director of Mobility Forces for Korean military exercise "Key Resolve 2018."

1st Person Perspective: The Fight for Civil Rights in Richmond, Virginia in the 1960s (S2318)

Wednesday, May 03, 2023 ● 10:00 AM-11:30 AM

Instructor: Raymond B. Randolph, Jr.
In-Person

In the 1960s, Raymond Randolph, Jr. was a student and civil rights activist at Virginia Union University, a Historically Black College University (HBCU) in Richmond, VA. Randolph will share his experiences with the civil rights movement of the time including his involvement with the Freedom Rides and various Sit-Ins and will discuss his time spent at Parchman State Penitentiary as a result of his advocacy work. He will reflect upon how these experiences impacted his graduation from VUU and his family, and explore what was accomplished during the civil rights movement of the era.

Raymond B. Randolph, Jr. was the first of more than 200 students to enter Thalheimer's Department Store in downtown Richmond, VA in February 1960 in an effort to challenge its segregationist policies. He became known as one of the Richmond 34, students arrested as a result of the action. Despite his arrest, Randolph continued his fight for equality taking his case all the way to the U.S. Supreme Court. Born in an all-white Connecticut neighborhood, Richmond gave Randolph his first exposure to segregation.



Pictured (l to r): Raymon Randolph, Jr., Walter Pheeneey, Bruce Zellers

Maj-Jongg Anyone?



Learn to play Maj-jongg with Barbara Spreitzer-Berent, an experienced lecturer, trainer, and mah-jongg enthusiast.

More details on page 24 or go to the SOAR website.

Exposing the Ho Chi Minh Trail Covert Reconnaissance - Vietnam 1965 (S2319)

Monday, May 01, 2023 ● 10:00 AM-11:30 AM

Instructor: Walter Pheeneey
In-Person

In 1965, it was deemed of vital national strategic importance to determine whether North Vietnam was constructing an overland military supply trail into South Vietnam. Thus, a small clandestine team was created to surveil the remote jungles of Southeast Asia. Their highly sensitive mission was kept classified for 30 years and required "absolute deniability." If killed or captured the team would be disavowed. Walter Pheeneey offers firsthand experience on how the team uncovered the trail and its impact on U.S. involvement in Vietnam. This story of survival behind enemy lines, with the aid of the indigenous Montagnard tribesmen, will be unforgettable.

Walter Pheeneey is a former Army Captain with more than six years of active duty, including one year undercover in Vietnam and three in South America. A professional engineer with a Bachelor of Science and Master of Science in Civil Engineering, Pheeneey retired as vice president of a major national engineering firm. The Farmington Hills resident has competed as an endurance athlete and completed numerous iron-man triathlons and marathons including in Antarctica and Machu Picchu, Peru.

Dwight D. Eisenhower: Moderation in Dangerous Times (S2320)

Tuesday, Apr 25, 2023 ● 10:00 AM-11:30 AM

Instructor: Bruce Zellers
In-Person

Dwight D. Eisenhower served as president in a dangerous era. He not only feared future nuclear conflicts, but also the costs of preparing for those conflicts. Unlike some of his Republican predecessors, Eisenhower had no interest in going backward. Instead, he sought to put the nation on a path toward gradual change: retaining the New Deal innovations but going beyond FDR's accomplishments with interstate highways and civil rights legislation. He might easily have been re-elected in 1960—if Republicans hadn't passed the 22nd Amendment!

Since 1983, Bruce Zellers has taught history at Greenhills School in Ann Arbor and taught at Oakland University for more than 20 years. His interests range widely in American history, and he lectures frequently on topics from the Colonial Era to the present. A particular interest has been American military history; his book reviews in this area can be found in "The Journal of Military History," "The Michigan War Studies Review," and elsewhere.

Bringing the Civil War Home: The Internal Conflicts of the Lincoln and Booth Families (S2321)

Monday, May 22, 2023 • 10:00 AM-11:30 AM

Instructor: Leonard Zucker
In-Person

Perhaps the most fascinating story of the Civil War is one seldom told: that of the conflicts in the Lincoln and Booth families. Among Mary Lincoln's large family were multiple members who fought and died on the Confederate side and blamed their relative by marriage, Abraham Lincoln, for the war. In a parallel story, John Wilkes Booth had long been engaged in a bitter rivalry with his brother Edwin, a strong supporter of the Union. This class will attempt to bring this important but overlooked story of the nation's greatest conflict to light.

Leonard Zucker was the co-founder and CEO of the 1/2 Off Card Shops, a chain of 58 greeting card and party supply stores. He has been passionate about American History his whole life and is now launching a site dedicated to American history titled americanhistoryin3d.com

Einstein's Pacifism (S2322)

Thursday, May 18, 2023 • 10:00 AM-11:30 AM

Instructor: Francis Shor
Zoom

Although well-known as a scientific genius, Albert Einstein also expressed a number of political commitments, from Zionism to pacifism. Beliefs which garnered attention because of his scientific standing. This class will examine Einstein's pacifist beliefs and how they reflected his life and times. Participants will also consider what relevance Einstein's pacifist positions have for our times.

Francis Shor, Ph.D. is Professor Emeritus of History at Wayne State University. He is the author of five non-fiction books, and a novel. Other publications, covering a broad range of topics in 20th century U.S. and global history, have appeared in scholarly journals and popular online journals. In addition to his academic work, he has been a long-time peace and justice activist.



Pictured (l to r) Francis Shor, Fred L. Johnson III, Frederic Pearson, Wendy Carender

Civil War Part I: Terrible Swift Sword (S2323)

Tuesday, May 09, 2023 • 10:00 AM-11:30 AM

Instructor: Fred Johnson III
In-Person (Hawk Theater)

Arising from the unfinished business of the 1787 Constitutional Convention, the American Civil War (April 12, 1861 - April 9, 1865) forced the United States to confront the cancerous slavery that had eaten away non-stop at the politics, economy, and culture of the nation. Slavery's defeat opened possibilities for finally achieving the Founding Fathers' vision for a nation that had been conceived in liberty and dedicated to the proposition that all men are created equal. As the 19th Century ended, it became apparent that, while the shooting had stopped, America's Civil War was far from over.

Civil War Part II: Relentless March Toward Justice (S2324)

Tuesday, May 09, 2023 • 1:00 PM-2:30 PM

Instructor: Fred Johnson III
In-Person (Hawk Theater)

In the 20th and 21st Centuries, the socio-political and economic maladies that produced the Civil War (April 12, 1861 - April 9, 1865) mutated into contemporaneous hatreds, fears, bigotry, and exploitation, ensuring that gains won on battlefields were squandered or completely lost. For some, the Civil War has served as a cautionary roadmap, energizing a new generation to fight for freedom and republican democracy. For others the Civil War serves as a beacon to persist in attempting disunion when and however they can.

Fred L. Johnson III, Ph.D. is Guy Vander Jagt '53 Endowed Professor of History at Hope College. Prior to his career in academia he worked in automotive, telecommunications, aerospace, and served as a telecommunications officer in the U.S. Marine Corps. In 2019, he was awarded the Medal of Honor by the Elizabeth Schuyler Hamilton Chapter of Daughters of the American Revolution.

Effects of the Ukraine War (S2325)

Tuesday, May 16, 2023 ● 1:00 PM-2:30 PM

Instructor: Frederic Pearson
Zoom

From human trauma to global supply chains, international legal order, wider war threats, and implications for other regions, the Ukraine war has caused untold consequences. This class will review the war from historical, political, economic, military, and legal perspectives. The continued potential for escalation and nuclear aggression along with NATO responses and challenges will be reviewed.

Frederic Pearson is Distinguished Professor of Political Science and past Director of the Center for Peace and Conflict Studies at Wayne State University. He was twice a Fulbright Scholar and a Gershenson Distinguished Research Professor, and a Distinguished Service Professor. He has had books published in the fields of international conflict, civil wars and ethnic conflict, military interventions, arms trade, and arms control.

Health / Medicine

A Balancing Act: What Do the Eyes, Ears, and Feet Have to Do With It? (S2326)

Tuesday, May 2, 2023 ● 10:00 AM-11:30 AM

Instructor: Wendy Carender
Zoom

Good balance is important for fall prevention! This course will describe the basic anatomy and key components of the human balance system, how physical therapists, and audiologists test for balance impairments, and highlight some simple balance-related exercises which can be added to daily exercise routines. This presentation will also review common factors contributing to falls, with ideas to improve home safety and decrease fall risks.

Wendy Carender, PT, MPT, NCS is a Board Certified Neurologic Physical Therapist with more than 35 years of experience. Carender has provided comprehensive evaluation and treatment for individuals with vestibular disorders and balance impairments at Michigan Balance Vestibular Testing and Rehabilitation for the past 14 years. She is involved in clinical research focused on balance dysfunction. She has co-authored multiple peer reviewed publications and provided professional presentations on balance impairments, fall prevention, vestibular disorders, and concussion.

Introduction to Tai Chi (S2327)

Friday, Apr 21, 2023 ● 10:00 AM-11:30 AM

Instructors: Annette Ogger and Christina Eaton
In-Person

Tai Chi is an ancient Chinese exercise for health. Originated in the 11th century by Chang San-feng, a Taoist sage, the graceful and slow movements relax and strengthen both body and mind. Today, Tai Chi is one of the world's most popular exercises and is practiced by millions of people of all ages. Tai Chi can assist in integrating the mind and body, leading toward harmony between us and the universe. Benefits of Tai Chi practice include: increased flexibility, improved balance and coordination, increase in bone density, improved muscle strength, increased energy, stamina, agility, and improved cardiovascular fitness.

Annette Ogger has been practicing Tai Chi at the Michigan Tai Chi Association since 2015. She started Tai Chi at age 58, became a dedicated student and a year later a certified instructor. Ogger began teaching an introduction class at Schoolcraft College representing Michigan Tai Chi Association, and now teaches at The Tai Chi center in Livonia. She has traveled to Europe and British Columbia as a student and set leader. She is the current president of the Michigan Tai Chi Association.

Christina Eaton is a MTCA member and its former president. She started Tai Chi lessons in 2010 and quickly moved on to advance classes. After practicing for two years, Eaton became an instructor, and began teaching at a senior center then at The Tai Chi center in 2012. She continues to instruct several weekly beginner and practice classes and is a dedicated student.

What do SOAR Members love about SOAR?

I think the program is fantastic. I am a (retired) physician who was told about SOAR by one of my patients when I was just about to retire, and had expressed interest in continuing education. I have been faithfully attending classes each semester since my retirement nearly 7 years ago. I love it, and I hope to continue for the rest of my life. The educational value is immeasurable. Kudos!

Thanks Patricia H. for sharing your love!!

The Wisdom of Good Health: Understanding Acupuncture and Traditional Chinese Medicine (S2328)

Thursday, Apr 20, 2023 • 10:00 AM-11:30 AM

Instructor: Julie Silver
In-Person

This class will guide attendees through the various aspects of Traditional Chinese Medicine (TCM) and gain an understanding of the history of TCM, the foundations of acupuncture, Chinese herbal medicine, diet, nutrition, and other holistic ways to good health. This class will also provide demonstrations and an introduction to tongue and pulse diagnosis.

Julie Silver, M.S.W., L.Ac., is president and founder of Michigan Associates of Acupuncture and Integrative Medicine. Silver is a NCCAOM board-certified Acupuncturist from the Midwest College of Oriental Medicine in Chicago, Illinois. She has a master's degree in social work (M.S.W.) from Wayne State University and is a former board member of the Michigan State Acupuncture Board. She is active in the state and local Acupuncture community and has been in practice since 2000.

Law / Politics

Michigan Legislative Update (S2329)

Monday, May 15, 2023 • 1:00 PM-2:30 PM

Instructor: Senator Mary Cavanagh
In-Person

State Senator Mary Cavanagh (D-Redford Township) is proud to serve her first term with Michigan's 6th Senate District which includes parts of Detroit, Farmington Hills, Livonia, and all of Farmington and Redford Township. During this session, Senator Cavanagh will give members a first-hand update on the legislative and budget priorities from the 102nd Michigan Legislature.

Senator Cavanagh was elected to the Michigan House of Representatives in 2020, serving Redford Township and Northwest Detroit. In 2022, she was elected to the Michigan Senate. Cavanagh's dedication to public service is the result of her family's values. Her father, Phil, served as a Michigan State Representative and Wayne County Commissioner. Her mother, Lily, currently serves as Treasurer of Redford Township. Her grandfather, Jerome Cavanagh, served as Mayor of Detroit in the 1960s and her great-grandfather, Sylvester Cavanagh, co-founded the UAW.

An Update From the Michigan Innocence Clinic (S2330)

Tuesday, May 02, 2023 • 1:00 PM-2:30 PM

Instructor: David Moran
In-Person

Professor Moran will describe the work of the Michigan Innocence Clinic to identify and exonerate persons who are innocent of the crimes for which they have been convicted. The class will briefly discuss the root causes of wrongful convictions and describe efforts to reform the criminal justice system to make it more accurate. A detailed review of a few of the Clinic's most important recent victories will be shared.

David Moran is a clinical professor and Director of the Michigan Innocence Clinic at the University of Michigan Law School. Professor Moran holds advanced degrees in physics and mathematics from Cambridge and Cornell and a JD from the University of Michigan Law School. He has published many scholarly articles about criminal procedure, and has argued before the U.S. Supreme Court six times.

Literature/Biography

The History and the Literature: "Matrix" (S2331)

Tuesday, May 23, 2023 • 10:00 AM-12:00 PM

Instructors: Diane and Stan Henderson
In-Person

Historical novels tell interesting stories about a time and its people, requiring extensive research so the writing reflects history accurately. The first segment of this two-hour class explores the history and impact of Eleanor of Aquitaine in medieval France and England, the time and place in which Groff's "Matrix" is situated. Aquitaine was one of the most powerful women of the day, serving for a time as Queen of both countries. In the second hour, the discussion will continue with a look at the novel as contemporary literature. Readers and history buffs welcome! Participants should read "Matrix" before class.

Stan and Diane Henderson are avid readers—Stan reads history, Diane fiction. In other lives, they would have been history and English professors. Now they team up to share their passions with SOAR. Pre-retirement, Stan was the Vice Chancellor for Enrollment Management and Student Life at the University of Michigan-Dearborn, and Diane was an educational program planner and consultant.



Agatha Christie - Queen of Mystery (S2332)

Thursday, May 25, 2023 • 10:00 AM-11:30 AM

Instructor: Peggi Tabor
Zoom

This class will discuss the life and work of Agatha Christie. Included in the discussion will be a look at events from Christie's very interesting life that informed her huge body of work. The class will explore her mysterious eleven-day disappearance and take a peek at some of Christie's most famous protagonists and the celebrities who played them on stage and screen.

Peggi Tabor is a longtime fan of Agatha Christie. She is a long-term SOAR contributor, has developed numerous courses in a variety of subjects and looks forward to delivering a class in a literary genre. Dr. Tabor holds a master's degree in marketing and communications, and a Ph.D. in philosophy.

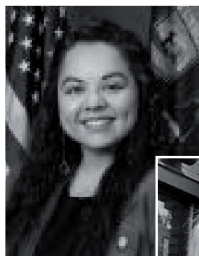
Revisiting Detroit in the 1960s (S2333)

Wednesday, May 17, 2023 • 1:00 PM-2:30 PM

Instructor: Bob Morris
In-Person

This class will be based on the author's most recent novel, the political thriller, "Secret Service Journals: Assassination & Redemption in 1960s Detroit." While the instructor will talk about his book, he will also touch on many historic and real parts of Detroit during the 1960s. Audience participation is anticipated and encouraged—sharing memories is not limited to just the instructor.

Bob Morris is a lifelong Michigander and spent his career in public service. He was a middle school teacher in Detroit before moving to Lansing in 1976 to work in the Michigan Legislature. For the next 38 years he represented public institutions addressing policy issues with the state legislature, serving in both the Blanchard and Granholm administrations. Since he retired, he has written two books: "Built in Detroit" and "Secret Service Journals." He lives in Farmington Hills.



Pictured. Left: Stan and Diane Henderson

Pictured: Top (l to r): Julie Silver, Sen. Mary Cavanagh, Joe Derek, Henry Feinberg. Bottom (l to r): David Moran, Bob Morris, Peggi Tabor

Nature/Environment

Creating a Backyard Habitat (S2334)

Thursday, Apr 20, 2023 • 1:00 PM-2:30 PM

Instructor: Joe Derek
In-Person

We are losing a piece of our natural world every day. Anyone can create an inviting backyard habitat to invite the world of nature to a balcony, patio, or outside space. This class will explain how to make a home for a bit of nature and help preserve different forms of flora and fauna for the future of our planet.

Joe Derek has loved nature since childhood and is the former Farmington Hills City Naturalist. He has conducted classes and seminars on nature and the outdoors since 1977. He hosted "Naturally Michigan Afield" for four years at WCAR and WHND AM radio plus he hosted nature related television shows on local Channel 8 while he worked for Farmington Hills.

Performing Arts

Big Band: How It Came to Be (S2335)

Monday, May 15, 2023 • 10:00 AM-11:30 AM

Instructor: Henry Feinberg
In-Person

Big Band, the vehicle that took Jazz to the top of the charts for the first time in the 1930s, is still popular with today's music lovers. Discover Big Band's roots and follow its rise until its virtual collapse in 1947. This exciting talk will be accompanied by vintage photos and classic recordings featuring the music of Count Basie, Duke Ellington, Ella Fitzgerald, Frank Sinatra, Louis Armstrong, Rod Stewart, and Michael Bublé among others.

Henry Feinberg is a musician, composer, and music instructor. He has taught music history classes at Oakland Community College in Farmington Hills since 2002 and has coached numerous piano and harmonica students. Pre-pandemic, he performed regularly on the piano and harmonica at various venues in metropolitan Detroit.

The Great American Songbook: The Other Guys - 2 Part Series (S2336)

Tuesday, Apr 18, 2023 ● 1:00 PM-2:30 PM

Tuesday, Apr 25, 2023 ● 1:00 PM-2:30 PM

Instructor: Stuart Johnson
In-Person

The Great American Songbook is an arbitrary list of songs from Broadway, Hollywood, and Tin Pan Alley. While Harold Arlen and Irving Berlin have multiple entries, there are a number of other composers, some familiar, some not, who have made significant contributions as well with one or a few songs that are as popular as any by Porter, Gershwin, or Warren. Who are they and what are their songs? That's what Johnson will reveal as he profiles and listens to "The Other Guys".

In 2007, as an outreach of the Michigan Jazz Record Collectors (MJRC), Stu Johnson began and continues to lecture on jazz and jazz-related topics at numerous locations throughout the Metro Detroit area including libraries, the Adult Learning Institute, the Music Theatre class at U of D-Mercy, SOAR LLI, MORE Macomb, other senior groups and organizations, and at a convention of the International Association of Jazz Record Collectors.

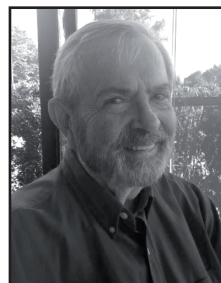
King Kong: How the Beast Saved Classical Music (S2337)

Wednesday, Apr 19, 2023 ● 1:00 PM-3:30 PM

Instructor: Brian Murphy
In-Person

When sound came to Hollywood movies (around 1930), there were two theories about the use of music: at first, the idea was that the audience must know where the music came from; the second was what became known as movie music. This class will illustrate those differences by watching an opening scene from "Dracula" (1931) and then all of "King Kong" (1933) to see and especially hear the difference.

Brian Murphy is a retired Professor of English and Honors College director at Oakland University. As a former film critic (for London's FILMS AND FILMING) he helped to create Oakland University's film program. He is the author of two books, "The Enigma Variations" and a study of CS Lewis, and several plays produced by New York's Medicine Show Theater.



Pictured: Top: Teaching their classes separately are Toni Sanchez-Murphy and Brian Murphy. Also pictured (l to r): Stuart Johnson, Mel Chudnof. Bottom (l to r): Laura Day, Ellen Slutzky, Erica Dutton.

Philosophy / Psychology / Religion

Coping with Aging, Grieving, and Living Well (S2338)

Wednesday, May 10, 2023 ● 1:00 PM-2:30 PM

Instructor: Toni Sanchez-Murphy
Zoom

Toni Sanchez-Murphy, a life wellness coach, will review her work over the past two years with seniors at the Rochester Older Persons' Commission (OPC) and highlight some recent relatable cases and issues that are of common concern to persons over 60. Sanchez-Murphy will offer guidance and lead a discussion on topics such as coping with the death of a spouse, making decisions regarding independent, assisted-living and memory care facilities, and addressing the resolution of long-term conflicts between adult family members and life partners.

Toni Sanchez-Murphy is an LLP psychologist with 42 years experience in private practice and as a school psychologist for the Pontiac school system. She has worked part-time at OPC since February 2021 with adults 60+ dealing with disability, death and/or family conflict issues. She is married to Dr. Brian Murphy and has a married daughter. Crowned Ms. Senior Michigan in 2012, she loves classical music, opera, skiing and pickleball. Her philosophy of life is "To be as one seems. To be authentic!"

Psychology of Travel: Personal Benefits... and Overcoming Hesitations (S2339)

Wednesday, May 24, 2023 ● 1:00 PM-2:30 PM

Instructor: Mel Chudnof
In-Person

Some people spend their life traveling, and others spend their life avoiding it. This class will pack in ample evidence demonstrating the many psychological, intellectual, and physical benefits of traveling. Dr. Chudnof will share some experiences from his lifetime of travel to 81 different countries and what he has learned to make travel more rewarding and easier. Discussions will consider what causes some people to be afraid of and avoid travel and ways to ease fears and concerns about group or solo travel.

Mel Chudnof Ph.D., taught psychology at Oakland Community College for 43 years. In addition, Dr. Chudnof maintained a private practice. He has consulted with businesses and human service agencies. In his leisure time Chudnof enjoys extensive travel including visits to all 50 United States and 81 other countries. He enjoys road biking, swimming, volunteering, and being an advocate for social justice. Chudnof, married for 55 years, is grateful to have two children and four wonderful grandchildren.

Practical Intuition (S2340)

Thursday, May 04, 2023 ● 10:00 AM-11:30 AM

Instructor: Laura Day
Zoom

Gut feeling, sixth sense, hunch, no matter the term, intuition plays a part in decisions we make every day. Laura Day, the best-selling author of six books, has taught numerous professionals including doctors, scientists, businessmen, celebrities, and housewives, on how to consciously tap into this hidden ability. Her insights have helped individuals resolve personal growth, medical, financial, and other dilemmas. Through a step-by-step program and real life examples, this class will teach how to use your intuition to unlock the remarkable power of your mind and better your life.

New York Times-best-selling author Laura Day has spent four decades helping individuals and organizations harness and develop their innate intuitive abilities to create profound change. Dubbed by The Independent as "The Psychic of Wall Street," Day has been featured in numerous publications and television networks. Day's work has helped demystify intuition and bring it into the mainstream. In her workshops and presentations, she demonstrates the practical, verifiable, and sometimes astonishing uses of intuition in the fields of business, science, medicine, and personal growth. (www.lauraday.com)

Psychology and Films (S2341)

Thursday, May 18, 2023 ● 1:00 PM-2:30 PM

Instructor: Ellen Slutzky
Zoom

Mental illness has been portrayed in film since at least 1909. In this class, participants will develop a clearer understanding of specific mental disorders through examination of film excerpts and class discussion. A look at the subtle cinematic techniques filmmakers have used, will highlight the way they are able to influence the audience's perception of characters and storyline. By analyzing these techniques and how they are utilized, class members will determine if the film accurately portrays mental illness or furthers misconceptions. Such portrayals have the ability to positively or negatively impact the public, as well as those suffering from disorders.

Ellen Slutzky holds a Ph.D. in Clinical Psychology. She has treated clients with various disorders, some of which are depicted in the films of her presentation. For 20 years, Dr. Slutzky has run a film club whose members analyze all aspects of film. In addition, she has a teaching background in adult education.

A Reflective Mindfulness Approach to Worry (S2342)

Monday, Apr 17, 2023 ● 10:00 AM-11:30 AM

Instructor: Erica Dutton
Zoom

Worry is part of being human but that doesn't mean we are at its mercy. With a mindfulness meditative approach that incorporates reflection, curiosity, and flexibility, participants will begin to learn a different approach to worry, one that isn't about stopping or managing worry, but one focused on changing the relationship to worry. Participants will learn how to work with worry through creativity, gentleness, and curiosity so that old patterns of worry modulate and begin to change.

Erica Dutton began studying meditation 30 years ago and has been teaching for twelve. Through her many years of meditation practice and study, Dutton feels she has found an approach uniquely suited for new meditators and those who previously quit meditation for various reasons. Among other things, this open, gentle practice has helped her be less reactive and judgmental of herself and others. She wants to share this practice with others so they too can succeed in meditation and see that their experience is important and valued.

Science / Technology

Wonderful Webb: Touring the Images From the James Webb Space Telescope (S2343)

Friday, May 19, 2023 ● 1:00 PM-2:30 PM

Instructor: Jesse Mason
In-Person

Henry Ford College professor and planetarium director, Jesse Mason, will give a guided tour of recently released images from the newly launched James Webb Space Telescope. Attendees will learn about the science behind infrared astronomy, the celestial objects that the James Webb Space Telescope has imaged, and the biggest lessons astronomers hope to learn from the telescope.

Jesse Mason, Professor of Physics and Astronomy at Henry Ford College, directs the Hammond Planetarium. Mason holds a master's in physics from Eastern Michigan University, has taught physics and astronomy courses at EMU, Schoolcraft College, and Henry Ford College, and runs a physics education YouTube channel with more than 10 million views.

The Future of Driving: Electric Vehicles, Autonomy and More (S2344)

Tuesday, May 23, 2023 ● 1:00 PM-2:30 PM

Instructors: Mark Phelan and Phoebe Wall Howard
In-Person

Detroit Free Press journalists Mark Phelan and Phoebe Wall Howard return to SOAR to lead a discussion which will explore future trends in electric vehicles, autonomous driving, and more. This interactive class will allow plenty of time for group discussion and questions and answers. Bring your curiosity.

Mark Phelan is an auto critic and columnist who has reported on the auto industry from all over the world. He has lived and worked in Europe, Asia, Australia, South America, and Africa, and has contributed to numerous publications, including The New York Times, Road & Track, and the Car Connection. He is the former president of the Automotive Press Association and the North American Car and Truck of the Year awards.

Phoebe Wall Howard is an award-winning journalist who covers business, politics, government regulation, and labor negotiations nationally. She returned to Detroit in 2017 to cover Ford Motor Company full time. Since then, she has won a series of state and national awards and was recognized as a National Headliner for business and a Loeb finalist for investigative reporting.

Social Media: The Good, The Bad, and The Beautiful (S2345)

Thursday, Apr 27, 2023 ● 10:00 AM-11:30 AM

Instructor: Karen McDevitt
Zoom

The average time spent on social media platforms amounted to just over 17 hours per week in 2022. That's like having a part-time job! Karen McDevitt will explore the significance of TikTok (most time spent), Facebook (most used, globally), Instagram (most shared photos), and Twitter (most messed-up). More than communication tools, however, social networks allow for marketing to the masses while (sometimes greatly) influencing individuals. How can we NOT take a close and conscientious look?

Karen McDevitt is Associate Professor of Teaching for Wayne State University's Media Arts and Studies program. She teaches Film Theory, Media Analysis & Criticism, New Media Practices, New Media Theory and Introduction to M.A. Studies in Communication. McDevitt currently serves on the Wayne State University Press editorial board of directors and, for many years, served as an executive member of the board of directors of the Friends of the Detroit Film Theatre.

From Apollo 8 to Humans on Mars (S2346)

Wednesday, May 03, 2023 ● 1:00 PM-2:30 PM

Instructor: Craig Williams
In-Person

Craig Williams will present an overview of NASA's recent planning for sending humans to Mars along with the 1987-92 Space Exploration Initiative study of the planet. Williams will also cover the objectives and mission overview of the Mars program, space environment concerns, how people would live on the Martian surface, and initial colonization plans. The status of the ongoing robotic mission and the role of northeast Ohio's NASA Glenn Research Center will be discussed.

Craig Williams has more than 38 years of civilian and military experience. He currently serves as the Deputy Chief Safety Officer for Power and Propulsion Element supporting the Human Lunar Return and Moon-Base Program at NASA. His experience includes project management and engineering design for space launch vehicles, advanced space propulsion, space power systems, and related aerospace systems analyses.

Travel / Culture

Travel to Montgomery Alabama: Experience the American Legacy (S2347)

Wednesday, Apr 26, 2023 • 10:00 AM-11:30 AM

Instructor: Rochelle Rubin
In-Person

A trip to Montgomery, Alabama is a must for anyone interested in the historic fight for racial justice in our country. The memorials, museums, and other historic sites are powerful—both informatively and emotionally. Dr. Rubin will share how the experiences of her trip to Montgomery reinforced her appreciation for the determination of people like John Lewis and Brian Stevenson who fought for justice, regardless of the challenges and obstacles they encountered. A recommended itinerary and logistics for future travel to Montgomery will be provided.

Rochelle Rubin, Ph.D. spent 50 years as an educator. Since retiring she has worked on a variety of social justice-related projects and committees including voting rights in Michigan. The opportunity to keep learning about America's legacy of racial injustice motivated her trip to Montgomery.

Adventures in India (S2348)

Monday, Apr 24, 2023 • 10:00 AM-11:30 AM

Instructor: Jill Pavlat
In-Person

This class will take a first-person look at the instructor's trip to India. Highlights include two different safaris to spot the elusive Bengal tiger. As part of the safari, the Atapani villagers in Ziro opened their doors for the travelers for the celebration of Myoko, their most sacred holiday. The celebration is based on an age-old belief that by performing specific rituals the villagers can ensure fertility, both in the fields and in its people. One of only a few westerners to ever witness the celebration, Pavlat will share her remarkable experience through pictures and stories.

Jill Pavlat is an avid adventure traveler with experiences hunting with Aboriginals in Australia, camping in virgin forests in the Amazon, and hunting for a glimpse of wild Tigers in Nepal. Pavlat has traveled most of her adult life and began her love of adventure travel in her early 40s. She has visited six continents, traveled solo, with friends, and as part of larger groups. She loves to share her adventures.

Baseball in Japan: A Historical, Social, and Cultural Look at This Imported and Yet National Sport (S2349)

Friday, May 19, 2023 • 10:00 AM-11:30 AM

Instructor: Elizabeth Lublin
In-Person

Since its introduction 150 years ago, baseball has become Japan's #1 sporting pastime and the subject of scholarly debate about whether the game epitomizes the Japanese national "character." This class will explore the history of baseball in Japan, through highlights including the 1896 trouncing of an expat team by high school students, Babe Ruth's 1934 all-star tour, and Kōshien, the summer high school tournament. Differences in how baseball is played in Japan and the United States will be discussed along with what baseball reveals about Japan and the Japanese.



Associate Professor of History at Wayne State University, Elizabeth Lublin teaches a variety of courses on China, Japan, and Korea. Her research interests focus on late 19th- and early 20th-century Japan, and she is currently writing a book on the tobacco industry during those years.



Pictured: Top: Phoebe Wall-Howard and Mark Phelan. Middle (l tor): Craig Williams, Rochelle Rubin, Jill Pavlat.



Learn to Play American Mah-Jongg Led by Ms. Barbara Spreitzer-Berent

Free for SOAR Members \$20 for Non-Members

Tuesdays April 18, April 25, May 2, May 9, 2023
3:00 PM - 4:30 PM in the SOAR office

Join SOAR for this inaugural four-session, novice-level class and learn the basics of American Mah-Jongg.

Mah-jongg is a fun, challenging, tile-based game for three or four players. Popular worldwide, it originated in China and came to the U.S. in the early 20th century. Each class session will include an explanatory lecture, game play, and opportunities for questions. Participants will learn the rules, conventions, and basic strategy to play the game in person and online. Enrollees should commit to attending all four classes for their benefit and that of their classmates.

Barbara Spreitzer-Berent is an experienced lecturer, trainer, and mah-jongg enthusiast. She is probably best known at SOAR for her programs on the history of Broadway musicals and tap dancing. In this class, she will present a different aspect of mah-jongg in each session, building knowledge and confidence in a systematic way.

An additional \$15 materials fee will be due on the first day of class to cover the cost of the Official 2023 Mah-jongg playing card. This class will be limited to 16 people.

Shared Interest Groups (SIGs)

Shared Interest Groups (SIGs) are a way for SOAR members to take a deep dive into areas of common interest.

SIGs are intimate (limited to 25 active members), hosted by a SOAR volunteer (or team of volunteers) and typically meet once a month on Zoom to discuss a book, film, or issue. SOAR SIGs are a **free benefit of SOAR membership** and are a wonderful way to connect with other SOAR members and promote friendship and fun! SIG meetings generally last 90 minutes.

SOAR's Book Club. SOAR's first SIG remains one of the most popular. The award-winning fiction and non-fiction books chosen are selected by members of the SOAR Book Club who take turns moderating discussions. The SOAR Book Club meets the third Friday of each month at 1:00 PM. Reach out to Bonnie Cousens or Roberta Russ for more information.

History Book Group. Launched in 2020, the books read by this group focus on literary, nonfiction books which highlight a particular historic event or era. Books are nominated by members and the group meets on the second Friday afternoon of each month at 1:30 PM. Reach out to Sharon O'Brien for more information.

SOAR's Literary Society. Literature lovers unite! Introduced in 2020, this book club delves into the author's and the book's themes, styles, and messages. The group meets the third Wednesday of each month at 1:00 PM. Reach out to Sharon O'Brien for more information.

The Detective Novel Club. The newest SOAR book club explores the many types of detective novels, from the classics to the pot-boilers, to the novels of today. This SIG meets the second Thursday of each month at 3:30 PM. Reach out to Sharon O'Brien for more information.

First Friday Movie Club. All of the films selected and watched by this SIG lend themselves to robust discussion and discovery and range from classics to contemporary, American blockbusters to independent and foreign films. Films are watched independently, in advance, and discussed at the meeting. This group meets the First Friday of each month at 1:00 PM. Reach out to Ralph Stromberg or Sharon O'Brien for more information.

Great Decisions. Based on the success of the Great Decisions classes, led by Dan Harmon and Al Darold, this SIG identifies and focuses on a topic from current events. Members explore the impact and ramifications of the decisions made related to the subject. This SIG meets once a quarter. Reach out to Dan Harmon or Al Darold for more information.

Women's Issues Group. In this intimate group, SOAR members discuss topics and issues ranging from sexism, feminism, ageism, women in business, women in Congress, parenting, grandparenting, generational differences, and more. Some meetings feature advance readings, videos, and other resources, and all include a host to facilitate a rich discussion. This SIG is currently on hold and looking for discussion leaders. Reach out to Sharon O'Brien if you are interested in leading this SIG.

Join SOAR for an afternoon of
World Music with
SEAN BLACKMAN & FRIENDS

Thursday, April 13, 2023
2:00 p.m.

The Hawk Community Center Theatre
Members: \$15 Non-Members: \$20



Sean Blackman's unique World Music style is influenced by Armenian folk, both South and West African music, along with Brazilian Jazz and Flamenco. And of course, growing up in Detroit – Jazz, Blues, Rock, and Soul. The afternoon's performance will span the globe as Blackman weaves traditional American music with various other cultural influences, while highlighting similarities and differences found in different musical cultures. Blackman is a musician and educator committed to building bridges in order to, "raise global awareness of human similarities and bring us all closer together."

Everyone has a story (stories) to tell. Writing a memoir is more than telling the story. It affords the opportunity for remembering, reflecting, preserving legacy and bringing insight and meaning to your story.

The SOAR Special Events Committee presents a
two-session Memoir Writing Workshop
Friday, April 28 at 1pm & Tuesday, May 2 at 10am
SOAR Classroom
Members: \$25 Non-Members: \$30



Cindy Frenkel, author, memoirist, poet, essayist and teacher, will be our coach for each session. She will bring her experience, thoughtfulness and skill to advise and assist each writer to help compose a short memoir that will provide satisfaction and meaning. An opportunity will be provided to present our memoirs at the end of the 2nd session for those who wish to share with the group.

SOAR presents A Discussion with
Dr. Susan Colbourn
Monday, May 8, 2023
10:00 a.m. via Zoom
Members: \$10 Non-Members: \$15

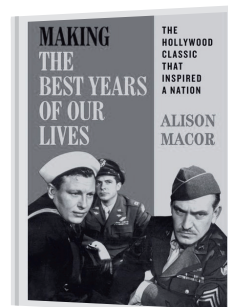


Susan Colbourn is a diplomatic and international historian interested in questions of security and strategy since 1945. She specializes in European security, the politics of nuclear weapons, and the history of the North Atlantic Treaty Organization (NATO). Colbourn is associate director of the Duke Program in American Grand Strategy and a senior fellow at the Bill Graham Centre for Contemporary International History at the University of Toronto.

Released in 1946, *The Best Years of Our Lives* became an immediate success. *Life* magazine called it "the first big, good movie of the post-war era" to tackle the "veterans problem." Today we call that problem PTSD, but in the initial aftermath of World War II, the modern language of war trauma did not exist. The film earned the producer Samuel Goldwyn his only Best Picture Academy Award.



Join award-winning author Alison Macor, as she illuminates the film's journey from script to screen and describes how this authentic motion picture moved audiences worldwide.



Friday, May 26, 2023
1:00 p.m.
via Live Stream at The Hawk
Members: \$10
Non-Members: \$15

TOLEDO MUSEUM OF ART Bus Trip

\$88/pp
Guests are
welcome

THURSDAY, JUNE 8, 2023

9:15 a.m .

Trip includes a comfortable chartered bus ride, the museum tour, and a visit to the Toledo Spaghetti Warehouse (cost of lunch not included). The bus leaves from the Bloomfield Twp. Senior Center at 9:15 a.m. and returns at approximately 4:00 p.m.



Reservation
Deadline:
May 1, 2023

Featured Exhibit: Seeing Stars, Divining Futures

Seeing Stars, Divining Futures highlights the long history of human interest in the cosmos and its impact on earthly affairs. The exhibition showcases works from the Toledo Museum of Art's collection that demonstrate the integration of art and divinatory practices across eras and cultures. From representations of the zodiac to tarot cards and images of fortune tellers, we invite you to explore how artists communicate our desire to know the unknowable and foresee the future.



TOLEDO MUSEUM OF ART BUS TRIP REGISTRATION FORM -- Make check payable to SOAR and mail to:
SOAR c/o The Hawk, 29995 W. 12 Mile, Farmington Hills, Michigan 48334 -OR- Register Online (preferred) by visiting:

www.soarexplore.com

Name: _____ Guest Name(s) _____

Address: _____ Phone: _____

Email: _____ No. of Tickets @ \$88.00 ea. _____ Total: _____

RESERVATION DEADLINE: MAY 1, 2023

NO REFUNDS. NO EXCEPTIONS.

More information :  Rose Marie Battey 248-626-4208

