

Fall 2022 Semester

First class - September 6

Last class - December 8

IND The Institute of **New Dimensions**

*Stimulating college-level courses
for lifelong learners*

Back to school!

No tests and no grades!
Welcome to the 37th year of our
daytime education program
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eager to continue learning

*In-person and
Virtual Courses*

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IND Fall 2022 Course Listings

Mondays – In-person courses at the Central Unitarian Church (some courses also virtual as noted)

- #111 **Through a Glass Darkly: Franz Kafka Illuminated**
10:00 – 11:30 am 9/12, 9/19, 10/3, 10/17, 10/24 Nancy Melser page 6
- #112 **More Stories from Space** Also available virtually
10:00 – 11:30 am 9/12, 10/3, 10/24 Joe Lennox page 6
- #113 **Alfred Hitchcock – Master of Suspense and the Unexpected**
9:30 – 11:30 am 9/19, 10/31, 11/7, 11/14, 12/5 Alan Schwartz page 7
- #121 **William Shakespeare’s Coriolanus**
1:00 – 2:30 pm 9/12, 9/19, 10/3, 10/17, 10/24, 10/31 Janet Chertkoff page 7
- #122 **Elections and the American Civil War** Also available virtually
1:00 – 2:30 pm 9/12, 10/3, 10/24 Michael Sica page 7
- #123 **Great Decisions**
1:00 – 2:30 pm 9/19, 10/17, 10/31, 11/7, 11/28 Joseph Walinski page 8
- #124 **The 2022 Mid-Term Elections**
1:00 – 2:30 pm 11/14, 12/5 Michael Sica page 9

Tuesdays – Virtual courses

- #211 **Golden Age of American Popular Music – Fall 2022 Edition**
10:00 – 11:30 am 9/6, 9/20, 10/11, 10/25, 11/8 Joe Weisfeld page 9
- #212 **A Photographic Tour of the Nation's Capital**
10:00 am 9/13 Ray Turkin page 9
- #213 **Perspectives as a Way to Live a Pleasant Life**
10:00 – 11:00 am 11/1 Sarah Hller-Bersson page 9
- #221 **10 Warning Signs of Alzheimer's**
12:00 – 1:30 pm 9/6 Robyn Kohn page 10
- #222 **Happiness and Best Practices in Positive Psychology**
12:00 – 1:30 pm 9/13, 9/20 Dinah Braude Kremberg, Ph.D.
and Elaine W. Solomon page 10
- #223 **The Voice with a Smile Will Be Gone for a While –
The 1947 Strike of Telephone Workers against AT&T**
12:00 – 1:30 pm 10/18 Evelyn Hershey page 10
- #224 **Movietalk**
12:00 – 1:00 pm 10/25, 11/1, 11/8, 11/15 Ronnie Friedman page 11
- #231 **They Will Not Replace Us – Immigration and Xenophobia in America**
2:00 – 3:30 pm 9/6, 9/20, 10/11, 10/25, 11/8 Arnold D. Rubin, M.D. page 11
- #232 **Art HERstory**
2:00 – 3:30 pm 9/13, 10/4, 10/18, 11/1 Jane Keller Herzig page 12

IND Fall 2022 Course Listings (continued)

Wednesdays – In-person courses at the Central Unitarian Church (some courses also virtual as noted)

- #311 Thought-Provoking TED Talks
10:00 – 11:30 am 9/14, 9/28, 10/12, 10/26, 11/9 Emily Ginder page 12
- #312 The Conspiracy Theory in Movies.
9:30 – 11:30 am 9/14, 10/12, 11/9, 11/30 Theo Solomon page 12
- #313 We Are What We Were
10:00 – 11:30 am 11/16, 11/30, 12/7 Vincent N. Parrillo page 13
- #321 Joan of Arc in her Own Words Also available virtually
1:00 – 2:30 p.m. 9/14, 9/28, 10/12, 10/26, 11/9 Sandra S. Silverberg page 13
- #322 Diversity in the History and Art of Russian Music
Also available virtually
12:30 – 2:30 pm 11/16 Jim McKeown page 14
- #323 Fabric Art Around the World Also available virtually
1:00 – 2:30 pm 11/30 Judy Manton page 14

Thursdays – Virtual courses

- #411 American Presidents and Their Supreme Court Appointees
10:00 – 11:30 am 9/8, 9/22, 10/6, 10/20, 11/3 Martin Alboum page 15
- #412 Navigating the Medicare Process
10:00 – 11:30 am 10/13 Stuart Schwartz page 15
- #413 Literary Diamonds: Baseball in Fiction and Poetry
10:00 – 11:30 am 11/10, 11/17 Keith Danish page 15
- #421 From Shell Shock to PTSD (Post-Traumatic Stress Disorder)
12:00 – 1:30 p.m. 9/15 Henry Pinsker, M.D. page 16
- #422 Queens of Crime
12:00 – 1:30 pm 9/29, 10/13, 10/27, 11/10, 12/1 Emily Ginder page 16
- #423 Young Adult Historical Fiction: Focus on Award-Winning Novels
Published in the 21st Century
12:00 – 1:30 pm 10/6, 10/20, 11/3, 11/17, 12/8
Howard B. Schechter, Ed.D. page 17
- #431 Are There Realistic Solutions to Major National and World Problems?
2:00 – 3:30 pm 9/8, 9/22, 10/6, 10/20, 11/3, 11/17, 12/1 Alan S. Ziegler page 18
- #432 A History of Western Religious Intolerance
2:00 – 3:30 pm 9/15, 9/29, 10/13, 10/27, 11/10 Robert Suffis page 18

IND - The Institute of New Dimensions BOARD OF TRUSTEES

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IND, THE INSTITUTE OF NEW DIMENSIONS,

is a non-profit organization. Our mission is to offer short college-level courses to adults. IND believes that intellectual stimulation fosters well-being in adults.

We thank our instructors and class supervisors, all of whom are volunteers.

Our courses are offered in the spring, fall and winter. Most spring and fall courses consist of four or five 90-minute daytime sessions, in semesters of approximately twelve weeks. Winter courses are mainly one or two sessions, in a seven-week-long semester.

Students may enroll in as many courses as they like.

IN-PERSON and VIRTUAL COURSES

In response to requests from a number of students and teachers, our Fall 2022 semester will resume presenting in-person courses to complement our virtual offerings.

IN-PERSON COURSES:

Our student body is elderly and includes some who are not in perfect health. We are therefore paying special attention to Covid, a continuing problem with constantly evolving variants. We are implementing mitigation rules which are a combination of recommendations from the New Jersey Health Department, rules mandated by our rental space and our own considerations. In spite of our best efforts, all attendees should recognize that there can be no guarantees that other persons, or any area in our venue, will be Covid-free, any more than at any other location outside of one's home.

In registering for and attending an in-person course a student is recognizing that fact, is assuming any risks involved, and agrees that if the student contracts Covid or any variant thereof, the student waives the right to assert any claims of any nature whatsoever against IND and/or our venue relating in any way to the contracting of Covid.

For all attendees, our practices against the spread of COVID may change over time. At a minimum they will include: Requiring a scan of your vaccination card showing up-to-date vaccination and booster shots; moving about inside the building and sitting six feet apart (except for family, or friends who travel together); wearing masks at all times when in the building; and not attending within five days of having tested positive for Covid or on a day when you have any doubts about your health.

Although an individual may not feel it important to abide by these restrictions, there will be attendees with compromised immunity levels for whom it is necessary to rely on all of the group to follow the rules.

Instructors who find it difficult to speak for 90 minutes while masked may be unmasked while keeping six feet from all others.

Because some of these rules may slow down entry, please come early to class.

HYBRID ATTENDANCE:

Some in-person courses will also be open to virtual attendance. The experience of virtual attendance will not be the same as in-person, as virtual students may not be able to join in discussions. But some of our most effective instructors have chosen to only teach in person, and the opportunity to attend their courses is worth the slight inconvenience.

VIRTUAL COURSES:

Our virtual courses are held online via the Zoom application, on a device of your choosing – computer, smart phone, tablet, etc. You can also listen to classes by phone without attending visually. All registrants will receive instructions for using that program. If you are inexperienced or hesitant about this system, we will hold tutorials. As a fallback position, ask your grandchildren how to use it.

For the convenience of all students, the virtual classroom entry will open 15 minutes before the start time. Entry after class start may be delayed. Please sign in early to allow time for checking your computer settings. You may leave class at any time before the session ends, and you may also re-enter.

THE COURSE BROCHURE

The course brochure is not being printed and mailed this semester. We are only sending our course brochure by Email, to people on our mailing list who have provided their Email addresses. If you know anybody who might be interested in our courses and has not received the brochure please forward it to them, or provide us their Email address for us to send it.

REGISTRATION

The registration form is separate from the course brochure. There are two versions: for PC and Mac computers.

Register early for the courses of your choice. Classes fill quickly and some have limited enrollment. Each student registering for courses must complete an individual registration form accompanied by his/her payment. To minimize handling of checks and paperwork we strongly urge that you register only by credit or debit card payment, using the registration page in this course brochure.

For card payment, registration and payment is a two-step process. When we receive your registration form we will reserve your place(s) in your course(s) and send you the payment link. Upon receipt of your payment we will send you a confirmation by email. Please pay promptly, as we can't hold places for more than 5 days.

For both in-person and virtual courses, if space allows registrations will be accepted up to the time of a class session. Please call in advance to 973-291-8220 to check place availability if you wish to sign up for a course at that time. As there are room attendance limits for the in-person courses, do not arrive unregistered without calling in advance.

Prior to the start of in-person courses, we will email you a printable attendance card. Please have that handy to show at the door.

Prior to the start of virtual courses, we will email you a non-transferable Zoom class invitation registration link and passcode for each course you take. This information is necessary for you to attend a course, and is easily entered into your browser. Multiple sessions of a course use the same Zoom passcode. If you lose the passcode(s) please contact us.

Occasionally we may need to change the schedule or cancel a course due to unanticipated events. We will make every effort to inform you when that happens and to help you make changes in your course selection. Please be sure to enter your phone number(s) in the registration form for us to contact you.

ALL IN-PERSON COURSES THIS SEMESTER MEET AT:

Central Unitarian Church (CUC)

156 Forest Ave.

Paramus, NJ

Located one half mile north of Route 4

We share a parking lot with a nursery school. In the interest of safety, please do not park near the children's playground - these spots are reserved for parents to drop off and pick up their children. Parking for IND is limited to the large southern part of the lot, near the median. Students with a handicapped permit may use the marked spots nearer the playground and the entrance. **Please drive slowly and don't take a short-cut by driving in via the exit road.**

FOR FURTHER INFORMATION

Call (Monday thru Friday) at: 973-291-8220

Email to: IND.bergen@gmail.com

Or see our website at: www.INDbergen.org

Monday Courses – In-Person, with some also virtual as noted

#111 Through a Glass Darkly: Franz Kafka Illuminated

Instructor: Nancy Melser, retired literature teacher, Brooklyn College and the Dwight-Englewood School. Winner of the Klingenstein Fellowship for distinguished teaching, she has also taught in China, Zimbabwe and Egypt with two Fulbright grants.

Mondays, 10:00 – 11:30 am 9/12, 9/19, 10/3, 10/17, 10/24

Note: This is an in-person course. It is in five sessions; the fee is \$20.

As life in 21st century America descends into the absurd up is down, black is white, truth is fiction, "alternative facts" are as valid as actual facts, journalists and media pundits are "enemies of the people," and so on it's time to engage with master surrealist Franz Kafka (1883 – 1924) for help in navigating this singular moment in American history.

In this class we will read *The Judgment*, *The Metamorphosis*, and *The Country Doctor*, among Kafka's most provocative and terrifying stories, and we will consider what connects Kafka's haunted dreamscapes to the surreality of life in 2022 America.

Please bring to class *Franz Kafka: The Metamorphosis, In the Penal Colony, and Other Stories*, Translated by Willa & Edwin Muir, Schocken Books, New York.

Please read *The Judgment* in preparation for our first session.

#112 More Stories from Space

Instructor: Joe Lennox, a space program historian and student; creator of an extensive private space history museum, items from which are used during his presentation; former President of the New Jersey Aviation Hall of Fame and Museum, serving as its director of educational programs and curator of its space artifacts and exhibits; and assisted the space curator at The Intrepid Air and Space Museum. He was a senior officer at a major Canadian bank in New York.

Mondays, 10:00 – 11:30 am 9/12, 10/3, 10/24

Note: This is an in-person and virtual course. It is in three sessions; the fee is \$15.

The topics we will cover are:

1. **April 12: A Very Special Dual Anniversary in Space Exploration History.** On April 12, 1961, Yuri Gagarin became the first human to fly in space. On April 12, 1981, Space Shuttle Columbia was launched, starting the era of re-usable spacecrafts. Learn about these two ground-breaking missions in a multimedia presentation that will take you back in history not once, but twice.
2. **Apollo 14: The Third Moon Landing – Golf Anyone?** The Fra Mauro highlands was an area on the lunar surface that could reveal many secrets of the moon's make-up and origin. This moon landing studied that area in a highly ambitious mission. Alan Shepard, the first American in space, joined the mission and played a little golf along the way. Learn the details of Apollo 14, including how far a golf shot could go on the moon.
3. **Fire in the Cockpit – The Tragedy of Apollo 1.** Learn about the catastrophic events of America's first space disaster – even though it happened on the ground – and see the Apollo program literally rise from the ashes with the successful mission of Apollo 7.

#113 Alfred Hitchcock – Master of Suspense and the Unexpected

Instructor: Alan Schwartz, now retired, was a high school English teacher, an attorney, and for many years research director for the Anti-Defamation League.

Mondays, 9:30 – 11:30 am 9/19, 10/31, 11/7, 11/14, 12/5

Notes: This is an in-person course. It is in five sessions; the fee is \$20.

The course starts a half-hour earlier than usual. Please arrive on time so as to not disturb the class in progress.

This course will show five films to explore Hitchcock's frequent theme of the innocent but vulnerable individual unexpectedly endangered or wrongly accused under circumstances beyond his or her control. We will experience the thrills and twists of the director's cinematic roller-coaster, wondering if, how and when the victim's dilemma will be resolved. We will also examine the interplay between appearance and reality in Hitchcock's work, and how he portrays the stresses of facing danger alone.

The 5 films to be screened are:

1. *The 39 Steps* (1935)
2. *Saboteur* (1942)
3. *Notorious* (1946)
4. *The Wrong Man* (1957)
5. *Shadow of a Doubt* (1943)

#121 William Shakespeare's *Coriolanus*

Instructor: Janet Chertkoff holds an MA in Literature and is a former high school English teacher. She has taught Shakespeare's plays and lectured about his life, times, and theater for many years at Bergen Community College, civic groups, and adult courses.

Mondays, 1:00 – 2:30 pm 9/12, 9/19, 10/3, 10/17, 10/24, 10/31

Note: This is an in-person course. It is in six sessions; the fee is \$25.

Let's bone up for the upcoming election. Meet the candidates, the consultants, the spin doctors, the aggrieved masses, the violent rabble rousers. 2022? 1600s, when *Coriolanus* was written? Its subject – the political landscape of the Roman Empire? Clearly, *Plus ça change, plus c'est la même chose*.

Coriolanus, Shakespeare's most intellectual political tragedy, confronts the evergreen problem of how to reconcile politicians' moral principles (oxymoron?) with the practical need to get elected. Appropriated by political right and left with equal success, this play asks how much of one's soul must be ceded to win the vote. And what do **we** demand of our politicians? Shakespeare asks many more questions than he answers.

Bring any copy of this maddening, complicated and prescient play to class to decide the answers for yourself.

#122 Elections and the American Civil War

Instructor: Michael Sica, human resources professional who has presented numerous courses at IND on the Civil War and current affairs, often with a consideration of the impact of leaders' personalities.

Mondays, 1:00 – 2:30 pm 9/12, 10/3, 10/24

Note: This is an in-person and virtual course. It is in three sessions; the fee is \$15.

"Elections have consequences" and "This is the most important election ever."

How often have we heard those statements – and are they ever more accurately used than when applied to the elections of the 1850s and 1860s. This course will explore those elections, the candidates, issues, the run up to the Civil War, and the results.

We will assess and examine how the elections influenced, and were influenced by, the conduct and progress of the war.

#123 Great Decisions

Instructor: Joseph Walinski, lecturer at Bergen Community College, JCC, Humanist Society and local libraries.

Mondays, 1:00 – 2:30 pm 9/19, 10/17, 10/31, 11/7, 11/28

Notes: This is an in-person course. It is in five-sessions; the fee is \$20.

Enrollment is limited to 25 students.

This student-participation course is based on the latest issue of the yearly *Great Decisions* book from the Foreign Policy Association. If you don't have it from the Spring 2022 semester it is recommended that you order the 2022 edition at registration so that you can be current on all issues. Please include its \$30 cost with your registration.

The topics we will examine this semester are:

1. **Is it possible for democracy to prevail in Myanmar?** The situation in Myanmar, including the coup by the military in February 2021 and the ongoing human rights crises, coupled with civil resistance by those opposed to the regime, has led to the chaos in the Southeast Asian country. How are neighboring countries reacting, and what role will ASEAN play?
2. **Will the Quad countries be able to contain China's power reach?** As part of the U.S. pivot to Asia, the United States has been in dialogue with Japan, Australia, and India in an effort to contain China. Recently, the Quad countries held joint naval exercises in the South Pacific. How effective will the actions of this alliance be?
3. **Have harsh drug control policies caused more harm than good?** The issue of migration to the United States from Latin America has overshadowed the war on drugs, which has been underway for decades with little signs of progress. What are the roots and the bureaucratic logic behind today's dominant drug policies in Latin America? Is it time to reconsider punitive drug policies that disrupt supply chains and punish drug possession?
4. **Will a more involved U.S. government help the economy revive?** The current discussion of industrial policy in the United States is not simply about whether or not to support specific companies or industries, but about trust or mistrust of the government and its ability to manage the economy and deal with a rising China. The upheaval in supply chains during the pandemic exposed weaknesses in the international economy. What policies can the United States implement to deal with trade and the economy?
5. **A fifth topic to be determined by the class.**

Please read the first topic for the first session.

We Need You

To consider joining our skilled and knowledgeable faculty. We are always looking for more volunteer instructors.

- Can you offer a five-session course?
- A single class?
- Can you suggest a friend or colleague?
- Tell us of a discussion leader or lecturer who has impressed you?

To tell your friends about our exciting mix of classes.

We believe we have a lot to offer continuing learners, and would like to increase our student body by adding to our mailing list.

Please send the names and contact information of potential students or prospective instructors, including yourself if appropriate.

By Mail to: **Institute of New Dimensions**
P.O. Box 17
Butler, NJ 07405

By Email to: **IND.bergen@gmail.com**

Or Call: **Gloria Smith at (201) 261-5073**

Thank you.

#124 The 2022 Mid-Term Elections

Instructor: Michael Sica, human resources professional who has presented numerous courses at IND on the Civil War and current affairs, often with a consideration of the impact of leaders' personalities.

Mondays, 1:00 – 2:30 pm 11/14, 12/5

Note: This is an in-person course. It is in two sessions; the fee is \$10

“Elections have consequences” and “This is the most important election ever.”

These phrases were used to introduce the instructor’s earlier course this semester on elections in the 1850s and 1860s. It’s equally apt for the 2022 mid-term elections, which will determine the makeup of the congress that President Biden will have to work with for the next two years, and will be a possible harbinger of the presidential election of 2024.

The course will combine discussion with PowerPoint presentations.

Tuesday Courses – All Virtual

#211 Golden Age of American Popular Music – Fall 2022 Edition

Instructor: Joe Weisfeld, Ph.D. Chemistry, retired director of a research and development laboratory, is a lifelong music lover.

Tuesdays 10:00 – 11:30 am 9/6, 9/20, 10/11, 10/25, 11/8

Note: This is a virtual course. It is in five sessions; the fee is \$20.

This course is a celebration of American popular music written primarily in the 1920s, -’30s and -’40s. The music filled the demands of Broadway, Tin Pan Alley and the Hollywood musicals. New generations and groups around the world are discovering, playing and enjoying this music. In this course, we will play selections by songwriters like Irving Berlin, George and Ira Gershwin, Richard Rodgers, Lorenz Hart, Oscar Hammerstein, Cole Porter, Jerome Kern, Johnny Mercer and others. Each class will have a theme, with musical selections and pertinent background discussion.

#212 A Photographic Tour of the Nation's Capital

Instructor: Ray Turkin is an award-winning professional photographer whose work has been widely exhibited. He teaches at Bergen Community College and The Art School at Old Church in Demarest.

Tuesday, 10:00 am 9/13

Note: This is a virtual course. It is in one session; the fee is \$5.

Join Ray as he tours Washington, DC, our nation's capital. We'll visit many of the iconic government buildings, the magnificent monuments that memorialize this nation's founding fathers, and the sites that commemorate those who bravely fought to preserve the freedoms we enjoy today. Two highlights of this visit are the National Museum of African-American Culture and History and the United States Holocaust Museum. For a special point of view, we'll tour the city at night on a double-decker bus.

#213 Perspectives as a Way to Live a Pleasant Life

Facilitator: Sarah Hiller-Bersson, is a licensed clinical social worker, psychotherapist and founder of the Center for Purposeful Aging, with 18 years of experience working with older individuals on how to optimize their lives to achieve fulfillment. This interactive course is adapted from her experience with a six-year support group for older clients.

Tuesday, 10:00 – 11:00 am 11/1

Notes: This is a virtual course. It is in one session; the fee is \$5.

Please note the time: The session is one hour long.

This class is limited to 19 participants.

We all have hopes and goals of living a charmed life, but often our lives are filled with sadness, frustration and anxiety. Let's discuss a new way and approach, in order to achieve a life of contentment.

#221 10 Warning Signs of Alzheimer's

Instructor: Robyn Kohn, MA, CDP, Director of Programs and Services at Alzheimer's Association Greater NJ, leads dementia-related disorder and Alzheimer's disease education programs, care and support services, caregiver support groups, and professional education and training.

Tuesday 12:00 – 1:30 pm 9/6

Note: This is a virtual course. It is in one session; the fee is \$5.

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.

Among the topics to be covered are:

- Typical age-related changes.
- Common signs of Alzheimer's and dementia.
- Tips for approaching someone about memory concerns.
- The importance of early detection and benefits of diagnosis.
- Possible tests and assessments for the diagnostic process.
- Helpful Alzheimer's Association resources.

#222 Happiness and Best Practices in Positive Psychology

Instructors: Dinah Braude Kremberg, Ph.D. is a licensed psychologist, a certified school psychologist and school social worker with clinical and school experience. She currently serves as a consultant and also provides professional development workshops.

Elaine W. Solomon, retired Speech Language Pathologist and Learning Disabilities Consultant, was on the Child Study Team at the Edgewater Public Schools and was the Learning Disabilities Consultant at St. Joseph Hospital Child Development Center.

Tuesdays, 12:00 – 1:30 pm 9/13, 9/20

Notes: This is a virtual course. It is in two sessions; the fee is \$10.

This course will discuss happiness and describe positive psychology. It will identify its three levels; review the "PERMA" model; and identify cognitive behavioral techniques and how they address thinking distortions.

You will learn how to generate alternative thinking patterns; use a strengths-based model; and explore strategies and practices for bringing greater joy into your life.

Each session will have time for interactive discussion.

#223 The Voice with a Smile Will Be Gone for a While The 1947 Strike of Telephone Workers against AT&T

Instructor: Evelyn Hershey is the Education Director at the American Labor Museum in the Botto House in Haledon, where she teaches students and the general public about the history and contemporary issues of workers and the labor movement.

Tuesday, 12:00 – 1:30 pm 10/18

Note: This is a virtual course. It is in one session; the fee is \$5.

The 1947 Strike of Telephone Workers against AT&T was unusual in labor history as a largely women's action. This course will give special attention to the part the New Jersey women workers played in the strike.

When the National Federation of Telephone Workers union struck the Bell System on April 7, 1947 in the first nationwide walkout in the telephone industry, women were fully two thirds (230,000) of the 345,000 strikers. For the first time in almost sixty years, male supervisors handled switchboards while women operators walked picket lines with telephone repairmen and linemen. In New Jersey, the twelve thousand women of the Newark-based switchboard operators' union and two thousand accounting workers stood up to a state law banning utility strikes. This program will explore the history of this labor dispute and its outcomes.

#224 Movietalk

Instructor: Ronnie Friedman, a retired Ridgewood High School teacher of French language and culture, has also taught at Bergen Community College. She has a B.A. in French from UPenn, an M.A. in Comparative Literature from CUNY, and has completed the doctoral coursework in French at NYU.

Tuesdays, 12:00 – 1:00 pm 10/25, 11/1, 11/8, 11/15

Note: This is a virtual course. It is in four sessions; the fee is \$20.

Movies can divert, inform and provoke. In this course we will discover or rediscover four acclaimed recent films that merit discussion.

Watch the movies at home before the course sessions, and be prepared to share with the class your observations on story lines, cinematic techniques, and broad themes.

All films are available on Netflix, and class members should watch each by the date indicated in order to facilitate lively group discussions.

We will talk about these movies on the listed dates:

- 10/25 – *Passing* (2021)
- 11/1 – *Don't Look Up* (2021)
- 11/8 – *The Power of the Dog* (2021)
- 11/15 – *Our Souls at Night* (2017)

#231 They Will Not Replace Us – Immigration and Xenophobia in America

Instructor: Arnold D. Rubin, M.D., Emeritus Professor of Medicine and Oncology, and former Director of the Stem Cell Transplantation Program at the Rutgers Cancer Institute of New Jersey, Robert Wood Johnson Medical School, Rutgers University.

Tuesdays, 2:00 – 3:30 pm 9/6, 9/20, 10/11, 10/25, 11/8

Note: This is a virtual course. It is in five sessions; the fee is \$20.

America is now in the midst of one of her many identity crises. The original North American colonies were settled by white Europeans. Numerous new ethnic groups entered or were brought in, each presenting the threat of displacing or at least diluting the original majority, thereby changing the culture and lifestyle of the nation. At various times in the nation's history an influx of new arrivals or liberation of suppressed minorities reminded the white descendants of the original colonists that their hegemony was not secure. These events resulted in regressive, and often violent, backlash and exacerbation of social and economic inequality. The arrival of each new ethnic group, exhibiting foreign ways, drew hostile reactions from native-born Americans, who tended to blame economic or other cultural ills on the new arrivals and ascribe to them less-than-human qualities. But European white populations, especially those speaking English, could integrate, appearing less foreign and therefore eventually worthy of acceptance. It has been the fate of non-Whites to receive continued rejection as a perceived threat.

This course will trace the themes of anti-immigration and xenophobia from the colonial era to the present. We will show how Americans' hostility toward the other is deep-seated, based on generations of prejudice-derived feelings of white privilege and directed at any arriving ethnic or racial group seen to threaten the stability of their status quo. We will further submit that these spasms of xenophobia have deleterious effects on American society and its democracy.

#232 Art HERstory

Instructor: Jane Keller Herzig is a prize-winning artist who majored in Art History for three years at Smith College and graduated from Hunter College with a BA in Art. She has an MS in Special Education from Southern Connecticut State University and an MA in Art Education from The Hartford Art School at the University of Hartford.

Tuesdays, 2:00 – 3:30 pm 9/13, 10/4, 10/18, 11/1

Note: This is a virtual course. It is in four sessions; the fee is \$20.

In the past women artists were uncommon, the accomplished ones ignored and their work rarely found in the collections of traditional art museums. This course addresses some historical reasons for this, and introduces three women artists who should be much more widely known.

The topics to be covered are:

1. **An uneven playing field** with barriers, potholes and moveable goal posts – the obstructions to women artists' success and renown.
2. **Sofonisba Anguissola** (1532-1625), a painter in the court of Philip II of Spain.
3. **Judith Leyster** (1609-1660), a painter during the Dutch Golden Age.
4. **Maria Sibylla Merian** (1647-1717), a naturalist, painter and printmaker. She was the first person to pictorially depict the metamorphosis of a silkworm, which she did at age 13.

Wednesday Courses – In-Person, with some also virtual as noted

#311 Thought-Provoking TED Talks

Instructor: Emily Ginder is a former homeschooling mom who brings her enthusiasm for history and literature to class. In addition to leading courses at Bergen Community College and OLLI at University of Delaware, she moderates a book club on Goodreads, an on-line discussion site.

Wednesdays, 10:00 – 11:30 am 9/14, 9/28, 10/12, 10/26, 11/9

Note: This is an in-person course. It is in five sessions; the fee is \$20.

We will watch two or three different TED Talks each week. The topics will be wide-ranging, informative, and, in some cases, controversial. There will be a discussion after each presentation, so come prepared to agree or disagree with each speaker.

#312 The Conspiracy Theory in Movies

Instructor: Theo Solomon, Professor of Anthropology and Sociology at Bergen Community College, is a world traveler, photographer and lecturer.

Wednesdays, 9:30 – 11:30 am 9/14, 10/12, 11/9, 11/30

Notes: This is an in-person course. It is in four sessions; the fee is \$20.

This course starts a half-hour earlier than usual. Please arrive on time so as to not disturb the class in progress.

This has become the era of conspiracy theories. We are still at a loss to uncover all the conspirators who killed Presidents Lincoln and Kennedy; what is in the army warehouse, if anything, in Roswell, New Mexico?

We'll view and discuss four films that center on actual or imagined conspiracies, some real and some fictional:

1. **Day of the Jackal** – The attempted assassination of French President Charles DeGaulle.
2. **Three Days of the Condor** – A CIA researcher comes across material pointing to an agency conspiracy to rule other nations.
3. **J'Accuse** – Alfred Dreyfus, the only Jew in the French Intelligence Agency, is accused of treason.
4. **Il Mafioso** – (Italian, English titles) A worker is sent undercover to the United States to assist in the commission of a conspiratorial crime.

#313 We Are What We Were

Instructor: Vincent N. Parrillo (<http://www.vinceparrillo.com>) is an internationally prominent Fulbright scholar, Sociology Professor Emeritus, PBS filmmaker, author of two historical novels and dozens of other writings, some translated into ten languages. His latest book is "Hearts and Minds: Hizmet Schools and Interethnic Relations."

Wednesdays, 10:00 – 11:30 am 11/16, 11/30, 12/7

Note: This is an in-person course. It is in three sessions; the fee is \$15.

Public misconceptions have long held simplistic categorizations about the nation's past populations, laying the foundation for fears about today's increasing diversity. In actuality, racial and cultural homogeneity has never been a societal reality. This course will study three aspects of that story, from the past through the future.

The topics to be covered are:

1. **The Incredible Diversity among Past Native Americans** – Despite a common belief that all American Indians were like those living on the Plains, as popularized by films, the indigenous peoples of what would become the United States differed greatly in their bodily adornment, clothing, culture, housing, language, lifestyles, and social structures. This illustrated presentation will discuss those differences.
2. **Diversity in New Jersey: Past, Present and Future** – From colonial times to the present, and projected into the future, Census Bureau data shows that the Garden State has consistently been the most ethnic state in the nation. It has been a microcosm of the country's immigrant waves and societal responses, including massacres, right-wing reactionaries, and vibrant pluralism, as will be shown and discussed.
3. **The Shadows of America's Past Inform Our Future** – Drawing from Census Bureau demographic projections, this class will examine the possible U.S. population composition in 2060. Included will be clear explanations of replacement theory and critical race theory (CRT) and why belief in them generates so much controversy in school districts, among conservative politicians and White supremacists.

#321 Joan of Arc in her Own Words

Instructor: Sandra S. Silverberg, retired professor and head of the computer science and math department at Bergen Community College, began her career by teaching French language and culture. She has studied extensively in France.

Wednesdays, 1:00 – 2:30 p.m. 9/14, 9/28, 10/12, 10/26, 11/9

Note: This is an in-person and virtual course. It is in five sessions; the fee is \$20.

As a girl, Joan the Maid changed the course of history. The legends that grew after her death have had an impact around the world. We will examine her life, separating fact from myth. The topics we will cover include:

- Historical Setting: France in the 14th Century.
- How did Jeanette become Jeanne La Pucelle?
- The summer of glory and the fall of despair.
- Betrayed: The trial and the passion in her own words.
- Rehabilitated: The legends begin.

#322 Diversity in the History and Art of Russian Music

Instructor: Jim McKeown, a retired insurance executive, was a tenor with the New York Grand Opera chorus and is currently a member of various community chorales: Ars Musica, Canta Lyrica and the West Side Oratorio Choir. He lectures on music appreciation topics at Bergen Community College adult education courses and at various area retirement communities.

Wednesday 12:30 – 2:30 pm 11/16

Notes: This is an in-person and virtual course. It is in one session; the fee is \$5.

This course starts a half-hour earlier than usual. Please arrive on time so as to not disturb the class in progress.

Russia is a large and culturally diverse country with a long musical tradition, particularly folk music and the sacred music of the Russian Orthodox Church. In more recent history, the 19th century saw the rise of highly acclaimed Russian classical music influenced by Western Europe.

In this class you will enjoy a collaboration of two aspects of Russian culture: Music - classical written for orchestra, concerti, opera and ballet, and also folk, Soviet contemporary, and Orthodox religious masterpieces; and Dance – ballet and folk dancers moving with beauty, grace, precision, athleticism, and theatrics. Most of the pairings of music and movement are created by the instructor, and were not originally meant for each other.

This audio/visual program features the compositions of Tchaikovsky, Borodin, Khachaturian, Prokofiev, Shostakovich, and Rachmaninoff. The composers of the two folk selections as well as the Moscow Ballet's *Great Russian Nutcracker* are not known. Ballet and folk performers are members of The Bolshoi, Moscow, and Moiseyev Ballets.

#323 Fabric Art Around the World

Instructor: Judy Manton has a passion for handmade folk-art fabric, which she collected during her experiences around the world. While teaching English teachers of minority cultures in China during numerous stints totaling 6 years, she collected more fabrics. She also taught in Burma, Cambodia, Peru and Mexico. Drawing on her international experiences, she taught Cross-Cultural Perspectives at FDU for 28 years. Her exhibit "Fabulous Fabrics from Five Continents" is making its way from library to library in our area.

Wednesday 1:00 – 2:30 pm 11/30

Note: This is an in-person and virtual course. It is in one session; the fee is \$5.

The earliest surviving art that we know of are wall paintings in French caves. Also surviving, more rarely and only when conditions have been just right, are ancient fragments of fabric. People have forever and throughout the world painted fabric, woven it artistically, and fashioned it as a personal expression to wear for much more than mere cover.

This course will feature a power-point presentation of some examples of today's wide world of fabric art. We will see Chinese artists embroidering, making batik, weaving a rug. We'll see their charming baby hats with protective symbols, a monk making a silk applique picture of the symbols of Tibetan Buddhism, and elaborately embroidered dance costumes of the Miao minority.

In Mali we'll see men painting on mud cloth and will visit the home of an artist whose large cotton applique pieces carry strong political messages. In Rwanda there will be Hutu and Tutsi women embroidering together, and in Cambodia women in a workshop weaving silk.

Thursday Courses – All Virtual

#411 American Presidents and Their Supreme Court Appointees

Instructor: Martin Alboum, history lecturer and group discussion leader.

Thursdays, 10:00 – 11:30 am 9/8, 9/22, 10/6, 10/20, 11/3

Note: This is a virtual course. It is in five sessions; the fee is \$20.

In this lecture series we will examine three American presidents who missed the top rank, and the history-making Supreme Court justices they appointed.

The presidents and their respective justices will be discussed as follows: :

9/8, 9/22 – **John Adams** and **John Marshall**

10/6, 10/20 – **Dwight Eisenhower** and **Earl Warren**

11/3 – **Bill Clinton** and **Ruth Bader Ginsburg**

#412 Navigating the Medicare Process

Instructor: Stuart Schwartz, formerly CEO of a large retail chain; is currently an insurance representative at Senior Health Plan Finder.

Thursday, 10:00 – 11:30 am 10/13

Note: This is a virtual course. It is in one session; the fee is \$5.

Are you first entering Medicare eligibility? Are you currently enrolled but dissatisfied or confused about your insurance? This course will help you understand the benefits and limitations of the many private insurance plans out there vs. the original Medicare A and B from the government.

Among the topics to be covered are:

- Parts A,B,C and D of Medicare
- The difference between Medicare Supplements and Medicare Advantage plans
- Enrollment periods, and how to avoid thousands of dollars of out of pocket medical expenses

#413 Literary Diamonds: Baseball in Fiction and Poetry

Instructor: Keith Danish is a retired attorney who specialized in intellectual property law; has lectured on various topics, including U.S. labor history and baseball's business history, at the IND, the Baseball Hall of Fame, Puffin Foundation, and local libraries; and is a member of the Executive Board of the N.Y. Labor History Association, where he serves as its newsletter and book reviews editor.

Thursdays, 10:00 – 11:30 am 11/10, 11/17

Note: This is a virtual course. It is in two sessions; the fee is \$10.

From “dime novels” to post-modern parables, from “Casey at the Bat” to the haiku, the game/sport/business of baseball has provided writers with themes, plots, myths, characters, and language; it is widely believed that baseball, more than any other sport, is “the writer’s game.” Jacques Barzun told us that “whoever wants to know the heart and mind of America had better learn baseball...,” and Walt Whitman said the game “has the snap, go, fling, of the American atmosphere...”

We will study how creative writers of fiction and poetry have used baseball, our “National Pastime” (or at least it used to be) as a metaphor for America, its motley, kaleidoscopic populace, and its changing role in the world. Just as *Moby Dick* is more than a guide to whaling, a story or poem set on or around the baseball diamond can help us to understand the meaning of life, its delights and, more often, its sorrows. After all, it is a sport in which one who fails to get a hit in seven out of ten at-bats is nevertheless acclaimed as a champ, and most who seek success are fated to “wait ‘till next year.”

So please, step up to the plate and join this course. You need not be a baseball fanatic or even much of a fan to enjoy it and there won’t be no cussin’ or spittin’ allowed. Play Ball!

#421 From Shell Shock to PTSD (Post-Traumatic Stress Disorder)

Instructor: Henry Pinsker, M.D., a retired psychiatrist, was associate chairman of psychiatry at Beth Israel Medical Center in New York and has taught at New Jersey Medical School in Newark. He is the author of two books on psychotherapy.

Thursday, 12:00 – 1:30 p.m. 9/15

Note: This is a virtual course. It is in one session; the fee is \$5.

To what extent are responses to fear and stress determined by innate biological imperatives, and to what extent by social forces? Post-traumatic stress disorder (PTSD) was added to psychiatry's Diagnostic Manual only in 1980. Was it a new problem or had it been known by other names? The definition has been broadened since then and more people seem to have this problem now. Why?

This lecture will illustrate the importance of history (starting with the Civil War) for understanding what appear to be questions of science.

#422 Queens of Crime

Instructor: Emily Ginder is a former homeschooling mom who brings her enthusiasm for history and literature to class. In addition to leading courses at Bergen Community College and OLLI at University of Delaware, she moderates a book club on Goodreads, an on-line discussion site.

Thursdays 12:00 – 1:30 pm 9/29, 10/13, 10/27, 11/10, 12/1

Note: This is a virtual course. It is in five sessions; the fee is \$20.

The Golden Age of Detective Fiction included many British writers who wrote 'whodunits.' This type of mystery emphasized the solving of an intellectual puzzle. This Golden Age, which was predominately in the 1920's, 1930's and 1940's, spanned the complicated history of Britain during the Great Depression, two World Wars and huge changes to class structure. Why was this genre so popular at that time and why are many of the mystery writers still being read today? We will try to answer these questions as we read and discuss five novels from the authors dubbed the Queens of Crime.

The books we will read are:

1. ***The Murder of Roger Ackroyd*** by Agatha Christie
2. ***Strong Poison*** by Dorothy Sayers
3. ***Sweet Danger*** by Margery Allingham
4. ***Artists in Crime*** by Ngaio Marsh
5. ***The Daughter of Time*** by Josephine Tey

Please read *The Murder of Roger Ackroyd* for the first class.

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Please let us know if you or anyone you know might be interested in teaching a one- or multi-session course.

Contact Gloria Smith at (201) 261-5073

#423 Young Adult Historical Fiction: Focus on Award-Winning Novels Published in the 21st Century

Instructor: Howard B. Schechter, Ed.D., former principal of John A. Forrest School in Fair Lawn and P.S. 158 on the Upper East Side in Manhattan, was Director of Gifted and Talented Programs in the Bronx. A former teacher of French, Spanish and ESL, Dr. Schechter is a graduate of the Sorbonne and serves as a literacy and language consultant in both New York and New Jersey.

Thursdays, 12:00 – 1:30 pm 10/6, 10/20, 11/3, 11/17, 12/8

Note: This is a virtual course. It is in five sessions; the fee is \$20.

Historical fiction conveys a unique perspective about events that changed our world and continue to have relevance today. In this course, we will read and discuss five young adult historical fiction novels published in recent years that have earned acclaim for both their historical accuracy and emotional power.

The books we will read are:

1. ***Kira-Kira*** by Cynthia Kadohata
2. ***Moon Over Manifest*** by Clare Vanderpool
3. ***Al Capone Does My Shirts*** by Gennifer Choldenko
4. ***The War that Saved My Life*** by Kimberley Brubaker Bradley
5. ***Salt*** by Helen Frost

Please read ***Kira-Kira*** for the first session.

Call for Volunteers

As most of you know, IND is a volunteer organization - all our teachers graciously donate their valuable time and expertise - as does our board. We need help with running our classes. Can you share your time and talents?

Please join us by helping with:

- Checking the class list at the door, or when participants join a Zoom session.
- Making phone calls if a class is cancelled.
- Working on advertising and publicity.
- Producing the course catalog.
- Recruiting new teachers.

The work is rewarding - you'll help keep your IND program alive and vibrant as you interact with like-minded lifelong learners. Call one of our volunteer program coordinators:

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Call our office at: **973-291-8220**

Email to: **IND.bergen@gmail.com**

Mail to: **Institute of New Dimensions
PO Box 17
Butler, NJ 07405**

Thank you

#431 Are There Realistic Solutions to Major National and World Problems?

Instructor: Alan S. Ziegler (www.zieglerlaw.us) is a retired attorney, counsel for Brain Preservation Foundation, former director of Converging Technology Bar Association, discussion leader on legal, ethical and futurist topics.

Thursdays, 2:00 – 3:30 pm 9/8, 9/22, 10/6, 10/20, 11/3, 11/17, 12/1

Note: This is a virtual course. It is in seven sessions; the fee is \$30.

What world will our children and grandchildren inherit? Solutions have been proposed for pressing national and global issues, but are they too superficial or too narrowly focused to stand the test of time?

Each session of this course will consist of an introductory period of video followed by discussion. The video material will present a problem and a possible solution – it will be provocative, maybe one-sided, or may present surprisingly innovative or just far-out ideas on the subject. The group will attempt to judge if the offered solution(s) are realistic. The life experience of our senior students may even be more to the point than the pundits we observe. The topics will be provided to the participants in advance, along with leading questions.

Topics to be covered may include:

- Environmental degradation and its effects on food, water, air, and habitability.
- The effects of urbanization – not only in countries like China or India but throughout Africa and the rest of the developing world. Is such population concentration sustainable?
- Economic disparity.
- The effects of economic and manufacturing globalization.
- The tensions of the urges for social stability versus material progress.
- Individual autonomy versus the collective/communal welfare.
- Democracy versus authoritarianism – what is appropriate for the developing world? For the developed world?
- Human-caused existential threats – like nuclear war or runaway technology.
- External threats – from the wild (pandemics) or outer space (asteroids, the sun).

#432 A History of Western Religious Intolerance

Instructor: Robert Suffis, chemist and retired research and development vice-president.

Thursdays, 2:00 – 3:30 pm 9/15, 9/29, 10/13, 10/27, 11/10

Notes: This is a virtual course. It is in five sessions; the fee is \$20.

Enrollment is limited to 50 students.

According to the Hebrew Bible one of the earliest examples of religious intolerance was the genocide committed by the Israelites against the Canaanites at God's direction. The Canaanites were guilty of worshipping multiple false gods and the Israelites were monotheists worshipping the one true God. When the monotheists of Christianity and Islam became the majority they would continue with intolerance against each other over alternate interpretations of the nature of God and his revelations. Both would also persecute Jews and pagan polytheists. Many religious philosophers believe that this intolerance that has caused war and genocide stems from monotheism and its total rejection of other religious belief.

We will trace this long history including ancient Israel, the destruction of polytheism, the persecutions of Jews, conflict between Christianity and Islam during the Crusades, the expulsion of Jews and Muslims from Spain and the final horror of this history, the genocide of Jews by Nazi Germany. In addition there has also been conflict within religions, as exemplified by the religious wars of the Protestant Reformation and the Sunni–Shia conflict in Islam.