Lifelong Learning Institute
at Northern Illinois University

Winter 2018

January 16 – February 8

Learning for the fun of it!
www.LLI.niu.edu
NIULLI@niu.edu

Thank you to NIU Outreach for its assistance in funding our schedule catalogues.
# NIU LLI Winter 2018

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## Mark Your Calendar!

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NIU Lifelong Learning Institute

Steering Committee
Carol Zar, DeKalb, Acting Chair
Elizabeth Bass, DeKalb
Deborah Booth, DeKalb
Brian Fulton, DeKalb
Bob Higgerson, DeKalb
Arnie Lehto, Sycamore
Arlene Neher, DeKalb
Pat Vary, DeKalb
Gail Venteau, DeKalb
Lise Schlosser, NIU, Ex-Officio

Curriculum Committee
Carol Zar, DeKalb, Chair
Linda Fulton, DeKalb, Co-chair
Bill Cummings, DeKalb
Dick Dowen, DeKalb
Jitka Hurych, DeKalb
Pat McKinley, DeKalb
Arlene Neher, DeKalb
Paul Pawlowski, St. Charles
Sue Stelling, DeKalb
Gail Venteau, DeKalb

Cultural Events Committee
Pat Vary, DeKalb, Chair
Nancy Grey, Sycamore
Arnie Lehto, Sycamore
Pat McKinley, DeKalb
Jan Modloff, Sycamore
Elaine Spencer, Sycamore

Outreach Committee
Brian Fulton, DeKalb, Chair
Elizabeth Bass, DeKalb
Joanne Dillman, DeKalb
Bob Higgerson, DeKalb
Jerry Smith, DeKalb
Carol Zar, DeKalb

Finance Committee
Bob Higgerson, DeKalb, Chair

Notables Committee
Deborah Booth, DeKalb, chair
Elizabeth Bass, DeKalb
Joanne Dillman, DeKalb
Arlene Neher, DeKalb
Linda Schwarz, DeKalb
George Spencer, Sycamore

Newsletter Committee
Elizabeth Bass, DeKalb, Chair
Brad Pietens, DeKalb

Soiree Committee
Gail Venteau, DeKalb, Chair
Elizabeth Bass, DeKalb
Sue Lehto, Sycamore
Arlene Neher, DeKalb
Marlene Pawlowski, St. Charles
Linda Pietens, DeKalb
Linda Pool, DeKalb
Carol Tweedy, DeKalb
Carol Zar, DeKalb

Members of the NIU LLI thank NIU Outreach for its support.
LLI Notables Brown Bag Lecture Series  
Tuesdays, 11:30 a.m. – 1 p.m., Holmes Student Center  
(Lecture topics subject to change)

January 16  
Sex Trafficking in Southeast Asia: Desire, Duty, and Debt  
Trude Jacobsen  
NIU Department of History faculty

January 23  
The Conundrum of Early Mars Climate: Watery or Snowy?  
Wei Luo  
NIU Department of Geographic and Atmospheric Sciences faculty

January 30  
Inside the World of a Professional MLB Umpire  
Daniel Bellino  
NIU Alumnus and Major League Baseball umpire

February 6  
Britain’s Brexit Gamble: The Story So Far  
Michael Clark  
NIU Department of Political Science faculty

Bring a lunch, purchase one at the Holmes Student Center,  
or just come and listen. Guests welcome!
Save the Date

Travel With External Programming
Stratford Festival 2018

June 25th - 29th

For More Info Call: 815-753-5200
We often face decisions regarding food and nutrition, whether dining out or eating in. The title of this study group reflects the challenges of healthy meal planning.

It finds us standing in the grocery-store aisles, examining labels, trying to figure out how many of the ingredients have nutritional value. And what are all those multi-syllable words listed on the box, that are a struggle just to pronounce? The dilemma continues, when debating whether package contents boasting “lite” or “low cal” are as easy on the waistline as suggested.

Our old favorite recipes from mom's recipe box, or *Southern Living* magazine, still taste delicious, but we begin to feel uneasy about adding all that sugar and butter. Are there ways to make substitutions in the ingredients which will still produce a casserole or cake with good flavor and texture? (Yes!)

One week a speaker will join us to discuss Diabetic Diets. This can also be an option for providing a healthy eating plan for non-diabetics. Another week we will learn about the benefits of the Mediterranean Diet plan.

Join us to share your experiences in culinary problem-solving. We will talk about ingredients that can be substituted to update nutrition and lower carb and fat content and will include some recipes. Bon Appetit!

**Convener:** Gail Venteau, a retired RN, has been a member of LLI for several years. She has previously convened classes on topics related to food, health care and wildlife.
People puzzle at those who support political machines. Most of these "supporters" are common ordinary citizens with modest expectations to make a living, raise a family, and live in a community of shared values with neighbors and acquaintances having similar aspirations.

How different it must be to recognize and balance the conflicting interests of all the various segments of any community: labor and management, bankers and builders, rogues and reformers, diverse ethnic groups, boodlers and boosters.

As we revisit Chicago, we will be taking a closer look at the political history of this “most American city” and will focus on select notable mayors who labored at reconciling the realities of politics with the requirements of government – the enduring tension that lies at the heart of our democracy.

Richard J. Daley: “Good politics is good government, and good government is good politics.”
Paddy Bauler: “Chicago ain’t ready for reform.”

Convener: Brian Fulton has convened previous sessions on Chicago history, national monuments, United States presidents, and, most recently, “A History of the Oil Industry.

Lively discussion and civilized conversation about what has informed, intrigued, and/or amused us in the past week’s news. With an upcoming Illinois gubernatorial primary and Congress in session, there is sure to be some political discussion, but we will also be talking about social trends, technology, education, science, and more.

Convener: Elizabeth Bass is an avid consumer of news, who enjoys conversations with fellow LLI members. She has led this study group before and looks forward to another term of interesting discussions.
In the beginning, there was no concept of medicine. One was born, lived for a while, and died, all at the whim of the gods. Somewhere along the way, though, humans began to intervene, and medicine was born. This class will take a brief look at how that happened.

Among the areas to be covered:

- The history of medicine in theory, fact, myth.
- Ancient treatments.
- What most people don't know about Florence Nightingale.
- Great names in medicine and their contributions to modern medicine, including Lister, Curie, Semmelweis, Apgar, Pasteur, Taussig, and Salk, to name just a few.
- The beginnings of public health.
- Native American medicine.
- Plagues and epidemics.
- Hereditary disease and a royal case of hemophilia.
- Great wars and medical strides.
- The history of psychiatry and mental illness.
- Germ warfare.
- Vaccines.
- Politics and egos in medicine.
- The role of religion.
- The evolution of surgery.

**Convener:** Judie Wright, known to LLI members for her knowledge and love of horses, is a registered nurse who is at least as dedicated to medicine as she is to all things equestrian. She also holds a Long-term Care Administrators license and worked in the medical industry in administration and consulting for 30 years.
Climate is the prominent factor influencing the national parks featured in this 6th and final session of our series on the geology of the national parks. Whether arid, lush, bitterly cold, or sweltering, climatic extremes amazingly encourage biological extremes in the national parks they affect.

An extreme in environmental conditions is represented by the only rain forest – albeit temperate, not tropical – found in the continental United States: at Olympic National Park. While out West, we also encounter the national parks of Redwood, Sequoia, and Kings Canyon that boast the extreme life forms of the giant sequoia and the coast redwood in lush environments created by heavy precipitation.

In stark contrast, another national park, Death Valley, has one thousandth the precipitation of Olympic, while Gates of the Arctic National Park in northern Alaska receives a tenth of the precipitation as Olympic. Interestingly, both Joshua Tree and Saguaro receive approximately the same amount of precipitation as Gates of the Arctic, but the climatic temperatures set these deserts apart.

A desert environment similar to Joshua Tree, Saguaro, and Death Valley, Petrified Forest National Park protects a forest that gives the term “old growth” new meaning with fossilized logs, chunks, and chips from a 225-million-year-old coniferous forest. These petrified trees were the inhabitants of a once much wetter, much lusher world. Some trees were as tall as 200 feet. Mesa Verde is likewise dry country. The foremost saga celebrated in this park is the human saga. The ancient cliff dwellings and mesa-top settlements are a testament to human adaptability to a dry environment.

Convener: Linda Fulton is a retired middle school teacher who has convened study groups on the geology of the national parks and "America: The Land – The People."

Our selection of black-and-white films includes David Lean’s Great Expectations, Billy Wilder’s Stalag 17, William Wyler’s Roman Holiday and Robert Day’s hilarious British comedy The Green Man. Even if you have seen some before, all are worth another look.

Convener: Retired NIU history professor George Spencer has convened many film study groups.
This class will present information on lesser-known religious groups in DeKalb. Representatives of four places of worship (Congregation Beth Shalom synagogue, Islamic Center, Hindu religious group, and Greek Orthodox Church) have graciously agreed to talk to LLI about the religions and faiths they represent. Although we have learned in previous classes about world religions in theory, this class should give us deeper understanding of what our own neighbors believe and practice.

Convener: Jitka Hurych has convened several LLI classes and will introduce the speakers.

In the last half-century, women have fought their way into most spheres of American life. Based on PBS documentaries, this class will look at the social revolution dubbed the “women’s movement” and highlight some of the women, both famous and less well known, who led the charge and continue to make their marks on society.

Convener: Carol Zar has convened numerous LLI classes ranging from politics to opera.
Frequently Asked Questions

What is the Lifelong Learning Institute?
The Lifelong Learning Institute at Northern Illinois University (LLI) is a member-directed group of retirement-age people who seek new learning experiences. Members, regardless of their education, enjoy continuing to learn in an informal, flexible, and non-competitive environment with individual participation. They rekindle old interests and pursue new ones at a reasonable cost without being concerned about credits, grades, exams, or prerequisites.

Members determine the topics offered in study groups, workshops, and lectures and also act as LLI conveners, instructors, and discussion leaders.

A self-supporting organization, the LLI relies on members’ dues for its financial needs and on member volunteers for committees and program administration.

The Northern Illinois University LLI is affiliated with the Elderhostel Institute Network and more than 300 LLIs across the United States.

Who may join the LLI?
The LLI is open to anyone who is retired or at least 50 years of age, with a sense of curiosity and a love of learning. The LLI welcomes all members, from those whose education ended early to those who have earned advanced degrees. Members include retired business people, teachers, Fulbright scholars, homemakers, union members, professionals, and farmers.

Where does the LLI meet?
Unless otherwise noted, sessions meet in the Holmes Student Center (HSC) on the Northern Illinois University campus in DeKalb. LLI members may park in the nearby visitors parking lot at a reduced rate. Various eating places in the center provide locations for members to talk and socialize over lunch.

What does the LLI offer?
Various study groups and workshops are offered each term, with the current term’s offerings described in this catalogue.

A curriculum committee of LLI members chooses subjects, primarily from members’ suggestions, based on perceived levels of interest and the availability of conveners.

Study groups, which may meet for as many as eight sessions, have considerable member participation. Much discussion occurs; a straight lecture format is rarely used.

Workshops are hands-on programs that usually involve learning a skill or gaining practical information and generally have fewer sessions.

The LLI Notables Brown Bag Lectures are given by speakers whose expertise and interests often coincide with study group themes. Question-and-answer sessions follow the lectures. Some LLI members join just to attend the LLI Notables Series.

Members may enroll in study groups and workshops, take advantage of just the lecture series, or participate in all LLI activities. Regular attendance is encouraged, but we know LLI members have busy schedules. Early registration is recommended since class size is limited. LLI study groups are open only to LLI members. The LLI Notables Brown Bag Lecture Series is open to the public.

Who are the LLI instructors?
Every study group or workshop has a convener who may also lead some classes. Some groups have an instructor; other groups divide tasks among their members. Some leaders are retired educators; others have had little or no teaching experience but are willing to share their vocational expertise, hobbies, experiences, talent, or knowledge.

When does the LLI meet?
Study groups and workshops are offered on Tuesday, Wednesday, and Thursday mornings and afternoons. The LLI Notables Brown Bag Lecture Series is on Tuesdays, 11:30 a.m.-1 p.m. There are four terms per year: winter, spring, summer, and fall. Traditionally, winter and summer terms last four weeks, and spring and fall terms span eight weeks. Special programs may take place at other times.

How do I become an LLI member?
You become an LLI member by completing an application form and paying a fee. This fee entitles you to enroll in unlimited study groups and workshops and attend the lecture series on a term by term basis. You are also eligible for discounts on other special events that may carry additional fees.

If you have already joined LLI at NIU, mark the registration form as a “renewing member” if you wish to participate in the current term’s activities.

LLI study groups are open to all members who wish to participate; scholarships may be available for those needing financial assistance. For information, contact Liberal Arts and Sciences External Programming. All requests are confidential. Please inquire about special registration fees available for persons in the LIHEAP program.

Where can I get more information and/or register?
Call Liberal Arts and Sciences External Programming at (815) 753-5200
E-mail the NIU LLI at NIULLI@niu.edu
Check the LLI website at http://www.LLI.niu.edu
Registration Form - NIU Lifelong Learning Institute (NIU LLI)
Winter 2018 (January 16 - February 8) Event #15779
Holmes Student Center, Northern Illinois University, DeKalb, Illinois

1. PHONE 1-800-345-9472 or (815) 753-0277 to register with a credit card.
2. ONLINE registration at http://www.lli.niu.edu (click on the appropriate program term) with a credit card.
3. FAX your form to (815) 753-6900 to register with a credit card.
4. MAIL completed form with check or credit card information to: Northern Illinois University, NIU Outreach-Registration, DeKalb, IL 60115-2860

**Spring term only membership fee:**

I am a [ ] new (never attended LLI) [ ] renewing member. Please check one.

_____ $65 ($75 after January 2, 2018), Unlimited Study Groups

_____ If you qualify for the LIHEAP program, call Liberal Arts and Sciences External Programming at (815) 753-5200 for authorization to register at a reduced fee.

$_____ Total due

Name #1_________________________________________________________________________________

Name #2_________________________________________________________________________________

Mailing address___________________________________________________________________________

City_______________________________________ State__________ ZIP code (+4)___________________

E-mail address___________________________________________________________________________

Day phone _____________________________ Evening phone______________________________________

Emergency contact name_____________________________________Relationship_____________________

Address________________________________________ Phone (day) _______________________________

[ ] Check here and attach an explanation (required) if you have special needs that are regulated by the Americans with Disabilities Act. (Contact NIU’s Disability Resource Center for assistance at 753-1303 or www.niu.edu/disability; participants are responsible for any non-credit accommodation charges.)

I heard about the LLI from: [ ] Friend   [ ] Newspaper   [ ] Flyer    [ ] Library   [ ] Radio   [ ] TV

[ ] Internet   [ ] Catalogue   [ ] Other: ____________________________________________________________________________

All memberships are individual. Membership includes unlimited study groups, lectures, and workshops for the spring 2018 term. Registration for study groups is on a first-come, first-served basis. Mail-in registrations are accepted any time prior to the first study group meeting date, space permitting. All study groups, lectures, and special events are subject to availability and change.

(cont’d on reverse side)
Registration Form - NIU Lifelong Learning Institute (NIU LLI)
Winter 2018 (January 16 - February 8) Event #15779

Registrant #1 preferred name for nametag: _______________________________________________

Tuesday
[ ] Fries, 1/16, 9:00 a.m.
[ ] Democracy, 1/16, 9:00 a.m.
[ ] News, 1/16, 1:30 p.m.

Wednesday
[ ] Medicine, 1/17, 9:30 a.m.
[ ] B&W Movies, 1/17, 1:00 p.m.
[ ] National Parks, 1/17, 1:00 p.m.

Thursday
[ ] Religions, 1/18, 9:00 a.m.
[ ] Women, 1/18, 1:00 p.m.

Registrant #2 preferred name for nametag: _______________________________________________

Tuesday
[ ] Fries, 1/16, 9:00 a.m.
[ ] Democracy, 1/16, 9:00 a.m.
[ ] News, 1/16, 1:30 p.m.

Wednesday
[ ] Medicine, 1/17, 9:30 a.m.
[ ] B&W Movies, 1/17, 1:00 p.m.
[ ] National Parks, 1/17, 1:00 p.m.

Thursday
[ ] Religions, 1/18, 9:00 a.m.
[ ] Women, 1/18, 1:00 p.m.

$_______ Total amount remitted (from previous page)

[ ] Check payable to NIU
[ ] Charge fee to [ ] VISA     [ ] MasterCard     [ ] Discover     [ ] American Express

Name as appears on credit card___________________________________________________________

Credit card billing address _______________________________________________________________

City__________________________________ State__________ ZIP code (+4) __________________

Account #_______________________________________________________Exp. date______________________

Signature_____________________________________________________________________________

Refunds: Membership dues refund requests must be received one week prior to the start of the term, subject to a $10 processing charge. No refunds for term membership fees after January 2, 2018. Full refunds are given to a person when all of the programs for which the person registered are not available because they are canceled or over-subscribed.

_____ Check here to opt out of the forthcoming directory. The directory will only include your name, phone number, email and city.

DISCLAIMER: I do not hold the Lifelong Learning Institute or Northern Illinois University responsible for any injury that may occur during an LLI program in which I participate during Winter 2018.

__________________________ Date

Signature

Questions: Contact the College of Liberal Arts & Sciences External Programming at (815) 753-5200, e-mail LASEP@niu.edu, or visit www.LLI.niu.edu.