

2023

Catalog Spring Semester

ILR

**Institute for
Learning in
Retirement**

2/6/2023

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ILR MEMBERSHIP AND PRACTICAL THINGS**CONTACT INFORMATION**

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www.ilretirement.org

(724)738-1604

**OFFICE HOURS**

Monday: 11:00 – 2:00

Tuesday: 1:00 – 4:00

Wednesday: 11:00 – 2:00

Office Hours between semesters may change.

ILR POLICES**WEATHER EVENTS**

For Weather alerts, ILR follows the [Slippery Rock School District](#) news. You can find this kind of information on local TV channels, or online at <https://srea.psealocals.org/DelaysClosings.aspx>

COVID 19 PUBLIC HEALTH POLICIES

ILR follows the [Slippery Rock University](#) guidelines for students for 2022-2023 academic year. As of August 19, 2022, masks are not required to be worn in campus facilities but there are a few exceptions. Guidelines can change. For detailed and up to date information see: <https://www.sru.edu/covid19/docs/COVID-information-for-students.pdf>


SIGN UP, SHOW UP

Members are strongly encouraged to show up in classes they sign up for. Attendance is important to our ability to recruit instructors and an important indicator of the ILR performance. See you in class soon!

ILR LIABILITY WAYVER

By registering for any in-person classes or trips, you are agreeing to the ILR Liability Waiver as posted on our website.

ENROLMENT SPRING 2023

MEMBERSHIP	\$/person	BENEFITS			
		Donation	Class/Trip	Online Class	Online Class Recordings
Sustaining Membership	100		Unlimited	Unlimited	Unlimited
Regular Membership	70		12	Unlimited	Unlimited
Extraordinary Membership*	0		12	Unlimited	Unlimited
Zoom Membership	50		0	Unlimited	Unlimited
Basic Membership	25		A combination of 3 events		Enrolled classes
Single Class	15		Unlimited number of paid individual Classes/Trips/Zoom		Enrolled classes

*Learners over 90 years old, have to say date of birth to get the associated benefits.

MEMBERSHIP GIFT CERTIFICATES are now available for purchase. Those interested can contact the Financial Secretary, Sharon Isacco at ILRFinSec@ilretirement.org.

MEMBER BONUS: HCAP (History Center Affiliates Program) Membership card gives free admission for four adults to the following museums: Heinz History Center, Fort Pitt Museum, Meadowcroft Rock Shelter, Western Pennsylvania Sports Museum. Access is basically unrestricted except for occasional special events or exhibits. ILR members can borrow the HCAP membership card: 1 week between March 6 and May 18.

REGISTRATION

Registration for Spring starts on February 6th for everyone. For popular classes the enrolment criteria are the membership level and the time stamp of application: sustaining members are first in line, first come first serve.

NOTE: All trips and some classes have limited enrollment, or tight deadline: look for **Tarbell Tea House** with deadline for registration on February 27th. REGISTER EARLY!

Use this link to complete the online Registration Form:

<https://forms.gle/hXwmnPnRLE7jiGk37>

Alternatively, print a registration form, complete it in and send it as attachment to an email or by mail to the ILR office.

After registration, you will receive an INVOICE and CLASS CONFIRMATION by email or mail (if you have not provided us with an email address).

QUICK GUIDE OF CLASSES/TRIPS/TOURS**CLASSES**

Apollo 11. McMenam, J. (F)

Around the World without Magellan. Call, T. (F & Z)

Book Club. Stevenson, S. & Bell, D. (F)

Butler County – Where the Past is always Present. Cicero, S. (Z)

Concluding Shakespearean Quotations. Cole, R. (Z)

Developing an Attitude of Gratitude. Leo, R. (F)

Diabetes Prevention & Wellness. Kunick, L. & Geiger, E. (F & Z)

Endurance: Search & Discovery of Shackleton's Ship. Scutoaguazza, E. (F)

Exercise Is Medicine. Urda, J. & Verda, S. (F)

Film: Far-Away Places. Harris, K. (F)

Games: Are you Game? (Get together to play board games). Doran, D. & McMenam, J. (F)

Genetic Results from the All of Us Research Program. Geiger, E. (F & Z)

Grief and Grieving. Leo, R. (F)

How American Humor Became American. Adomites, P. (F)

Internet and Online. Draghiciu, D. & Isacco, S. (F)

K-9 Police Dog Demonstration. Kruger, R., Niko & Blakeley, G. (F)

Learn to Write Poetry- Three Small Giants of Form, Johnson, A. (F)

Legends of the Hollywood Musical. Atteberry, P. (F)

Mac Easy. Draghiciu, D. & Isacco, S. (F)

Medicare - What You Need to Know. Johnstone, J. (F & Z)

Oh, My Aching Back - Spinal Arthritis. Flood, K. (F & Z)

Route 8 Highway to History. Cicero, S. (Z)

Stress Relief via Nature. Patterson, L. (F)

Stroke: Brain Attack! Flood, K. (F& Z)

The Berlin Airlift 75th Anniversary. DePastino, T. (Z)

The Future of Major Religions - A Historical View. Kochems, R. (F & Z)

The Lost Faces of the Titanic. May, B. (F)

The Matrix of Western Culture. Wenk, A. (Z)

The Power of Happiness. Patterson, L. (F)

The Stories Behind the Monuments at Gettysburg. May, B. (F)

The Story of the Keystone Shortway, I-80. Shaw, P. (F& Z)

The Whiskey Rebellion: A Distilled History of an American Crisis. Crytzer, B. (F)

The Wild, Wild Southwest among the National Parks. Call, V. (F & Z)

Watercolor. Simon, W. (F)

Wonderful Woodpeckers. Kwasnick, D. (F)

Your Health in Retirement - The New Normal. Leo, R. (F)

TRIPS/TOURS

- Zh-Member Picnic. McMenamin, J.
- Zt-A Visit to the Maridon Museum. Flood, K.
- Zt-Armstrong Bike trail in East Brady. Thornhill, R.
- Zt-Blackwood Estate Tour. Johnson, A.
- Zt-Chapel at Grove City College. Leo, R.
- Zt-Green Book and Pittsburgh, Cicero, S.
- Zt-Let's Go Shopping. De Luca, M.
- Zt-Lunch Out. O'Malley, T. & Hank, A.
- Zt-Maple Sugaring. Crotsley, M. & Blakeley, G.
- Zt-Opera IL Trovatore. Doran, D.
- Zt-Opera-We Shall Not Be Moved. Doran, D.
- Zt-Picnic by Volant Dam. Blakeley, G.
- Zt-Pennsylvania's Black Bears. Edmiston, K. & Blakeley, G.
- Zt-Planting and Uses for an Herbal Garden in Pots for Year-Around Use. De Luca, M.
- Zt-Rabkin Japanese Garden Tour. Bell, D.
- Zt-Sip & Paint at Steele's Ceramics Studio in Butler. De Luca, M.
- Zt-Spring Wildflower Identification Walk at Wolf Creek Narrows Natural Area. Smith, K.
- Zt-Steamfitter Technology Center - Tour and Lunch. Blakeley, G. & Marshall, A
- Zt-Tea at Tarbell House. Flood, K.
- Zt-Wildflower Walk. Simon, N.
- Zt-Wine & Lunch. Flood, K. & O'Malley, T.

CLASS DESCRIPTION**Apollo 11. McMenamin, Jessie**

On July 20, 1969, the first manned spacecraft landed on the surface of the moon. Neil Armstrong and Buzz Aldrin took the first steps on another planetary body. I'll share facts about this "one giant leap for mankind" and we'll conclude by viewing the DVD Apollo 11: The Eagle has Landed.

Fowler Building

Tuesday, April 11, 12:00-3:00 PM

Around the world without Magellan. Call, Tom

In school we learned that Ferdinand Magellan was the first person to circumnavigate the globe. Or was he? Well, yes, a ship from the Magellan Expedition went around the world...but Magellan wasn't on it! Return with us to the 16th century and learn the true story of the first around-the-world adventure.

Fowler Building

Tuesday, May 02; 12:00 – 1:30 PM

Online: Zoom

Tuesday, March 21; 7:00 – 8.30 PM

Book Club. Stevenson, Sandy & Bell, Debbie

Love to read? Here's your chance to discuss a wide variety of books with other bibliophiles. We read fiction, non-fiction, memoirs, biographies, and histories to name a few, and YOU get to choose the selections for the following semester! This spring's selections include I Was Anastasia by Ariel Lawhorn (March); American Dirt by Jeanine Cummins (April); Born A Crime by Trevor Noah (May).

Fowler BuildingTuesday,
March 21, April 18, May 16;
12:00 – 2:00 PM**Butler County – Where the Past is always Present. Cicero, Stephen**

Some of the most important people and events in American History have a connection to Butler County Pennsylvania. Come hear the story of Washington's Trail, Moraine State Park, The Brooklyn Bridge, Drake Well, Amelia Earhart's plane, The Bantam Jeep, and many more. Discover how much of our rich heritage still exists all around you!

Online: Zoom

Monday, March 6; 7:00 -8:30 PM

Concluding Shakespearean Quotations. Cole, Ruth

In the Grand Finale of Shakespearean Quotations, the emphasis will be upon four plays plus the base, the culmination of the techniques, characterizations, plots, themes that the Bard has developed throughout his canon. These are represented by quotations selected from Othello, King Lear, Macbeth, and – briefly – Tempest. Questions and discussion are encouraged as well as use of the instructor's handouts that support this. The final result will be, hopefully, a genuine perspective on Shakespeare and his magnificent works

Online: Zoom

Tuesday, April 4, 11; 10:00-11:30 AM

Developing an Attitude of Gratitude. Leo, Ruth

Winter doldrums can add to the feelings of gloom and depression. Let's meet to identify ways to express, show and teach gratitude.

Fowler Building

Monday, April 24; 2:00 – 3:30 PM

Enrolment: Minimum 8

Diabetes Prevention & Wellness. Kunik, Lana & Geiger, Emmy

Lana and Emmy will discuss diabetes research and diabetes prevention.

Fowler Building

Tuesday, May 9; 12:00 -1:00 PM

Online: Zoom

Tuesday, May 16; 10:00-11:00 AM

Endurance: Search & Discovery of Shackleton's Ship. Scuoteguazza, Eric

In 1914, the famous explorer Ernest Shackleton led an expedition from England to the Weddell Sea to cross the polar continent—Antarctica. But the expedition vessel, the Endurance, became trapped in ice and sank. Miraculously, Shackleton's team managed to survive, but for over 100 years, no sign of the ship was found—until now. Earlier this year, a new expedition, Endurance22, found the Endurance 10,000 feet beneath the frozen sea. This amazing triumph of determination and technology will be told in a documentary. ILR members have the unique opportunity to hear first of the dramatic discovery of the ship.

Fowler Building

Tuesday, April 25, 12:00 – 2:00 PM

Exercise Is Medicine. Urda, Joy & Verba, Steve

Benefits of Exercise.

Fowler Building

Tuesday March 21; 2:00 -3:00 PM

Film: Far-Away Places. Harris, Ken

Our Spring 2023 ILR Film Series takes us to 'Far away Places', ten movies titled for destinations some distance from Slippery Rock, starting with Belfast and Brooklyn, then Casablanca (a film every film-fan should see at least three times), Three Billboards Outside Ebbing, Missouri; Nebraska; Midnight in Paris; Raising Arizona; The Martian; East of Eden; and one more to be selected. The order is uncertain but, each class session will include a brief talk about a 'far-away place' movie or movies that didn't make this semester's cut.

Fowler Building

Wednesday,

March 15-May 17; 1:30 – 3:00 PM

Games: Are you Game? (Get together to play board games). Doran, Dale & McMenam, Jessie

Games: Are you game? Then this class is for you. Come and have fun as a variety of games will be presented for your entertainment - board, card, dice, domino, tile. Learn about new games and revisit old favorites. You won't be 'board'!

Note: games will be provided

Fowler Building

Monday,
April 10, 17, 24; 12:00 -2:00 PM

Genetic Results from the All of Us Research Program. Geiger Emmy

The All of Us Research Program.

Fowler Building

Monday, May 8; 12:00-1:00 PM

Online: Zoom

Tuesday, May 2; 10:00-11:00 AM

Grief and Grieving. Leo, Ruth

Personal experience and source materials will be used by class participants to prepare guidelines for helping a friend who is grieving. People grieve the loss of independence, their health, their jobs, or their marriage, as well the death of a spouse and other loved ones. Having a friend who understands grief is priceless!

Enrolment: minimum 8

Fowler Building

Monday, April 3; 12:00-2:00 PM

How American humor became American. Adomites, Paul

The story of the creation of American humor is largely the story of the self-invention of the American character, which was accomplished in a mere century or two. Different historians have chosen different approaches to address this story. I will combine their strengths into four lectures: 1) The three characters at the source of the American character, 2) The geographies of American characters, 3) \"Heavy Hitters\", and 4) Is Mark Twain the American Shakespeare? There will be four suggested texts, approximately 25 short stories, but none will be required.

Enrolment: minimum 12

Fowler Building

Tuesday,
March 7, 14, 28, April 4;
12:00-1:00 PM

Internet and Online. Draghiciu, Delia & Isacco, Sharon

This is a workshop mainly about Windows operating system, and applications software to use the internet, work online, learn, socialize, and more. The participants will share knowledge and experience in using computers to perform various tasks, including windows management. Guidance for best practice, productivity, and safety will be provided. Mac users are encouraged to participate and learn from differences.

Enrolment: maximum 8

Fowler Building

Monday, April 3, 10, 17;
2:00 -4:00 PM

K-9 Police Dog Demonstration. Kruger, R. & Blakeley, Gail

Niko is the newest K-9 dog for the Elwood City Police Department and has been officially active since May 2022. K-9 Handler Officer Richard Kruger and Niko are making an impact in the Elwood City community by taking part in drug busts, searching for explosives, and finding crime scene evidence, among other incidents. K-9 Handler Officer Richard Kruger and Niko are an important and appreciated asset to the Ellwood City community and the surrounding area.

Enrolment: minimum 5, maximum 30

Fowler Building

Thursday, May 11;
10:30-11:30 AM

Learn to Write Poetry- Three Small Giants of Form. Johnson, Andy

During these four classes you will learn to write three important poetic forms. All three forms are short and easy to write. This class will focus on learning NOT perfection. Haiku leans toward nature, limerick can be light and humorous, and elegy honors those who have gone before us. Opportunities to publish your work will be available.

Fowler Building

Tuesday,
April 18, 25, May 02, 09;
2:00-4:00 PM

Legends of the Hollywood Musical. Atteberry, Phil

Since the 1920's, Hollywood musicals have both reflected and shaped American popular culture. In four class sessions, we will examine the careers and significance of four transformative figures in film musicals--Al Jolson, Fred Astaire, Gene Kelly and Judy Garland. Each class will include extensive video clips from many musicals featuring these figures.

Fowler Building

Monday,
March 27, April 3, 10, 17
10:00 -11:30 AM

Mac Easy. Draghiciu, Delia & Isacco, Sharon

This is a workshop aimed to bring mac users together to share knowledge about the mac operating system (OS) software and applications software available for mac. A guide for best practice, productivity, and safety will be provided. Knowledge and experience in using computers will include navigating the internet, working in the cloud and online but also productivity software. Examples are social interaction apps such as Zoom and Teams, Google apps, word processor and spreadsheet applications.

Maximum enrolment: 8

Fowler Building

Monday, March 06, 13, 20;
2:00 -4:00 PM

Medicare - What You Need to Know. Johnstone, Jeffrey

Consumer advocates note that Medicare eligible get a much better deal if they know the facts. Learn about the Medicare and Medicare Advantage programs, supplement plans, and how to choose the correct Medicare plan. Topics include the four parts of Medicare (Parts A-D); enrollment periods and how to enroll. This course will help participants currently receiving Medicare as well as those preparing for the future.

Minimum enrolment: 5

Fowler Building

Thursday, April 6; 12:00-1:30 PM

Online: Zoom

Thursday, March 30; 10:00-11:30 AM

Oh, My Aching Back - Spinal Arthritis. Flood, Kathy

Back pain and its relationship to arthritis as well as diagnosis and treatment will be discussed.

Fowler Building

Monday, May 1; 12:00-1:00 PM

Online: Zoom

Monday, April 24; 10:00-11:00

AM

Route 8 Highway to History. Cicero, Stephen

Beginning near Pittsburgh and winding its way 150 miles north to Erie, PA, Route 8 passes near an amazing number of historic sites. From prehistoric glaciers to space age storage vaults, this road has connections to every era of American History. Take a drive through history with Forbes, Perry, Drake, and Earhart and visit actual places that were part of their stories.

Online: Zoom

Monday, April 24; 7:00-8:30 PM

Stress Relief via Nature. Patterson, Laurel

Many studies are revealing that there are beneficial effects on us when we connect with nature. Increased exposure to nature has been shown to improve health, speed healing, improve mood and increase productivity. This connection can help relieve stress, depression, and ADHD symptoms. Contact with nature has even been shown to boost generosity. Participants will learn the basics of some of these studies, enjoy some simple experiences with natural things, and explore practical suggestions to apply at work, home, and other places.

Fowler Building

Monday, May 8; 2:00-3:00 PM

Stroke: Brain Attack! Flood, Kathy

Types of strokes, acute treatment, rehabilitation and recovery will be discussed.

Fowler Building

Monday, March 6; 12:00-1:1:00 PM

Online: Zoom

Monday, March 20; 10:00-11:00 AM

The Berlin Airlift 75th Anniversary. DePastino, Todd

For almost one year in 1948-1949, US and British Air Forces supplied West Berlin with all the food, fuel, medicine, and other supplies it needed to survive entirely by air. Most experts said it was impossible. Truman's military advisors strongly recommended against it. Yet, it succeeded, and, in so doing, represented our nation at its very best. It's an inspiring story and an important one. But, after the Airlift, Europe broke in half, and the Cold War quickly grew serious and deadly.

Online: Zoom

Tuesday, March 7; 10:00-11:00 AM

Minimum enrolment: 15

The Future of Major Religions - A Historical View. Kochems, Robert

How and what people believe today. How it grows from the past and projects into the future. This class will include a discussion of historical development and a heavy amount of time DISCUSSING current beliefs and what those beliefs mean for the future, especially of religious institutions.

Enrolment: Minimum 6

Fowler Building

Thursday, April 6, 20, 27; 2:00-4:00 PM

Online: Zoom

Thursday, April 6, 20, 27; 9:30-11:30 AM

The Lost Faces of the Titanic. May, Bill

Take a trip aboard the Titanic and hear the stories of the lost passengers from the iconic ship's fateful voyage in April of 1912. Using clips from the 1997 film, Mr. May will tell the stories of the real people behind the characters and events as shown in the movie and beyond. You will not need a lifeboat to enjoy Bill's fascinating stories, but you will need a seat in the Fowler room.

Enrolment: Minimum 20

Fowler Building

Wednesday, May 24; 12:00-1:00 PM

The Matrix of Western Culture. Wenk, Arthur

A survey of art, music, literature, science, philosophy, and history from Ancient Greece to the 20th century, grounded in a representative repertoire of 75 works and organized in the form of a matrix, or grid, with aspects of culture along one axis and time, measured mostly in centuries, along the other. Aristotle was said to be the last person to know everything there was to be known. We obviously cannot set such a goal, but if we cannot know everything, at least we can know something. The principle of the matrix allows us to get a sense of the "big picture" in western culture.

Online: Zoom

Tuesday, April 18, 25;

10:00-11:00 AM

The Power of Happiness. Patterson, Laurel

Learn ways to increase your happiness and reap great benefits, based on the research of Sonja Lyubomirsky, professor in the Department of Psychology at the University of California, Riverside and author of "The How of Happiness: A Scientific Approach to Getting the Life You Want," a book of strategies backed by scientific research that can be used to increase happiness. Significant increase in long-term happiness is within reach of each one of us. Findings show that 40% is completely under your control. Happiness is a powerful asset. You don't have to be sad to attend. You just need a desire to increase the happiness you already have.

Fowler Building

Monday, May 22; 12:00-1:00 PM

The Stories Behind the Monuments at Gettysburg. May, Bill

Monuments at Gettysburg tell us more than where regiments fought or Generals shouted out orders, they tell us stories, the stories that veterans wanted remembered enough to carve them into stone and metal. There lies the true power of monuments. They connect us, the living, to those who have died through the common stories we can share and pass down. Bill will pass down these stories to commemorate the 160th Anniversary of the Battle of Gettysburg.

Enrolment: Minimum 20

Fowler Building

Wednesday, May 3; 12:00-1:00 PM

The Story of the Keystone Shortway, I-80. Shaw, Polly

The 313 milelong I-80 was the result of a 38-year long campaign to obtain an east-west highway across north-central PA, traversing fifteen counties. Let's explore the story of who, what, when, where, why, and how the Keystone Shortway came to be, with consideration from rattlesnakes, Indian trails, high bridges and need to move mountains.

Fowler Building

Tuesday, March 7; 2:00-3:30 PM

Online: Zoom

Tuesday, May 9; 10:00-11:30 AM

Enrolment: Minimum 10**The Whiskey Rebellion: A Distilled History of an American Crisis. Crytzer, Brady**

In 1794 America experienced a frontier uprising amongst farmers on its western frontier. Known as "The Whiskey Rebellion," this insurrection stands as the second largest rebellion in American history and is a critical component in the history of Western Pennsylvania.

Fowler Building

Tuesday, March 14, 2:00-3:30 PM

The Wild, Wild Southwest among the National Parks. Call, Verna

Join a tour of spectacular scenery in the American Southwest. You will see highlights of six national parks: Grand Canyon, Arches, Canyonlands, Mesa Verde, White Sands, and Saguaro National Parks. You will also visit Navajo Tribal Lands, including Monument Valley's Tribal Park, the site of many western movies. The Old West will come alive with visits to: red rock Sedona, Arizona; Durango, Colorado near snowy mountain mining towns; adobe Santa Fe, New Mexico, where Spanish, Native American and Old West cultures come together; and Tombstone, Arizona, where Wyatt Earp became famous.

Fowler BuildingMonday, March 20, 27;
12:00 -1:30 PM

Online: Zoom

Monday, March 13, 20;
7:00-8:30 PM**Watercolor. Simon, William**

Basics of watercolor. From paper to brushes and looking at individuals whose work encompass and utilize this medium.

Fowler Building

Wednesday, March 8-May 24; 11:30-1:30

Wonderful Woodpeckers. Kwasnick, Dave

Take a deeper look at the amazing lives and physiology of these ubiquitous backyard birds with Dave Kwasnick from Slippery Rock's The Birdwatchers Store. You'll learn how to identify PA's Woodpeckers through description, habitat and behavior in this fun and engaging class!

Fowler BuildingTuesday, March 28, April 4;
2:00-3:00 PM**Your Health in Retirement - The New Normal. Leo, Ruth**

As we age there are many challenges that confront us. These are chronic illness, diminishing strength, joint problems, potential for falling and more. Join with ILR members to explore ways to prevent problems and to become educated about helps to staying well.

Fowler Building

Monday, March 27; 2:00-4:00 PM

Enrolment: Minimum 6

TRIPS & TOURS**Zh-Member Picnic. McMenamin, Jessie**

Join us as we mark the end of another awesome ILR semester with our annual membership meeting.

Place: Slippery Rock Community Park

Open to ILR members

Trip/Tour

Saturday, June 3; 4:00-6:00 PM

Zt-A Visit to the Maridon Museum. Flood, Kathy

The Maridon Museum is the only museum in the Western PA region with a specific focus on Chinese and Japanese art & culture coupled with German Meissen porcelain. Both the collection and the building that houses it were a gift from Mary Hutton Phillips. We will have a docent led tour followed by time to enjoy the collection on your own.

Meeting Point: Maridon Museum, 322 N McKean St. Butler, PA 16001

Carpooling possible

Admission fee for seniors **\$3, at the door**

Trip/Tour

Friday, April 14; 11:00 AM – 1:00 PM

Zt-Armstrong Bike Trail in East Brady. Thornhill, Rich

The trip destination is Armstrong Bike Trail in East Brady. A 46 minutes' drive (32 miles) from ILR parking lot. Carpooling possible.

Meeting point: East Brady Trail Head parking lot next to East Brady Maintenance building. Driving directions will be provided upon request before the trip.

Enrolment: minimum 1, maximum 20

Trip/Tour

Thursday, May 4; 11:00 AM – 2:00 PM

Zt-Blackwood Estate Tour.

Blackwood Estate is a well-groomed estate with sidewalks, a pump house, a clock tower, rare pieces of art, beautiful chandeliers, and two rare and unique pipe organs. The owners, Ben and Don, designed and built this estate and are expert tour guides. As art patrons they offer an annual musical scholarship and host cultural events. This is a walking tour so please wear comfortable shoes. Light refreshments will be provided after the tour.

Location: Blackwood, In the countryside 5 miles east of Harrisville off of Rt 208

Meet for carpooling in the ILR parking lot at 9:15. The drive is about 25 minutes.

**\$25, Fee will be paid at the Estate.
Enrolment: minimum 10, maximum 20**

Trip/Tour

Thursday, May 25; 10:00 AM-12:00 PM

Zt-Chapel at Grove City College. Leo, Ruth

Guided Tour of Grove City College Harbison Chapel. This Gothic Style Chapel was dedicated in 1931; transepts were added in 1946 and 1955. The exterior walls are a buff-colored sandstone; carved woodwork adorns the lecterns and the front of the chapel; antique stained-glass windows show many symbols of the Judeo-Christian tradition, the history of the college, and important teachers throughout history.

A book, Harbison Heritage (The Harbison Chapel Story) written by Dr. Dale Bowne, former Samuel P. Harbison Professor of Religion at Grove City College will be given to each participant.

A possible bonus to the Chapel tour will be to view the newly remodeled campus library. Meeting Point: Grove City College, Grove City, PA. Enter at the East Pine Street Entrance and park in the Parking Lot near the Mary Anderson Pew Dormitory. (More directions will be given to attendees).

Trip/Tour

Tuesday, May 23;
10:00 AM – 12:00 PM

Preferred enrolment: 10-12

Zt-Green Book Tour. Cicero, Steve

On this tour we will visit new exhibitions at two of Pittsburgh's premier museums. At the Heinz History Center at 10 AM you will see The Negro Motorist Green Book. This Smithsonian sponsored exhibit is based on the legendary guide for African Americans which allowed them to travel safely during the height of segregation in mid-century America. We'll meet after lunch, at The Frick Pittsburgh for the new Car and Carriage Museum exhibit: Black Mobility and the Automobile. The curator will guide us through artifacts and automobiles that tell the story of the Great Migration (1916 – 1955) when two million African Americans left the South and settled in northern cities like Pittsburgh. There will also be some time at both museums for individual sightseeing.

Trip/Tour

Saturday, May 27;
10:00 AM-4:00 PM

Fees: TBD based on the existing membership cards to the museums

Zt-Lets Go Shopping. De Luca, Margaret

An easy drive to The Strip District with plenty of parking options at reasonable price. The Strip offers an exciting international shopping experience, with Italian, Greek, Middle Eastern and many other specialty stores featuring food products, clothing, and jewelry. Arriving around 11am, shopping for 2 hours and ending the day at 1pm, at the original Primanti Bros restaurant for lunch. Maps will be available.

Destination: Pittsburgh, Strip District

Carpooling: 12, including me per trip; 3 cars loads max.

Trip/Tour

Thursday, May 11;
11:00 AM-4:00 PM

Enrolment Maximum: 12

Fees: Lunch and parking is on your own

Zt-Lunch Out. O'Malley, Teresa & Hank, Anna

Our group meets at the exotic restaurants, trying different cuisines. We will meet for lunch at various restaurants (you will pay for your own lunch). You will be contacted by email by your instructor. We meet three times in the Spring and also in the Fall.

Location and meeting point: TBD; contact the organizer about the accessibility

Fees: Lunch cost and parking is on you

Trip/Tour

Thursday, March 23, 30,
April 20, 27, May 18, 25;
11.30 AM – 1:30 PM

Zt-Maple Sugaring. Blakeley, Gail & Crotsley, Miranda

The Jennings staff will cover the inner workings of the maple tree and how to ID, measure, and tap the tree; plus, seeing up close how maple syrup is collected and cooked. Participants will be able to interact, participate, and ask questions at various points during the program.

Meeting point: Jennings Environmental Education Center, 2951 Prospect Rd., Slippery Rock.

Dress for weather.

Enrolment: Minimum 5 - Maximum 25

Trip/Tour

Friday, March 10;
10:30 to Noon

Zt-Opera IL Trovatore. Doran Dale

Il Trovatore ('The Troubadour') is an opera in four acts by Giuseppe Verdi to a libretto by Salvatore Commarono, based on the play El trovador (1836) by Antonio García Gutiérrez. The premiere took place at the Teatro Apollo in Rome on 19 January 1853. Il Trovatore is a tale of love, jealousy, and retribution, and music that bursts with excitement.

Venue: Benedum Centre, Pittsburgh. Accessibility: good; elevators are available.

Meeting point: ILR Parking Lot at 11:00 AM

Fees: ILR members - \$43.00

Trip/Tour

Sunday, April 2;
11:00 AM– 6:00 PM

Zt-Opera-We Shall Not Be Moved. Doran, Dale

We Shall Not Be Moved is an opera by Daniel Bernanrd Roumain, with a libretto by Marc Bamuthi Joseph. The synopsis describes it as a combination of spoken word, contemporary movement, video projection, classical, R&B and jazz singing, and a brooding filled with place, purpose, and possibility. The opera is a timely exploration of past and present struggles which suggests an alternate future through the eyes of its young protagonist.

Venue: August Wilson African American Cultural Center, Pittsburgh. Accessibility: Good

Meeting Point: parking lot of ILR at 11:00 AM.

Fees: ILR members - \$43.00

Trip/Tour

Sunday, May 21;
11:00 AM-6:00 PM

Zt-Pennsylvania's Black Bears. Edmiston, Katie & Blakeley, Gail

Joyn Jennings Environmental Education Center staff for this presentation highlight Pennsylvania's largest mammal, the black bear. The current population is estimated to be 16,000 and in the wild, they can live up to 25 years. The black bear has always been a part of Pennsylvania's natural heritage, so come for an indoor presentation on these majestic and intriguing mammals.

Meeting point: Jennings Environmental Education Center; Park in the lot

Enrolment: Minimum 5, Maximum 25

Trip/Tour

Friday, March 24;
10:30 AM to Noon

Zt-"Picnic by Volant Dam". Blakeley, Gail

Pack a lunch and drink, bring a chair and enjoy some time with ILR friends. A short overview of dam and mills. We can share things we've been doing or just sit and relax. Visiting Volant's shops is on your own. Plenty of parking. No rain Checks.

Meeting point: Park at the rear part of the parking lot right beside Volant Mills. We will be sitting in the grassy area by the creek and remnants of the dam. There will be a Flag flying from my truck window.

Additional comments: Wear old shoes. Dress for the weather. There may be flying bugs.

Trip/Tour

Saturday, April 29;
12:00 – 2:00 PM

Zt-Planting and uses for an herbal garden in pots for year-around use. De Luca, Margaret

Planting and caring for a raised or potted garden with herbs. Discussions on how to use the herbs in cooking and in teas with reference books, recipes, Fresh brewed Lemon Balm tea and an Herbed Cream Cheese Soufflé will be served showing the versatility of herbs.

Location: Margaret De Luca's home. The address will be provided to attendants.

Trip/Tour

Monday, May 1;
11:00 AM – 1:00 PM

Zt-Rabkin Japanese Garden Tour. Bell, Debbie

Join us to explore the Rabkin Japanese Gardens, owned by Dr. Michael S. Rabkin, and his wife, Beth. Walk through the 3 gardens: an entry garden, a tea garden with a tea house and three ponds, and a dry garden. The gardens were completed and dedicated to Dr. Rabkin's parents as the Hy & Irma Rabkin Japanese Gardens in 2015. Dr. Rabkin serves on the Board of the North American Japanese Garden Association. He was inspired to build the gardens by his love of gardens in general and Japanese gardens in particular that he had visited over the years.

There will be an optional opportunity to dine at JG's Tarentum Station, a historic train station after the tour. (Cost of the meal is on your own.)

Location: Tarentum, PA. Accessibility: good

Meeting point: We will meet at the Fowler Building at 12:15 PM to carpool.

Trip/Tour

Monday, May 15;
1:30 – 3:30 PM

Zt- Sip & paint at Steele's Ceramics Studio in Butler. De Luca, Margaret

This studio has hundreds of prepared items to paint; mugs, piggy banks, trivets, spoon rests, plates. You paint them and Steele's fires them. BYOBeverage/food.

The cost varies from \$15 to \$75, paid at the studio.

Meeting point: Steele's Ceramics Studio. 1631 N. Main St. Butler, PA 16001, 9 miles

Trip/Tour

Thursday, March 9;
From 12:00 PM

Zt- Spring Wildflower Identification Walk at Wolf Creek Narrows Natural Area. Smith, Kellar

In early May, take a walk along Wolf Creek to see the spring wildflower blooms at their peak. Learn how to identify plants by their flowers, leaves and growth habit. The relatively flat trail along the creek is teeming with colorful flora diversity. Those who are more adventurous can do the entire 1.5 mile loop up a steep hill to witness a carpet of blooming trillium as far as the eye can see. Truly breathtaking.

Location: Slippery Rock, Wolf Creek Narrows Natural Area

Meeting point: Parking lot at trail head. Parking may be limited. Carpooling encouraged

Trip/Tour

Friday, May 5;
1:00 -3:30 PM

Zt- Steamfitter Technology Center - Tour and lunch. Blakeley, Gail & Marshall, Anthony

Tour and lunch at Steamfitters Technology Center, Harmony PA. We tour the Offices and Technology Center of a "State of the Art" Facility with an event Center that holds 600 people. Five years of training is required to become a steamfitter who can fabricate, install and service all types of piping systems (hot water and steam) found in offices, buildings, supermarkets, power plants, chemical installations, factories, public buildings, single-family homes, high-rise apartment buildings, and health care facilities, to name a few.

A complimentary lunch completes the tour (No cost).

The Technology Center is located in Harmony, PA.

Location: 230 Wise Road, Harmony, PA 16037

Park by the building on the Left side of the facility. Meet inside.

Enrolment: minimum 5, maximum 30

Trip/Tour

Friday, March 31;
10:00 -11:30 AM

Zt-Tea at Tarbell House. Flood, Kathy

The childhood home of Ida Tarbell is preserved as a museum and is again offering "Tea". This has been a popular outing for the ILR in the past. Student re-enactors serve tea and portray oil boom era personalities at the historic house. Reservations must be made and paid for in advance, so, to assure our places, registration must be complete and paid for by February 27.

Location: 324 E. Main Street, Titusville, PA 16354

Meeting Point at Tarbell House

Trip/Tour

Saturday, April 22;
1:00-3:00 PM

Fees: \$20, paid at ILR

Deadline for Registration: February 27

Zt- Wildflower Walk. Simon, Natalie

The Slippery Rock Natural Area, a lesser known, unconnected, part of Moraine State Park, is set aside to preserve some unique plant habitats. This area is home to a variety of wildflowers bursting forth in spring. Learn how preserving habitat in this area helps some special native plants. Simple trails wind through these 93 acres, we will hike about one mile and a half, learning wildflowers along the way. Located along the Slippery Rock Creek, across from Slippery Rock Campground (which is 1150 West Park Road, 16057), one half mile south of route 108. about five miles north of the Bike Rental, north on West Park Road. Small parking lot, no facilities.

Trip/Tour

Friday, May 12;
1:00-3:00 PM

Location: Slippery Rock Natural Area. Accessibility: uneven, rocky terrain

Meeting Point: Slippery Rock Natural Area, parking lot.

Enrolment: Minimum 5, Maximum 25

Zt- Wine & Lunch. Flood, Kathy & O'Malley, Teresa,

The group will meet at local wineries followed by lunch at the winery or a nearby restaurant.

Locations: TBD

Trip/Tour

Thursday, March 16, April 13,
Saturday, May 13;
12:00 AM-2:00 PM

Cost of tasting and meal is on you.

INSTRUCTORS' BIOGRAPHY**Paul Adomites**

Paul's love of Poe's work was rekindled by hearing Poe acted out on Old Time Radio shows like Inner Sanctum and Suspense. He wrote an article for Nostalgia Digest about how well Old Time Radio had adapted Poe's works.

Phillip A. Atteberry

Phil has taught English and popular music for over thirty years at PITT and the Chautauqua Institute. He has a Ph.D. from Washington University. His passion for music and show business was passed down to him from his grandparents and great-grandparents who were singers and vaudevillians.

Debbie Bell

Debbie and her family moved to Slippery Rock in 1983. Debbie is a retired elementary teacher from Slippery Rock Area School District. The ILR has provided her with opportunity to forge new friendships, to explore new areas of interest, and to participate in trips and other experiences. Some of her interests include reading, knitting, boating, biking, and traveling.

Gail Blakeley

A retired school teacher, Gail has done a variety of classes for the ILR, including wild mushroom identification, a workshop on natural dyes, and diaries of women pioneers. She also leads ILR trips. She enjoys the fine arts, traveling, and reading.

Verna Call

Verna Call is a retired Ordained Minister in the United Church of Christ with a Doctorate of Ministry. She is an avid photographer and traveler, having toured over 50 countries on all 7 continents. Verna has created photo album diaries and shared her trip experiences with organizations throughout this area.

Tom Call

Tom has a Master's Degree in history from Notre Dame of Maryland University. He and his wife Verna have been to Antarctica. Tom has always been fascinated by maritime voyages, sea explorations, and shipwrecks.

Steve Cicero

Steve is a former history instructor in Butler Area School District. He is active with a number of historical organizations in Western PA as a part-time teacher or volunteer, as well as with several retired educator groups. In addition, he is always looking for ways to promote local history and historical sites through presentations and tours.

Ruth Cole

With her bachelor's and master's degrees from the College of Wooster plus three years of graduate work, Ruth is a Shakespearean from master's thesis through publishing through years of teaching the Bard, including a high school senior elective for twenty-five years. She has taught and lectured at Chautauqua, New York; Road Scholars; and ILR.

Miranda Crotsley

Miranda is the program coordinator for Jennings Environmental Education Center. She has been with Jennings for 14 years and has been working at PA State Parks for 20 years. She loves being out-of-doors and feels happy to be doing what she loves.

Brady Crytzer

Brady J. Crytzer holds a Masters Degree in History from SRU. He has served on the faculties of Robert Morris University and Southern New Hampshire University. His presentations cover such subjects as George Washington, Frontier History and the Fall of Indian America. He has authored books on these subjects.

Margaret De Luca

I had a wonderful childhood in a small town in Michigan and was taught that I could do anything. Not an academic but a great worker Bee, I thought I would take my act to Atlanta in my 20s to see what life had for me. I worked in all aspects of the restaurant business then moved on to Travel Agency Accounting for 19 years. I played for years in theater, off and on stage. I make recycled yard art and several other crafts.

Dale Doran

Dale worked in her hometown of Philadelphia for private industry, then as a civil servant for ATF and the U.S. Air Force before moving to complete her degree at SRU. This was followed by 39 years teaching students with autism, learning and behavior challenges.

Delia Draghiciu

Delia moved to the USA, in 2012, after living in Romania, Norway, Denmark. She has a B.A. in Philosophy/Psychology from the University of Bucharest, Romania, and a PhD in Psychology from the University of Bergen, Norway. Her expertise includes teaching, research, statistical analyses, publishing, computing, and learning. She has extensive experience in public health, health psychology, and currently teaches computing at BC3.

Kati Edmiston

Kati is an Environmental Education Specialist at Jennings Environmental Education Center. She previously worked for the PA Game Commission and has experience sedating, processing, and tagging black bears.

Kathy Flood

Kathy retired after 30 years of practice as a Physical Medicine and Rehabilitation physician, primarily at the Veterans Health Administration. Kathy now fills her time with volunteer work at the Medi Home Hospice office in Butler, BC3 Literacy Program as a GED tutor, and some travel.

Emmy Geiger

Emmy's life adventures are based out of Erie, PA where she works and plays with her partner and dog. Emmy has her Master of Health Administration from the School of Public Health at PITT where she is happy to be back working with 'All of Us Pennsylvania.' Emmy is a passionate advocate for Erie and for the mission of the 'All of Us' Research Program and focuses her engagement work on diverse, underrepresented communities.

Kenneth Harris

Ken is offering his 30th ILR Film Series. He is a professor emeritus (Theater) at SRU and a life-long movie fan.

Sharon Isacco

Sharon Isacco is retired from Slippery Rock University after 37.5 years. I started as a secretary to Geology/Biology when I was 18. I was the first secretary on campus to have a PC in my office. I started classes at Slippery Rock and it soon led me to pursuing a Computer Science/Accounting degree. My last job at Slippery Rock was the manager of Printing and Mailing Services. I've worked with various computer platforms over the 37.5 years in my job.

Andy Johnson

Andy has a BA in Philosophy and English, a Master's in Counseling Psychology, and graduate work in World Religions. He misses teaching Intro to Philosophy and Ethics at BC3, enjoys publishing his poetry, and is Executive Director of 'Spoken Word Projects.' Andy is currently finishing his second children's book and continues to work on publishing his poetry while helping others to do the same.

Robert Kochems

Bob is the retired DA of Mercer County with 38 years' experience in the criminal justice system as a prosecutor and defense attorney. He also has 30 years' experience doing general 'people' law (family, elder, estate, and real estate). Bob's passion is seeking ways to improve the justice system for the average person.

Richard Kruger

Officer Kruger began working for the Ellwood City Police Department in 2014. He began 6 weeks of training to become a K-9 Handler in 2022. Once his training was completed, he became the handler of a German Shepherd named Niko. The responsibility of taking care of Niko doesn't stop when Officer Kruger ends his shift each day for a K-9 dog lives with his handler. He has to feed, play, love, and care for Niko every day, even on his days off. K-9 Handler Kruger and Niko are an important and appreciated asset to the Ellwood City police force.

Dave Kwasnick

Dave Kwasnick is the owner of The Birdwatcher's Store in Slippery Rock, PA. A life-long nature enthusiast, his many interests include birding (of course!), kayaking, backpacking, paddle-boarding, and skiing. Dave is a firm believer that the outdoors are the grounding antidote to today's increasingly frenetic world.

Ruth E Leo

Ruth is a professor emerita at SRU where she taught in the Department of Nursing for 24 years. Ruth has worked as a registered nurse, a pediatric nurse practitioner, nursing faculty member, and parish nurse. She enjoys family activities, travel, health-care-related community service, serving as a deacon at church, and learning new things.

Bill May

Bill is a retired teacher from Lakeview SD. He is the founder of the Butler County Civil War Roundtable and is an avid historian of the Civil War and local history topics. Bill is a speaker and tour guide of the popular 'Butler Ghost Walks' and 'Historic Mansions of Butler' walking tours.

Jessie McMEnamin

Jessie served as ILR Curriculum Committee chair for three years and has been an active member of the ILR. A retired teacher and guidance counselor, she has also taught ILR classes, including: 'Women's Roles in the Civil War,' 'Tips for Economic Travel,' 'One-Room Schools of the Slippery Rock Area,' 'Origami,' and 'Apollo 11.'

Teresa O'Malley

Teresa is the mother of two and grandmother of seven. She is employed at the Seneca Valley SD as a substitute for paraprofessionals working with children with special needs and children with autism. She is a life member of the Evans City Ladies' Fireman's Auxiliary and member of the Rubber Dolls Stamping Club.

Laurel Patterson

As a retiree, Laurel Patterson enjoys spending some of her time writing and speaking, especially on topics related to ecopsychology, which is the study of the relationship between human beings and nature. She is an alumna of Slippery Rock University, with a Bachelor's degree in Professional Studies focusing on communication and the environment. She is a lifetime member of The Honor Society of Phi Kappa Phi. Laurel strives to connect nature and research to living well.

Eric Scuoteguazza

Eric is a Registered Professional Archaeologist at SEARCH with 30+ years of experience adventuring throughout the US and Canadian Arctic to manage archaeological resources. He has also earned Master's degrees in Anthropology and Business Administration. During his career, Eric's focus has often been on regulatory aspects of historic preservation.

Polly Shaw

Polly Shaw is retired from the Seneca Valley School District. A local state park volunteer for 24 years, Polly is the author of "Moraine State Park, Images of Modern America" by Arcadia Publishing. She has been interviewed on several local radio stations as well as cable TV, and has presented many public programs on local topics.

William Simon

As an apprentice to his father Edwin, William Simon was ushered into the family business of hand lettering granite and other forms of stone. By the middle 1980s Simon transitions his skill and knowledge into creating carved and sandblasted signs. These would be embellished with gold leaf and pictorial painting. Eventually working in Pittsburgh for Lamar Advertising as a billboard painter, Simon senses the ever-encroaching technology taking away his livelihood, thus he leaves the applied arts and ends up graduating in 2014 from the Pennsylvania Academy of the Fine Arts. Currently he resides outside of New Wilmington and works in and out of his studio creating portraits, still-lives, and landscapes, all from direct observation.

Natalie Simon

Natalie is an Environmental Education Specialist at Moraine SP Complex, which includes McConnell's Mill and Moraine SP. She has a biology degree from GCC and an education degree from SRU.

Kellar Smith

Kellar has a Bachelor's Degree in Biology from Grove City College. An avid gardener, he has been in awe of the beauty of wildflowers since childhood where he and his mother would take field and woodland walks collecting plant specimens to identify and study.

Sandy Stevenson

Sandy Stevenson Sandy has a BA in Psychology from Carlow College and an MS in Counseling Psychology from SRU. She retired from SRU as Director of Training and Employee Services where she focused on diversity-related work.

Rich Thornhill

Rich worked for the USPS for 40 years before retiring. He enjoys biking, kayaking, and hiking, and spending time at his cabin in the National Forest. He is active in the ILR, taking classes and formerly served as vice president. Rich also leads trips for the Butler Outdoor Club. He has one daughter, one son, one granddaughter, and one great-grandson.

Joy Urda

Joy Urda; I am a faculty member in the Exercise Science Program at SRU. I team-teach a senior-level Exercise Science course; Exercise Science: Senior Synthesis. This course allows senior-level exercise science students to provide individualized exercise programs, goal setting and motivational strategies for healthy behaviors to campus and local community members.

Arthur Wenk

Arthur Wenk spent twenty years teaching music history, twenty years teaching calculus and Advanced Placement Statistics, and seven years practicing EMDR as a psychotherapist. He has published books on Claude Debussy, music history and bibliography and choral conducting, as well as twelve novellas featuring musicologist Axel Crochet as sleuth. Since retiring in 2014 Dr. Wenk has published books on various aspects of western culture.