



Production of the ALL Program Guide generously sponsored by McFalda Law Office.

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ALL News



A new program series called, "Behind the Scenes on the Sunrise Side," will take ALL attendees inside some unusual local careers and passions.

Look for this logo in the Program Guide.

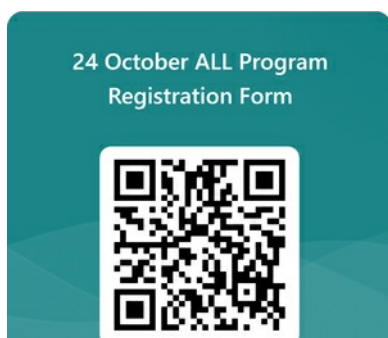
ALL Electronic Registration System Update

The Association of Lifelong Learners has implemented a system for registering for ALL programs online starting with the Association's July programs. You will still be able to register with the form included with your Program guide. However, you may find it easier to register electronically.

You can use the following link to use the new system.

<https://forms.office.com/r/hRK8TqGvsA>

Or the QR code:



Quick Links

ALL Website Calendar
Program Information:

<http://associationoflifelonglearners.org/calendar/association-of-lifelong-learners/>

ALL YouTube Channel

<https://www.youtube.com/channel/UCYc9USUpJ2nsQDsJSLO01Nw>

Association of Life Long Learning
665 Johnson Street
alpena, Michigan 49707
US

989-358-7207
all@alpenacc.edu

11 – 3 M and F
9 – 1 T and TH
Closed Wednesday

One of the recurring costs of operating the Association of Lifelong Learners is the cost of printing and mailing program guides to the 130 members who request a printed guide mailed to them.

This cost amounts to 27% of their annual membership fee.

Many members find that the electronic guide program that is sent via email is satisfactory. This avoids the cost of printing and mailing the program guide.

Please consider advising the ALL office of your willingness to accept an electronic program guide in lieu of the printed and mailed program guide to help ALL control costs. 989-358-7207 or email all@alpenacc.edu

The ALL office prefers that you register for a program but if things change in your schedule, give the ALL office a call @ (989) 358-7207 or call the coordinator to let them know you are coming.

Local kindness can have global impact

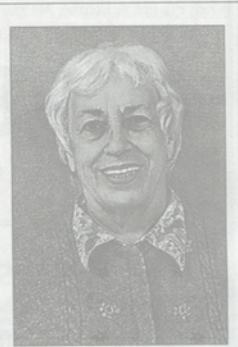
Before you embark on a journey of revenge, dig two graves. Revenge makes you weak. When you try to "get even" it takes up your mind and you may not notice the love and beauty around you. We live in a wonderful world and people are the real gold mine. If you need a happy feeling, smile, and say "Good Day" to a stranger. You will receive back a warm and surprised look. I pray for the day when we all are not surprised by the warmth of strangers.

Some of my dearest and newest friends came from my putting my two cents in and a smile into our greetings. Remember the neighbor who lives alone – say hello, and invite them into your home. This action will encourage them and it will leave you with the warmth of a new friend. I believe we are all one family, whatever we look like, whatever language we speak, and however we were raised.

I reflected on my time in Poland. Auschwitz will

forever be embedded in my mind. I will forever be changed by what I saw and read there. The sadness was still lingering when I returned home. Then it happened. By it, I mean life. Within a few weeks after I returned home, my children arrived for a weekend visit. We ate, we sang, we played cards and laughed. We lived. That is what life is about. It is about living. We as the older generation are duty-bound to remind others of the past and encourage them to live the best they can. We who have a little grey in our hair must lead by example. "Live laugh love" is not just an expression, but should be our way of life.

The weather is getting colder at night, and the sky is darker earlier every day. It allows me time to reflect on that expression. We should live for each other, laugh with each other, and love one another not because of an expression on the wall,



**Senior Attitudes
By SUE NAGY**

but because it is just the right thing to do. As I spend the next few weeks getting ready for winter, I will try to remember that. Doing the right thing starts in the home and leads to our neighbors. It reminds me of another saying. Act locally, impact globally. If we all just act "live laugh love" locally, we can affect globally.

Parking Permit Update

Alpena Community College no longer requires ALL members to display a parking permit when parking on campus.

Wear your name tag

1. To keep other members from struggling to remember your name.
2. So presenters know who is in the audience .

3. Because you are pleased to be a member of ALL and every thing it stands for.

Let the office know at (989) 358-7207 if you need a new tag or never received one.

Do you have a presentation... or hobby to share? Do you know someone who has a presentation or hobby to share?
Do you have a topic you would like to learn more about?

Contact the ALL Office at 989-358-7207 or email all@alpenacc.edu to share your ideas - ALL is always looking for new programs to offer.

And For the Future: Remember

ASSOCIATION OF LIFELONG LEARNERS PRESENTS

19th Annual

SPAGHETTI DINNER
&
SILENT AUCTION



TUESDAY, NOVEMBER 5
5PM - 7PM

BESSER TECHNICAL CENTER AT ACC
FITZPATRICK FAMILY COMMONS

\$13 FOR ADULTS **\$6** FOR STUDENTS
(K-COLLEGE)

children under 5 eat for FREE

DINNER INCLUDES SPAGHETTI WITH MEAT SAUCE, SALAD, ROLL & ICE CREAM SUNDAE BAR

TAKE OUT AVAILABLE

AUCTION BEGINS AT 6:30PM

PAY AT THE DOOR ✨ **QUESTIONS? CALL 989-358-7207**

Donate your Auction Items, Volunteer, and Come and Enjoy the Meal!!



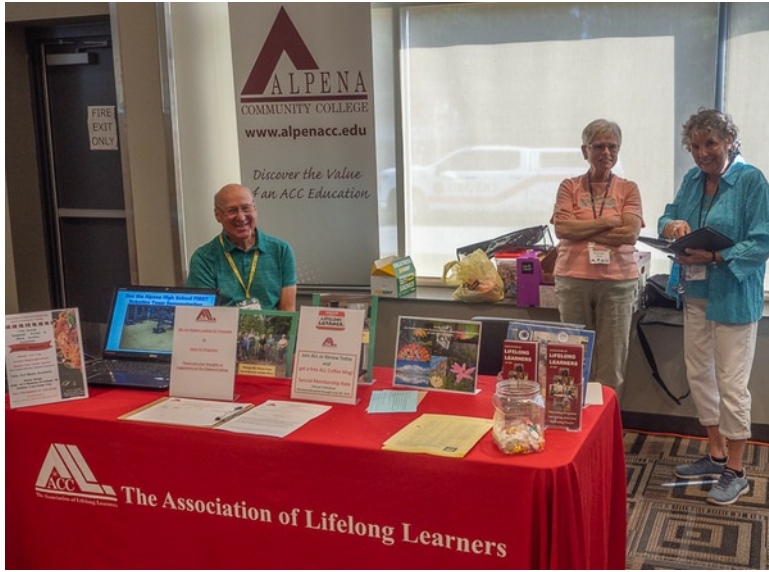
Photographers Corner



Bob Wissmiller explains a Venus Fly trap to All members as part of his interesting program on carnivorous plants.



Richard Bremer and Linda Ferguson at the APlex, handling the table duties at the Senior Expo!



Ben, Moe and Jan doing the same task!!





The fine group of presenters who came to the Happening at Lost Lake of the Woods.

Above, some of the fun which was had by all during the Happening. Thanks to Richard Bremer for coordinating this event.



Spitzer players hard at it last Thursday at 10am.

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October PROGRAMS

Money - A Made Up Thing by Rocky Roland

Tuesday, October 1, 2024

1:30 – 3:00 pm

ACC Madeline Briggs 140

Coordinator: Ron young

989-884-4011

Best experienced in person at ACC Madeline Briggs 140, but also available via Zoom: Meeting ID 853 0172 7600 Passcode 889681

Money only works because we all believe in it. Is it even “real”? What counts as money and what doesn’t? Who gets more and who gets less? (from Jacob Goldstein). Come and learn more than you ever wanted to know about money, where it came from and where it’s going.

Rocky Roland will lead this conversation about this little discussed topic. Rocky is a retired USAF Colonel, a former fighter pilot and space systems expert. He is a voracious reader, an inveterate traveler, and a frequent ALL presenter on his travels and other esoteric topics.

Writing Workshop

Wednesday, October 2, 2024

11 am – 12:30

pm

ACC Madeline Briggs 143

Number of attendees? Minimum:3 Maximum:12

Coordinator: MaryAnn Krajnik Crawford

989-916-5540



We will share short pieces of writing (your own or others') and discuss issues and techniques for writing, revising, and editing in a non critical atmosphere.

MaryAnn Krajnik Crawford enjoys writing and teaching writing, including creative nonfiction and memoir writing.

Fall Bike Ride

Thursday, October 3, 2024

9:30 am – 1:30

pm

Meet at St. Gabriel Catholic Church at Black River Road and N. Lake Shore Dr. in Black River

Coordinator: Bill Haase

989-340-2123

This annual fall biking trip will provide an enjoyable day of biking through the countryside from Black River to the Sturgeon Point Lighthouse and back. Pack a lunch and we will eat together at the lighthouse. Helmets are required.

Bill Haase has organized many ALL-bike rides and continues to serve on the Executive Board for ALL.

The Mother Bears

Thursday, October 3, 2024

1:00 - 3:00 pm

ACC Madeline Briggs Center 140

Coordinator: Priscilla Homola

989-657-0000



"These knitters had such a fun time working on the bears for donating to the Mother Bear Project that they decided to make the gathering a habit and get together once a month," explained Florence Stibitz.

Priscilla Homola leads attendees on the making of a comfort toy, a cuddly bear. These bears are then sent to children in underdeveloped countries. As a child in Zambia said, "The bear is my only friend." For additional information about the Mother Bear project and the ALL program please contact Priscilla Homola.

Tour of Hammond Bay Biological Station (HBBS)

Tuesday, October 8, 2024

10:00 - 11:30 am

11188 Ray Rd, Millersburg, MI

Number of attendees? Minimum:5 Maximum:15 **WAIT LIST**

Coordinator: Ron Young

989-884-4011



Participants will have a chance to visit and tour the USGS Hammond Bay Biological Station in Millersburg, MI. Formerly a U.S. Life-Saving Service facility (1876-1915) and then part of the U.S. Coast Guard (1915-1947), Hammond Bay became a federal research facility in 1950, with the primary missions of developing control measures for invasive sea lampreys and conducting research to aid native fish restoration. During the tour we will discuss sea lampreys, the sea lamprey control program coordinated by the Great Lakes Fishery Commission, current research taking place at HBBS (on both sea lamprey and native fish), and finally, have a chance to view live sea lampreys up close.

Lauren Holbrook is a communications associate for the Great Lakes Fishery Commission (GLFC) and **Margaret Spens** is a communications fellow with the GLFC. Both are stationed at Hammond Bay Biological Station along the shore of Lake Huron, near Rogers City.

Moveable Feast - The Lighthouse Restaurant

Tuesday October, 8, 2024

12:00 - 1:30

pm

377 N 3rd St, Rogers City, Michigan

Enjoy the fall colors with a drive to Rogers City with lunch at the Lighthouse Restaurant or combine with the morning tour of the Hammond Bay Biological Station. Invite a friend. **Reservations are a MUST.**

Call the ALL office @ 989-358-7207 or email all@alpenacc.edu, or register online for a reservation.

Photography Club

Tuesday, October 8, 2024

7:00 - 9:00

pm

ACC Madeline Briggs Center 140

Coordinator: Dick Bremer

989-727-8028

Zoom Mtg ID: 847 0459 7928 - Passcode: 635146

Come and join us as we discuss reorganizing the focus of camera club to rekindle the excitement of taking superb photos.

Behind the Scenes with Motel Owner Hanlie Engelbrecht

ACC Madeline Briggs Center 140

Wednesday, October 9, 2024

1:30 - 3:30

pm

Coordinator: Linda Ferguson

402-679-7669

Ever wonder what goes on behind the scenes when you own and run a motel? Hanlie Engelbrecht immigrated from South Africa with the dream of owning a small motel in the USA. Her search took her and her husband five years and covered most of the United States. How she ended up at the Big Bear Lodge in Alpena is but a part of her interesting story. Hanlie's lively sense of humor and love of people will keep you thoroughly entertained as she takes us on her journey to realize her dream.

Hanlie Engelbrecht and her husband have owned the Big Bear Lodge on South

State (US 23) for five years.

Fall Color Bus Tour: Montmorency County

Thursday, October 10, 2024

8:30 am – 4:30 pm

Meet In Parking Lot B of ACC Campus **SOLD OUT!!!**

Cost: \$35 ALL Members, \$45 non-ALL members

See September program insert, or call the ALL office, for ticket purchasing instructions - Maximum 49

For Tour Information call Jere Doyle 989-340-0858

This daylong tour of Montmorency County will feature the beauty of Montmorency in the autumn while briefly visiting each township and sharing facts about the same. The tour includes lunch at Canada Creek Ranch, special speaking guests, little-known stops and intriguing facts about Montmorency County. Our goal is for all participants to say at least once, "I didn't know that!" and to enjoy a fun-filled day on the road.

Card Making

Monday October 14, 2024

1:00 - 3:00

pm

ACC Madeline Briggs Center 140

Cost: \$5 for materials

Number of attendees? Minimum:5 Maximum:10

Coordinator: Annette Fortier

989-370-7778

If you have never made a card but want to try it, this class is for you. And if you attended in May this is ongoing. Cost is \$5. Nancy will provide paper and glue. You are to bring scissors, a ruler, and a pencil.

Nancy Pohl has been making cards and other artistic endeavors for years. She would like to share her talents with the participants.

Cardiac Intervention Procedure by Dr. Mostafa

Tuesday, October 15, 2024

2:00- 400 pm

ACC Madeline Briggs 140

Coordinator: Jo Oke

989-590-0633

This presentation will focus on MyMichigan Medical Center-Alpena's new life saving program providing care for those experiencing the most serious type of heart attack: STEMI

Dr. Mostafa received his medical degree from the American University of Beirut and did his residency in Internal Medicine at the Indian University of Health. He fellowship are in Cardiology from the Indiana University of Health and in Interventional Cardiology from the University of Minnesota Medical Center. He began practicing in 2017.

Renee Lamp, RN, BSN, CCRN-CMC. Renee is the cardiovascular manager at MyMichigan Medical Center-Alpena, overseeing the cath lab and program operations

Journal Writing, Sharing Stories

Wednesday, October 16, 2024

11 am – 12:30

pm

ACC Madeline Briggs 143

Number of attendees? Minimum: 4 Maximum:15

Coordinator: MaryAnn Krajnik Crawford

989-916-5540



Come explore personal and memoir writing in a no-pressure atmosphere; prompts provided.

MaryAnn Krajnik Crawford, retired from Central Michigan University, continues to write for the fun of it.

The Crisis of Meaning in America by Bob Case

Thursday, October 17, 2024

10 - 11:30 am

ACC Madeline Briggs 140

Coordinator: Marcia Connelly

989-356-2582

"I thought that beauty alone would satisfy. But the soul is gone. I can't bear those empty, staring eyes" from the Halperin brothers' 1932 film, "White Zombie." In the 2024 World Happiness Report, the United States dropped to 23rd place, marking its lowest ranking ever. This decline is attributed to a significant decrease in happiness among individuals under 30, who now rank 62nd. John Vervaeke, professor at the University of Toronto, has written significantly about what he calls "The Meaning Crisis". Is there a loss of meaning in our society and if so how do we discover meaning? Is there a crisis of meaning in the United States? Bob asks, "What do Taylor Swift and Donald Trump have in common?"

Bob Case is a pastor emeritus from the First Congregational United Church of Christ and is beginning to enjoy his full retirement. He continues to offer thoughtful presentations giving ALL members much to consider and ponder.

Consumer Protection for Seniors

Monday, October 21, 2024

10 - 11:30

am

ACC Madeline Briggs 140

Coordinator: Judy Nichols

517-663-4970

Are you getting ready to buy a new or used car? Planning a funeral? Getting too many telemarketing calls? Did you know that there are rules about such things? Jan Charter will guide us through these issues and much, much more.

Jan Charter was a consumer protection attorney with the Federal Trade Commission for over 25 years. She headed up numerous investigations and court cases on subjects ranging from deceptive advertising to dietary supplements to fraud targeting seniors.

Experiences in the life of a Sports Official by David Kuznicki

Tuesday, October 22, 2024

1:30 - 3:00

pm

ACC Madeline Briggs 140

Number of attendees? 5 minimum

Coordinator: Mike Mandrick

989-255-2699

BEHIND THE SCENES: Mr. Kuznicki officiated for 50 years at the high school, college, and professional levels. During this time, he officiated three high school state finals and one Little League World Series in addition to the hundreds of local games. He will share his experiences with players, coaches and fans. Some of whom he pleased and some of whom he did not please. Join us for some inside stories of the sports world.

Mr. Kuznicki is a three time nominee for Michigan High School Athletic Association Vern Norris award for contributions for officiating and a charter member of the National Association of Sports Officials.

AHS Tech Workshop

Thursday, October 24, 2024

3:00 - 5:00

pm

ACC Madeline Brigg 140

Number of Attendees: Max: 15

Coordinator: Linda Ferguson

402-679-7667



Bring any and all of your technology devices that are giving you headaches to this workshop. Bring in all your questions about those devices to this workshop. The AHS students of DECA** club are here to help. These students know it all, if one can't help another can.

Club advisor, Amanda Pilarski, also shares her knowledge and skills. This is one-on-one help that focuses on **your** situation and concerns.

The students participate in various statewide competitions in the spring. If you find their skills helpful and valuable, any donation to help offset the expense of these competitions would be appreciated.

** Distributive Education Clubs of America (DECA) is a high school and college program for students interested in business. The organization prepares emerging leaders and entrepreneurs for careers in marketing, finance, hospitality, and management.

Food Safety and MyPlate

Tuesday, October 29, 2024

1:30 - 2:30 pm

ACC Madelene Briggs 140

Number of attendees? Minimum:6

Coordinator: Sandra Paquette

989-354-3906



Food Safety: Is it safe to thaw meat on the counter? Do you ever wonder if food is safe at potlucks? There are many different myths about the proper ways to keep food safe, in this class we will break down the myths vs facts. We will discuss the different "danger zones" for keeping food safe, as well as how to use a meat thermometer and show you the shocking reality about how fast germs and bacteria can spread on food.

MyPlate: What is an appropriate portion size? What is the difference between a portion and a serving? How do you make a balanced meal? You will get to practice how to make a balanced, healthy meal and understand how portion

control can help you improve your overall health.

Morgan Hardies is the Community Nutrition Instructor at MSU Extension for Alpena & Montmorency counties.

Zoom Livestream Training

Thursday, October 31, 2024

9:00 – 10:30am

ACC Madeline Briggs 140

Coordinator: Richard Bremer

810-730-7616

This program will focus on the steps needed to provide a successful Zoom Livestream program and recording. Equipment, connections and software will be reviewed followed by participants hands-on setup, operation and shutdown of the

system. Participants need to have some basic understanding of audio/visual terms such as HDMI, USB, mono/stereo, etc. A system setup checklist will be validated during this class and provided to participants. Additionally, basic system troubleshooting will be discussed and demonstrated.

Richard Bremer is a retired Electrical Engineer who setup the ALL Zoom Livestreaming system in 2019. **Ron Young** is a retired Engineer who has been working with the Zoom system for a number of years and is currently working on documenting the operation of the system.

RECURRING SESSIONS

Pickleball

Mondays, Wednesdays, Fridays 9:00 - 11:00 am APlex

Coordinator: Pamela Borchert

989-464-6044

Pickleball continues. Call the APlex for additional info @ 989-354-6164. APlex fees apply.

Duplicate Bridge

Mondays, October, 7, 14, 21, 28 12:15 – 4:00 pm

For Location in Alpena, call Marcy at

989-354-2306

or for more information, Bev at

This is a form of Bridge where partners play a fixed set of hands in competition with several other partners to see who does the best. This form of Bridge is for experienced Bridge partners interested in some friendly competition. It is also appropriate for individual experienced Bridge players interested in subbing from time to time. **989-595-5119**

Mexican Train Dominoes

Tuesdays, October, 1, 9, 15, 22, 29

9:15 - 11:30 am

ACC Madeline Briggs Center

Coordinator: Eileen Wikaryasz

989-340-0608

Ready for a fun, addictive and fast-moving game that has lots of surprising twists and turns? Join us for Mexican Train Dominoes! You may join our class any time during the year.

Pinochle

Wednesdays, October 2, 9, 16, 23, 30 **12:30 - 3:00**
pm
ACC Madeline Briggs Center
Coordinator: Mary Ann Kenne **989-255-4414**

Julie Byrnes is inviting you to join her and others in single deck Pinochle on Wednesdays.

Spitzer

Thursdays, October 3, 10, 17, 24, 31 **10:00 - 11:30**
am
ACC Madeline Briggs Cente
Coordinator: Marilyn Klingshirn **989-354-0884**

Spitzer is a challenging card game that requires lots of concentration. It is played extensively in our area, mainly around Rogers City, Alpena, Posen, and regular tournaments are held. Spitzer-challenged people are welcome to come learn the game. Experienced players are welcome to come enjoy playing and guiding the newbies. Name tags encouraged.

Contract Bridge

Fridays, October 4, 11, 18, 25 **12:30 - 3:00**
pm
ACC Madeline Briggs Cente
Coordinator: Julie Byrnes **734-761-2123**

This is an ongoing group of varied players who welcome all players at any time. We are a teaching class but welcome experienced players also.

Square Dancing

Fridays, October 4, 11, 18, 25 **4:00 - 6:00 pm**
ACC Madeline Briggs Center
Coordinator: Glenn Taylor **803-292-9613**

Looking for something to do with your significant other or with other people? Singles welcome - no partner needed. We are Mainstream dancers with Plus lessons mixed in.

We meet in Alpena on Fridays from 4 - 6 PM at the Madeline Briggs Center of Alpena Community College. Call Glenn at 803-292-9613 to get details.

Let's dance!

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Did you miss one of our programs:

Check out the *new* offerings on **YouTube**.

Check out the new offerings on YouTube:

<https://www.youtube.com/channel/UCYc9USUpJ2nsQDsJSLO01Nw>

YOU Can also ACCESS the youtube channel: go to associationoflifelonglearners.org, then click on Welcome and then Media.

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ALL@alpenacc.edu
665 Johnson St
Alpena MI 49777

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