

Fall 2003

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Brochure

Editor: Jeanne Schroeder Content: Carolyn Axt

Continuing Education 1501 W Bradley Ave Peoria, IL 61625 (309) 677-3905 www.bradley.edu/continue

Message from the President...

Growing, growing and, in many ways, all grown up. That's the Institute for Learning in Retirement at Bradley University as it begins its 10th year of existence. Along with the fundamental tenets and firm foundations which have made ILR strong, innovation and change have been hallmarks of our organization as well.

The most exciting new idea in recent years probably has been introduction of the teleconferencing method of teaching. Members also have warmly welcomed the institution of weekly art exhibits, the creation of our very own ILR logo, the adoption of lavaliere-style name tag holders and the move in 2001 to the splendid new computer lab.

Among the most significant static components of ILR's success has been the invaluable support of Bradley University and particularly of the Division of Continuing Education staff. The tireless efforts of Janet Lange, Nancy Proehl, Jon Neidy and Wanda Lane have been essential to the smooth operation of ILR. Equally important have been our talented teachers, the wise and creative leadership of our nine past presidents -Joe Hession, Mary Buesing, Wilson Schroeder, Ruth Frost, John Quinn, Jackie Krag, Alf Berg, Teresa McCabe and John Mason – and, of course, the willingness of so very many individual ILR members to volunteer whenever and wherever needed.

Currently a committee is being formed to organize ILR's 10th anniversary celebration in October, 2004, and suggestions will be solicited from the membership regarding the most suitable way(s) to mark this momentous occasion. If you have an idea, proposal or recommendation, please share it with Jon, Wanda or any one of your officers.

Meanwhile, we trust that you'll enjoy perusing the course offerings – a record number, by the way – outlined in the current brochure, and we hope you'll give serious thought to joining us for some of the excellent Commerce Unseen trips and Regional day tours on tap for the Fall. Note that classes will begin on October 15 and run through November 5.

Last but not least, mark your calendars for September 24, the date of our Kick-Off Luncheon. The featured speaker will be Ron Kruse, President of Client Services, Caterpillar Logistics. Ron is himself a Bradley graduate and the brother of ILR member-instructor Dick Kruse. Scheduled to precede the luncheon is a brief orientation for new members.

See you all very soon in class, and Happy Learning!

Carol Morrisey, President

ILR Classes: Wednesdays October 15, 22, 29 and November 5

(RI) = Repeat Instructor (RC) = Repeat Class (NI) = New Instructor (NC) = New Class

8:00 Coffee ILR Treat Ballroom B

8:00 - 8:30

1. Tai Chi for Health—Dave Grebner will help stimulate the flow of healthy energy in your body and enhance your sense of "center" and balance with this ancient body-mind discipline. (RI/RC)

8:30 - 10:00

2. Paying For Our Schools—Learn how we finance our schools with Norman Durflinger, superintendent of Morton Unit School District 709 for 12 years, and presently assistant professor at Illinois State University. (NI/NC)

9:00 - 10:00

- **3. Fuel Cells and Automobiles**—Survey the history and current status of the technology of fuel cells and its future as an energy source for automobiles. Discuss the marketing announcements of each of the major automobile OEM's (GM, Ford, Toyota, VW, Chrysler, and Nissan). Taught by Dick Kruse, a retired director of marketing and sales for an automobile Tier 1 supplier. This class will meet in the Global Communication Center. (NI/NC)
- **4.** Here Comes the Judge—Robert Kauffman, U.S. Magistrate Judge, retired, will explore the basic structure of American government and the structure and function of the U.S. court system. Thomas Perkins, U.S. Banruptcy, will explain the bankruptcy court. (RI/RC)
- **5. Income, Gift and Estate Taxes**—Find out what you always wanted to know about these taxes and discuss them with Bill Sharpe, professional tax consultant. (RI/NC)
- **6. Medicine Through the Ages** Julius Bonello, Peoria surgeon and medical historian, will enlighten us with his discussion and slides of some little known and unusual aspects of medicine, such as the history of tobacco in medicine, a history of human impaling (this class will be graphic), the history of the knights of St. John and their new museum in London, and the role of medicine in the Civil War. (NI/NC)
- 7. Walk a Mile in Their Shoes—Understanding local poverty, violence, racism and discrimination as presented by four organizations: Friendship House of Christian Service, Heartland Community Health Clinic, Center for Prevention of Abuse and Common Place. (NI/NC)

- **8.** The Re-Creation of America—April, 1865, changed our country more than in any 30-day period before or since. Join Randall Saxon, senior pastor of First Presbyterian Church, and discover the people, powers, places and promises that re-created America. (RI/NC)
- 9. Today's Medicine to Stay Fit—Join Blair Gorsuch, excercise physiologist and director of Proctor Hospital's Cardiopulmonary Rehab Program to learn how to stay healthy by staying fit, make physical activity a lifetime commitment, and identify risk factors for disease. Greg White, Running Central, will help you choose the right footwear for your activity. Pharmacist, John Preckshot, will help you understand how medications affect your health. (RI/NC)

10:00 - 10:30 Refreshments ILR Treat Ballroom B

10:30 - 11:30

- **10. Aging, Caregiving and Memory Loss**—Alzheimer's disease strikes 10% of the population over 65 years of age and 50% of those 85 years and older. Of these patients, 70% are cared for at home. Patient safety and the 36-hour caregiving day are pressing issues. This class will present information that will empower caregivers with disease knowledge, community resources and practical strategies. Taught by Jackie Bowers, Alzheimer's Association program director. (NI/NC)
- 11. Epidemiology in Our Lives: What We Know About Arthritis, Heart Disease and Obesity—Our biggest health challenge comes not from infectious illnesses, but from chronic disease. Marjorie Getz, epidemiologist, will help you become familiar with the best information related to arthritis, coronary heart disease and obesity. (RI/NC)
- **12. George Gershwin**–Dick Hinds reviews Gershwin's life and music through both his musical theatre and concert hall careers. (RI/RC)
- **13.** Investing Fundamentals and Keeping What You Have—Review investment fundamentals with Bert Sanders, president of Financial Education Advisory Service. Learn how to maintain investment values with less risk. (RI/NC)
- **14. Jewish Roots of Christianity**—Look at the rich Jewish heritage behind modern day Christianity, our Jewish Jesus, figures of speech, critical words, why and when a New Testament, parables and more. Taught by Jerrold Asal, a student of biblical scholars. (NI/NC)
- **15. Mayors, Money, and Sex**—Take a look at Peoria's mayors since we first became a city. Some were dull, some exciting, some "servants of the people." Taught by Dorothy Sinclair, storyteller of Peoria's colorful past. (RI/NC)

- 16. Planned Parenthood: The Organization and Advocacy—Learn about Planned Parenthood's history from Margaret Sanger through today, including the family planning movement, services, and political reality. Led by Joyce Harant, Fran Kepler and other speakers. (NI/NC)
- 17. The Revolution in How We View the Aging Process—Instead of viewing the aging process from the more traditional way of being a period of decline and deterioration, find how it can lead to continued physical activity, spiritual growth, and feelings of being productive and useful. Taught by Frank Hubbell, Human Service Center. (RI/NC)
- **18. U.S. The Western Campaign**—Ulysses S. Grant was the Civil War's greatest general. Along with Bernie Drake, a Civil War enthusiast, explore Grant's early life to his battles in the west including Belmont, Fort Henry, Shiloh, Dicksburg, and Chattanooga. (RI/RC)
- 19. Writing Your Life Story—Do you have a lot of family stories to tell, but can't get them down on paper? Need some help organizing all those ideas or getting started? Then this is your class! Merrill Buesing and Carla Montez teach you how to turn your memories into memoirs. Join us for the fun and satisfaction of reminiscing with an outcome! (RI/RC)

11:30 - 12:30 Lunch

Buffet in the Ballroom (see menu below)

\$26.00 for 4 lunches. Purchase meal ticket by September 26. Daily meal tickets may be purchased at \$6.50 each by 9:00 a.m. each Wednesday. Sack lunches welcome. Bradley Cafe, Cafeteria and area restaurants are also open.

- 10/15 Taco Salad Bar, Soup, Drink & Dessert
- 10/22 Baked Potato Bar, Soup, Drink & Dessert
- 10/29 Pasta Bar, Tossed Salad, Soup, Drink &

Dessert

optional tour.

- 11/5 Turkey, Dressing, Potatoes, Green Beans,
 - Soup, Drink & Dessert

12:30 - 1:30

- **20. Bradley University's Collection**—Join Pamela Ayres, director of Bradley's Galleries and Collections, and look at the University's sculpture collection, the educational archive, discuss the restoration and preservation of these works. Class meets in Heuser Art Center Gallery. (NI/NC) **21. Down on the Farm in the 21st Century**—Learn about today's farming in Tazewell and Mason Counties, "The Imperial Valley of the Midwest." Join Nancy Proehl, former director of the ILR, and others in discussion about diversity of products grown in the area, implements, irrigation, soils, chemicals, seeds, and other modern methods for
- **22. Introduction to Islam**—Join Bashir Ali, president of the Muslim Education and Community Association of Peoria, for an introduction to the religion of Islam, its principles, history, traditions and development in America. (RI/RC)

farming and marketing. (NI/NC) See regional travel for

- **23.** Lewis and Clark-More about the Journey—The story of this momentous journey (Henry Sinclair); a photo commentary of changes along the trail (Chicago Tribune photographer Chris Walker); finding hedge apples to humongous fish (Don Axt); learn about York, the unsung traveler. (NI/NC)
- **24. Microbes and Humans**—Sam Fan, Bradley biology associate professor, discusses how microbes make their living and how humans use microbes. Also learn about microbes that do harm to humans. (RI/NC)
- **25.** New Democracies in Central and South Eastern Europe—Join Bradley professor, Sharon Murphy, and former journalist, Brad Njemcek, for a travelogue approach and look at economic, political and historical realities in four newly democratic countries: Slovenia, Croatia, Macedonia and Bulgaria. (NI/NC)
- **26. Short English Detective Stories**—Wilson Schroeder will lead the discussion class with all participating. Weekly assignments of 3 or 4 short stories will be made from The Oxford Book of English Detective Stories, available at the Bradley University Book Store for \$16.95. A list of initial readings will be sent before the first session. (RI/NC)
- **27. Testimony of the Rocks: Topics in Geology**—Join Bradley professor Merrill Foster in an examination of the field of geology and three selected areas: fossils, plate tectonics and continental drift, and the geological history of the Peoria area. (RI/RC)
- **28.** The Power of Music—How can music tell a story without using words or pictures? How can music suggest color? Why can music make you cry or laugh? Answer these and many more questions by listening to examples with instructors Allen Cannon and Carroll Green. (RI/NC)

1:30 - 2:00 Refreshments ILR Treat Ballroom B

2:00 - 3:00

- **29. Basic Algebra**—Review and refresh basic concepts in algebra (8th and 9th grade level). Explain mathematical operations, differentiate the format of expressions, functions, and equations. Translate word problems into mathematical concepts and establish algebra's quantitative relationship to real world situations: sale discounts, percentages, profit margins, interest income, depreciation, etc. Bring calculators. Taught by Raman Raman, retired principal scientist, Illinois State Department of Natural Resources. (NI/NC)
- **30.** Chemistry in the News-Chemistry is involved in everything in our tangible world. Explore some of the elements of chemistry, materials, food, health, and sources of energy with Ken and Doris Kolb, Bradley chemistry professors emeritus. (RI/RC)

- 31. Diverse Voices in the Contemporary Short Story— In this new version of a popular ILR class, we'll read and discuss contemporary short stories in the Indian-American, American-Indian, Jewish-American, and African-American traditions. Bradley English department faculty, specializing in each tradition, will lead classes. Class readings will be available the preceding week. (RI/NC)
- 32. Enjoying Opera-William and Margaret Swain will guide you through the many ways of getting the most out of your opera-going experience. For first-time and regular attendees. Includes a live performance by members of the Young Artist Ensemble. (RI/NC)
- 33. Hebrew Alphabet for Beginners-Learn the Hebrew alphabet to unlock knowledge of another language. If you have already taken the course, come and reinforce your knowledge with Joanne Asal. (RI/RC)
- 34. Special Collections of Bradley University-Explore Bradley's Cullom-Davis Library's Special Collections with Charles Frey, Special Collections librarian. Learn about book binding, paper preservation, what makes a book rare, and local history resources. This class will meet in the Cullum-Davis Library. (RI/RC)
- 35. Traveling Along the Old Galena Trail-Travel this timeless trade route with the Indians, French Fur Traders, Miners and American Pioneers who made Galena Trail their route to trade and discovery. Class sessions will include lectures, guest speakers, and audio-visual presentations by Patricia Goitien. (NI/NC) See regional travel for optional tour.
- 36. Understanding China-The course begins with Chinese traditions, Confucianism, Taoism, Buddhism and the Chinese people's life, art under traditional influence, then the modern Chinese revolution and the recent reform. Taught by Kristina Mao, Bradley International Studies assistant professor. (NI/NC)
- 37. When Institutions Collide: The Presidential Impeachments-Examine the efforts to impeach and remove Presidents Johnson, Nixon, and Clinton. Look at charges against each as well as the personal flaws and broader historical, social, constitutional, and political conditions that led to the impeachments. Taught by Sean Matheson, Knox College assistant professor. (NI/NC)

Computer Classes: Fridays October 17, 24, 31, and November 7

All computer classes are limited to 14 people and each person may register for only 2 computer classes. These computer classes are held in the Continuing Education Computer Lab, Room #133

Caterpillar Global Communications Center

38. 8:00 - 9:45 a.m.

Selective Searching-Explore searching on the World Wide Web with Jon C. Neidy. Determine the differences between a search engine and a directory, learn searching skills, and practice the skills we develop with real world questions. Learn how to evaluate the validity of a website. Prerequisite: Wandering the World Wide Web. No exceptions. (RI/RC)

10:00 - 11:45 a.m.

PowerPoint Pluses-Jon C. Neidy will explore the further uses of PowerPoint. Create and present a usable PowerPoint file. Prerequisites: Previous PowerPoint experience and a need for a presentation. No exceptions. (RI/NC)

40. 1:00 - 2:45 p.m.

Windows - Level 3-Join Sue Manley, program director in Continuing Education, to extend your knowledge of the Windows operating system. Work with shortcuts, add and remove programs from your computer or from the Start Menu. Learn more about setting up hardware and how to deal with viruses. This is an advanced level class. Prerequisite: Windows - Level 2. No exceptions. (RI/RC) 41. 3:00 - 4:45 p.m.

Wandering the World Wide Web-A first foray into the World Wide Web for those who are comfortable with computers. Class will be taught by Sue Manley. (RI/RC)

Come Travel With Us

Local Travel - Commerce Unseen Each tour is \$15 which includes lunch and van transportation. Lunch and parking information will be sent to you upon registration.

Waste Management - Thursday, September 4

Waste Management is the premier waste services provider in North America. Peoria City/County Landfill #2 is a modern landfill which uses bioreactor technology. The landfill accepts waste from the tri-county area for environmentally safe containment. The guided tour of the landfill will include a view of the active face, leachate collection, daily cover and methane gas recovery. Participants of this tour will learn what happens to their trash once it leaves the curb and what will be happening to this trash for years to come.

Maui Jim - Thursday, September 11

Tour Maui Jim, worlwide leader in premium polarized sunglasses. The facility in Peoria is Maui Jim Sunglasses's world headquarters. From there, they handle customer service, repairs, human resources, finance, accounting, information systems, and distribution for the continental U.S. as well as provide support for Australian, French, British, Mexican, and Canadian distribution centers.

PMP - Thursday, September 25

PMP Fermentation Products produces Sodium Erythorbate and Gluconates. They will present a history of the plant and Company as well as a description of the many uses of their products. You will walk through the production areas and see the equipment and controls.

Forest Park Nature Center - Wednesday, October 8
Visit Forest Park Nature Center and enter an Illinois State
Dedicated Nature Preserve, where all human activities
must be in accordance with the conservation and
preservation of our natural heritage. Visit the Nature
Center building, exhibits, and review the goals of an
organization whose mission is to promote understanding,
appreciation, and protection of the natural environment.
Learn about the history of the preserve, how it came to be,
and what sort of uses it had in the past. Enjoy a walk
through the nature preserve, observing the composition of
plants and animals, looking for evidence of how the forest
and woodlands have changed over time, and discuss the
current natural resource management strategies
implemented by Peoria Park District.

Regional Travel

Chicago, Illinois Trading and Exchanges in Chicago Tuesday, September 30, 2003

Join us for a lecture, tour, and discussion of the Chicago Stock Exchanges by an Exchange Director. He will:

- take the mystery out of the many nuances of the exchange.
- explain how the Chicago Exchanges have a direct effect on Wall Street.
- clarify why a movement at one exchange affects the prices at another exchange.

In addition, an exchange expert on electronic trading will present a explanation for the results at an exchange, from the first click of the mouse at your computer to the completion of the trade. Our day will start at the Chicago Board of Trade with an introduction to the workings of the US Futures Markets. We'll observe live market action in the grain complex and trading from the financial floor visitor's galleries. Our next stop is the Chicago Board Option Exchange where we'll learn about stock options trading from the trail of an investor. Then on to the Chicago Mercantile Exchange for an opportunity to view trading of S&P stock index futures, the most actively traded financial product of any kind in the U.S. We will also hear about OneChicago, the new equities exchange launched last November, which is having a stronger impact on Wall Street everyday. Our day will conclude with a historical review of the growth of the business, from agricultural futures to modern financial instruments.

Cost: \$75.00 includes tour, lunch, and charter coach transportation. We will leave at 7:30 am from Campustown and return about 7:00 pm. Please register by September 12. Jon C. Neidy and Wanda Lane will be your escorts.

Peoria, Illinois Day Retreat-Reading the Landscape Thursday, October 2, 2003

The retreat will provide ways to help participants develop observations of nature and deepen awareness of the connection between the natural environment and human spirit. Activities will include gentle walks led by naturalists Mike Miller and John Mullen through Wokanda's beautiful and diverse landscape, readings and discussion of various authors, and quiet time for personal reflection and journaling if desired. Finding our place in nature, seeing our reflection in nature, cycles and rhythms connecting us to the natural world, and stewardship of ourselves and the land will be some of the themes explored throughout the day.

Wokanda is a natural woodland gem located minutes north of Peoria and well maintained by Peoria Park District. It has clean and modern restrooms and kitchens. The retreat will be held in the OA Lodge, a spacious building nestled among the trees. The retreat will be facilitated by Stella O' Hanlon, with special programs by Mike Miller, John Mullen, and others.

Cost: \$60.00 includes lunch, refreshments, writing materials and handouts. Car caravan from Forest Park Nature Center at 8:30 am. Retreat concludes at 4:00 pm. Deadline to register is September 12.

St. Louis, Missouri Tuesday, October 7, 2003 St. Louis Art Museum Centennial

Our visit to the St. Louis Art Museum this fall honors a century of art and history. The museum's vast collections are housed within the only permanent exhibit building built for the 1904 World's Fair. As it did in 1904, the museum features materpieces and ancient artifacts from around the world. We have arranged for a docent led tour of masterpieces and artifacts in the morning, followed by lunch at Ruthie's Grill in the Club House at Forest Park. After lunch we will return to the St. Louis Art Museum for a special presentation of The 2004 Centennial-Past, Present, and Future, presented by Stephanie Sigala, Museum Educator. After the presentation there will be time to tour on your own.

Cost: \$75.00 includes tour, lunch, and charter coach transportation. We leave at 7:30 a.m. from Campustown and return about 7:00 pm. Please register by September 24. Jon C. Neidy and Wanda Lane will be your escorts.

Manito/Forest City, Illinois Thursday, October 23, 2003 Touring the Imperial Valley of the Midwest

We'll arrive in Manito where we meet our host, Nancy Proehl, at the beautiful new Forman Valley Library. Enjoy coffee and freshly baked "povitica," a local Polish speciality. Next we'll visit an area grain farm during harvest, where we'll learn about life on the farm, view equipment at work harvesting corn, soybeans or specialty crops, and center pivot irrigation. At noon enjoy local hospitality with a country style farm dinner. After lunch tour Weaver Popcorn Company and Rickett Grain Company, the local grain elevator in Forrest City, to see what happens to the grain after it leaves the field.

Cost: \$60.00 includes tour, refreshments, lunch, and charter coach transportation. We leave at 8:30 a.m. from Campustown and return about 4:00 pm. Please register by October 9. Jon C. Neidy and Wanda Lane will be your escorts.

Elizabeth, Illinois Galena Trail and Coach Road Thursday, Novemeber 6, 2003

Join our guide, Pat Goitein, as our bus tour follows the Galena Trail north from Peoria with stops at Grand de Tour, where we will meet John Deere, working in his blacksmith shop, and tour the historic riverside village. A buffet lunch will be served at the White Pines Lodge, a colorful CCC Lodge nestled in the midst of one of the last stands of virgin pines in Illinois. After lunch we'll travel to the Apple River Fort in Elizabeth, Illinois. Here we'll greet some of the brave men and women who defended this outpost during the Black Hawk War.

Cost: \$75.00 includes tour, buffet lunch and charter coach transportation. We leave at 7:30 a.m. from Campustown and return about 7:00 pm. Please register by October 21. Jon C. Neidy and Wanda Lane will be your escorts.

Branson, Missouri December 7-10, 2003 Learning in Branson

Join us for a learning and entertainment adventure at the upscale Welk Resort in Branson, Missouri, the entertainment capitol of the midwest (at the perfect time of year-during the beautiful Christmas season-and we'll do the driving).

Learn about the effort necessary to produce a Branson show. Participate in sessions with a young Branson star, an orchestra conductor, and choreographer, and tour the back stage area at the Welk resort.

Finally, attend lively daily lectures about the history and development of Branson and participate in the discussions on the future of Branson. Tour the Branson area and see the many theaters, ending with a visit to the I-Max Theater to view a film, "Ozarks Legacy and Legends." Enjoy performances at three shows, The Lennon Brothers and Gail Lennon, the Welk Show starring members of the old Welk band, and the fabulous Shoji Tabuchi Show. Treat yourself to great lodging at the Welk Resort, excellent meals, and superb atmosphere of yesteryear's "Show Biz."

Cost: \$579.00 double occupancy (\$699 single) includes tour, all meals and charter coach transportation. We leave at 7:00 a.m. from Campustown. Please register by September 12. Wanda Lane will be your escort.

Theater in New York and London



New York: September 18 - 22, 2003 London: May 26 - June 5, 2004

Please join us as we partner with Collette Tours to offer you fantastic learning experiences in both New York and London.

Please indicate on the ILR registration form if you would like to be included in special mailings and information sessions about these wonderful learning opportunities or call Wanda at (309) 677-2523 to be added to our list.

			Membersh	nip For	m (age 5	5+ recomme	ended)		
Bradley Alum				tember 24	luncheon Will NOT attend September 24 luncheon				
			I	Badge Na	ame		Phone		
				C	City		State	Zip	
address									
Wednesday Classes (Circle #1 & #2 choices in each time period.) 8:00 - 8:30 - 10:00 - Choose one - 9:00-10:00					\$75 Membership fee (per person) \$26 Buffet lunches (4) on ILR Wednesday dates				
						\$15 Waste	Management, Th	ursday, September 4	
	2					\$15 Maui Ji	im, Thursday, Sept	tember 11	
10:30 - 11:30					\$15 PMP, Thursday, September 25				
					\$15 Forest Park Nature Center , Wednesday, October 8 \$75 Trading and Exchanges in Chicago, Tuesday, September 30				
10	11 12	12 13 14 15 16 17 18 19							
12:30 - 1:30					\$60 Retreat-Reading the Landscape, Thursday, October 2				
1					\$75 St. Louis Art Museum, Tuesday, October 7				
20	21 22		25 20 21 1			\$60 Imperia	al Valley, Thursda	y, October 23	
2:00 - 3:00					\$75 Galena Trail, Thursday, November 6				
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Menu:

Grilled chicken breast with sweet and sour sauce Oriental vegetables Wok fried rice Spinach salad Rolls/Beverages Peach Cobbler

Please join ILR members for a complimentary luncheon.

Wednesday, September 24, 2003 12:00 noon Michel Student Center Ballroom 915 North Elmwood

Please call 677-3905 or mail class registration form by September 15, 2003.

Park and ride the bus shuttle from Westminster Church 11:30 a.m. and return after the luncheon.





Institute for Learning in Retirement Continuing Education 1501 W Bradley Ave Peoria IL 61625

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ILR Dates

Fall 2003:

Wednesdays October 15, 22, 29, and November 5 Computer Classes: Fridays October 17, 24, 31, and November 7

> Winterim 2004: January 6, 7, 8 and 9 Spring 2004: April 7, 14, 21 and 28

Join us for learning and friendship!