



SPRING 2026

CLASS & TRIP CATALOG

2001 – 2026

25 Years Anniversary

INSTITUTE FOR LEARNING IN RETIREMENT

165 ELM ST. SLIPPERY ROCK, PA 16057 | WWW.ILRETIREMENT.ORG | INFO@ILRRETIREMENT.ORG | (724) 636-1145

The Institute for Learning in Retirement (ILR) provides an informal environment for educational, cultural, and recreational experiences for adults. ILR members experience the love and joy of learning by sharing interests in an active welcoming community.

Classes, trips, and social events are offered in Spring (March to June) and Fall (September to November) to members and guests every year. **JOIN US!**

BECOME A MEMBER (in 2 or 3 steps)

- Fill out an ILR **Membership Registration Form** only if:
You are a **NEW APPLICANT**; OR
You are a returning member and need to **UPDATE your personal and contact information** (contact person, address, telephone number, email).
- **ALL applicants:** Fill out an **ILR Class/Trip Sign-Up Form**
- **ALL applicants:** Pay your membership dues and class fees (if you take classes associated with fees).

FORMS

Forms in Electronic format are available on the ILR website: www.ilretirement.org or upon request by email. Forms - hard copies are available at the ILR office. Printable forms in PDF format are available from the website. For more information: contact the ILR staff at info@ilretirement.org.

PAYMENT

Membership dues and class fees are to be paid **at the time of registration**, by

Check or cash

!! Do not wait for an Invoice !!

Note: Membership types and dues have CHANGED!

Make checks payable to ILR. Bring or mail them to the office:

ILR, Inc.
165 Elm Street, Slippery Rock, PA 16057

REFUND

Membership dues are refunded only before the semester starts, March 9, 2026.

Class/Trip associated fees are refundable up to the deadline as specified in the Class/Trip Catalog.

ENROLLMENT

After receiving your membership dues, the ILR staff will enroll you in classes and trips on a space-available basis. Enrollment is done on first come first served basis.

MEMBERSHIP includes:

- **Print catalog** upon request (although the current catalog can be printed from the website as well).
- **Calendar** with the ILR current semester offerings - mark your selections!
- Your copy of your Class/Trip Registration Form (ask the ILR staff).
- **Membership card** and (if you are a new member) a **name tag holder**. Wear the card in all classes/trips.
- **Receipt** of your payment, including the list of your selected classes/trips for verification, and account balance.
- **Rights and responsibilities.**

Note: If the list of classes/trips associated with the payment receipt is not accurate, contact the ILR staff at info@ilretirement.org

CLASSES	INSTRUCTOR
Afternoon Tea	Jessie McMenamin
Alaska. The Real Alaska	Bob Watson
Alzheimer's Disease: Prevention and Treatment (Z)	Cindy Felix
America's Great Voices: The Females	Phil Atteberry
America's Philosophers: Emerson and Thoreau	Ruth Cole
Archaeology of Great Britain	Karen Martin
Art Stolen by the Nazis - Updates	Ruth Leo
Art Work	Bill Simon
Artificial Intelligence (F & Z)	Tom Henricks
The Battle of Antietam	James Carnes
Being a Leader vs. Being a Boss	Robert Widmyer
Bible Women of the Apocrypha	Verna Call
The Biddle Boys - Western PA Most Captivating Crime Story	Bill May
Book Club	Janet Leise
Bryozoans. The Magnificent Bryozoans	Bridgette Baux
Camp Reynolds WWII History Talk	Art Williams
Christian Mission Organizations	Ruth Leo
Cranes. The Whooping Crane: Risen from Extinction	Linda Winkler
Creative Writing: Finding Your Way	Antonia Thomas
Cribbage Club	Cathryn Crego
Cryptocurrency - Basics (F & Z)	Tom Henricks
The Cuban Missile Crisis - A Sailor's Witness Story	Craig Lutz
Cybersecurity Safety (F & Z)	Tom Henricks
The Dam on Muddy Creek	Polly Shaw
Disaster – The Anatomy of a Disaster	Carol Holland
Diseases in the News	Karen Martin
Drumming for Everyone	Janet Leise
Empathic Listening	John Golden
Exercise Science - Personal Training Opportunities	Joy Urda
The Films of Gregory Peck	Dale Doran
Finances. Your Individual Retirement Accounts	Keith Warcup
Games. Are You Game?	Dale Doran
Getting Control of Your Health	Ruth Leo
Gregory Peck - Hollywood Dynamo (F & Z)	Steve Cicero
Happiness Habits - Let's Talk!	Laurel Patterson
Herbal Teas - Spring Wild Herbs	Megan McDowell
Japan by Rail (F & Z)	Michael Wood
Lassen Volcanic Park	Rob Snyder
Legacy Building: Planned Financial Giving	Vince Kasiech
McConnell - The Story of the Civil War Captain and Ex-Slave	Bill May
Mental Struggle: Navigating Mental Illness Struggles	James Clendaniel
Myth & Mind. Remembering Joseph Campbell and the Power of Myth	Bob Kochems
Newfoundland's Discovery	Janice Brown
No Gluten/Low Gluten Baking	Cathryn Crego
PA Names. What's in a Name - Western PA (F & Z)	Steve Cicero
Paul Revere's Ride into History (F & Z)	Tom Call
Pawpaw Trees: Restoring the Forest	Jennifer Senchak

Peace Corps: Zaire Africa: Aquaculture
 Poetry! A Guided Writers' Workshop
 Pymatuning State Park - Its History
 Social Class - An Exploration
 Soldiers of the Civil War
 Slippery Rock Creek - Keep it Clean!
 Slippery Rock Heritage Association (SRHA)
 Stamp Collecting: An Introduction to Philately
 Trans-Atlantic Viking Adventure (F & Z)
 Ukulele and Singing Jam Session
 Ukulele for Beginners
 Williamsburg - Colonial Life
 WWII - Destroyer USS McGowan DD 678 - 1943-1946 Talk

Sherri Schleiter
 Dorie Schleiden
 Jared McGary
 Linda Burns
 James Carnes
 Natalie Lamagna
 Sue Barkley
 Cliff Brown
 Verna Call
 Janet Leise
 Janet Leise
 Jessie McMenamin
 Art Williams

SOCIAL EVENTS! BONUS!

ORGANIZER

Brown Bag Lunch & Discussion – Social Event. Bonus!
 Ice Cream Social - Social Event. Bonus!

Kathy Flood, Social Committee
 Kathy Flood, Social Committee

TRIPS

FACILITATOR

Annual Membership Assembly and Picnic
 Ants - Let's Talk Ants with Josh Beuschlein
 Bicycle Heaven Museum and Johnny Angel Museum
 Bike Tour - Armstrong Bike Trial
 Blackwood Arts Tour
 Botanics - A Guided Tour of Pittsburgh Botanical Garden
 Butterfly Trail - Nest Box Observation with Alice Stehle
 Casual Nature Trail Stroll and Lunch
 Ducks - What's that Duck? Told by Michael Shaffer
 Forest Bathing at Munnell Run Farm
 Garden Tour – Dennis James, Master Gardener's Garden
 Lunch Out
 Mid-May Wildflowers
 Andy Warhol Museum and Museum of Illusions
 Nationality Rooms. University of Pittsburgh
 Nature in Spring! Wildflower Walk with Natalie Simon
 Opera. Falstaff
 Opera. Time to Act
 Pymatuning Dam Walk – History with Stacey Marendt
 Slippery Rock Creek Watershed seen by Natalie Lamagna
 Tricksters. Nature's Tricksters by Emma Sprowls
 Wine & Dine

Kathy Flood, Social Committee
 Martha Manzato
 Rich Thornhill
 Rich Thornhill
 Andy Johnson
 Cathryn Crego
 Cathryn Crego
 Sherri Schleiter
 Cathryn Crego
 Kelcy Marini
 Greg Sferra
 Teresa O'Malley
 Kellar Smith
 Cathryn Crego
 Cathryn Crego
 Cathryn Crego
 Dale Doran
 Dale Doran
 Cathryn Crego
 Cathryn Crego
 Cathryn Crego
 Kathy Flood

CLASS DESCRIPTIONS

In-person classes are held at Fowler Building (F). Online classes are held Online (Z)

Afternoon Tea. Jessie McMenamin

1-session

In-person: *Mon. Apr. 20; 2:00 - 4:00*

Let's enjoy an afternoon tea with good company and a variety of teas, small sandwiches, and sweets! Feel free to "dress up" if you like! The cost will be divided among the participantsprobably about \$5.00 or less. We may even play a few games!

Max: 14

Alaska - The Real Alaska. Bob Watson

1-session

In-person: *Tue. May 5; 2:00 - 3:00*

Many people have enjoyed Alaskan cruises, bus or rail tours. Frankly this is only the tip of the iceberg! Come and enjoy the spectacular wilderness scenery of Alaska from Kodiak Island to the Brooks Range without the fear of Bears! The program will be presented by a man who has hunted and fished several areas of Alaska over the past 20 years. Alaskan snacks will be offered.

Alzheimer's Disease: Prevention and Treatment. Cynthia Felix

1-session

On Zoom: *Mon. Apr.13; 7:00 - 8:30 PM*

Dr. Felix will continue her discussion, started in Fall 2025, regarding Alzheimer's Disease treatment and management. The program describes the common manifestations, medication and non-medication treatment options, and preventative strategies of Alzheimer's disease. Lifestyle changes, such as avoiding inflammation inducing foods, can benefit even those undergoing other therapy such as medication infusions

America's Great Voices: The Females. Phil Atteberry

4-session

In-person: *Tue. Apr. 7, 14, 21, 28; 10:00 - 11:30*

Using lots of video and audio clips, this class will explore four great female vocalists of the 20th century. Ella Fitzgerald and Billie Holiday will be among the artists included. Emphasis will be both on the music itself and on the cultural importance of these artists.

America's Philosophers: Emerson and Thoreau. Ruth Cole

2-session

In-person: *Mon. May 11; Part 1: 10:00 - 11:30; Part 2: 1:30 - 3:00*

In the 250th year of the United States, it is appropriate to recognize the intriguing ideas and people who have created our national culture. One such movement is the Transcendentalism of Concord, Massachusetts.

Primary are Ralph Waldo Emerson and Henry David Thoreau, but their colleagues are fascinating too. Using a map, pictures, quotations, definitions, the biographies of the two leaders plus the rest of their circle as well as their influence will readily occupy the day. Their meetings, their conversations, their homes, the pond give us a perspective on life that is historic and timeless, — an important point of pride in America.

Archaeology of Great Britain. Karen Martin

1-session

In-person: *Mon. Apr. 27; 12:00 - 1:00*

The program describes some archaeological projects in the United Kingdom including England, Scotland, and Wales.

Art Stolen by the Nazis - The Monuments Men and Women Organization. Updates. Ruth Leo

1-session

In-person: *Tue. Apr.14; 2:00 - 4:00*

Today art stolen by the Nazis and others is still being located by trained personnel from the Monuments Man and Women Foundation. Countless works of art were stolen from individuals, families, museums, and storage places. Some of it was taken to parts of Germany, Russia or elsewhere. Those who know of the location of stolen art are not always cooperative in releasing the artwork to the rightful owners. A recent publication of the MMWF- The Art Front by Rose Vallard is a translation from French. It details the work of Ms. Vallard in keeping records of stolen art where she was an unpaid volunteer at a museum used as a clearing house by the Nazis. She was a very courageous person who assisted the original Monuments Men in locating stolen artworks.

Art Work. Bill Simon



11-session

In-person: *Wed. Mar. 11 - May 20; 10:00 – 1:00*

Developing, improving or expanding artistic skills and techniques is work. But it is enjoyable work when shared with others. Whether you are a beginner, or more advanced artist, you can benefit from Bill's individual instruction as you create your own sketches or watercolors. Create while learning about other artists and how they communicated with the world through art. We are a group that enjoys supporting and sharing with each other as we learn how art works. Join us.

Max: 20

Artificial Intelligence. Tom Henricks

1-session

In-person: *Tue. Apr. 14; 12:00 - 1:30*

On Zoom: *Thu. Apr. 23; 9:30 - 11:00*

Do you use AI (Artificial Intelligence)? Would you use AI if you knew how? Can AI help you? Is AI dangerous? This session seeks to de-mystify AI and evaluate the benefits and risks of utilizing this fast-growing technology

The Battle of Antietam. James Carnes

1-session

In-person: *Mon. May 18; 12:00 - 2:00*

The Battle of Antietam, the deadliest one-day battle in American military history, showed that the Union could stand against the Confederate army in the Eastern theater. The battle ended in a draw but because Lee retreated into Virginia, Lincoln declared a Northern victory and announced the Emancipation Proclamation.

Being a Leader vs. Being a Boss. Robert Widmyer

Insights Gained from 21 Years of Experience as a US Army Communications Officer.

1-session

In-person: *Tue. Mar 10; 10:00 - 11:00*

This course will focus on the events that have profoundly changed my life and the lessons I have learned along the way. I have had the honor and privilege of working alongside some of the best young men and women our great nation has. I have been deployed on two combat tours and have commanded at the company and battalion levels. I have also served internationally with the North Atlantic Treaty Organization (NATO). The three areas I will focus my stories on are how important the “little things” are, the importance of developing people and teams, and the impact a focused vision with goals can have on an organization.

Bible Women of the Apocrypha. Verna Call

4-session

In-person: *Mon. Mar 30, Apr. 13, May 4, 18; 2:00 – 3:30*

The Bible Study will focus on stories of women of Biblical times between the Old and New Testament period called the Apocrypha. These women are not as well-known but they had an impact on our faith. In a time when women were often ignored and powerless, these women had the courage to make a difference in the lives of their families, religious communities, and leaders. These stories can inspire and encourage us all in the times we live.

The Biddle Boys - Western PA Most Captivating Crime Story. Bill May

1-session

In-person: *Wed. Apr. 8; 11:00 - 12:00*

The story of Ed and Jack Biddle captured the attention of the entire nation in 1902 and garnered front-page news from New York to San Francisco. The Biddles had killed a grocer and a police detective in Pittsburgh in 1901 and were sentenced to hang in the Allegheny County Jail. Ed Biddle, the most handsome man most women had ever seen, seduced the wife of Warden Peter Soffel who supplied them with saws, guns and chloroformed her husband. The trio succeeded in their daring winter escape. Stealing a sleigh, the Biddle brothers and Mrs. Soffel headed north through the streets of Butler and ending in a gun blazing shootout with police halfway between Mt. Chestnut and Prospect. The hour is filled with rare photos and never before heard stories of the Biddle Boys.

Book Club. Janet Leise & Debbie Bell

3-session**In-person:** *Mon. Mar. 9, 2:00 - 3:30; Tue. Apr. 21 & May 19; 12:00 - 1:30*

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 book selections are 3/9 *Frozen River* by Lawhon; 4/21 *My Sister's Keeper* by Picoult; 5/19 *Burial Rites* by Kent.

Bryozoans. Bridgette Baux

1-session**In-person:** *Tue. Apr. 7; 12:00 - 1:00*

The Magnificent Bryozoan, which is a carbon-sink, cleans waterways around the world. This fantastic animal is a great treasure that you can find in your own geographical location. The Bryozoan is intriguing as a species because of its unique biological make up, but also because it is a fine example of a network designed to support the health of our precious Earth. Bridgette will discuss the variety of fresh water and salt water Bryozoan species there are around the world. She will emphasize on the fresh water varieties that inhabit the waterways of Slippery Rock, and The Greater Pittsburgh Region. She will present an inspiring story of how these creatures live in working order to keep our environment healthy, and the many benefits of this mysterious Super Hero!

Camp Reynolds WWII History - Talk. Art Williams

1-session**In-person:** *Tue. Mar. 24; 2:00 - 4:00*

Art Williams, Camp Reynolds Project Manager, will share the history of this World War II military installation located south of Greenville in Mercer County. Officially named the Shenango Personnel Replacement Depot, it processed officers and enlisted men to the European and Pacific Theaters. During the war, it also served as a prisoner-of-war camp, but now is a residential area and industrial park. Learn how, in 1942, the government turned 2,500 acres of farmland into a military facility almost overnight. You can tour Camp Reynolds by contacting the camp manager at the end of the class.

Christian Mission Organizations. Ruth Leo***Samaritan's Purse, Music Mission Kiev, and World Vision...***

1-session**In-person:** *Tue. May 12; 2:00 - 4:00*

The content will include the history of the Christian Mission movement in the US and the world. In giving money to any organization, it is important to know how finances are used. It is imperative that most funding goes to help those for whom the organization exists. We will discuss how one determines the use of contributions. There will be an in-depth examination of four missions. These are Samaritan's Purse (headquartered in North Carolina), Music Mission Kiev (headquartered in Florida), World Vision (Headquartered in Tacoma, Washington) and Harvest Bridge (which had its origin in Grove City).

Cranes. Whooping Crane: Risen from Extinction. Linda Winkler

1-session**In-person:** Tue. Mar. 17; 12:00 - 1:00

The whooping crane is an American success story. It is the tallest bird in North America, absolutely majestic, and one of the rarest. It seemed to face extinction in the 1940's when there were only 21 cranes left in North America. However, the population has made a marvelous recovery through the dedicated and ingenious work of conservationists. This program will discuss efforts to restore wild populations through captive breeding and release, ultralight migration programs, and techniques used to restore both migratory and non-migratory flocks. It will also discuss their ecology and difficulties and successes in population recovery.



Creative Writing: Finding Your Way. Antonia Thomas

10-session**In-person:** Thu. Mar. 19 - May 21; 2:00 - 4:00

This class is for beginning and more experienced writers. We will start small—with haiku, a Japanese poetry form—to exercise our writing muscles; move on to free verse and VERY short stories; and progress to short stories, traditional or experimental. Your end goal will be a well-developed short story, with an emphasis on standard grammar and spelling—but room for less standard development, especially with regard to dialogue and experimental fiction. Sentence and paragraph development, editing one's own work and suggested edits for classmates' work will be part of the class, as will critique of one another's work.



Cribbage Club. Cathryn Crego

5-session**In-person:** Mon. Apr. 6 - May 4; 10:00 - 11:30

Cribbage players unite! If you know how to play cribbage or if you've never heard of it but like to play cards this might be the club for you - we'll teach you the game. And, you should know that cribbage exercises your brain, improves math skills, enhances memory, decisions making and problem solving. It can promote healthy connections between nerve cells, and last but not least, you will make social connections and have some fun.

Cryptocurrency - Basics. Tom Henricks

1-session**In-person:** Mon. Mar. 9; 12:00 - 1:00**On Zoom:** Thu. Mar. 19; 09:30 - 10:30

This is a "Crypto for Dummies" level session to provide a basic understanding of the origins and direction of cryptocurrencies. Time permitting, there may be a brief overview of stablecoins. This is NOT a session on cryptocurrency investing. You do not need to have cryptocurrency or plan to get any to sign up for the class, but it helps to understand what is this about..

Cuban Missile Crisis -A Sailor's Witness Story. Craig Lutz

1-session**In-person:** *Wed. Apr. 22; 2:00 - 3:00*

A former sailor shares his recollections during his three years in the United States Navy including being on the USS Greene DDR711 ship positioned in the Atlantic during the Cuban Missile Crisis. His tour of duty also included time in the Mediterranean.

Cybersecurity Safety - Practical Knowledge and Habits. Tom Henricks

1-session**In-person:** *Mon. Mar. 23; 2:00 - 3:30***On Zoom:** *Thu. Apr.2; 9:30 - 11:00*

This is a practical, interactive session exploring the human factors that contribute to our susceptibility to fraud, scams and compromise. We will address various online scams, AI-driven attacks, and cultural factors that work against us. Most importantly, we'll learn how to defend our identity, our dignity, and our assets in this electronic age.

Dam on Muddy Creek. Polly Shaw

1-session**In-person:** *Thu. Apr. 16; 10:00 - 11:30*

Turning the vision of a glacial lake on Muddy Creek into reality required careful site evaluation, skillful design, and construction of a dam that formed a seven-mile lake - now Moraine State Park's highlight. Historical photos and documents from the 1960s reveal how Muddy Creek, Swamp Run, Shannon Run, Big Run, and Bear Run were combined to construct the lake in Pennsylvania's third largest state park.

Disaster! Anatomy of a Disaster. Carol Holland

1-session**In-person:** *Tue. Mar. 10; 11:30 - 01:00*

Did you ever wonder what all goes on behind the scenes of a Red Cross national disaster response? Who? what? where? and when? How do they do it? Carol has been a volunteer with the American Red Cross for over 26 years and is willing to share with you her experiences, perspective, and answer questions.

Diseases in the News. Karen Martin

1-session**In-person:** *Mon. Apr. 20; 12:00 - 1:00*

The program describes diseases that you have heard about in the media and explains them in layman's language.

Drumming for Everyone. Janet Leise

4-session**In-person:** Tue. Mar 31, Apr. 14, 28, May 12; 2:00 - 3:30

Let's explore rhythm and making music together in a safe, healthy and fun group. No previous musical experience or talent is needed. Percussion instruments and hand drums will be provided, although you may bring your own. Each drum circle will include beginner instructions and will be appropriate for returning participants as well.

Empathic Listening. John Golden

1-session**In-person:** Thu. Apr. 9; 12:00 - 1:30

Most of us do not listen with the intent to understand. Rather, we listen with the intent to respond with everything getting filtered through our own experiences. Empathic listening is different. The basic principle is to "seek first to understand before being understood." This workshop will teach specific listening techniques (from my legal training) that will not only help you to develop important personal relationships but also help you avoid disruptions and insulting behaviors. Additionally, it will help you develop an intuitive sense of others' feelings and perspectives. Strengthen your ability to sense what others need and grow your personal power. This workshop is packed with opportunities to learn, develop skills and have fun.

Exercise Science Personal Training Opportunities. Joy Urda

1-session**In-person:** Wed. Mar. 25; 10:00 - 11:00

The class will provide educational information regarding the benefits of exercise and how to safely begin an exercise program. The class will also include a short demonstration strength and flexibility exercises using resistance bands and promote the Exercise Science Personal Training Program (ESPTP). The ESPTP is open to the community, FREE of charge and conducted during the academic year at SRU's Patterson Hall. Those interested can share their contact information with the instructor.

Films of Gregory Peck. Dale Doran

**11-session****In-person:** Wed. Mar 18 - May 27; 1:00 - 3:30; May 13; 2:00 - 4:00

Gregory Peck is an Oscar winning and nominated American actor. He is best known for his role as Atticus Finch in the movie "To Kill a Mockingbird" based on the award-winning novel by Harper Lee. We will be watching 11 films starring Gregory Peck. "To Kill a Mockingbird" will be one of them. You will enjoy discussing the film each week after viewing it together. The film series is introduced by a biography of Gregory Peck, one session presentation by Steve Cicero.

Finances. Your Individual Retirement Accounts. Keith Warcup

1-session

In-person: *Thu. Mar. 26; 12:00 - 1:30*

This class will focus on the management of Individual Retirement Accounts (IRAs) focusing on the four types of IRAs, Traditional, Roth, Simplified Employee Pension (SEP), and Savings Incentive Match Plan for Employees (SIMPLE), and advantages of each. Included in the discussion will be age restrictions, penalties for early withdrawals, Required Minimal Distributions (RMDs), age requirements, tax advantages and income restrictions. IRAs are meant to be used to invest and maximize the growth of funds for retirement savings with tax implications in mind. Time will be allotted for questions and answers and questions from registrants can be submitted in advance to Greg Sferra.

Games. Are you Game? Dale Doran



5-session

In-person: *Mon. Mar. 16 - Apr.13; 12:00 - 2:00*

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, dominos, tile. Learn about new games and revisit old favorites. You won't be "board"! For more information about this activity, contact the class instructor.

Getting Control of Your Health. Ruth Leo

1-session

In-person: *Tue. Apr. 28; 12:00 - 02:00*

As we grow older, we confront many controllable and uncontrollable variables. We will examine many of these variables to identify ways to confront them or keep them at bay. Although physicians and other healthcare providers give us assistance, we are ultimately responsible for carrying out the plan. We will discuss how pieces of information about our health are related to the whole and how to effectively communicate symptoms to our healthcare providers. In these days of seeing specialists for various ailments, it places much more responsibility upon the individual to tie things together.

Gregory Peck - Hollywood Dynamo. Steve Cicero

1-session

In-person: *Wed. Mar. 11; 1:00 - 2:30*

On Zoom: *Tue. Mar. 10; 7:00 - 8:30 PM*

Gregory Peck was an all-time box office star. His range was truly remarkable. President, doctor, general, Biblical hero, cowboy, sea captain, farmer, professor, diplomat, Nazi fighter, evil scientist. His ability to embody all these characters was astounding. And he won the Best Actor Oscar for what AFI calls "the single greatest performance" in Hollywood history. This class also serves as the introduction to our film series.

Happiness Habits - Let's Talk! Laurel Patterson



6-session

In-person: *Thu. Mar. 12, Apr. 2, 16, 23, May 7, 21; 12:00 - 1:00*

This class is intended as group discussions based on information, thoughts, and questions on twelve habits that, when practiced, have been determined to promote long-term happiness. Two habits will be discussed every other week as follows: #1: Express gratitude & Savor Life's Joys; #2: Cultivate optimism & Avoid over-thinking and social comparison; #3: Practice acts of kindness & Nurture social relationships; #4: Develop strategies for coping & Learn to forgive; #5: Increase flow experiences & Practice religion/spirituality; #6: Commit to your goals & Take care of your body (meditation, physical activities, act happy). The effect of happiness might even extend to their associates. Salient points from research will be brought up and the participants can delve into the various aspects of these happiness habits. Reading about the topics in advance is optional.

Herbal Teas - Spring Wild Herbs. Megan McDowell

1-session

In-person: *Tue. May 12; 10:00 - 11:30*

Wake up and enjoy the morning and nature with some wild teas. Nature has a lot to offer, including edible plants. Some of these plants were used by our ancestors and many are still enjoyed today in herbal tea. Not only will you get to taste test the teas to find your favorite, but you will also learn how to make them, about the plants they came from, and collection practices/precautions. You may bring your own snack, maybe a crumpet or two, to enjoy with your tea. Please bring your own mug for sampling.

Japan by Rail. Michael Wood

1-session

In-person: *Mon. May 4; 12:00 - 1:30*

On Zoom: *Mon. May 4; 9:30 - 11:00*

As part of my job I travelled to Japan for 3 weeks in December 2018. During that time I was able to experience the culture and visit some famous locations. As a railfan I took advantage of the opportunity to ride Japan's Shinkansen Bullet train. Join me as I share some of the experiences and technical aspects of High Speed Rail and provide some comparisons to other High Speed Rail around the world.

Note: the Zoom presentation will not be available for distribution as a recording!

Lassen Volcanic Park. Rob Snyder

1-session

In-person: *Thu. Mar. 26; 2:00 - 3:30*

Join Dr. Robert Snyder as he shares stories from his sabbatical with the National Park Service's Teacher in Residence program. Living out of a travel van, he served as a seasonal interpretive ranger at Lassen Volcanic National Park, exploring its unique geology, rich history, and diverse wildlife.

Legacy Building: Planned Financial Giving. Vince Kasievich

1-session**In-person:** *Wed. Apr. 15; 11:00 - 12:00*

Take charge of your financial legacy today. A certified financial planner will discuss how YOU can support those people and causes that you care about through strategic gifting such as direct giving, donating appreciated assets, donor advised funds and others. It is never too soon to plan and implement your giving legacy!

McConnell -The Story of the Civil War Captain and Ex-Slave Who Created McConnells Mill. Bill May

1-session**In-person:** *Wed. May 13; 12:00 - 1:30*

When you explore the dramatic geological wonders at Slippery Rock Creek Gorge, tour the historic grist mill, cross the red covered bridge, or just sit and listen to the rushing waters at McConnells Mill State Park, here is a suggestion. You might want to contemplate a lost voice in those sounds — maybe even hear some laughter — and imagine the man who would sit on a stone next to the mill collecting a quarter for watching your horse or, in later years, your parked car. Because there's forgotten history that needs to be told! That's the story of Moses "Mose" Wharton, a freed slave, and his friendship with the mill's owner, Thomas McConnell, who fought in the Civil War on behalf of Mose and his people. Don't miss storyteller Bill May's heartwarming and fascinating talk about this beloved and beautiful state park.

Mental Struggle: Navigating Mental Illness Struggles. James Clendaniel

1-session**In-person:** *Wed. Mar. 18; 2:00 - 3:00*

Mental Illness affects millions of individuals and their families in America and many more around the world. Increasing public awareness and decreasing stigma are two primary goals of, NAMI, the National Alliance on Mental Illness. NAMI also works to educate the community and advance public discourse on issues important to those living with mental health challenges. This talk lends my family's personal journey to this dialogue, sharing how NAMI has supported our journey on this path that no one chooses.

Myth & Mind. Remembering Joseph Campbell and the Power of Myth. Bob Kochems

3-session**In-person:** *Tue. Mar. 17, 24, 31; 10:00 -12:00*

In this class, I am looking at the work of Joseph Campbell - Hero with a Thousand Faces, The Power of Myth, Masks of God and The Mythic Image and how it applies to us. I will attempt to show Campbell's works' relationships to C.J. Jung's and Teilhard de Chardin's work on archetypes and universal symbols.

Newfoundland's Discovery. Janice Brown

1-session**In-person:** *Tue. May 12; 12:00 - 1:30*

Newfoundland, far to the north and east of the United States, remains a mystery to many of us. In World War II pilots flying planes to Europe were very aware of its strategic location. Dr. Janice Brown will discuss the

history and culture of the people of Newfoundland. She will highlight the book, *When the World Came to Town*, to illustrate the character of the people of Gander and the surrounding communities on 9/11/01.

No Gluten/Low Gluten Baking. Cathryn Crego

1-session

In-person: *Tue. Mar 31; 12:00 - 1:30*

Presentation will include a review of the "The Art of Gluten-Free Bread", a discussion of gluten-free baking techniques and sampling GF breads and baked goods. The benefits of no/low gluten diet include improved digestion, increased energy levels, improved mood, and improved nutrient absorption.

PA Names. What's in a Name - Western PA. Steve Cicero

1-session

In-person: *Tue. Mar. 10; 1:00 - 2:30*

On Zoom: *Mon. Mar. 9; 7:00 - 8:30*

Bessemer Avenue, William Flynn Highway, PPG Paints Arena, Allegheny River, Phipps Conservatory, Fayette County, Perry High School. We are surrounded by names that we see or hear every day and never think about. Most of these places and things have names of historical significance and many have fascinating stories.

Paul Revere's Ride into History. Tom Call

1-session

In-person: *Tue. Mar. 31; 2:00 - 3:30*

On Zoom: *Tue. Apr. 7; 7:00 - 8:30*

On that April night in 1775 . . . What if militiamen had not met the British at dawn in Lexington and a few hours later at Concord? What if the British had successfully surprised the Americans during the dark of night and seized the hidden stores of gunpowder and ammunition? What if Samuel Adams and John Hancock (hiding in Lexington) had been captured? We have an image of Paul Revere riding alone on his horse alerting the countryside -- an event that kicked off the American Revolution. Except he was not alone. And it was not his horse. And he was captured and interrogated by the British. And it was not the only time he rode.

Pawpaw Trees: Restoring the Forest. Jennifer Senchak

1-session

In-person: *Tue. Mar. 24; 12:00 - 1:30*

Jennifer will share fruit and seeds of the native Pawpaw tree, as well as stories of its role in the beautiful Zebra Swallowtail's habitat restoration. She will discuss indigenous host plants, the specialty feeders that rely on them, and the value of local eco-types for our pollinators. Participants will learn simple propagation methods and techniques to increase genetic diversity. Jennifer aims to inspire a deeper connection with nature and highlight connections to our local communities - plants, animals and people all thriving together in a healthy environment.

Peace Corps: Zaire Africa: Aquaculture. Sherri Schleiter

1-session**In-person:** *Mon. Apr. 27; 02:00 - 3:30*

Learn about Peace Corps humanitarian work in Zaire/Democratic Republic of the Congo. Discover the culture, history, foods and learn about Aquaculture. This presenter lived and worked there for 2 years. Benefits of Peace Corps for the U.S. will be discussed as well as a brief discussion on Ameri Corps.

Poetry! A Guided Writers' Workshop. Dorie Schleiden

4-session**In-person:** *Mon. Mar. 9, 16, 23, 30; 10:00 - 12:00*

"The baby bat screamed out in fright, 'Turn on the dark. I'm afraid of the light.'" Shel Silverstein has it right, there is nothing to fear from our four spring sessions that focus on poetry. We will share our favorite poets, read some classics, and individually create a few original works. We may have enough for a group anthology. The workshop promises to be informative and fun. Rhyming is strictly voluntary.

Pymatuning State Park - Its History. Jared McGary

1-session**In-person:** *Wed. Mar. 18; 10:00 - 11:30*

Join Jared McGary, Park Naturalist from Pymatuning State Park to learn about the unique history of our largest inland lake in PA.

Social Class - An Exploration. Linda Burns

3-session**In-person:** *Mon, Apr. 6, 13, 20; 10:00 - 11:00*

We will explore the concept of social class. What is social class? What determines a person's social class position? How does social class affect a person's wellbeing and opportunities? How does social class intersect with other attributes such as race and gender? The class will include presentations and discussion questions.

Soldiers - Civil War. James Carnes

1-session**In-person:** *Tue. May 5; 10:00 - 12:00*

His daily life was dominated by routine and a mix of training, camp duties, and occasional combat. A typical day involved morning drills, marching, guard duty, camp maintenance, and evenings spent in leisure activities or writing letters home. While battles were a significant part of the war, most of a soldier's time was spent in camp or on the move. There was a lack of food, proper clothing, medicine, and shelter, especially as the war dragged on.

Slippery Rock Creek - Keep it Clean! Natalie Lamagna

Abatement of Water Pollution from Abandoned Mines in the Slippery Rock Creek Watershed

1-session

In-person: *Mon. Apr. 6; 2:00 - 3:00*

Learn how nature, along with the help of The Slippery Rock Watershed Coalition (SRWC) keeps the Slippery Rock watershed clean. See the discolored water that comes out of closed coal mines, learn what's in the water and how it is made more pure through the installation of treatment ponds as it moves through the watershed. The Slippery Rock Watershed Coalition (SRWC) formed 30 years ago with the goal of treating hundreds of thousands of gallons of acid mine drainage (AMD) resulting from abandoned coal mines that enter the Slippery Rock Creek Watershed each year. This lecture is a prelude to a field trip that includes hiking approx. 1.5 mi to see two of the treatment ponds. One session walk, one session talk.

Slippery Rock Heritage Association (SRHA). Sue Barkley

1-session

In-person: *Wed. May 13; 10:00 - 11:00*

The program describes when and why the Heritage Association was formed. Also, it describes projects and activities over the years.

Stamp Collecting: An Introduction to Philately. Cliff Brown

1-session

In-person: *Tue. May 05; 12:00 - 1:30*

Cliff Brown will present on the history of postage stamps and how the world communicated in the 20th century. Stamp collecting by hobbyists whether wealthy or poor became a major pastime. There will be information on how to collect and store stamps. If you have a collection or just a few favorite stamps, bring them to the class and share in the discussion.

Trans-Atlantic Viking Adventure. Verna Call

2-session

In-person: *Tue. Apr. 21, 28; 2:00 - 3:30*

On Zoom: *Mon. Apr. 20, 27; 9:30 - 11:00*

Come join a cruise that takes you along the path the Vikings took from Denmark to Scotland to Iceland to Greenland. The adventure continues to Canada in the face of Hurricane Bill with 30 foot waves that left us going to Corner Brook, Newfoundland and Gaspé, Quebec. Our cruise ship finally had a calm day in Halifax, Nova Scotia before heading down the Atlantic Coast to dock in New York City. This Trans-Atlantic journey from Europe to North America will captivate your imagination with sights of wonder that ends with going by the Statue of Liberty.

Ukulele and Singing Jam Session. Janet Leise

3-session

In-person: *Mon. Mar 30, Apr. 20, Tue. May 19; 2:00 - 3:30*

This class is for graduates of our Beginning Ukulele class or anyone who already knows a few chords on the ukulele and would like to play along with others in an informal setting. You must have your own ukulele. Also, if you just enjoy singing (primarily) folk songs, you are also welcome to participate. Check with instructors if you play another instrument and would like to join us.

Ukulele for Beginners. Janet Leise, Peggy Johnson & Andy Johnson

4-session

In-person: *Wed. Apr. 29, May 6, 13, 20; 2:00 - 3:30*

This four-session class will teach you the basics of uke tuning, chords, and strumming. You will learn to play a simple song in the first class. This class is a low pressure/high reward experience. Our three instructors will give you lots of attention as they gently guide you into the realm of the uke. When you sign up please indicate if you are bringing a uke or are in need of a uke. Printed instructions, tuners, and (if needed) ukes will be provided.

Williamsburg - Colonial Life. Jessie McMenamin

1-session

In-person: *Tue. Apr.21; 12:00 - 2:00*

2026 will be the 250th anniversary of the Declaration of Independence. The main author of that document was Thomas Jefferson. He received his advanced schooling in Williamsburg. This colonial capitol was a hotbed of courageous leaders before the Revolution. I will provide you with insight into this colonial capitol by showing the DVD, "The Story of a Patriot" plus reviewing the importance of this historic site since its beginning.

WWII - Destroyer USS McGowan DD 678 - 1943-1946 Talk. Art Williams

1-session

In-person: *Thu. Apr. 9; 2:00 - 3:30*

Art Williams shares the experience of his dad onboard the destroyer the USS McGowan DD 678 during WW II in the Pacific Theater of Operations. Follow his dad's journey from a small village in Transfer PA to his enlistment, boot camp, battles in the Pacific and back to the states. The McGowan took part in the following invasions: Saipan, Tinian, the Palou Islands, Leyte, Iwo Jima, and Okinawa.

SOCIAL EVENTS - BONUS CLASSES

Bonus Class – an activity that does not count for the membership type

Brown Bag Lunch & Discussion. Kathy Flood & Social Committee



2-session

In-person: Wed. Mar. 11, May 6; 11:00 - 12:00

Join your fellow ILR members, Board of Directors members and ILR Committee Chairs on March 11 and May 6 at 11:00 AM (before the noon class) for a brown bag lunch (nothing too messy or odiferous, please) and socialization. Take the opportunity to meet with ILR committee (Finance, Fund Raising, Nominating, Publicity, Social) chairs and board members to provide us feedback and ideas for the future as well as socialize with your fellow ILR members. You do not have to be staying for the afternoon class(es) to attend!

Ice Cream Social. Kathy Flood & Social Committee



1-session

In-person: Wed. Apr. 1; 2:00 - 3:30

Join your fellow ILR members for ice cream and conversation! We will provide ice cream, toppings, coffee, tea, water and maybe some other treats!

TRIPS

Trip - any kind of activities conducted off-site The Fowler Building

Annual Membership Assembly and Picnic. Kathy Flood & Social Committee

1-session

In-person: Wed. June 3; 12:00 - 2:00

FREE for ILR members

Join the ILR annual membership assembly! Get updated on the ILR activities and challenges, vote for new officers and give input for our future. Hamburgers and "fixins" will be provided after the meeting. Those whose names begin with A-M are invited to contribute an appetizer or "picnic" side dish, N-Z to bring a dessert. The event will be held at Slippery Rocks Parks and Recreation (320 North Main Street, Slippery Rock), Veteran's Pavilion (same as last year).

Ants - Let's Talk Ants. Instructor: Josh Beuschlein, Facilitator: Martha Manzato

1-session

In-person: Fri. Mar. 20; 10:00 - 12:00

Josh enjoys working with groups of all ages and sharing his passion and curiosity of the natural world with others. One topic that is of particular interest to Josh is one that is easily overlooked! Ants! These tiny and industrious insects have so many secrets to share with those who care to look! During this presentation, he will talk about ant's origins, behavior, and their role in the ecosystem! Be prepared to fall down the ant hole and discover a newfound appreciation for these small creatures.

Meet at Jennings Environmental Education Center - Classroom.

Bicycle Heaven Museum and Johnny Angel Museum. Rich Thornhill

1-session

In-person: *Sat. May 16; 10:00 - 1:00*

We are going to Bicycle Heaven! They have the most vintage bikes in one place including 10 bikes that were in the movies and yes, Pee Wee Herman's bike, too. The bikes start from the beginning of time. They have bikes with wooden wheels. After looking at the bikes, we'll go to the Johnny Angel Museum, a short walk from Bicycle Heaven. Parking is free at Bicycle Heaven. After the museum visits, anyone that brings a bike can bike with Rich along the north shore and cross the river to Point State Park and get pictures in front of the water fountain.

Ticket office: \$10.00 paid at door. Address: 1800 Preble Ave, Pittsburgh, PA

Bike Tour - Armstrong Bike Trail. Rich Thornhill

1-session

In-person: *Fri. June 5; 11:00 - 2:00*

We will do about 10 miles on the Armstrong Bike Trail. We will go through a new tunnel with lights in it with timers that turn on the lights. The lights are powered by a solar panel.

We'll meet at East Brady Maintenance Building, 502 Ferry St, East Brady PA - 16028. Bike trail is crushed stone.

If you have any question, email me at rich1946.rt@gmail.com.

Blackwood Arts Tour. Andy Johnson

1-session

In-person: *Wed. May 27; 10:00 - 1:00*

Blackwood Arts is a beautiful 40 acre estate which contains lawn sculpture, a Water House, a Clock Tower, extensive gardens, rare antique musical instruments, a rare theater organ, and a large collection of fine art including Rembrandt pieces and Japanese wood block prints. The colorful history of the estate will be told during the tour by its owners. Light refreshments will be served near the end of the tour.

We'll meet at Blackwood Arts - 118 Blackwood Lane Harrisville, PA, or at the ILR parking lot (9:20 AM) for carpooling. Be aware of steps without ramps, elevators, mild hills and wear appropriate shoes.

Fee: \$30.00/person to be paid by check to ILR.

Fee: \$30.00/person, payable to ILR at at the time of registration

Deadline for refund: May 1st

Botanics - A Guided Tour of Pittsburgh Botanical Garden. Cathryn Crego

1-session

In-person: *Tue. May 26; 11:00 - 2:00*

The Pittsburgh Botanic Garden features 65 acres of diverse outdoor gardens, woodlands, and trails, with attractions like the Dogwood Meadow, Garden of the Five Senses, and geographically themed woodland areas. On exhibit will be author and illustrator Rosalie Haizlett's traveling exhibit featuring watercolor paintings from her manuscript, "Tiny Worlds of the Appalachian Mountains: An Artist's Journey". The illustrations feature a

combination of vibrant landscapes, hand-drawn maps, and close-up views of the tiny plants, animals, and fungi that Haizlett observed during a six-month trip through the entire Appalachian Mountain range (from Alabama to Newfoundland) in 2022. The exhibit replicates stepping into a whimsical field guide.

Address: 799 Pinkerton Run Rd, Oakdale, PA 15071

Ticket Office: \$25.00/person and with \$50.00 deposit; it includes motorized cart for up to 4 of our members.

Fees: \$25.00 payable to ILR at the time of registration

Deadline for refund: May 1st

Butterfly Trail - Nest Box Observation.

Environmental Educator: Alice Stehle. Facilitator: Cathryn Crego



6-session

In-person: Thu. May 7 - June 11; 9:00 - 12:00

Participants will join park volunteers as they monitor nest boxes for bluebird, chickadee, and swallow nesting success. Participants will learn to identify nesting materials used by the box nesting species, as well as identify species by the eggs laid.

Meeting point: Moraine State Park, Butterfly Trail trail head; uneven, rocky terrain – wear appropriate shoes.

Max: 10

Casual Nature Trail Stroll and Lunch. Sherri Schleiter

3-session

In-person: Fri. Apr. 24, May 1, 8; 1:00 - 4:00

This stroll is great for those with limited mobility and those who want a casual walking opportunity. If you need assistance, bring someone to help you and or use a mobility device like a cane, wheel-chair or power scooter. We will meet 3 times, once in Foxburg, one time at Jennings Nature Preserve and one other place to be determined. Each location will be handicapped accessible and will have a nearby shelter area in case some participants want to engage in a shorter stroll. We will then meet nearby at a restaurant or shelter area for a brown bag lunch. Dress according to the weather. We may need to be flexible on dates due to weather conditions. They should all be handicapped accessible and nearby restrooms; purchase their own meal.

Ducks - What's that Duck? Instructor: Michael Shaffer, Facilitator: Cathryn Crego

1-session

In-person: Thu. Mar. 26; 9:00 - 12:00

Do you want to become a birder? Learning ducks is a great way to get your feet wet. The first part of the program will be in a classroom setting (Moraine State Park, State Park Region 2, Conference Room) with Michael Schaffer going over the basic tools to identify all 21 ducks you could see in Pennsylvania. Then we will hit the shores using binoculars and spotting scopes to test your skills. Depending on what the Spring Migration blows in, we might have to have a little driving tour in order to try to see as many different species as possible. Bring binoculars if you have them. If not, we will have binoculars on hand for you to use. Dress appropriately for the weather and the great outdoors.

We'll meet at Moraine State Park: 225 Pleasant Valley Road, Portersville, PA 16051-2031. The Building (State Park Region 2 Conference Room), located at 195 Park Road, Prospect PA 16052-2013 is easily accessible; travel is by car; lake edge may be uneven

Forest Bathing at Munnell Run Farm. Kelcy Marini

1-session

In-person: *Fri. May 15; 10:00 - 11:30*

Join us at Munnell Run Farm in Mercer, PA, for the opportunity to slow down and connect with nature through “forest bathing.” Forest bathing, modeled after the Japanese practice of shinrin-yoku, is immersing in nature to build deeper relationships and enhance health and well-being. Using the Pittsburgh Parks Conservancy’s model, we will gather in the farm’s pristine forest and use the newly renovated trail to dive into your forest bathing experience.

Munnell Run Farm Pig Barn; uneven, rocky terrain, narrow sidewalks, doorways. Class Fees: \$5.00 paid at door. Munnell Run Farm, 753 Greenville Road, Mercer, PA 16137

Gardening- Master DJ Gardener's Garden. Instructor: Dennis James, Facilitator: Greg Sferra

1-session

In-person: *Fri. June 12; 12:00 - 2:00*

Master gardener, Dennis James (DJ), will teach you about Gardening Best Practices for both flowering plants as well as vegetable gardening, and give attendees the opportunity to understand and learn how to succeed in growing great flowers and vegetables.

DJ's Greenhouse 1004 E Lake Rd, Transfer, PA 16154. The fees include lunch.

Max: 24

Fees: \$16.00, payable at the ILR at the time of registration

Lunch Out. Teresa O'Malley & Hank Anna



6-session

In-person: *Thu, Mar. 19, Apr. 2, 16, May 7, 21, June 4; 11:00 - 1:00*

We will eat at various restaurants, Pay for your own lunch. Contact will be made via Email. We can also carpool.

Mid-May Wildflowers. Kellar Smith

1-session

In-person: *Fri. May 15; 1:00 - 3:00*

Take a walk along Wolf Creek to learn to identify the wildflowers of mid-May. The early spring wildflower blossoms are long gone but leave behind their telltale foliage. New flowers take their place including may apples, Solomon's plume and the "mysterious" squawroot. We may even see a few lingering trillium blooming. I will share what I know of edible and medicinal uses of plants as well as traditional folklore. This tract of land is known for its flora diversity. The entire loop trail is about 1.5 miles, but the moderately steep climb to the plateau and back down is optional.

We'll meet at parking lot on the west side of Wolf Creek; Uneven, rocky terrain. Carpooling encouraged because parking is limited. Wolf Creek Narrows Natural Area, 195 Miller Road, Slippery Rock, PA 16057

Max: 14

Museums. Andy Warhol Museum and Museum of Illusions. Facilitator: Cathryn Crego

1-session

In-person: *Thu. Apr. 17; 10:00 - 2:00*

Engage in a guided tour with focus on special exhibitions at the Andy Warhol Museum, about 1 hour, lunch and as an option the Museum of Illusions, about 1 hour; it's just a ten-minute walk between the two museums. So, join us in an activity that reduces stress and anxiety, enhances brain function, promotes social connection, improves creativity and focus and may end up with a good lunch. Participants may choose to depart the program following the Warhol guided tour.

Address: Andy Warhol Museum is located at 117 Sandusky Street. The Museum of Illusions is located at 267 N Shore Dr, Pittsburgh, PA 15212. Parking is available at the Warhol Museum for \$8.00. Carpooling can be arranged and would be based on interest in doing just the Warhol and lunch or the full program.

Admission : Andy Warhol Museum - \$21.00 for people aged 65 or older, pay at the ILR at the time of registration; Museum of Illusions - \$23.00 + tax - pay at door.

Fees: \$23.00 payable to ILR at the time of registration

Deadline for registration and refund: March 23rd.

Nationality Rooms, Tower of Learning, University of Pittsburgh. Facilitator: Cathryn Crego

1-session

In-person: *Fri. May 08; 11:00 - 1:00*

Enjoy a guided tour of some of the 31 University of Pittsburgh classrooms that commemorate the cultural heritages of the communities who supported and planned their construction. The tour is scheduled during the summer break and all rooms are open to visitors. The Nationality Rooms are located in the 42-story gothic-style Cathedral of Learning. An important principle in the plan for each room is that the design pre-date the signing of the American Constitution and the founding of the University of Pittsburgh in 1787. The Nationality Rooms are intended to promote the depiction of deeply-rooted and lasting elements, so political and religious symbols do not appear in the rooms nor do portraits of or reference to any living person.

We'll meet at 1209 Cathedral of Learning, University of Pittsburgh, Pittsburgh, PA 15260. The venue is highly accessible. Carpools can be arranged from Fowler and the Target store in Cranberry.

Admission: \$10.00/person. Fees will be collected when we meet, at the tour office. Deadline to sign up: April 24.

Nature in Spring - Wildflower Walk with Natalie Simon. Facilitator: Cathryn Crego

1-session

In-person: *Fri. Apr. 17; 10:00 - 12:00*

Experience the beauty of McConnells Mill with a walk in the lovely Hell's Hollow valley. Despite the name, it is one of the most charming places to experience the wildflowers in the park. We will identify and discuss the unique natural history of some of the spring wildflowers along Hell Run. We may spot trillium, violets, wild ginger, wild phlox, squirrel corn, and others. An easy, mostly level, stroll with an optional staircase to view the waterfall at the end. Dress for the weather, bring your own water, snack. . Resident biologist at the park, Natalie Simon will be able to answer most of your questions about flora and fauna there.

We'll meet at Hell's Hollow parking lot, 1436 Shaffer Road, Portersville, PA 16051, or at Fowler Building for carpooling. Be aware of uneven, rocky terrain, no restroom.

Opera Falstaff. Facilitator: Dale Doran

1-session

In-person: *Sun. May 3; 11:00 - 6:00*

Beloved buffoon Sir John Falstaff has fallen on hard times. But being a ladies' man (or so he thinks), he drunkenly schemes to cash in on his wit and charm by wooing the wealthy wives of Windsor, Alice Ford and Meg Page. However, when these women uncover that he has sent them both identical love letters, they hatch a plan of their own to teach Falstaff a lesson. The music matches the merriment and mischief of this madcap romp. See why Verdi's buoyant comedy, based on Shakespeare's *THE MERRY WIVES OF WINDSOR*, is considered one of the best comedic operas of all time. Antony Walker conducts. Crystal Manich directs.

ILR Parking lot for those who wish to carpool. Meet at Benedum Center for the Performing Arts (237 7th Street Pittsburgh, PA 15222) for those who will go on their own.

Fees: \$50.00 payable to ILR at the time of registration

Deadline for registration and refund: March 9th

Opera Time To Act. Facilitator: Dale Doran



1-session

In-person: *Sun. Mar. 8; 11:00 - 6:00*

World Premiere! A group of high school students prepares for a production of Sophocles' *Antigone*, joined by a new student, Alona, who comes with a formidable secret. *Time To Act* demonstrates how the arts can uplift and unify victims of trauma, empowering them to act, while giving voice to the young citizens who have been most impacted by an ongoing cycle of devastating school violence. Composed by Laura Kaminsky, her opera, *AS ONE*, has become the most-produced modern opera in America. Emmy Award nominee, Crystal Manich, the librettist, is a Pittsburgh Opera mainstay whose works for stage, film and circus have been seen across the U.S., Europe, Argentina and Australia. Michael Sakir, conducts & Amy Hutchison, directs. We'll meet at Bitz Opera Factory 2425 Liberty Avenue Pittsburgh, PA 15222 (Strip District) or for carpooling at the ILR parking lot.

Fees: \$50.00 payable to ILR at the time of registration.

Deadline for registration and refund: February 11th

Pymatuning Dam Walk - History. Park Educator: Stacey Marendt. Facilitator: Cathryn Crego

1-session

In-person: *Thu. May 28; 1:00 - 2:30*

Join the environmental educators for 1.5-mile Pymatuning history dam walk. Pymatuning State Park was built in the early 1930s to get water safely to Greenville, Sharon, and the Beaver Valley. We will be walking along Sugar Run Trail to the Shenango River Weir. Then walking to the outflow where the lake empties its waters into the Shenango River. And then stop at the Gatehouse for an inside tour of the facility. Uneven, rocky terrain, steps without ramps, elevators.

We'll meet at Pymatuning State Park, Shelter #3, Jamestown, PA 16134.

Slippery Rock Creek Watershed - Abatement of Water Pollution from Abandoned Mines.

Guide: Natalie Lamagna, Facilitator: Cathryn Crego

1-session

In-person: *Fri. May 1; 10:00 - 2:00*

See for yourself how nature, along with the help of The Slippery Rock Watershed Coalition (SRWC) keep the Slippery Rock Creek clean. See the discolored water that comes out of closed coal mines, learn what's in the water and how it is made more pure through the installation of treatment ponds as it moves through the Slippery Rock watershed. This trip will involve hiking to 2 of these passive treatment systems for a 1 - 2 mile hike.

We'll meet at North Country Trail at Leonard Trailhead (Coordinates: 41.094185092105654 - 79.82692291445841).

Tricksters. Nature's Tricksters. Environmental Educator: Emma Sprowls, Facilitator: Cathryn Crego

1-session

In-person: *Thu. Mar. 19; 11:00 - 1:00*

Tricksters in your backyard? Come out to the park to learn some of the ways local plants and animals hoodwink in order to help them and their offspring survive. Emma Sprowls, Environmental Education Specialist at Moraine and McConnells State Park will help you meet accomplished actors, masterful mimickers, and cunning charmers that have perfected the art of deception. They fake it to make it so, come prepared to be tricked!

We'll meet at Moraine State Park, Pavilion 7, at McDanels Launch Area (North Shore)

Wine & Dine. Kathy Flood

3-session

In-person: *Thu. Mar.12, Apr.9, May 14; 11:00 - 6:00*

Join an adventurous group at local wineries (within 40 miles of Slippery Rock) for wine tasting followed by lunch or dinner (some wineries do not open until 3 PM or later). Various places.

Phillip 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.

Sue Barkley

Sue is a lifelong resident of the Slippery Rock area. Most of her life's work has been within SR Boro.

Bridgette Baux

Bridgette currently works as a paraprofessional educator in an autistic support classroom, where she brings curiosity, patience, and hands-on learning into her work. She is trained in horticulture through Bidwell Training Center and the Drew Mathieson Greenhouse. Bridgette is an avid hiker and nature preservationist. Bridgette's engaging presentations include her firsthand research and discovery of Bryozoa at Moraine and Raccoon Creek State Parks. She was intrigued by these amazing creatures because of their positive ecological benefits and wanted to broaden awareness of this integral creature, while correcting common misconceptions. Bridgette aims to foster the connection of learning, play, and wonder through community engagement. She believes that we all have the need for connection, continued learning, play, and the responsibility of being good stewards of our land for the betterment of our World, and all of its important creatures.

Josh Beuschlein

Josh is an Environmental Education Specialist at Jennings Environmental Education Center. He enjoys working with groups of all ages and sharing his passion and curiosity of the natural world with others through his programming. One topic that is of particular interest to him is one that is easily overlooked: ANTS! These tiny and industrious insects have so many secrets to share with those who care to look! In this program he will discuss ant origins, behavior, and their role in the ecosystem! Be prepared to fall down the ant hole and discover a newfound appreciation for these small creatures.

Cliff Brown

Cliff Brown is a retired history teacher who has taught in the US, Canada and Papua New Guinea. He works part-time in theater production at Grove City College. He has published books, educational posters, games, coins and stamp albums related to Newfoundland.

Janice Brown

Janice taught English literature at GCC for 21 years until her retirement in 2015. She lives in Mercer, PA with her husband Cliff. She specializes in works by Christian authors and has published a comprehensive book, among others, titled 'The Lion in the Waste Land: Fearsome Redemption in the Work of C. S. Lewis, Dorothy L. Sayers, and T. S. Eliot.

Linda Burns

Linda Burns has a PhD in Sociology from the University of Pittsburgh and is a retired professor of sociology from Carlow University. Her areas of specialty included inequality, the family, gender, juvenile justice.

Tom Call

Tom Call has a Master's Degree in History from Notre Dame of Maryland. He believes that we should learn the real stories about the extraordinary lives and deeds of American heroes.

Verna Call

Verna is a retired ordained minister in the United Church of Christ with a Doctorate of Ministry from Lancaster Theological Seminary. She is an avid reader of European and religious history. She is also an avid photographer and traveler, having toured almost 50 countries on all 7 continents. Verna has created photo album diaries and shares her trip experiences with organizations throughout this area.

James Carnes

James holds a BA in History and an MS in Political Science from Edinboro College. He taught high school history for 35 years and was an adjunct professor at Grove City College for 16 years. James has been presenting History programs for the past 15 years.

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.

Jim Clendaniel

I am a recently retired healthcare worker with almost 40 years' experience in Podiatric Cardiology management. I have 2 immediate family members living with mental health issues. I have been a NAMI volunteer as a Family Support Group Facilitator and a Family-to-Family class Teacher.

Ruth Cole

Ruth has her bachelor's and master's degrees from the College of Wooster plus three years of graduate work. She 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.

Cathryn Crego

Cathryn is a retired high school science teacher. She experienced many years of eating bad gluten-free baked goods and found herself challenged by Stan Maleki to pursue the art of gluten-free baking with the Heritage Grist Mill Bakers at McConnells Mill. Besides baking, Cathryn enjoys biking and kayaking.

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.

Cynthia Felix

Cynthia is a geriatrician doing research in Alzheimer's disease at the University of Pittsburgh. She is experienced in community engagement activities and policy endeavors on dementia prevention.

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 in BC3 Literacy Program as a GED tutor, at ILR of Slippery Rock as instructor, facilitator, chair of Social Committee and current President, and besides volunteering, some travel.

John Golden

Dr. John Golden teaches law and finance at Slippery Rock University where he also serves as the university's Entrepreneur-in-Residence. He is the Managing Director of the Sustainable Enterprise Accelerator (SEA) at Slippery Rock, which assists new start-ups and existing businesses with sustainable growth opportunities. Dr. Golden serves on several boards of directors, profit and non-profit. He is the owner of Golden Intergroup, Inc. a private sustainable business consulting firm. He also practices law in the USA and internationally, specializing in commercial law.

Tom Henricks

Seasoned security professional with over 35 years experience; entire career in banking sector; served as Director and Chair of SRU FCU. Resides in Slippery Rock Township since 2002.

Carol Holland

Carol retired after 21 years from SRU as the Director of the Student Counseling Center. She is a licensed psychologist, certified yoga instructor, and certified meditation teacher. Retirement provides her with more time to be the lifelong learner she has always been.

Dennis James

Master gardener, Dennis James (DJ) is the owner of DJ's Greenhouse in Transfer.

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 third children's book and continues to work on publishing his poetry while helping others to do the same.

Vince Kasievich

Vince is the Senior Vice President/Investments and Branch Manager of Stifel Baer Kasievich Lang Wealth Management Group. He has more than 45 years of financial services experience and joined Stifel in 2007. He worked for Merrill Lynch, Gruntal and Co, and Ryan Beck and Co. Given his extensive career, Vincent is well equipped to help clients navigate the ever-changing markets and pursue their goals.

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.

Natalie Lamagna

Natalie Lamagna works as an environmental scientist at Stream Restoration Incorporated, a small nonprofit dedicated to restoring waterways impacted by pollution, primarily acid mine drainage (AMD). Her interest in watershed work began in college, with collecting data from the AMD passive treatment wetlands on campus. She has a B.S in Environmental Science from Saint Vincent College and a Masters in Environmental Science and Management from Duquesne University. Her favorite part of her job includes field work, meeting/working with watershed groups, and outreach.

Janet Leise

Janet is a graduate of Slippery Rock High School. She completed her BS and MEd from SRU. She taught students with special needs in Pennsylvania and Ohio. She retired after 33 years of teaching in 2017. Janet loves to travel, and has visited 6 continents and many islands. She enjoys photography, dance and reading. She plays several instruments, including flute, guitar, autoharp and percussion. She volunteers at her church and Community Care Connections, an agency which helps people who have special needs. Janet is a certified Drum Circle Facilitator.

Ruth 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.

Craig Lutz

A native of Zelienople, Pa, Craig Lutz served as firefighter for 22 years and long time Rotarian. He served in the United State Navy for three years. A 2012 retiree who formerly worked Hallstead Industries, relator, and regional manager for HUD Subsidized Properties.

Martha Manzato

A Butler native, Martha graduated from Clarion College with a degree in English. Adventure called Martha to teach in St. Thomas, U.S.Virgin Islands. She moved to Miami, Florida, earned a Master in English and enjoyed teaching students from many different countries in that metropolitan city. Upon retirement, she and her husband moved to Butler for family activity and opportunity for travel. They enjoyed ILR activities; he taught an Italian class and today Martha is learning how ILR prepares and presents programs.

Stacey Marendt

Stacey Marendt is Environmental Education Specialist at Pymatuning State Park.

Kelcy Marini

Kelcy joined the Mercer County Conservation District in October 2021 as their Environmental Education Coordinator. She got her BA in environmental studies from Allegheny College and her master's in sustainability from Chatham University. She enjoys camping, kayaking, and educating others about the environment.

Karen Martin

Dr. Martin is a veterinarian retired after 28 years with the Pennsylvania Department of Agriculture Bureau of Animal Health investigating dangerous transmissible disease including zoonotic diseases. Prior to becoming a veterinarian she worked as an archaeologist and physical anthropologist.

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.

Megan McDowell

Megan is the Environmental Education Specialist at Maurice K. Goddard State Park. This is her sixth season working for DCNR State parks. Right after graduation from SRU with a degree in environmental science, she started out as a Ranger 1 at Pymatuning State Park for two seasons and then worked three seasons at Moraine and McConnells Mill State Parks as an Environmental Interpretive Technician.

Jared McGary

Jared McGary is the Environmental Educator at Pymatuning State Park. This is my 13th season as an Environmental Educator and I love doing what I do. I graduated from Slippery Rock with a Park and Recreation degree in 2010.

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. She strives to connect nature and research to living well.

Dorie Schleiden

Dorie Schleiden is a 1974 graduate of Slippery Rock University. She taught, worked, and raised a family in the South Hills and Evans City before relocating to this area in 2007. Her retirement passion is writing. She has been a correspondent for The Newsweekly and The Butler County News. Her essay *Seeing in the Dark* appeared in the 2022 edition of Shoofly Literary Magazine. She has direct published her first novel, *Galleries*, and a collection of

children's stories, *Grownups Love Stories Too*, through Amazon Books. The most recent published work is 'Cowboys Grow Old' in volume 20 of Slippery Rock University's Literary Magazine.

Sherri Schleiter

Sherri worked in Social Services in Fairbanks, Alaska. With the University of Alaska she earned an MA in Northern Studies and Visual Arts, MA in Special Education and a BA in Political Science, and a BA in Journalism. Earned an MA in Library Science and Technology with Clarion University, PA. Worked for U.S. Peace Corps, Zaire, Africa in Aquaculture. Enjoys photography (especially black and white fine arts) and traveling.

Jennifer Senchak

Jen Senchak, a certified arborist with years of experience in landscape management and community volunteering. Her efforts focus on regulations on land and tree conservancy and sustainability in the Lawrence County region. Jen envisioned a consulting business focused on sustainable land care practices and realized her dream by establishing Restorth Roots, LLC.

Greg Sferra

Greg received both his Masters and Bachelor of Science degrees from Slippery Rock University (SRU) and later served as SRU's first Campus Recreation Director overseeing the construction and opening of the Aebersold Student Recreation Center. He currently serves the Institute for Learning in Retirement as the curriculum committee chair.

Michael Shaffer

Michael is environmental education specialist at Moraine State Park, PA. He studied Park and Resource Management at Slippery Rock University of Pennsylvania.

Polly Shaw

Polly Shaw is retired from the Seneca Valley School District. A local state park volunteer for more than 25 years, Polly is the author of "Moraine State Park" and is currently writing "McConnells Mill State Park" for Arcadia Publishing. She has presented many programs on local topics of historical interest.

Natalie Simon

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

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 he was creating carved and sandblasted signs, embellished with gold leaf and pictorial painting. While working in Pittsburgh for Lamar Advertising as a billboard painter, he decided to leave the applied arts for art studies, 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 lifes, and landscapes, all from direct observation.

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.

Rob Snyder

Dr. Robert Snyder is a tenured SRU Elementary Education/Early Childhood faculty member who is a seasonal interpretive ranger.

Emma Sprowls

Emma is a native of Washington County, Pennsylvania. She has a bachelor's degree in Environmental Science from Juniata College. She is an Environmental Education Specialist at Moraine and McConnells Mill State Parks. In the off season, she picks up the role of assistant swim coach. She enjoys listening to Irish music and traveling when she gets the chance.

Alice Stehle

Alice is a Moraine State Park volunteer and an experienced nest box observer, having participated in the activity for at least 14 years. She is currently working on nest box improvements to increase nesting success. Alice is an avid reader and enjoys gardening, her cats and DJ trivia.

Antonia Thomas

Antonia's career is varied: writer, editor and publisher for newspapers, magazines and books; ad agency creative director; product development professional; public relations specialist for theater and higher education; grants writer; overseas and higher education teaching, including aboard US Navy ships at sea. She has a BA in art history and studio art from Baldwin-Wallace University and an MA in English from Slippery Rock University.

Richard 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 two great-grandsons.

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.

Keith Warcup

Keith Warcup was born in New Castle, Pennsylvania, and was raised in Slippery Rock. He graduated from Slippery Rock State College (now SRU) in 1975 with a Bachelors of Arts Degree in Mathematics. Other education included the BAI Commercial Lending School at Bucknell University in Lewisburg, PA, Commercial Lending at Oklahoma University in Norman, OK, and many other bank related courses. At age 16 he started working part-

time at Kennametal Inc. (a commercial manufacturing facility), and went full time upon college graduation as the Manager of the Order Department then promoted to Supervisor of Materials/Coordinator. In 1987 he switched careers to The First National Bank of Slippery Rock as a Management Trainee, then Loan Officer, Commercial Loan Officer and then Vice-President of Lending. In 2005 he accepted the position of Chief Executive Officer of the SRU Federal Credit Union at which he retired from in 2015.

Robert Watson

Dr. Watson is SRU's Vice-President for Student Affairs. He once lived in Scotland and has returned often for visits. A Slippery Rock native and SRU alumnus, he knows the history of the town and the university.

Robert Widmyer

LTC Widmyer's military career began in 1997 when he enlisted in the South Carolina Army National Guard. LTC Widmyer later commissioned into Active Duty in 2005 through the Reserve Officer Training Corps at the University of South Carolina. LTC Widmyer's awards and decorations include the Bronze Star, the Defense Meritorious Service Medal, the Meritorious Service Medal, the Army Commendation Medal, the Army Achievement Medal, the Iraq Campaign Medal, the National Defense Service Medal, the Global War on Terrorism Service Medal, the Overseas Service Ribbon, the Army Service Ribbon, the Combat Infantryman's Badge, and the Parachutist Badge.

Art Williams

Art grew up on property that was formerly part of Camp Reynolds and lived in a building purchased from the camp when it closed. He has a life-long interest in World War II and its connection to the area. Several of his relatives worked at the camp, and he has undertaken preservation of camp history.

Linda Winkler

As anthropologist, Linda has a lifelong interest in wildlife conservation and birds including years in tropical countries studying monkeys and other wildlife. She is keenly interested in projects restoring wild populations of animals facing conservation threats. In the USA, her interest has included trips to observe whooping cranes and learn about their ongoing conservation.

Michael Wood

Michael is an Electrical Engineer with an American automatic test equipment (ATE) designer and manufacturer headquartered in Massachusetts. The company provides test equipment for integrated circuit manufacturers to test logic, RF, analog, power, mixed-signal and memory devices. He works in the Northwest suburbs of Chicago but travels extensively to the multiple facilities the company has around the world.

Thank you for sharing your interests, names of instructors, and suggestions for improving the ILR!

Keep sending us suggestions for new topics, destinations, instructors and facilitators:

- Fill out the surveys on the Class/Trip Sign-in Form
- Email to: info@ilretirement.org
- Visit the ILR website: www.ilretirement.org of Slippery Rock, PA
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- Text at: (724) 636 -1145

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25 Years Anniversary

25 YEARS ANNIVERSARY