

FALL 2009 SICL CLASSES
SAN JOAQUIN DELTA COLLEGE
5151 Pacific Avenue, Stockton, CA 95207

Most SICL classes will be held 9/8 through 11/20
Holiday: Wednesday, November 11, Veteran's Day observed

All classes are lead by peer volunteers.
Suggestions for classes are always welcome. *

NEW CLASSES

EXPLORING OTHER CULTURES – **Nora Keating.**

Wednesdays 2 – 3:30 PM, Holt 123. This class will return with a look at various cultures in our society. We will have interesting speakers who will give us a broad view of their cultures and answer your questions. It will start in early October. Check your next SICL newsletter for more details.

QIGONG '18' – Dr. Ray Tom.

Wednesdays 3:30 – 5 PM, Locke Lounge, **9/9 through 9/30. CLASS LIMITED TO 35.**

You have the opportunity to learn the basics of Qigong (sounds like chi gong) from a genuine master of these arts. The class begins with a 10 minute seated meditation; then the Qigong "18" is performed seated with 3 repetitions of each exercise. Next there is a set of seated stretching exercises for the whole body. Then the Qigong "18" is performed standing with 3 repetitions; students may stay seated if there's a need. The class ends with a 10 minute seated meditation.

Additional Qigong classes through **12/10 Tuesdays and Thursdays 6:30 – 8** **PM, West Room, O'Connor Woods.**

If you wish to take more than the first five sessions, you need to register for the free Delta College **PE 112 class, class code 15959**. Registration is available online at www.deltacollege.edu or visit the Delta College Electronic Enrollment Services Lab in Cunningham 226.

Another option is to register for the Delta class and start your Qigong training at O'Connor Woods on August 17 and receive special help for beginners on Wednesdays at Delta if you think you need it.

We are joining in a collaborative venture with O'Connor Woods residents, UOP's Pacific Experience, and SICL. No tests, no grades - just come and enjoy; it's great for your spirituality, flexibility, and stress reduction. O'Connor Woods is located at 3400 Wagner Heights Road, Stockton; phone 956-3400.

BEGINNING COMPUTERS – John **Dierking. Thursdays 1 – 3 PM Shima**

109. CLASS LIMITED TO 30 STUDENTS.

SICL is very pleased to again offer a beginning computers class after a considerable wait. John has a master's degree in Mechanical Engineering and retired last year after 26 years in business. His interest in computers began in the early 80's. He's taught introductory computer classes at a local public library.

This course will combine two themes: how to use your computer and accessories, and how to use the Internet safely. The information presented will be specific to computers using Microsoft Windows operating systems, although much of the Internet-related information will apply as well to Apple Macintosh or other systems. We will try to reserve time at the end of each class for students' Q & A.

During class students will work at individual computer stations. To benefit most from class, each student should either already have the use of a modern computer at home or be in the process of purchasing one.

General topics:

What to look for when purchasing a computer
How to set up your new computer
Basic troubleshooting if it isn't working properly
Basic wireless networking and computer security
Becoming familiar with the Windows Desktop
Working with files & folders in Windows Explorer
Working with printers, scanners & fax machines
Using your computer to create word documents
Working with numbers and spreadsheets
Working with digital photos
Backing up your important files
What software programs you need; what is free

Internet-specific topics:

How to choose your Internet service provider
Understanding Internet basics
Protecting your personal information
Sending and receiving email messages
How to "surf" on the Internet safely
Connecting with people on-line; social networks
Researching the Internet for specific information
Examples of useful and interesting web sites
Shopping on-line & purchasing over the Internet

JESUS AND THE GOSPELS: THE BIBLE AS LITERATURE. Dr. Margie Brown and Karen Huie, Facilitators. Thursdays 2 – 3:30 PM, Holt 123.

An excellent, in-depth "Bible As Literature" DVD study created by The Teaching Company will be shown, followed with fun and frank class conversation facilitated by Rev. Margie Brown and Eucharist Minister Karen Huie, bringing their Protestant and Catholic perspectives to dance with your own.

**RETURNING FAVORITES
MONDAYS**

MUSIC HISTORY – Dr. John Swingle and Dr. Bob Dalton. Mondays 9:00–11:00 AM, Holt 123.

Our thanks to John and Bob who first offered this class in Fall 2003. The class will deal with some very interesting and new material. Starting with early non-Christian chants, we will look at the progressive history of this form and where it has gone. We will then continue with a two-session look at the "History of the Madrigal"; a set of BBC programs by the King Singers.

The next two classes will explore the music of two of the strongest influences of Johann Sebastian Bach; Dietrich Buxtehude, and Johann Hummel. The rest of the semester will explore other composers and their music, and the semester will conclude with a look at two of the great influences in the Twentieth Century; Woody Guthrie and Bob Dylan. This semester should be tremendously interesting, and lots of fun to boot.

PRINTMAKING STUDIO – Miguel Guerrero. Mondays and Wednesdays 11:00 AM – 2:00 PM Shima 314

This class is organized as a "hands on" class. Students will learn to make MULTIPLE ORIGINALS using classical printmaking techniques: RELIEF woodcuts, linocuts) and INTAGLIO (etchings, drypoint). Presses are available to print Etchings, Aquatint, Monotypes or Monoprints.

People can work individually or seek collaborative efforts. Experienced printmakers can continue to explore the possibilities of various techniques and materials. A suitable starting point for beginning printmakers will be determined in consultation with the instructor. Miguel is a retired Delta faculty member.

At the fall 10th SICL Birthday party his students mounted a class exhibition of their

creations and greatly added to the festivities. Miguel had an exhibition at the SJ Law Library as part of the Downtown Stockton Art Walk in 2008. He's also pleased to report that he was one of four artists exhibiting in the Inaugural Exhibition for the Grand Theater Center for the Arts from September – December 2007.

BEGINNING BRIDGE – Ann Chargin. Mondays 1:00 – 3:00 PM. Holt 123

Ann is a retired Superior Court judge, and she has been helping us learn Bridge since SICL began in 1998. Ann always says she'll be back and adds, "God willing." We greatly appreciate her contributions to our lifelong learning program.

Ann will lead us through the challenging intricacies of the game of bridge. This class is for beginners and non-beginners who want to learn playing strategies. We are not "cut throat" serious. We help each other, as we gain knowledge and experience.

Bridge meets occasionally on Fridays for play only; contact **Dottie Edaburn** (951.2961) if you're interested.

TUESDAYS

SENIORS AND FINANCIAL PLANNING – Tom Winkler and Barbara Moore.

Tuesdays 9:00 – 11:00 AM. Holt 123

With the current economy in serious stress, this class is more important than ever. This course will allow participants to start their own financial plan, and/or update an existing plan. You will learn how different assets and income sources are taxed, and why that is important to you; strategies for reducing income taxes and estate taxes; the risks and rewards of different investments; and what diversification should mean to you. We will also explore the areas of insurance, estate planning, and elder care. Guest speakers have been invited.

ART AND ARTISTS – Gloria Bridgers and Helen Pauwels.

Tuesdays 11 AM – 1:30 PM. Shima 142

Art Class had a great semester last spring and look forward to another one this fall. We are proud to share that again class members won recognition at Senior Awareness Day with **Jean Janssen, Francis Scott, and Janene Ford** winning awards and also Gloria Bridgers and Helen Pauwels got ribbons at the San Joaquin County Fair. We will again be working in all media and dimensions having fun and learning from each other. Beginners will get basic instruction & encouragement and learn to make all kinds of things. We will have a plein air session or two at a local spot and there will be a demonstration of fabric craft, painting or both.

DIGITAL PHOTO – Don Moseley.

Tuesdays 1:00 – 3:00 PM. Shima 109.

CLASS IS LIMITED TO 30 participants.

We will cover the basics of using a digital camera including uploading to your computer; correcting anything that keeps your image from being perfect; choosing your next camera; making a slide show; taking better pictures and sharing your pictures with others. It is essential that you are familiar with computers prior to taking this class. If you have questions about the class, contact Don by email: DSM455@aol.com.

GARDENING - Julie Morehouse.

Tuesday's 1 – 3 PM, Shima 127.

CLASS LIMITED TO 30 participants.

This class was offered last spring for the first time in many years. It's back because **Maureen Kroll** mentioned she might encourage her talented daughter, Julie, to become involved. Thank you Maureen.

This past spring Julie was enrolled in the UC Davis Master Gardener training and has now received certification. Julie is also a California Certified Nursery Professional (CCNP) and a member of the California Association of Nurseries and Garden Centers (CANGC). She has 17 years of retail nursery experience and has been a gardener in Stockton most of her adult life.

Class will be held in the campus horticulture lab. Topics will include houseplants, bulbs and corms, winter vegetables, Feng Shui gardens, soils, winterizing your landscape, general landscape Q and A and more.

WEDNESDAYS

CREATIVE WRITING – Elizabeth Parrish.

Wednesdays 10:00 AM – 12:00 PM, H123.

This class will give you some ideas to spark your imagination and to write with more descriptive details whether you want to work on a short story, poem, or informal writing. Come be inspired by our many talented writers and share your work with others.

If you'd like to combine similar interests of art and writing the door is open wide. This summer Elizabeth won two awards at the San Joaquin County Fair: First Prize in Digital Photography Enhancement, and an Honorable Mention in the Open Category. She also won second place in a Photography Show in Ross, CA.

Some members of the Creative Writing class enjoyed meeting this summer. Elizabeth hopes to see you all again soon.

PRINTMAKING, QIGONG “18”, and

EXPLORING OTHER CULTURES are all held on Wednesdays and discussed earlier.

THURSDAYS

BEGINNING COMPUTERS and also THE BIBLE AS LITERATURE

are both offered on Thursdays; they were described previously.

FRIDAYS

CONVERSATIONAL SPANISH –Professor Guillermo Giron. Fridays 2 – 3:30 PM. Cunningham 324

A course of intensive practice in the expression and comprehension of spoken Spanish. The verbal active method used stresses oral communication. Professor Giron is a Delta College faculty member. He has a BA in Spanish Literature from CSUN and Master's Degree in Spanish Literature with an emphasis on Central American Literature from University of California San Diego. He has experience teaching various age ranges from elementary school up to university level.

Conversational Spanish was last offered several semesters ago. This class was offered again last spring; it was developed through conversations former SICL Treasurer, **Harold Bell**, had with Professor Giron; thank you Harold!

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How do we get new classes? If you want to know more about how new SICL classes are developed or have an idea for a new class, come to the **Curriculum Committee meeting Thursday, September 24, 9:30 AM Holt 123. Joan Ray ***

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All programs subject to change

*** QUESTIONS OR SUGGESTIONS?**
Contact: Joan Ray, Curriculum Chair
209.477.0739, famfem1@comcast.net,
P.O. Box 7314, Stockton, CA 95267-0314

SICL operates under the auspices of the San Joaquin Delta College Foundation and Workshops and Programs for Adults.

