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**Dr. Craig Jurgensen** spent the first 35 years of life in the pursuit of education, earning degrees from Rutgers University and New York Medical College, and ultimately board certification in Internal Medicine, Neurology, and Sleep Medicine. He retired in 2007 after spending 40 years in the clinical practice of neurology. Craig has been actively involved in Pathways Institute for seven years with a variety of topics ranging from health to music. This fall, he will teach the course, "The Impact of Environmental Carbon Dioxide," based on his involvement as a member of the Central Pennsylvania Clean Air Board.

# General Information

## Dear Lifelong Learners,

Our program continues to grow and expand, reaching more than 270 lifelong learners in the Capital Region each term.

Here is how one Pathways Institute participant described her experience: "It was easy to navigate registration, the programs are excellent, the topics are spot on and relevant to us, and the instructors are fabulous. This is a hidden gem!"

Join us this fall to pique your curiosity, create, connect with friends, explore local historical sights, or give back to our local community through an array of service learning offerings!

We are excited to welcome you into our community of lifelong learners!

Sincerely,

and the Pathways Institute Team

Anastasia Petronskaya



# Pathways Institute Mission and Purpose

The mission of Pathways Institute for Lifelong Learning® is to foster with persons 55+ a quest for lifelong learning that enriches the mind and spirit to pursue wisdom, service, and understanding.

Recognizing that adults 55+ have much to celebrate, discover, and share, Pathways Institute was established by Messiah Lifeways® to find meaningful use of their talents and abilities and to provide individuals with opportunities to engage in intellectual, cultural, and spiritual activities that promote their wellness.

Pathways Institute provides a forum for education and lifelong learning through discussion and sharing in an open and objective environment. All opinions are welcome. Information presented in courses or events is for educational and enrichment purposes only and is not representative of Pathways Institute or Messiah Lifeways.

## **Messiah Lifeways Mission**

The mission of Messiah Lifeways is to "responsibly enhance the lives of older adults with Christ-like love." Messiah Lifeways' aspiration is to inspire everyone 55 and better to more fully embrace life and not fear growing older, rather to reimagine the journey of aging as a time of purpose, joy, and faith-filled living.

## Membership

Membership is not required to participate in Pathways Institute courses. However, members receive various benefits, as outlined below. Membership is \$37 per term for community members and \$21 per term for Messiah Village residents and Susquehanna Conference Brethren in Christ (BIC) members.

The membership is valid for one term. If you purchased membership in the previous term and would like to continue enjoying the membership benefits, you will need to purchase a new membership for this term.

## **Membership Benefits**

- Priority access to courses (see more information below)
- 50% discount on most course fees
- No cancelation fee, if dropping a course
- Guest access, allowing you to bring a friend to one 1-2 session course once a term, free of charge
- Priority access to special events sponsored by Pathways Institute and our partner organizations
- Access to overnight trips offered by Messiah Lifeways
- Access to events from partner organizations
- Use of Messiah University's Murray Library with borrowing privileges, at no cost
- An option to sit in on Messiah University courses, subject to availability

## **Course Fees**

**Each course has a fee,** which is listed in the catalog under each course description. Please note that members enjoy a 50% discount for most courses.

Course Fees	Member	Non-member
1-2 Session Course	\$12	\$24
3-4 Session Course	\$16	\$32
Excursion Fee*	\$16	\$32

<sup>\*</sup> Some courses have additional costs (for supplies, admission, etc.) which are noted in the course description.

In fall 2024, we are experiencing a slight increase in fees related to the rising cost of living.

To guarantee your spot in a course, all fees must be prepaid before the start of the course. For excursions and offsite opportunities, fees must be paid two weeks prior to the day of the event.

You can find information on the **Refund Policy** and Purchase Protection on the <u>FAQs page on our website.</u>

#### Are you new to Pathways Institute?

**ENJOY A FREE COURSE ON US!** 

If you have not participated in Pathways
Institute programs before, you can register for
one course free of charge\*

\*This offer only applies to courses with a \$24 course fee under a non-member option, starting August 15. Subject to availability. The discount will be applied automatically upon checkout for all new participants choosing a non-member registration.

## Registration

## The Fall Term runs from September 3 - November 21.

Priority access will be available from August 7 through August 14 for those who wish to purchase a Pathways Institute membership. During the priority access window, only membership options will be available.

On August 15, registration will open to non-members and members who did not register during their priority access window. After August 15, you can continue to register for courses until two business days prior to the course start date. Registration for excursions closes two weeks before the start date.

Register online at ThePathwaysInstitute.org, starting August 7 at 9:00 am. If you need assistance with registration, please contact our office at 717.667.8964 or pathways@messiahlifeways.org.

In addition, we will provide open office hours in The Rutherford Room in Village Square (past Café 100), at Messiah Village.

## **Open Office Hours**

Wednesday, August 7 | 9:00 am-12:00 pm, 1:00-3:00 pm

Thursday, August 8 | 9:00-11:00 am

Friday, August 9 | 1:00-3:00 pm

Mondays, August 12 and 19 | 1:00-3:00 pm

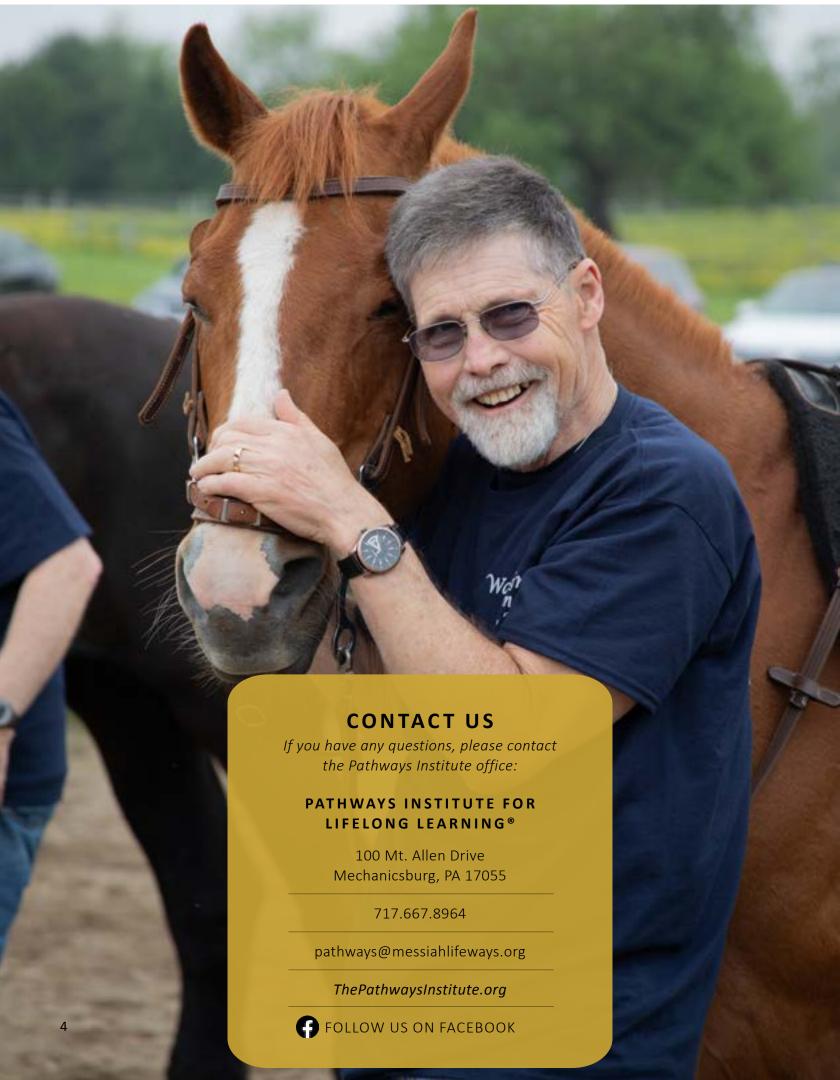
Tuesdays, August 13 and 20 | 9:00-11:00 am

Thursdays, August 15 and 22 | 9:00-11:00 am

# Important Information about Excursions

- 1. <u>Fees must be paid two weeks</u> prior to the day of the excursion.
- 2. The **start time** for excursions is the time when the bus will leave Messiah Village. The **end time** is the <u>approximate time</u> when the group is expected to return back to Messiah Village.
- 3. Transportation will leave from Messiah Village. Exact pick-up location(s) and times will be provided in a course reminder email.
- 4. Please contact the Pathways Institute office if you use medical equipment and/or need any accommodations for your mobility needs before registering for an excursion(s).





## FALL 2024

# Courses-at-a-Glance

Most on-site courses take place at the Hostetter Enrichment Center, in the Village Square building. All other courses note their location in the course title.

Day of Week	Date	Start Time	End Time	Course Code and Title	Instructor
Т	9/3	10:00 am	11:30 am	ML101 Rain of Ruin: The True Story of a Pennsylvania Woman who Helped Create the Atomic Bomb	Mark Kelley
W	9/4	1:00 pm	2:30 pm	ML102 The Impact of Environmental Carbon Dioxide	Craig Jurgensen and Dan Massey
TH	9/5	10:00 am	11:15 am	ML103 Monarch Butterflies: Fiction, Fact, and Fancy	Nancy Littlefield
F	9/6	10:00 am	11:30 am	ML104 Peace in Israel/Palestine	Jonathan Kuttab
S	9/7	9:00 am	1:00 pm	OFF-SITE: ML105 Canoeing Experience on The Yellow Breeches Creek	Dave Tanis
M	9/9	1:00 pm	3:00 pm	ML106 Why History Matters: Exposing the Ideological Roots of the 'Conflict' Model of Christianity and Science	Ted Davis
T	9/10	9:15 am	3:00 pm	EXCURSION: ML107 Eisenhower Farm in Gettysburg	EXCURSION
W	9/11	1:00 pm	2:00 pm	ML108 What Is Balance And How Do We Prevent Falls (Located in the Chapel)	Tonya Wasielewski
TH	9/12	1:00 pm	2:00 pm	ML109 iPhone/iPad User Workshop (Located in the Chapel)	Barry Gordon
F	9/13	10:00 am	11:30 am	ML110 George Boldt, His Love, His Castle, and a Dream Come True	Chris Doran
S	9/14	9:00 am	1:00 pm	RAIN DATE: ML105 Canoeing Experience on The Yellow Breeches Creek	Dave Tanis
M	9/16	1:00 pm	2:15 pm	ML111 The Lincoln Funeral Train: April 1865	Scott Mingus
T	9/17	8:30 am	3:00 pm	EXCURSION: ML112 Native Peoples Tour in Wrightsville	EXCURSION
W	9/18	1:00 pm	2:00 pm	ML113 Covered Bridges of Cumberland and York Counties (Located in the Chapel)	Bob and Judith Kuether
TH	9/19	1:00 pm	3:00 pm	ML114 How Does the Emergency Medical Services System Work?	Linda Rooney Davis and Bryan L. Davis
M	9/23	1:00 pm	2:30 pm	ML115 Scams Against Aging Adults: Don't Take The Bait!	Mary Bach
Т	9/24	8:30 am	3:00 pm	RAIN DATE: ML112 Native Peoples Tour	EXCURSION
W	9/25	1:00 pm	3:00 pm	ML116 Polar Opposites: Arctica and Antarctica (Located in the Chapel)	Louis Thieblemont

## FALL 2024

# Courses-at-a-Glance

Day of Week	Date	Start Time	End Time	Course Code and Title	Instructor
TH	9/26	9:30 am	12:00 pm	EXCURSION: ML117 Tour of WITF Public Media Center in Harrisburg	EXCURSION
F	9/27	10:00 am	12:00 pm	ML118 First Ladies As Political Campaigners	Carol Nechemias
М	10/7	1:00 pm	3:00 pm	ML119 The Grand Canyon	Chris Doran
Т	10/8	9:00 am	3:00 pm	EXCURSION: ML120 Thaddeus Stevens in Gettysburg	EXCURSION
TH	10/10	1:00 pm	2:00 pm	ML121 Creative and Easy Entertaining for the Rest of Your Life!	Marcia Wharton
F	10/11	10:00 am	11:30 am	ML122 Designing a Silk Scarf: Workshop	Sandra Gilleo
Т	10/15	10:00 am	12:00 pm	ML123 Dietrich Bonhoeffer: Pastor, Teacher, Theologian, and His Relevance for Today (Session 1 of 2)	Warren Eshbach
TH	10/17	6:30 pm	7:30 pm	VIRTUAL: ML124 Harrisburg in WW1 and the 1918 Pandemic	Rodney Ross
F	10/18	10:00 am	11:00 am	ML125 He/She/They/Them?: The New Language of Sexuality	Eleanor Muir
М	10/21	10:00 am	12:00 pm	ML126 Terrorism: Threats to the USA	John Ricca
М	10/21	1:00 pm	3:00 pm	ML127 U.S. National Security Issues: Update	John Ricca
Т	10/22	6:00 pm	8:00 pm	ML128 Paint Night	Heather Riley
TH	10/24	10:00 am	12:00 pm	ML129 "We would see Jesus": Imagery and Perplexity in the Early Church	Susanna Caroselli
F	10/25	10:00 am	12:00 pm	ML130 The Wonderous World of Bees	Joyce Wilder
М	10/28	1:00 pm	2:30 pm	ML131 Black Holes Demystified	Robert Naeye
Т	10/29	10:00 am	12:00 pm	ML123 Dietrich Bonhoeffer: Pastor, Teacher, Theologian, and His Relevance for Today (Session 2 of 2)	Warren Eshbach
T	10/29	1:00 pm	3:00 pm	ML132 An Informal History of Rock & Roll (Session 1 of 4)	Roger Godin
TH	10/31	10:00 am	11:30 am	ML133 Aging Through the Eyes of Artists	Glen Dunbar
M	11/4	1:00 pm	2:00 pm	ML134 Amish Neighbors: An Alternative to Modernity (Session 1 of 3)	Kenneth Sensenig
Т	11/5	10:00 am	11:00 am	ML135 Through the Looking Glass: Technology Trends of Today (Session 1 of 2)	Donna Ellenberg

## FALL 2024

# Courses-at-a-Glance

Day of Week	Date	Start Time	End Time	Course Code and Title	Instructor
Т	11/5	1:00 pm	3:00 pm	ML132 An Informal History of Rock & Roll (Session 2 of 4)	Roger Godin
TH	11/7	10:00 am	11:00 am	ML136 Bats: the Misunderstood Creatures of the Night	Stephanie Stronsick
М	11/11	1:00 pm	2:00 pm	ML134 Amish Neighbors: An Alternative to Modernity (Session 2 of 3)	Kenneth Sensenig
T	11/12	10:00 am	11:30 am	ML135 Through the Looking Glass: Technology Trends of Today (Session 2 of 2)	Donna Ellenberg
Т	11/12	1:00 pm	3:00 pm	ML132 An Informal History of Rock & Roll (Session 3 of 4)	Roger Godin
W	11/13	1:00 pm	2:00 pm	ML137 The Underground Railroad in Adams County, PA	Curt Musselman
TH	11/14	1:00 pm	2:00 pm	ML138 Making Self- and Family Portraits with LEGO® Bricks	from Snapology
М	11/18	1:00 pm	2:00 pm	ML134 Amish Neighbors: An Alternative to Modernity (Session 3 of 3)	Kenneth Sensenig
Т	11/19	1:00 pm	3:00 pm	ML132 An Informal History of Rock & Roll (Session 4 of 4)	Roger Godin
W	11/20	1:00 pm	3:00 pm	ML139 Seeing Women Through the Lens of Postcards	Heidi Abbey Moyer
TH	11/21	1:00 pm	3:00 pm	ML140 Second and Third Generation Holocaust Discussion	Jenna and Lillian Rappaport

## Fall 2024 Courses

**IMPORTANT:** All courses, unless otherwise noted, take place at the Hostetter Enrichment Center located at Messiah Village, in the Village Square building at 100 Mt. Allen Dr., Mechanicsburg, PA 17055.

For courses on-site at Messiah Village: enrollment limits will be set per room capacity, unless otherwise noted.

## ML101

# RAIN OF RUIN: THE TRUE STORY OF A PENNSYLVANIA WOMAN WHO HELPED CREATE THE ATOMIC BOMB

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## Tuesday, September 3

10:00 - 11:30 am

**Course Topic:** History

**Description:** Working from his historical novel, "Rain of Ruin," Dr. Mark Kelley will recount his mother's exhilarating and terrifying experience as a clerical worker in the Washington, DC offices of the Manhattan Project. The author will share exclusive photos of his mother, General Leslie R. Groves, and documents saluting her for her contribution to the successful creation of the atomic bomb.

Instructor: Mark Kelley Ph.D., has taught journalism/mass communications courses at several schools, including Syracuse University and the University of Maine. Prior to that, he was a broadcast news reporter, producer, and TV news anchor for 25 years. He is the author of six books, including "Rain of Ruin" (novel, 2011), and most recently, "An Uncommon Woman: The Life of Lydia

Hamilton Smith" (biography, 2023). Kelley and his wife, Marty, reside in Lancaster.

Fee: \$12 member/\$24 non-member

#### MI 102

# THE IMPACT OF ENVIRONMENTAL CARBON DIOXIDE

Wednesday, September 4

1:00 - 2:30 pm

Course Topic: Nature, Science, and Technology

**Description:** What is carbon dioxide's vital contribution to life? What aspects of our environment contribute to increasing life on Earth? These and other concerns and worries will be discussed in terms of climate change and human life on Earth.

Instructors: Dr. Craig Jurgensen spent the first 35 years of life in the pursuit of education, earning degrees from Rutgers University and New York Medical College, and ultimately board certification in Internal Medicine, Neurology, and Sleep Medicine. He spent the next 40 years in the clinical practice of neurology, retiring finally in 2007. Craig is a member of the Central Pennsylvania Clean Air Board.

**Dan Massey** is retired professor of Mechanical Engineering and Computer Assisted Drawing, Penn State University. He has a B.S. degree in Mechanical Engineering and an M.S. degree in Environmental Pollution Control from Penn State University.

# MONARCH BUTTERFLIES: FICTION, FACT, AND FANCY

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## Thursday, September 5

10:00 - 11:15 am

**Course Topic:** Nature, Science, and Technology

**Description:** Butterflies are one of the most enchanting creatures on earth: colorful, graceful, and beautiful. Their metamorphosis from lowly caterpillars to fluttering celebrities of the garden is one of nature's miracles. In this course, you will hear the story of Mariposa, a monarch butterfly with an astonishing wish. Her narrative will warm your heart, and also accurately describe her development from egg to adult. After sharing her story, Nancy Littlefield, author of "Mariposa's Wish," will take you through a short history of her encounters with monarch butterflies and answer questions you might have.

Instructor: Nancy Littlefield is a retired elementary school teacher. "Mariposa's Wish" began as a story for her second grade students. Nancy has fifteen years of experience raising monarch butterflies in both Pennsylvania and Florida. In this role, she has researched monarch life, cultivated milkweed to feed caterpillars, and released hundreds of butterflies.

Fee: \$12 member/\$24 non-member

#### ML104

## PEACE IN ISRAEL/PALESTINE

## Friday, September 6

10:00 - 11:30 am

**Course Topic:** Contemporary Issues

**Description:** In this course you will learn about the current situation in Palestine/Israel, particularly from a Palestinian Perspective, and also from a biblical Christian perspective. The instructor will also offer a prospect for peace and reconciliation in this war-torn area.

Instructor: Jonathan Kuttab is a co-founder of the Palestinian human rights group Al-Haq and co-founder of Nonviolence International. A well-known international human rights attorney, he practices law in the U.S., Palestine, and Israel. Jonathan serves on the Board of Bethlehem Bible College and is President of the Board of Holy Land Trust. He is co-founder and board member of the Just Peace Advocates. He was the head of the Legal Committee negotiating the Cairo Agreement of 1994 between Israel and the Palestine Liberation Organization (PLO).



OFF-SITE: ML105

# CANOEING EXPERIENCE ON THE YELLOW BREECHES CREEK

Saturday, September 7

9:00 am - 1:00 pm

Rain Date: Saturday, September 14

9:00 am - 1:00 pm

**Description:** In this course, we will enjoy paddling approximately five miles on the scenic Yellow Breeches Creek. You will learn skills needed for canoeing on slow moving creeks/rivers. During this four-hour experience, there will be some on-land instruction, but most of our time will be on the water—both practicing various strokes and maneuvers, as well as exploring and enjoying the beauty of the Yellow Breeches Creek. We will stop for a break on our leisurely paddle down the creek, so please pack snacks and refreshments.

**Special Notes:** Transportation to the location is not provided. When registering for this course, make sure you are available on the rain date as well. If we need to reschedule to the rain date, we will not refund those who are not able to make the rain date

Instructor: Dr. David Tanis is the owner of Yellow Breeches Adventures where he trains outdoor professionals and leads groups on various educational adventure experiences. Previously, David taught and led adventure programs at Messiah University and has instructor certifications in canoeing and white-water paddling. Canoeing is his favorite adventure activity, and he loves being with people on the water.

Meeting Place: Simpson Park, 2701 S Market St,

Mechanicsburg, PA 17055

**Enrollment Limit: 12** 

Fee: \$87 member/\$99 non-member

ML106

WHY HISTORY MATTERS:
EXPOSING THE IDEOLOGICAL
ROOTS OF THE 'CONFLICT'
MODEL OF CHRISTIANITY
AND SCIENCE

## Monday, September 9

1:00 - 3:00 pm

Course Topic: Religion

**Description:** This course confronts the common belief that science and Christianity have long been engaged in an ongoing, inevitable conflict. Proponents of this view typically make false historical claims in an effort to prove their case. Dr. Davis shows how and why two nineteenthcentury American scholars — chemist John William Draper of NYU and historian Andrew Dickson White, the first president of Cornell University — promoted the historical myth of perpetual conflict between science and religion. He also explains why modern scholars have almost entirely rejected it as ideologically motivated propaganda rather than genuine history.

Instructor: Professor Ted Davis is Professor Emeritus of the History of Science at Messiah University. Davis' research focuses on the history of Christianity and science. His work is published by academic presses and popular magazines, and he serves as an advisor for exhibits at the National Museum of American History and the Museum of the Bible.

**Enrollment Limit: 40** 

**EXCURSION: ML107** 

# EISENHOWER FARM IN GETTYSBURG

Tuesday, September 10

9:15 am - 3:00 pm

**Description:** Eisenhower National Historic Site preserves the farm of General and 34th President, Dwight D. Eisenhower. Adjacent to the Gettysburg battlefield, the farm served the president and first lady as a weekend retreat and as a meeting place for world leaders. With its peaceful setting and view of South Mountain, it was a respite from Washington, DC, and a backdrop for efforts to reduce Cold War tensions. The tour of the farm will be followed by lunch at the historic Dobbin House Tavern.

**Special Notes:** This tour is not ADA-accessible. Expect 2 hours standing and walking. Lunch is included in the fee.

**Enrollment Limit: 30** 

**Pick-up Location:** Bus will leave from Messiah Village. Exact pick-up location(s) and times will be provided in a course reminder email.

**Fee:** \$64 member/\$80 non-member (includes transportation, admission, and lunch)

ML108

# WHAT IS BALANCE AND HOW DO WE PREVENT FALLS

Wednesday, September 11

1:00 - 2:00 pm

Course Topic: Wellness and Lifestyle

**Description:** This course will discuss the different sensory systems that allow the body to determine where it is in space, and how we react to changes in the environment to stay balanced. It will also explain how the loss of, or alteration in, these systems can negatively impact our

balance. A few common diagnoses related to balance deficits and ways to reduce the risk of falls for individuals will be reviewed.

Instructor: Tonya Wasielewski received her degree in physical therapy from the University of Illinois in 1999. She has spent the majority of her career in outpatient areas with focuses in orthopedics and vestibular therapy. Her specialization, through advanced courses and certifications, in vestibular and balance therapy allows her to provide individualized balance and sensory reweighting programs with tools that are unique to her clinic, Fyzical Therapy and Balance Centers.

**Location:** Chapel (in Village Center)

at Messiah Village

Fee: \$12 member/\$24 non-member

ML109

## iPHONE/iPAD USER WORKSHOP

Thursday, September 12

1:00 - 2:00 pm

**Course Topic:** Nature, Science, and Technology



**Description:** Learn about useful features on your iPhone/iPad, including security, legacy issues, accessibility, etc. Beginner or veteran users of Apple devices will learn something new. Bring your iPhone/iPad to make the most out of the workshop.

Instructor: Barry Gordon has re-invented himself after 35 years in the dry cleaning industry. He is the proud owner of a small business, SeniorTechTutor.com. This is a private tutoring company that helps people navigate the confusing and ever-changing world of computers, phones, TVs, and so much more. He considers himself a "young" senior. His mission is to help people who are interested in using electronics to enhance their quality of life.

**Enrollment Limit: 20** 

**Location:** Chapel (in Village Center)

at Messiah Village

Fee: \$12 member/\$24 non-member

**ML110** 

## GEORGE BOLDT, HIS LOVE, HIS CASTLE, AND A DREAM COME TRUE

## Friday, September 13

10:00 - 11:30 am

**Course Topic:** History

**Description:** This course offers a brief biography of George Boldt as he rises from a dishwasher to become one of the richest men in the United States. The focus will be on his rise to power, the love for his wife, and the castle he started to build for her until tragedy struck. Left empty for more than 70 years, his dream is finally being realized on the island he owned in the Saint Lawrence River.

**Instructor: Chris Doran** is a retired high school social studies teacher who taught U.S. government, economics, psychology, and sociology. Doran has traveled extensively across

the U.S. and Canada visiting scenic and historic places, always looking for stories to hear and stories to tell.

**Fee:** \$12 member/\$24 non-member

ML111

# THE LINCOLN FUNERAL TRAIN: APRIL 1865

Monday, September 16

1:00 - 2:15 pm

**Course Topic:** History

**Description:** The funeral train carrying the remains of slain President Abraham Lincoln passed through the commonwealth of Pennsylvania on April 21-22, 1865, on its way to New York City and again on April 28 as it headed west from Buffalo to Cleveland and passed through the Erie region. Tens of thousands of Pennsylvanians passed by Lincoln's coffin. Author Scott Mingus has tapped into eyewitness accounts to present a story of the funeral train's passage through Pennsylvania. He includes overviews of the locomotives used, the crewmen, the railroads the train used, timetables, and other interesting aspects.

Instructor: Scott Mingus, multiple award-winning author, is a retired scientist and executive in the global specialty paper industry. He was part of the research team that developed the first commercially successful self-adhesive U.S. postage stamps, and he was a pioneer in the early development of bar code labels. He has written more than 30 Civil War and Underground Railroad books and numerous articles for Gettysburg Magazine and other historical journals.



**EXCURSION: ML112** 

NATIVE PEOPLES TOUR

Tuesday, September 17

8:30 am - 3:00 pm

Rain Date: Tuesday, September 24

8:30 am - 3:00 pm

**Description:** People have been drawn to the Susquehanna for thousands of years, and the presence of indigenous people in this landscape created a rich legacy. On the one-hour boat tour, you will hear the story of this area's Native peoples, as you pass historic Native American sites. Learn about the Native American man, Chief Uncas of the Mohegan people, whose fictionalized life inspired the naming of this historic vessel. You will also enjoy a guided hike on the Native Lands Heritage Trail and explore the art galleries at the Zimmerman Center for Heritage. The group will stop for lunch before returning to Messiah Village.

## **Special Notes:**

- Expect a moderate level of activity, including about 1-1.5 hours of walking and standing.
- The tour is not ADA-accessible and is not suitable for those who use walkers.
- Lunch is on your own.
- When registering for this course, make sure you are available on the rain date. If we need to reschedule to the rain date, we will not refund those who are not able to make the rain date.

**Pick-up Location:** Bus will leave from Messiah Village. Exact pick-up location(s) and times will be provided in a course reminder email.

**Enrollment Limit: 24** 

**Fee:** \$76 member/\$92 non-member (includes transportation and admission)

## **ML113**

# COVERED BRIDGES OF CUMBERLAND AND YORK COUNTIES

## Wednesday, September 18

1:00 - 2:00 pm

**Course Topic:** History

**Description:** Pennsylvania has over 200 covered bridges, more than any other state. Covered bridges are symbols of days gone by. But most bridges are still in use, with many being well over 100 years old. In this course you will learn about the past and present of the bridges in Cumberland and York Counties.

Instructors: Bob and Judy Kuether have been members of The Theodore Burr Covered Bridge Society of Pennsylvania, Inc. since 2000. In 2021 Bob became the President, and Judy became the Treasurer of the Covered Bridge Society. They are both retired from the Commonwealth of Pennsylvania. The purpose of the Theodore Burr

Covered Bridge Society is to promote interest and active participation in the preservation and restoration of the remaining historic covered bridges in the Commonwealth of Pennsylvania.

**Location:** Chapel (in Village Center)

at Messiah Village

Fee: \$12 member/\$24 non-member

## ML114

# HOW DOES THE EMERGENCY MEDICAL SERVICES (EMS) SYSTEM WORK?

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## Thursday, September 19

1:00 - 3:00 pm

Course Topic: Wellness and Lifestyle

Description: How did the EMS system get started? What does it look like in south central PA? Do you know what happens when you call 911? What determines what hospital you are transported to? This session will give an overview of the start of emergency medical services in the U.S., focusing on south central PA. We will look at the personnel who are part of the system, from the 911 dispatchers, EMTs, paramedics, prehospital nurses, to the physicians who provide medical command. Following the presentation, you will have the opportunity to tour an ambulance and review the equipment used in the care of a patient.

Instructors: Linda Rooney Davis is a registered nurse, certified paramedic, and vocational education high school teacher. Linda has been involved in emergency and critical care education most of her career. She was instrumental in the initiation of the HACC Paramedic Institute in 1980.

**Bryan L. Davis, EMT-P** is the Director of Wildlife Medical Division and ALS coordinator for J.E.T. Response EMS in Lemoyne. Bryan has worked as a paramedic in the south central PA area providing patient care, as well as serving as a mentor and educator for EMS providers.

**Fee:** \$12 member/\$24 non-member

## ML115

# SCAMS AGAINST AGING ADULTS: DON'T TAKE THE BAIT!

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## Monday, September 23

1:00 - 2:30 pm

Course Topic: Wellness and Lifestyle

**Description:** Imposters are everywhere these days and they are after YOUR money. It's that simple! Government, business, and romance scams are more prevalent than ever and they target individuals of all backgrounds and ages. Join Mary Bach for updates and stories about the latest scams, and hear from Kate Kleinert, a romance scam survivor with a most compelling story of betrayal and loss.



Instructor: Mary Bach is a nationally recognized, independent Consumer Advocate, who is the volunteer Chair of the AARP Consumer Issues Task Force. She has been interviewed numerous times on television, radio, and in print about frauds and scams, and is a popular presenter at local, national, and international conferences. She appears on the second Tuesday, monthly, on GoodDayPA, ABC27, Harrisburg, on the FraudWatch segment. She has received numerous honors and recognitions for her years of volunteer service.

Fee: \$12 member/\$24 non-member

## **ML116**

# POLAR OPPOSITES: ARCTICA AND ANTARCTICA

## Wednesday, September 25

1:00 - 3:00 pm

Course Topic: Nature, Science, and Technology

**Description:** In the first part of this course, you will learn about Aurora Lights, what the ancients thought about the mysterious glow in the sky, and how various battles were affected by the sudden appearance of these lights. In the second part, you will join Lou Thieblemont on a trip to Antarctica aboard an expedition cruise ship. You will see the wonderful sights and witness the wildlife on our southern continent. Lou will also talk about a fantastic extension to the Atacama Desert for wonderful dark sky astronomy.

Instructor: Lou Thieblemont has presented classes at Pathways Institute for more than 16 years, and he has produced programs for "Mind Matters" on WITF-TV and the PBS station. Lou is the recipient of the 2012 SAGE Award from Harrisburg Magazine.

**EXCURSION: ML117** 

# TOUR OF WITF PUBLIC MEDIA CENTER

## Thursday, September 26

9:30 am - 12:00 pm

**Description:** Join us for a guided tour of WITF Public Media Center. You will see the FM booth, audio booths, production equipment, TV studio, and master control studio. You will also learn about the history of WITF and the breadth of both the radio and TV programming.

**Special Notes:** This tour is not ADA-accessible. Expect about 1-1.5 hours of walking and standing.

**Enrollment Limit: 30** 

**Pick-up Location:** Bus will leave from Messiah Village. Exact pick-up location(s) and times will be provided in a course reminder email.

**Fee:** \$34 member/\$50 non-member (includes transportation and admission)

## **ML118**

# FIRST LADIES AS POLITICAL CAMPAIGNERS

## Friday, September 27

10:00 am - 12:00 pm

**Course Topic:** History

**Description:** First Ladies' roles in presidential campaigning evolved significantly over time, reflecting changes in U.S. electoral practices, the increasing role of women in national political life, and the emergence of new technologies. Tensions between the public and private spheres, what women chose to do either covertly or overtly, often shaped how First Ladies figured as campaigners in presidential contests of their spouses. This course builds on previous presentations on First Ladies. Whether you participated in the past presentations or not, you

will be able to get the most out of this course.

**Instructor: Dr. Carol Nechemias** is a retired Penn State Harrisburg professor who specialized in Soviet, later Russian politics, and gender and politics. She has published scholarly journal articles, book chapters, and co-edited two books in these fields. Among her stays in Russia, she served as a Fulbright Scholar in Volgograd during the 2004-2005 academic year.

**Fee:** \$12 member/\$24 non-member

## ML119

#### THE GRAND CANYON

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## Monday, October 7

1:00 pm - 3:00 pm

Course Topic: Nature, Science, and Technology

**Description:** This course will cover the discovery, history, and geology of the Grand Canyon and present a guide to some of the more popular trails that lead into the canyon. It will also include a brief lecture for those planning and preparing a trip to the Grand Canyon and want to hike down one of the trails.



Instructor: Chris Doran is a retired high school social studies teacher who taught U.S. government, economics, psychology, and sociology. Doran has traveled extensively across the U.S. and Canada visiting scenic and historic places, always looking for stories to hear and stories to tell.

**Fee:** \$12 member/\$24 non-member

**EXCURSION: ML120** 

# THADDEUS STEVENS IN GETTYSBURG

## Tuesday, October 8

9:00 am - 3:00 pm

**Description:** Thaddeus Stevens is the great 19th century civil rights advocate and father of the 14th Amendment to the Constitution. On this tour you will learn about his connection to Gettysburg. The tour will be led by Ross Hetrick, founder and president of the Thaddeus Stevens Society. Portraying Thaddeus Stevens, Ross Hetrick will give a tour of the Thaddeus Stevens museum in downtown Gettysburg, which includes letters by Stevens, newspapers from the Civil War era and stoves made at iron mills owned by Stevens. Then you will visit the Stevens statue on Baltimore Street and buildings associated with Stevens. After lunch, you will visit the site of Stevens' Caledonia iron works, west of Gettysburg.

**Special Notes:** The tour is not ADA-accessible. Expect about a total of two hours of walking and standing. Lunch is on your own.

**Enrollment Limit: 30** 

**Pick-up Location:** Bus will leave from Messiah Village. Exact pick-up location(s) and times will be provided in a course reminder email.

**Fee:** \$57 member/\$73 non-member (includes transportation and admission)

## ML121

# CREATIVE AND EASY ENTERTAINING FOR THE REST OF YOUR LIFE!

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## Thursday, October 10

1:00 - 2:00 pm

Course Topic: Wellness and Lifestyle

**Description:** Entertaining at every age can be satisfying, enjoyable and not a killer exercise to be a success! Let's look at creative and easy possibilities with fresh eyes and be inspired to reach out confidently to friends and family again as a host. Make entertaining distinctive to your stage in life. Even a simple cup of coffee offered at your cozy kitchen table in an atmosphere of love and friendship is a beautiful invitation!

Instructor: Marcia Wharton has been motivating, enlightening, and teaching all across the county since 1978. She has transformed personal entertaining into a joy for people of all ages. Her audiences range from small classes at private cooking schools to 2,000 at an international association convention. Marcia created and hosted a short series on Holiday Entertaining for WITF and is the author of "How to Entertain with Confidence." She is a graduate of Penn State University.

Fee: \$12 member/\$24 non-member

ML122

# DESIGNING A SILK SCARF: WORKSHOP

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Friday, October 11

10:00 - 11:30 am

**Course Topic:** Wellness and Lifestyle

**Description:** In this hands-on workshop you will design a beautiful silk scarf. No previous experience is needed. This will be a fun experience and you will end up with a unique accessory that you can wear with pride or give as a gift.

Instructor: Sandra (Sandy) Gilleo has been an educator for over 40 years. She has worked in both the public and private sectors teaching elementary school, environmental education, Indian lore, water aerobics, ESL, and crafts to older adults and after-schoolers. She enjoys learning crafts as much as teaching it.

**Enrollment Limit: 12** 

Fee: \$27 member/\$39 non-member

ML123

## DIETRICH BONHOEFFER: PASTOR, TEACHER, THEOLOGIAN, AND HIS RELEVANCE FOR TODAY

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## Tuesdays, October 15 and 29

10:00 am - 12:00 pm

Course Topic: Religion

**Description:** This two-session course will provide an introduction to the life, times, and theology of one of the 20th century's most authentic witnesses to Jesus Christ and the Christian faith. You will examine Bonhoeffer's basic understanding of discipleship, spirituality, ethics, and community. The relevance of these topics for our current times and life will be discussed.

There will be an optional, but not required, text to read in addition to a suggested bibliography.

Instructor: Warren Eshbach, D. Min. is an ordained minister, retired pastor, and former District Executive Minister in the Church of the Brethren. He has the following degrees: a B.S. from Gettysburg College, M.Div. from Lutheran Theological Seminary (now United Lutheran Seminary), and a D.Min. from McCormick

Theological Seminary. He has served as an adjunct professor at Lutheran Seminary and Bethany Theological Seminary, and was a docent at the Seminary Ridge Museum.

**Enrollment Limit: 30** 

Fee: \$12 member/\$24 non-member

VIRTUAL: ML124

# HARRISBURG IN WW1 AND THE 1918 PANDEMIC

## Thursday, October 17

6:30 - 7:30 pm

**Course Topic:** History

**Description:** When the United States declared war on Imperial Germany in April 1917, Pennsylvania's capital city called citizens to duty. Renowned for businesses, Harrisburg emerged as a hub for the war industry, supplying transportation services and agriculture products for the war's mobilization. Locals answered the summons to service through Red Cross help, military enlistments, and bond drives. In addition to the harrowing trials of war, the 1918 flu pandemic took many lives and hampered all manner of life and the war effort.

Instructor: Dr. Rodney Ross is a Harrisburg native. He is a 1962 Shippensburg State Teachers College graduate. He earned a master's and a doctorate at the Pennsylvania State University. Before retiring in 2017, Rodney taught seven years in the Harrisburg School District, and 47 at Harrisburg Area Community College. He has authored academic articles, book reviews, and encyclopedia entries.

Location: Virtual via Zoom

**Fee:** Free for members/\$24 non-member

#### ML125

# HE/SHE/THEY/THEM?: THE NEW LANGUAGE OF SEXUALITY

Friday, October 18

10:00 - 11:00 am

Course Topic: Contemporary Issues

**Description:** Our children and grandchildren seem to be speaking a different language when they talk about sexuality. This course will review current terminology around sexuality and gender, and explore how we can listen more effectively to younger generations. This is an apolitical course.

Instructor: Eleanor Muir, Licensed Professional Counselor, has 40 years of experience working with college students at Messiah University, both in the Counseling Center and the classroom. Before retirement, she served as a sexuality educator to students and staff, and directed the student counseling center. In retirement, she serves as an adjunct professor for the undergraduate Psychology Department and the graduate Counseling Program.

Fee: \$12 member/\$24 non-member

ML126

# TERRORISM: THREATS TO THE USA

Monday, October 21

10:00 am - 12:00 pm

Course Topic: Contemporary Issues

**Description:** This course will discuss the latest estimates of domestic and international terrorist organizations, and the threat to the U.S. It will include the definitions of terrorism, the goals of each group, their leadership, how they are funded, and recent activities. It will also address how intelligence and law enforcement agencies cooperate in counter-terrorism operations.

**Instructor: John Ricca** is a weapons of mass destruction (WMD) and counter-terrorism analyst for homeland security and national defense. He has a master's degree, has completed more than two dozen technical courses in WMD sciences, and currently serves on-call.

Fee: \$12 member/\$24 non-member

ML127

# U.S. NATIONAL SECURITY ISSUES: UPDATE

## Monday, October 21

1:00 - 3:00 pm

Course Topic: Contemporary Issues

**Description:** This lecture will discuss the latest threats to the U.S. and its Allies from adversary nations, current U.S. policies, and ongoing actions.

**Instructor: John Ricca**, see the bio for ML126

Fee: \$12 member/\$24 non-member

#### ML128

## **PAINT NIGHT**

## Tuesday, October 22

6:00 - 8:00 pm

**Course Topic:** Wellness and Lifestyle

**Description:** Take an evening to immerse yourself into a world of color, laughter, and creativity! Join artist Heather Riley for a guided paint night where we will turn a blank 16x20 inch canvas into a work of art. The instructor will supply you with all of the materials, instruction, and guidance to complete your painting.

**Instructor: Heather Riley** leads guided paint parties for all ages and skill sets, throughout Central PA. She studied art in college and loves learning about all things, experiencing what she can, and creating on her own and with others.

**Enrollment Limit: 25** 



ML129

# "WE WOULD SEE JESUS": IMAGERY AND PERPLEXITY IN THE EARLY CHURCH

Thursday, October 24

10:00 am - 12:00 pm

Course Topic: Culture, Arts, and Music

**Description:** In the first centuries of Christianity, debates raged about how and whether to create images of God and Christ. Some converts came from cultures in which religious images were forbidden; others grew up surrounded by paintings and statues of gods, so the challenges were many. We'll explore the areas of contention, with special emphasis on how visual images — or the lack of them — defined, interpreted, promoted, and disputed points of view.

Instructor: Susanna Caroselli is an art historian, trained at Brown and Johns Hopkins, who has been a curator, editor, and professor at the Frick Collection (NYC), Detroit Institute of Arts, LA County Museum of Art, and Yale and Messiah Universities. She has also been a Henry Luce Fellow of Scripture and Visual Arts at Boston University and a visiting scholar at Episcopal Divinity School (Cambridge, MA). She is the author of books and articles on medieval and Renaissance art and architecture, and a frequent speaker on art and religion.

Fee: \$12 member/\$24 non-member

ML130

## THE WONDEROUS WORLD OF BEES

Friday, October 25

10:00 am - 12:00 pm

**Course Topic:** Nature, Science, and Technology

**Description:** Come on a visual journey to see how a bee learns to survive in our everchanging environment. Learn how bees "see" the landscape in their search for nectar resources needed to make honey. Discover how they "talk" to each other to share the location of their latest best flower finds. Learn what you can do to support pollinators with native plants in your own garden. Sample honey from the instructor's hives, as well as other samples to experience the subtle flavor differences.

Instructor: Joyce Wilder is a retired educator who has kept honey bees for the past 15 years. Locally, she is known as "The Bee Lady" through her many educational, entertaining presentations to various garden and civic organizations. Her enthusiasm for educating the public about ways to support pollinators is contagious.

Fee: \$12 member/\$24 non-member

ML131

## **BLACK HOLES DEMYSTIFIED**

Monday, October 28

1:00 - 2:30 pm

**Course Topic:** Nature, Science, and Technology

**Description:** Black holes are a staple of science fiction movies and TV shows. And occasionally they even make headline news. But what exactly are black holes? How do they form? How do astronomers know they exist? What would happen if you fell into a black hole? And are we

in any danger of a black hole roaming through our solar system and gobbling up Earth? Join science journalist Robert Naeye as he explains, using clear language and exciting visuals, the fascinating science of black holes.

Instructor: Robert Naeye has spent more than 30 years writing about space science for magazines such as Discover, Astronomy, and Sky and Telescope. He served as editor-in-chief of Sky and Telescope magazine from 2008 to 2014. He also worked as a senior science writer at NASA's Goddard Space Flight Center in Maryland. Robert is the author of two books about astronomy, and he contributed to three others.

Fee: \$12 member/\$24 non-member

## ML132

## AN INFORMAL HISTORY OF ROCK AND ROLL: PART 1

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**Tuesdays, October 29, November 5, 12 and 19** 1:00 - 3:00 pm

Course Topic: Culture, Arts, and Music

**Description:** In the 1950s, a new sound emerged in popular music, drawing on gospel, jump blues, jazz, boogie-woogie, rhythm and blues, and country music. Teenagers loved it, many adults hated it, but in the end, this quintessential American sound was here to stay. Rock and roll influenced lifestyles, fashion, attitudes, and language. It brought African American and white American teenagers together to enjoy the music, and added impetus to the civil rights movements, the late-1960s youth movements, and anti-war protests. We will explore many different musical artists that provided the soundtrack to many of our lives.

Instructor: Dr. Roger Godin taught film and media studies at Franklin and Marshall College for more than 10 years, and has spent 50 years studying film history and analysis. Although Roger's passion for film is widely inclusive, his first love remains the history of Hollywood, and the artistic and creative development of the American Film industry. He also loves all kinds of music, especially rock and roll and the amazing songs of the Great American Songbook.

**Fee:** \$16 member/\$32 non-member

## ML133

## AGING THROUGH THE EYES OF ARTISTS

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## Thursday, October 31

10:00 - 11:30 am

**Course Topic:** Culture, Arts, and Music

**Description:** This workshop will review slides of famous works of art from the 15th century through modern times that focus on the images of older people. Some of the depictions are touching and inspiring; some are shocking; and some are humorous. They all tell us something about persistent stereotypes as well as changing cultural perspectives on what it means to be old. Most importantly, they tell us about how individual artists see and experience their own aging process and (often subconsciously) reflect it in their art. How we relate to specific artworks can provide insight on our own thinking about our aging selves.

Instructor: Glen Dunbar has graduate degrees from the Center for Aging Studies at the University of North Texas and the School of End-of-Life Studies at the University of Glasgow in Scotland. His primary career was as a policy specialist for State and Federal entities devoted to aging matters. After retiring he began an encore career of teaching gerontology at a variety of colleges and universities.

#### ML134

## AMISH NEIGHBORS: AN ALTERNATIVE TO MODERNITY

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## Mondays, November 4, 11 and 18

1:00 - 2:00 PM

Course Topic: Religion

**Description:** You will explore historical, social, theological, and cultural characteristics of the Amish of southeastern Pennsylvania. Other topics include how the Amish touch the world from home and how they cope with tragedy. Finally, the prospect of Amish flourishing into the future will be considered.

**Instructor: Kenneth Sensenig** served with Mennonite Central Committee for about 30 years, both internationally and domestically. Ken holds an Ed.D. degree from Temple University. He employs the power of stories to teach and inspire.

Fee: \$16 member/\$32 non-member

#### ML135

# THROUGH THE LOOKING GLASS: TECHNOLOGY TRENDS OF TODAY

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## Tuesdays, November 5 and 12

10:00 - 11:30 am

**Course Topic:** Nature, Science, and Technology

**Description:** Learn about the trends of today from the what, why, and how of 5G to WEB 3.0 to the next big thing to learn about: The Semantic Web (ChatGPT, Microsoft's Copilot, Google's Gemini, and Dalle-E); Artificial Intelligence and Machine Learning; Augmented and Virtual Reality; and Data Privacy. In addition, come learn about the new Social Media, GIFs, Memes, and Portmanteaus.

Instructor: Donna Ellenberg retired as Vice President from a major financial institution after 33 years. She is a CFP Board Emeritus® member. Over her career she has presented seminars to local companies including RCA, Armstrong, IBM, Howmet, GPU-Met Ed, and many others.

**Enrollment Limit: 50** 

**Fee:** \$12 member/\$24 non-member

ML136

# BATS: THE MISUNDERSTOOD CREATURES OF THE NIGHT

## Thursday, November 7

10:00 - 11:00 am

Course Topic: Nature, Science, and Technology

**Description:** Learn why bats are vital to the health of our ecosystem, their natural history, species diversity, and how to protect our backyard bats. Learn how backyard conservation is important for the survival of Pennsylvania bats. Meet some of our education bats and learn how Pennsylvania Bat Rescue is helping to save Pennsylvania bats.

## Instructor: Stephanie (Steph) Stronsick

volunteered at Project Wildlife based in San Diego, California. There she helped initiate rescuing bats as part of their protocol. Soon after, Steph began volunteering at the San Diego Natural History Museum as a collection data analyst for the San Diego Mammals Atlas, preservation of bat specimens, and field assistant. After relocating to her home state of Pennsylvania, she worked as an associate field biologist for Bat Conservation and Management. In 2012 she began establishing Pennsylvania Bat Rescue.



**ML137** 

# THE UNDERGROUND RAILROAD IN ADAMS COUNTY, PA

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Wednesday, November 13

1:00 - 2:00 pm

**Course Topic:** History

**Description:** This course will cover the operation of the Underground Railroad (UGRR) in Adams County, PA with particular emphasis on the activities at the McAllister's Mill UGRR Station in Gettysburg. Adams County was the point of origin of two major routes of the Underground Railroad in Pennsylvania. In the Gettysburg area, the McAllister's Mill Site is the best documented of the locations that were included in the Underground Railroad. It provided physical shelter to hundreds of freedom-seekers during the peak period that it was in use as a safe house in the 1850s.

**Instructor: Curt Musselman** has a B.A. in History from Bucknell University and an M.S. in Cartography from the University of Wisconsin-Madison. He is retired as the Cartographer and Geographic Information System (GIS) Coordinator

for the Resource Management Division of the Gettysburg National Military Park. He is currently the chairman of the Preservation Committee at the Historic Preservation Society of Gettysburg – Adams County (HGAC) which has played a leading role in promoting the recognition of the Underground Railroad Station at McAllister's Mill in Gettysburg.

Fee: \$12 member/\$24 non-member

ML138

## MAKING SELF- AND FAMILY PORTRAITS WITH LEGO® BRICKS

Thursday, November 14

1:00 - 2:00 pm

Course Topic: Nature, Science, and Technology

**Description:** Join us for a fun workshop as we partner with Snapology to create your very own LEGO® sculpture. Building with LEGO bricks in a creative atmosphere offers a great opportunity to bond with others! You can bring your grandchildren or great-grandchildren to the workshop.

**Instructor:** Instructors from Snapology

Fee: free for members and non-members

ML139

# SEEING WOMEN THROUGH THE LENS OF POSTCARDS

Wednesday, November 20

1:00 - 3:00 pm

**Course Topic:** History

**Description:** Join Penn State archivist, Heidi Abbey Moyer, in this introductory session as she takes you on a visual journey through time and through the postcards in the Alice Marshall Women's History Collection (AMC). Learn about deltiology, the study and collection of postcards.

View and touch some of the AMC's 6,000+ postcards in the largest, privately compiled women's history collection in the country—right in your backyard at Penn State Harrisburg. Topics that Ms. Moyer will cover include postcards that reflect the history of woman suffrage in America and the UK, stereotypes of women, and "women as edible objects."

Instructor: Heidi Abbey Moyer was born and raised in Harrisburg, PA. She has worked in academic libraries for over 30 years. She holds a B.A. (Juniata College), an M.A. (University of Maryland at College Park), and an M.L.S. specializing in archives and records management (SUNY-Albany) and is also a Certified Archivist (C.A.). Since 2006, Ms. Moyer has served as the Archivist, Humanities Reference Librarian, Faculty Liaison to the School of Humanities, and Coordinator of Archives and Special Collections in Penn State Harrisburg's Madlyn L. Hanes Library located in Middletown, PA.

Fee: \$12 member/\$24 non-member

## ML140

# SECOND AND THIRD GENERATION HOLOCAUST DISCUSSION

Thursday, November 21

1:00 - 3:00 pm

Course Topic: History

**Description:** Jenna Rappaport will discuss her grandparent's harrowing Holocaust testimonies and the importance of Holocaust Education for future generations. Following this presentation, Lillian Rappaport will then discuss her life as the child of Holocaust survivors.

**Instructors: Jenna Rappaport** is the Director of Holocaust Education for the Jewish Federation of Greater Harrisburg and the grandchild of Holocaust survivors.

**Dr. Lillian Rappaport** is the Jewish Community's Holocaust educator emeritus. She is a child of a Holocaust survivor.



# Service Learning Opportunities

Please note that there is no fee involved. You can contact the Pathways Institute office for more information.

## ML401

## PROJECTS FOR MISSIONS

If you are passionate about helping vulnerable people, we would love for you to help us with our Service Projects for Missions. We need volunteers to cut, sew, knit, and crochet. All of the projects are ongoing and can be done at home or at our group meetings. Our group meetings are held on the third Tuesday of each month in Summit Place in Village Square (Messiah Village) at 9:00 am. Patterns, fabrics, and instructions are provided. Financial donations are also helpful for purchasing supplies for these projects!

## Newborn Kits/Infant Gowns for Menonite Central Committee (MCC)

Help with sewing baby gowns or knitting/ crocheting baby caps that will be sent to assist mothers with giving their children a good start in life. MCC distributes these kits to hospitals, clinics, and refugee camps around the world.

# Cloth Hearts for the NICU at Hospitals in PA

Sew cotton flannel hearts to help babies bond with their parents when they are in the NICU at area hospitals.

## ML402

# HELP ADULT IMMIGRANTS AND REFUGEES LEARN ENGLISH

Immigration and Refugee Services of Catholic Charities serves families from more than 40 countries with a variety of linguistic and cultural backgrounds in the greater-Harrisburg area. Catholic Charities needs volunteers to assist in their morning or evening virtual English classes one day a week for two hours.

This is an exciting opportunity to support and welcome immigrants and refugees in your community. Please contact
Katie Martin-Momose, <a href="mailto:KMartin@cchbg.org">KMartin@cchbg.org</a>
for more information.

## ML403

# VOLUNTEER WITH CHURCH WORLD SERVICE (CWS) TO WELCOME NEW NEIGHBORS

Imagine waking up every morning with the chance to change someone's life. Imagine knowing your efforts will benefit both your wellbeing and our new neighbors from around the world. At CWS, volunteers know they are making a difference every day.

CWS welcomes refugees from around the world through connecting them to housing, jobs, ESL classes, legal support, and other services. CWS volunteers can get involved in a variety of ways, such as friendship, neighborhood orientation, providing welcome meals, and more. Volunteers go through a required background check process

to protect their clients' safety. The list of volunteer roles and the application form can be viewed here:

Volunteer Opportunities - CWS Harrisburg.

#### ML404

# SUPPORT FAMILIES IN THE MECHANICSBURG AREA SCHOOL DISTRICT

Operation Wildcat (OW) is a local 501(c)(3) all-volunteer organization whose mission is to pool the resources in the community to help students, families, and staff in need in the Mechanicsburg Area School District. Volunteer opportunities include sorting donations, working the OW's yard sale in fall and spring, putting together Thanksgiving baskets, etc. Learn more at operationwildcat.org, on the "Get Involved" page, where you can sign up to help.

## ML405

# SERVING CHILDREN AND THOSE IN NEED WITHIN OUR LOCAL COMMUNITY WITH KIWANIS CLUB OF GREATER WEST SHORE

The Kiwanis Club of Greater West Shore is a group of volunteers dedicated to changing the world one child and one community at a time. The Club supports four Key Clubs operating in West Shore high schools to teach youth about service and leadership. With 600 high school students in our Key Clubs, we support many community service projects, including helping at the local food bank, working on projects for hospitalized children and babies, and library reading programs. Learn more about our mission and our current projects at

www.greaterwestshorekiwanis.org or attend, as our guest, one of our monthly meetings held at 6 PM on the first and third Wednesday of each month at Marzoni's Brick Oven on Ritter Road in Mechanicsburg. Email <a href="mailto:kiwanisws@gmail.com">kiwanisws@gmail.com</a> to let us know you will be joining us.



# LEARNING never retires.

SIGN UP TODAY

# **Notes**

