



2025




GROW
YOUR
MIND

WINTER/SPRING PROGRAM CATALOG

www.bucknell.edu/lifelonglearning

COURSES AT-A-GLANCE

You must be a member of BILL to register for classes. Most courses meet for six weeks and carry a \$60 tuition fee, with exceptions as noted. Complete course descriptions can be found on pages 6–22. See page 5 for the addresses of classrooms.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>631 The Hidden Powers of Plants Irmgard Seidl-Adams 10 a.m.–noon LATE START! 3/24, 3/31, 4/7, 4/14, 4/28 & 5/5 (no class 4/21) PLUC 10–20 seats</p>	<p>637 Wellness Naturally 3.0: Let's Get Back Into the Woods Suzann Schiemer & Ron Haas 10 a.m.–noon LATE START! 4/1, 4/8, 4/15 & 4/22 (4 sessions) Montour Preserve Visitor's Center/Environmental Education Center 4–10 seats</p>	<p>644 Memoir: From Memory to Meaning Rachael Hungerford 9:30–11:30 a.m. 3/12, 3/19, 3/26, 4/2, 4/9 & 4/16 BILL #2 5–12 seats</p>	<p>650 Your Brain, Music and More! Karen Zereconsky  10–11 a.m. 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24 & 5/1 (8 sessions) ZOOM 4–20 seats</p>
<p>632 Select Military Innovation in the Inter-war Years, 1918–1939 Joseph Fischer 10 a.m.–noon 3/10, 3/17, 3/24, 3/31, 4/7 & 4/14 BILL #1 5–13 seats</p>	<p>638 Get That Guitar* From Under the Bed... and Learn by Ear *or fiddle/violin, mandolin, bass, uke Carl Kirby 10:30 a.m.–noon 3/11, 3/18, 3/25, 4/1, 4/8 & 4/15 SRCR 3–12 seats</p>	<p>645 Not-So-Bad Things About Aging Genie Gerdes  10–11:30 a.m. 3/12, 3/19, 3/26, 4/2, 4/9 & 4/23 (no class 4/16) ZOOM 6–15 seats</p>	<p>651 The History of Cookbooks Mary Zimmerman 10 a.m.–noon 3/13, 3/20, 3/27, 4/3, 4/10 & 4/17 Instructor's home 4–8 seats</p>
<p>633 America's First Ladies Barb Yorks 10 a.m.–noon 3/10, 3/17, 3/24, 3/31, 4/7 & 4/14 SRCR 5–15 seats</p>	<p>639 Madame Bovary: Portrait of a Desperate Housewife Elaine Hopkins 10:30 a.m.–noon 3/11, 3/18, 3/25, 4/1, 4/8 & 4/15 BILL #1 5–12 seats</p>	<p>646 Starting Over Mary Bernath 10 a.m.–noon 3/12, 3/19, 3/26, 4/2, 4/9 & 4/16 BILL #1 4–12 seats</p>	<p>652 How Blind Are the Color Blind? Owen Floody 10:30 a.m.–noon 3/13, 3/20, 3/27, 4/3, 4/10 & 4/17 BILL #1 5–12 seats</p>
<p>634 American Foreign Policy 2025 Thom Travis  1–3 p.m. 3/10, 3/17, 3/24, 3/31, 4/7, 4/14 & 4/21 (7 sessions) ZOOM 8–22 seats</p>	<p>640 The 1906 San Francisco Earthquake & the Birth of Modern Earthquake Science Gary Nottis 1–3 p.m. 3/11, 3/18, 3/25, 4/1, 4/8 & 4/15 SRCR 5–15 seats</p>	<p>647 Unconventional Creativity: Altered Books Margaret Snow 1–3 p.m. 3/12, 3/19, 3/26, 4/2 & 4/9 (5 sessions) +\$20 supplies EBT 4–15 seats</p>	<p>653 Healthy Soil, Healthy Plants, Healthy People Sid Furst & Carl Milofsky 1–2:30 p.m. 3/13, 3/20, 3/27, 4/3, 4/10 & 4/17 BILL #2 6–12 seats</p>
<p>635 Isabel Allende's Invented Country Logan Coney 1–3 p.m. EARLY START! 3/3, 3/10, 3/17, 3/24, 3/31, & 4/7 SRCR 3–15 seats</p>	<p>641 Are You a Feminist? An Examination of the Four Waves of Feminism Rose Timbrell 1:30–3:30 p.m. 3/11, 3/18, 3/25, 4/1, 4/8 & 4/15 ARW 3–20 seats</p>	<p>648 Moonstruck: Our Fascination With and Connection to Earth's Nearest Celestial Neighbor Kay & Gary Nottis 1:30–3 p.m. 3/12, 3/19, 3/26, 4/2, 4/9 & 4/16 SRCR 7–12 seats</p>	<p>654 More (to) Poe LuAnn O'Connell 1–3 p.m. LATE START! 4/3, 4/10, 4/17, 4/24, 5/1 & 5/8 BILL #1 5–12 seats</p>
<p>636 Writing Your Hero's/Heroine's Journey S. E. Gilman 1:30–3 p.m. 3/10, 3/17, 3/24, 3/31 & 4/7 (5 sessions) BILL #1 7–14 seats</p>	<p>642 Geography of Pennsylvania Ben Marsh 2:30–4:30 p.m. 3/11, 3/18, 3/25, 4/8, 4/15 & 4/22 (no class 4/1) UCGC 10–25 seats</p>	<p>649 Crash Course on Well-Being Cheryl Newburg 2–3:30 p.m. 3/12, 3/19, 3/26, 4/2, 4/9 & 4/16 ARW 5–15 seats</p>	<p>655 Two Centuries of Song 2 Gary Boerckel 1:30–3 p.m. 3/13, 3/20, 3/27, 4/3, 4/10 & 4/17 ARW 5–25 seats</p>
<p>CLASSROOM LOCATION KEY: ARW Asbury RiverWoods BILL #1 and #2 Classrooms in the BILL office suite EBT East Buffalo Township Municipal Bldg. PLUC Public Library for Union County</p>	<p>643 Restorative Justice 2 Carl Milofsky & Sandra Elion 1–4 p.m. LATE START! 5/6 in BILL#1; 5/13, 5/20, 5/27, 6/3, 6/10 & 6/17 at SCI Coal Twp. (7 sessions) 3–7 seats</p>	<p>CLASSROOM LOCATION KEY: SCI Coal Twp. State Correctional Institute at Coal Township SRCR Spring Run Conference Room UCGC Union County Government Center</p>	<p>656 Explore Old Buildings–BILL Style! Bill Brobst 1:30–4:30 p.m. LATE START! 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8 & 5/18 (8 sessions) On location 6–16 seats</p>



Grow Your Mind!

2025

WINTER/SPRING TERM

PROGRAM CATALOG

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

COURSE REGISTRATION

Begins at 11 a.m.
MONDAY, FEB. 3,
 2025

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

COURSES
 BEGIN THE WEEK
 OF **MARCH 10,**
 2025

www.bucknell.edu/lifelonglearning

115 Farley Circle, Suite 111
 Lewisburg, PA 17837

(p) 570-522-0105

(e) lifelonglearning@bucknell.edu

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OUR MISSION

The mission of the Bucknell Institute for Lifelong Learning is to engage adult learners from a wide range of educational backgrounds in creative and intellectual activities that expand their horizons, invigorate their minds, stimulate curiosity and the joy of learning, and provide opportunities for social interaction. Members participate in Institute courses and other educational opportunities that reflect Bucknell University's commitment to liberal education. The Institute endeavors to involve all participants in active learning, where ideas, interests, and life experiences are shared.

BILL IN MISSION WITH BUCKNELL UNIVERSITY

As part of its stated mission, Bucknell University “educates students for a lifetime of critical thinking and strong leadership characterized by continued intellectual exploration, creativity, and imagination.” In 2009, the university and a number of retiring faculty and staff created “BILL,” an Institute for Lifelong Learning to offer the kinds of rich and stimulating liberal arts experiences valued on campus beyond its walls.

BILL was established under the Office of the Provost, then led by Mick Piper-Smyer. A psychologist who focused on issues of aging, Mick recognized the potential BILL offered to positively impact the lives of mature learners, offering them “mental activity to long-term well-being.” In 2016, Provost Barbara Altmann wrote that BILL participants “are modeling what we hope to inspire in all our undergraduates — an investment in

lifelong learning, and an analytical engagement with the world around us.” Five years later, Provost Elisabeth Mermann-Jozwiak echoed that sentiment when she addressed lifelong learning as a goal for undergraduate education in a Special Presentation for BILL.

In July 2024, a new provost joined Bucknell: Wendy Sternberg. As a faculty member and researcher, as well as a university administrator, Wendy observed that “BILL models the ideal of a lifelong commitment to personal growth through the acquisition of knowledge. BILL provides members of the greater Bucknell/Lewisburg community access to opportunities to continue engaging with novel ideas and new ways of thinking and knowing, and developing new skills for adapting to an ever-evolving world.”

THE BILL ENDOWMENT: A FOUNDATION FOR THE FUTURE

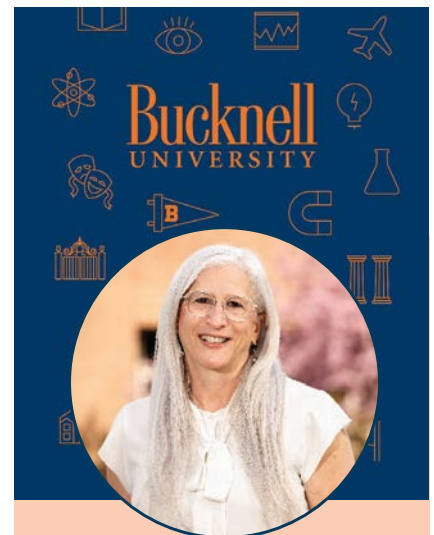
Since BILL’s inception, the program has relied on paid memberships, course tuition and annual donations to fund our modest operating budget. Now there is an additional way to support BILL.

In celebration of BILL’s 15th anniversary, the steering committee is excited to announce that BILL has established an endowment through Bucknell University, with commitments of more than \$47,000 to date.

The BILL endowment will help underwrite program operating expenses and it will be actively managed as part of Bucknell’s overall endowment portfolio.

Our short-range goal is to raise at least \$100,000 over the next few years, and thanks to several generous donors, we are off to a great start!

If you are interested in learning more about the endowment, please contact Bob Kallin at rkallin56@gmail.com for more information. Be assured that all conversations are confidential. Thank you for your consideration as we work together to sustain and strengthen BILL through the next 15 years and beyond!



Don’t miss Wendy’s public Special Presentation for BILL on March 11: **Psychology of Pain.** She looks forward to this opportunity to share her academic world with a new audience – the members and friends of BILL!



“So I sent in my evaluations...

But that doesn’t really cover the total value of the program and the friends and connections we make. For instance: I took the needle felting course and someone who belongs to a weaving guild is connecting me to a felting group they are starting. There are so many friendships and connections made through BILL programs.”

~Nancy Ward

BILL MEMBERSHIP

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

COURSE REGISTRATION

begins at 11 a.m. on Feb. 3, 2025

Registering for classes is easier if your BILL membership is already active. Why wait until registering for classes? Renew or join BILL now.

If you are a former BILL member, go online to <https://reg138.imperisoft.com/Bucknell/Login/Registration.aspx>. Enter your username and password. Every BILL member has an account online. If you do not remember your username or password, use the [Click here to reset](#) link at “Forgot your username and/or password?” and follow the directions on the screen for recovering your login information. You can also use the form at the end of this catalog (p. 28) to mail your membership and/or course requests, or simply contact the office for assistance with purchasing your membership renewal. Financial aid scholarships are also available; contact the BILL office to inquire about a scholarship.

MEMBER BENEFITS

Since BILL began in 2009, it has been enriching the lives of adults throughout the Susquehanna River Valley and beyond. There are many reasons to *Grow Your Mind* with a BILL membership.

Here are just some of the benefits you can enjoy with your annual subscription:

- 1. New learning.** Academically rich courses without tests or grades. Behind-the-scenes tours and attractions. One-time lectures over refreshments. Members can register for one or more courses to explore topics with other mature learners in a relaxed and friendly setting. You can explore local gardens and museums in small-group tours. Special Presentations provide opportunities to hear from current and retired professors and industry leaders about specialized research, studies and subject matter.
 - 2. Shared interests.** BILL courses are led by volunteers. Share your passion and expertise in a subject and expand your knowledge with the stimulating discussions and perspectives sure to arise. Armchair Travel slideshows welcome members to recount their experiences and past travel with photos enjoyed by others who want to see and hear about those visits. Members can also share announcements about organizations, activities, concerts, book groups, lectures and presentations likely to interest BILL members, sent in BILL coordinator emails listing upcoming events.
 - 3. Enriched relationships.** BILL activities generate conversations around the dinner table, in a phone call or over lunch. Couples, siblings and family members often register together, and many friendships grow out of BILL activities. The BILL Facebook page is open to postings by members. Each term includes a member reception – a social celebration included in membership. Guests may attend at an added individual cost.
 - 4. Additional opportunities for learning.** Enjoy borrowing privileges from Bucknell’s Bertrand Library and special invitations to campus readings, book groups, luncheons, exhibits and special events. BILL allows members to reserve a conference room to extend the learning after classes end, such as watching a movie together, meeting to discuss books or continuing as a writing group.
 - 5. Travel with BILL.** Watch for emails as we organize small-group international tours with a travel company dedicated to adventurers over the age of 55. Usually one or two trips are planned each year, and spaces fill quickly.
- Why not try something new? As we grow older, life can sometimes feel isolating. BILL provides constant chances for encountering different perspectives, exploring unfamiliar topics, and engaging with others in a supportive environment where you learn together. Whatever your prior educational experience, these programs really are for you!



TRAVEL WITH BILL

Trips and tours offer a different kind of engaged learning for BILL members and friends.

BILL International Trips

Go beyond the typical tourist experience to include meaningful contact with local people and their daily lives. BILL offers one or two of these international adventures annually. Two groups from BILL will leave at the beginning of 2025, one in January and a second in February, to embark on Overseas Adventure Travel's Route of the Maya, organized by BILL course leader and world traveler, Thom Travis. In the meantime, you can check out our Facebook group posts to see the fun and unique experiences our members enjoy.

Watch your inbox for surveys of travel interests and announcements of upcoming trips. The groups are limited in number to make the experience as rich as possible, and reservations quickly fill the capacity set by OAT.

Local Treasures and Tours

Meaningful learning can happen anywhere, and Central Pennsylvania is rich with opportunities to expand our knowledge and understanding. Throughout the year, BILL organizes a number of special small group tours to local museums, Bucknell campus facilities, nearby arboretums, historic homes, and art exhibits. BILL members have participated in floating classrooms on the Susquehanna River, nature walks and teatime lectures on notable local figures. Sometimes tied to course content or an educational activity requested by members, these periodic outings are arranged by BILL volunteer Janice Butler and promoted by email and on Facebook. Look for details about a day trip to the PA Farm Show on January 8 and a behind the scenes look at the Weis Center for the Performing Arts on January 24, a visit to the Bucknell Animal Behavior Lab on February 13, and an April walking tour in Milton. Members are given priority registration, but often there are a few spots for friends.

Register in our online program pages, which you can link to from Bucknell.edu/lifelonglearning.

ARMCHAIR TRAVEL

Perhaps you have a bit of wanderlust, craving a tour to visit people and places you've only dreamed about. BILL's Armchair Travel may be just what you need. Or, maybe you have photos, albums, and a few memories of things you've seen that you would love to revisit and share with others? Instead of leaving those photographs to collect dust or sit unseen in a box, show them off!

Armchair Travel is a series of free programs by and for BILL members. From penguins in Antarctica to the wild animals of the African Serengeti or the



myriad of birds found across the southern United States, from lost kings in Egypt to gondoliers of Venice, we've been treated to stories and photos that make these slideshows a popular member benefit.

This spring, BILL hopes to offer at least four new "trips" at the Public Library for Union County. The topic and presenter will be announced in the weeks before each event, so watch your email inbox for your invitation to embark on these photo adventures. Each presentation lasts approximately an hour, with time for questions and discussion immediately following.



PROGRAM LOCATIONS

THE BILL OFFICE is located at 115 Farley Circle, Suite 111 in Lewisburg, in the Spring Run business community off Reitz Boulevard (running between Routes 45 and 192). The BILL office entrance is in the first building, through the double-door entrance, second from the left. Look for the yellow sign with the BILL tree icon, which is on the outside wall beside the front door.

BILL #1 and **BILL #2**

Two BILL office classrooms (BILL #1 and BILL #2) are located inside the BILL office suite. The Spring Run Conference Room (**SRCR**) is located in a smaller building in the business complex, with its own parking lot facing Farley Circle.

Other locations are generously provided by community hosts. Please consider expressing gratitude for this hospitality if you visit one of these organizations.

ARV– Asbury RiverWoods Senior Living Campus
270 RidgeCrest Circle, Lewisburg

BVLV– Buffalo Valley Lutheran Village Common
6 Tressler Blvd, Lewisburg

EBT– East Buffalo Township Municipal Building
589 Fairground Rd, Lewisburg

PLUC– Public Library for Union County
255 Reitz Blvd, Lewisburg

SCI Coal Twp.– State Correctional Institution
at Coal Township
1 Kelley Drive, Coal Township, PA 17866

St. John's– St. John's United Church of Christ
Fellowship Hall
1050 Buffalo Rd, Lewisburg

UCGC– Union County Government Center
155 North 15th St, Lewisburg

Register online through www.bucknell.edu/lifelonglearning

VISIT OFTEN!

FIND BILL ONLINE

www.bucknell.edu/lifelonglearning

In BILL's webpages at Bucknell, you will find information about the program, upcoming Special Presentations, how to propose a new class, volunteer opportunities and BILL policies. From there, you can also join BILL, register for classes and programs and make donations. Visit often!

The BILL Facebook Group


 BILL invites you to connect with us on Facebook. There you can find reminders and updated announcements about classes and special events. Facebook group members are welcome to post photos from their classes, comment on presentations, share posts and invite others who might be interested in our programs. To follow the Bucknell Institute for Lifelong Learning public group, go to

<https://www.facebook.com/groups/357468110973640/>.



ZOOMING WITH BILL



Since the fall of 2020, BILL has included a small number of courses to meet exclusively online, via Zoom. Participants from these classes specifically praise the fellowship and discussion the Zoom format allows and remark on the value of the accessibility, convenience and interactive aspects of these classes. Look for the “Online, via Zoom” icon  next to course titles to find this wonderful option for connecting and learning with BILL from wherever you are. Additionally, some classes that meet in person can utilize the Zoom tool to include one or two members who need to attend from another location. If you are in this situation, please contact the office to see if this option is available for the courses you want to take.

COURSES THIS SPRING

BILL courses remain the core of our educational programming. Most classes meet weekly, for six sessions, unless otherwise specified. BILL offers courses that meet in person and some that meet online, via Zoom. If you are interested in a class being taught in person but are unable to physically attend, please contact the BILL office to discuss if an alternative arrangement, such as attendance by Zoom, might be arranged.

The tuition for each BILL course is \$60; exceptions and any additional fees for supplies are noted. Course details are subject to change and updated online in our registration pages.



Religious holidays and observances

BILL members include adult learners from a wide range of backgrounds, traditions and beliefs. That means that some people will miss classes on particular religious holidays. Please let the BILL office and your instructor know if a class meeting conflicts with your observance of a religious holiday, so that accommodations may be made.

COURSE LISTINGS AND DESCRIPTIONS

MONDAY 10–noon
Mar. 24–May 5

COURSE #631

THE HIDDEN POWERS OF PLANTS

COURSE LEADER: **IRMGARD SEIDL-ADAMS**

3/24, 3/31, 4/7, 4/14, 4/28 and 5/5

LATE START!

Public Library for Union County | 10–20 participants

Have you ever wondered: Why does a milkweed plant produce so many individual flowers but just a handful of seed pods? Why do sunflowers produce lots of seeds from one flowerhead while horse chestnuts produce few? Why do some trees have furrowed bark, while others have smooth or even peeling bark? Why are some plants poisonous?



If these are questions that you have asked yourself, we will try to find answers in this course. In particular, we will look at key events in the life of a plant like pollination, fruit set, seed dispersal, seed germination and wounding. We will learn about the different but still optimized responses to a complex environment that plants have developed in the course of evolution to survive as a species, and how humans have used some of these responses for their own applications, like self-cleaning surfaces and medicines.

Each session will consist of a PowerPoint presentation, looking at plant structures, and class discussions like what would the “optimal” plant look like. No previous plant knowledge is required, just an openness to let yourself be surprised and intrigued by the natural world around you. An optional presentation on the spring flowers of Dale’s Ridge and a walk to see some of them will be offered.

IRMGARD SEIDL-ADAMS has been interested in plants – picking flowers, starting an herbarium collection, photographing flowers and observing their insect visitors – for as long as she can remember. After moving to the U.S. and starting a family, she went back to school and earned her master’s in biology from Bucknell, followed by a doctorate in plant science from PennState. For the last 15 years of her career, she investigated interactions of plants and insects at the Institute for Chemical Ecology at PennState.

MONDAY 10–noon
Mar. 10–Apr. 14

COURSE #632

SELECT MILITARY INNOVATION IN THE INTER-WAR YEARS, 1918-1939

COURSE LEADER: **JOSEPH FISCHER**

3/10, 3/17, 3/24, 3/31, 4/7 and 4/14

BILL #1 | 5–13 participants

With the legacy of WWI being one of either extremely bloody success or of extremely bloody failure, the conflict propelled the militaries of the world's dominant powers to find a way to quick victory should war come again. The approach each nation took depended on its sense of strategic problem. Germany, France and the Soviet Union saw their primary problem as being that of land warfare. Seeking to avoid trench warfare, the Germans developed a dynamic, de-centralized, maneuver-centered, tactical doctrine labeled as “Blitzkrieg” (lightening war). Japan and the United States accepted that a war between them in the Central Pacific was within the realm of possibility. While each entered the war believing the battleship to be the dominant vessel on the high seas, both had given considerable thought and money to the building of their naval aviation capability. It was in this area that the war in the Pacific was decided.

Through lectures, discussions and films. Students will explore developments in land, sea, air and psychological warfare. Classes may run from 90 minutes to two hours.

REQUIRED TEXTS/MATERIALS: Murray, Williamson and Millett, Allan R. eds. *Military Innovation in the Interwar Period*. Cambridge, UK: Cambridge University Press, 1998.

JOSEPH R. FISCHER graduated from Shikellamy High School, Class of 1971. He served 28 years in the U.S. Army, first as an Infantry officer before volunteering and being accepted into Special Forces. He retired in 2005 after completing a tour of duty in Iraq. He received a doctoral degree in history from Pennsylvania State University (1993). His teaching experience includes seven years in the public schools (Shikellamy and Lewisburg), three years as an assistant professor of history at the United States Military Academy, West Point, N.Y., and eleven years as a teacher of military history at the U.S. Army Command and General Staff College, Fort Leavenworth, KS. He retired at the academic rank of full professor in 2015 and returned home to the Susquehanna Valley.

MONDAY 10–noon
Mar. 10–Apr. 14

COURSE #633

AMERICA'S FIRST LADIES

COURSE LEADER: **BARB YORKS**

3/10, 3/17, 3/24, 3/31, 4/7 and 4/14

Spring Run Conference Room | 5–15 participants



This course will explore the lives of America's First Ladies. These ladies are a diverse group, varying in age, social background, wealth, education, religion, avocations, ideology and belief, and attitude toward their position. We will look at the historical context of First Ladies to help explain her attitudes and roles. The frustrations and challenges, as well as the satisfactions and benefits of serving as the First Lady will be discussed. How each woman defined her role, whether as a subordinate or co-equal to her husband, homemaker and hostess, or policy-maker and champion of political and social causes will be explored. The dynamics between each lady and her husband and between her and the American public will be described.

Each week, we will focus on several First Ladies' stories with an emphasis on how they responded to their historical social contexts. Some of the First Ladies who will be highlighted include Abigail Adams, Mary Lincoln, Bess Truman, Eleanor Roosevelt, Jackie Kennedy, Barbara Bush, Hillary Clinton, Michelle Obama, Jill Biden and Melania Trump.

Class sessions will include a mixture of lecture, discussion and video clips.

BARBARA YORKS, M. Divinity, D. Ministry. Yorks earned her bachelor of arts in English from Bucknell in 1976. She has served as a United Methodist pastor in various settings and Interim Pastor at First Presbyterian Church in Lewisburg. Barb leads retreats, presents first-person narratives of influential women and has taught many courses on women and literature for BILL.

MONDAY 1–3 p.m.
Mar. 10–Apr. 21

COURSE #634

AMERICAN FOREIGN POLICY 2025

COURSE LEADER: **THOM TRAVIS**

 **ONLINE, VIA ZOOM**

3/10, 3/17, 3/24, 3/31, 4/7, 4/14 and 4/21 (7 sessions)
8–22 participants

The course will focus on eight issues of American foreign policy presented in the *Great Decisions* booklet published by the Foreign Policy Association. The 2025 booklet topics are: American foreign policy at a crossroads; U.S. changing leadership of the world economy; U.S.-China relations; India: between China, the West and the Global South; International cooperation on climate change; the future of NATO and European security; Artificial Intelligence and American national security; and American foreign policy in the Middle East.

Additional readings will sometimes be recommended from newspapers or periodicals by the instructor or class members.

One or two of these topics will be discussed in each class. The discussion will concentrate on the U.S. foreign policy options, opportunities and difficulties and which policy should be chosen. Class will proceed primarily by discussion, with little lecture by the instructor.



REQUIRED TEXTS/MATERIALS:

Students should immediately purchase *Great Decisions 2025* at fpa.org. The booklet is usually received within a week after ordering it on line.

It is recommended that students stay informed about current events by reading *The New York Times*, *Washington Post* and/or *Wall Street Journal*, and/or the magazines of Foreign Affairs or Foreign Policy.

Expectations of Participants:

Computer Literacy/Access, Email

THOM TRAVIS was a professor of international relations and political science at Bucknell University for 33 years. He founded the International Relations Program there and chaired it for 27 years. He received three teaching awards from the university. He has traveled to 120 countries and studied or taught in Italy, Russia and India. Thom has taught classes for BILL since 2010 and chaired the BILL curriculum committee for eight years.



“Since its inception, I have greatly enjoyed offering courses, taking courses, attending Tea & Talk programs and Armchair Travel sessions. The overall quality of the programs is high, the subject matter generally interesting and the presenters well prepared. BILL has given me many years of stimulating interaction, some very good times and a chance to engage in a number of topics about which I had little previous experience. It has made the Lewisburg neighborhood a wonderful place for me to spend my years of advancing decrepitude.”

~Gary Sojka

MONDAY 1–3 p.m.
Mar. 3–Apr. 7

COURSE #635

ISABEL ALLENDE'S INVENTED COUNTRY

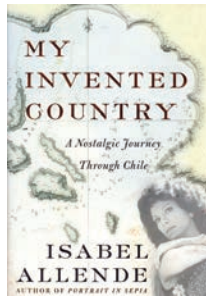
COURSE LEADER: **LOGAN CONEY**

3/3, 3/10, 3/17, 3/24, 3/31 and 4/7

Spring Run Conference Room

3–15 participants

EARLY START!



Born in Peru and reared in Chile, Isabel Allende watched as her country was torn to shreds in 1973 when a military coup led by Augusto Pinochet and orchestrated by the CIA, burned buildings, schools and homes and spread panic across the landscape of her youth.

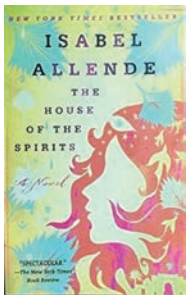
Allende watched as her uncle, Salvador Allende, then President of Chile, was held in the presidential palace during the coup and eventually committed suicide.

Soon after, Isabel fled to Venezuela where she lived for the next 13 years and wrote her first novel *The House of the Spirits*, the novel that was intended to exorcise the ghosts of Pinochet.

This class will read and discuss a pairing of Allende's memoir *My Invented Country* and *The House of the Spirits*.

We will follow the path Allende traveled from childhood in Peru to Chile and finally to the US and how that path led to the huge literary success that is *The House of the Spirits*.

Join me as we explore in depth the life and writing of this memorable Latin American author.

**REQUIRED TEXTS/MATERIALS:**

My Invented Country ISBN 0-06-054567-4

The House of the Spirits ISBN 978-0-553-38380-5

Notebook and writing tool

Expectations of Participants:

Computer Literacy/Access, Email,
Some writing will be required.

LOGAN CONEY spent 20 years in education in various capacities. Her experience extends to teaching reading and English in alternative educational settings, middle school and high school, including college placement and advanced placement courses.

MONDAY 1:30–3 p.m.
Mar. 10–Apr. 7

COURSE #636

WRITING YOUR HERO'S/HEROINE'S JOURNEY

COURSE LEADER: **S. E. GILMAN**

3/10, 3/17, 3/24, 3/31 and 4/7 (5 sessions)

BILL #1 | 7–14 participants

It may seem like hubris to say that each one of us is in the center of the universe, but no one has quite lived the life we have, and when it comes to our end, only we know what we have lived and the trail left behind. This singular existence bears some take-away knowledge of story and myth, universal yet particular, as understood by story-tellers, mystics, myth-makers, and scholars like Joseph Campbell, Maureen Murdock, Carol Pearson, Jean Houston, and others. In this class we'll be writing, listening, doing our own bit of storytelling (voluntarily of course) of phases of our Hero's/Heroine's Journey.



REQUIRED TEXTS/MATERIALS: Imagination, memory, paper and a favorite writing instrument

Expectations of Participants: Computer Literacy/Access, Email, Lots of writing will be required.

S. E. GILMAN's short fiction appeared in *Common Bonds: Stories by and About Modern Texas Women*, *Permafrost*, *Hawaiian Review*, *Stone Drum*, *Oxford Magazine*, *Modern Words*, and others. Her recent poetry has appeared in *Meat for Tea*, *Word Fountain*, and other small press magazines since the 1970s. She writes occasionally in the *Daily Item* column "Forward Thinking". She has taught writing and literacy tutoring in a variety of contexts – in universities, community settings, at a correctional institution and on reservations. Native to Galveston, Texas, she has also lived in N.H., California, and now, semi-"rewired," in Pennsylvania.

TUESDAY 10 a.m.–noon
Apr. 1–Apr. 22

COURSE #637

WELLNESS NATURALLY 3.0: LET’S GET BACK INTO THE WOODS

COURSE LEADERS: **SUZANN SCHIEMER and RON HAAS**

4/1, 4/8, 4/15 and 4/22 (4 sessions) **LATE START!**

Montour Preserve Visitor’s Center/Environmental Education Center

4–10 participants

Wellness Naturally 3.0: Let’s Get Back Into the Woods has arrived. This will be a four-class offering exploring four NEW themes of nature-based wellness connection supported by research and practical experience. Each class will consist of an indoor classroom segment (presentation and discussion) and outdoor experiential learning activities.

NEW class themes will include: Awe in the Woods, Gratitude in the Woods, Reciprocity in the Woods, and one mystery theme to be determined at a later time. Also, NEW will be the location of this course. We will be meeting at the Montour Preserve Visitors’ Center/Environmental Education Center in Danville.

Students will need weather-appropriate clothing and accessories (sunglasses, sunscreen, etc.) for outdoor experiential learning activities. This is not a physically demanding course. Class activities are low-impact, slow-paced, and cover short distances.

Participants are required to have access to email.



REQUIRED TEXTS/MATERIALS:

Although no text is required, students are encouraged to select any ONE of the following resources to read and prepare for class:

- Keltner, Dacher. *AWE: The New Science of Everyday Wonder and How It Can Transform Your Life*
- Kimmerer, Robin Wall. *The Service*

COURSE PREREQUISITE:

This course is the third-level installment of the BILL course Wellness Naturally: More Than a Walk in the Woods (which is a prerequisite for enrolling in this class). Wellness Naturally: More Than a Walk in the Woods has been taught previously under the course numbers 500, 534, 538, 571, and 612. Students who register for this third-level BILL course should have already completed one of the five sections listed above.

SUZANN SCHIEMER is a certified Forest Therapy Guide with the Association of Nature and Forest Therapy Guides and Programs (ANFT) and a Pennsylvania Master Naturalist. She has provided forest bathing walks, as well as nature and wellness presentations/walks for a variety of state and county parks, nonprofit organizations, universities and private landowners. She has also contributed to a number of books and professional development courses on the subject. Prior to becoming a certified guide, Suzann taught health and physical education in the Bloomsburg Area School District for 36 years and was a consultant for the Pennsylvania Department of Education and a national instructor for the American Master Teacher Program, Physical Best Fitness Education Program and Fitnessgram Assessment Program.

RON HAAS retired in 2012 after working 35 years with the Pennsylvania Game Commission. During that time, he enjoyed and benefited from daily interactions with the natural world. Since retirement, Ron has shared his professional knowledge and skills in numerous nature-based wellness walks. He has attended the International Forest Bathing Conference and SHIFT Festival – Nature as Medicine and other professional development opportunities as he continues to expand his knowledge of nature-based wellness.

TUESDAY 10:30 a.m –noon
Mar. 11–Apr. 15

COURSE #638

GET THAT GUITAR* FROM UNDER THE BED... AND LEARN BY EAR

***OR FIDDLE/VIOLIN, MANDOLIN, BASS, UKE**

COURSE LEADER: **CARL KIRBY**

3/11, 3/18, 3/25, 4/1, 4/8 and 4/15

Spring Run Conference Room | 3–15 participants

This course is for beginners who have played some but maybe not much recently. You need to be able to 1) sing “do re mi fa sol la ti do” and 2) play a scale or some chords on a stringed instrument (guitar, bass, violin family/fiddle, mandolin, ukulele) that you can bring to class. Bring a smart phone for several uses.

You can expect to:

- learn three to five songs or tunes by ear.
- sing, hum, and play in front of your classmates.
- learn a little music theory.
- discuss the challenges and advantages of learning by ear.
- discuss books on how people get really good at something (like music), and see why continuing to learn to play is not just for the young!
- help each other in small groups.
- explore what kinds of practice will be most effective for you.

REQUIRED TEXTS/MATERIALS:

The Immutable Laws of Brainjo, Josh Turknett, 2020.

NOTE: If you can't find the paperback, try <https://clawhammerbanjo.net/the-immutable-laws-of-brainjo-the-art-and-science-of-effective-practice/> for a free copy.

Peak: Secrets from the New Science of Expertise, Anders Ericsson and Robert Pool, 2017

A stringed instrument. A smart phone if possible.

Expectations of Participants: Email.

CARL KIRBY taught geology and geochemistry at Bucknell for 29 years. He also had another life. Starting in school as a trombonist, he moved into several genres of acoustic music on guitar, acoustic bass, fiddle and mandolin. He has been in about a dozen bands and many jam sessions featuring folkly stuff, old country, Appalachian old-time, bluegrass, swing, Celtic, and jazz. Carl loves to share ideas and practices with other musicians.

TUESDAY 10:30 a.m –noon
Mar. 11–Apr. 15

COURSE #639

MADAME BOVARY: PORTRAIT OF A DESPERATE HOUSEWIFE

COURSE LEADER: **ELAINE HOPKINS**

3/11, 3/18, 3/25, 4/1, 4/8 and 4/15

BILL #1 | 5–12 participants

Madame Bovary is one of the best-known novels ever written in any language. It has been called a perfect novel and its publication in 1857 changed French literature forever. The novel, by Gustave Flaubert, is a portrait of a young woman, her marriage, and the society in which they live. Emma Rouault is the naïve daughter of a farmer who was raised in a convent in rural Normandy. She reads sentimental romantic novels and dreams of marriage as a whirlwind adventure with a dashing and passionate man. But Charles Bovary is not the hero of a romantic novel, and Emma's disappointment with her boring middle-class life leads her to look for love and excitement in ways that lead to disaster and tragedy.

Flaubert is known for his beautiful prose and his attention to detail. This novel tells a sad story, but it does so with exceptional artistry. It is a probing psychological study of a woman, an especially difficult task for a male author to get right. And it is a searing portrait of French provincial bourgeois society in the 1830's and 40's. Emma Bovary is no feminist icon, but is she no more than a victim? Can we understand her choices given the constraints of her time and her gender? What responsibility should be assigned to Charles and the other men in Emma's story? What relevance does this novel have in 2025? Let's figure it out together.

REQUIRED TEXTS/MATERIALS: *Madame Bovary*, trans. by Francis Steegmuller, Vintage Classics, 1991

Expectations of Participants:

Computer Literacy/Access, Email.

ELAINE HOPKINS taught French language and literature at Bucknell for 19 years, served 13 years as associate dean of Arts & Sciences, and then went back to teaching for three years before retiring. She taught a number of courses on 17th-, 18th- and 20th-century literature, as well as on the literature and culture of Quebec and on higher education.

TUESDAY 1–3 p.m.
Mar. 11–Apr. 15

COURSE #640

**THE DAY WE LOST THE BAY CITY:
THE 1906 SAN FRANCISCO EARTHQUAKE AND
THE BIRTH OF MODERN EARTHQUAKE SCIENCE**

COURSE LEADER: **GARY NOTTIS**

3/11, 3/18, 3/25, 4/1, 4/8 and 4/15

Spring Run Conference Room | 5–15 participants

At the turn of the 20th century, San Francisco, California was among the wealthiest and most influential cities on the Pacific Coast. The Bay City was the eighth largest metropolitan area in the United States, with a population over 400,000. San Francisco was also the economic center of the western United States, due largely to mining and railroads. However, in the early morning hours of April 18, 1906, that all changed.

At 5:12 a.m., a powerful earthquake originated just offshore from San Francisco, on a segment of the San Andreas fault. It struck without warning and rattled all of coastal northern California. In the Bay City, the shaking was violent, heavily damaging buildings and infrastructure. Immediately afterwards, fires broke out that swept through the city and burned for the next three days. An estimated 80% of San Francisco was reduced to ruins and ashes. Over 3,000 residents were killed and more than 225,000 were left homeless.

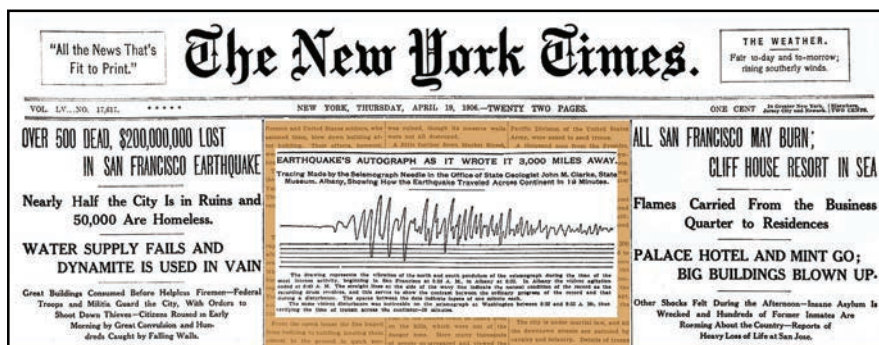
Shortly after the disaster, the governor of California appointed an eight-person commission to study the earthquake and its impacts. A full report released by the commission, with contributions from more than 25 scientists and engineers, set a standard for post-earthquake investigations, spawned further studies, and inspired many researchers to develop techniques and tools that have advanced our knowledge of earthquakes and how to mitigate their impacts, for decades afterward.



This six-week course will examine the 1906 San Francisco event, early discoveries made about it, and how those findings gave birth to modern earthquake science. As these aspects are examined, course participants will gain an appreciation for how earthquakes occur, how they are detected and described, efforts to prepare for them and their impacts, and the possibility of earthquake prediction and forecasting.

Expectations of Participants:

Computer Literacy/Access, Email



GARY NOTTIS earned his bachelor's degree in geology, with honors, from Bucknell University. During his time at Bucknell, he worked for several semesters as a teaching assistant in the Department of Geology, as well as the education department. Professionally, Gary was employed by the New York State Geological Survey (NYSGS) for 16 years to study earthquakes. He is a recognized authority on the historical earthquakes of eastern North America and has served as an adjunct instructor with FEMA's Emergency Management Institute, Emmitsburg, Md. in regards to earthquake education. Gary's other scientific interests include geomorphology, geohazards and astronomy.

TUESDAY 1:30–3:30 p.m.
Mar. 11–Apr. 15

COURSE #641

**ARE YOU A FEMINIST?
AN EXAMINATION OF THE FOUR
WAVES OF FEMINISM**

COURSE LEADER: **ROSE TIMBRELL**

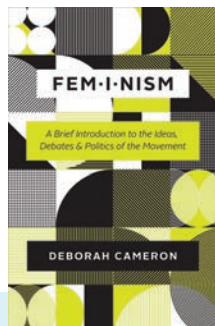
3/11, 3/18, 3/25, 4/1, 4/8 and 4/15

Asbury RiverWoods | 3–20 participants

Using the text *Feminism: A Brief Introduction to the Ideas, Debates & Politics of the Movement* by Deborah Cameron as the frame of the course, we will examine the four waves of feminism, the effects of each wave in terms of women's rights, work, sex and culture. Literary excerpts from Sappho, Bronte, Wolfe, Friedan, Steinem, Watkins/Hooks, Angelou, Lorde and more will be used to examine the authors' views and as a tool for reflection and discussion about our own views of feminism.

REQUIRED TEXTS/MATERIALS:

Feminism: A Brief Introduction to the Ideas, Debates & Politics of the Movement,
Deborah Cameron
ISBN-13:978-0-226-62062-6



ROSE TIMBRELL

retired after 40 years teaching German and English at the high school and college levels. The final and best years for her were the last 20, teaching for the Department of Defense schools in Stuttgart and Wiesbaden, Germany, first in the Distance Learning Program and then face-to-face in the classroom. Just prior to her retirement, she was selected as DoDS East 2018-2019 Teacher for the Year. Rose has also taught German and German literature in translation at East Stroudsburg University, Northern Lehigh High School and Gulf High School in New Port Richey, Fla. She looks forward to working with BILL students and engaging in discussions relating to history, culture and literature.

TUESDAY 2:30–4:30 p.m.
Mar. 11–Apr. 22

COURSE #642

GEOGRAPHY OF PENNSYLVANIA

COURSE LEADER: **BEN MARSH**

3/11, 3/18, 3/25, 4/8, 4/15 and 4/22 (no class on 4/1)

Union County Government Center | 10–25 participants

Pennsylvania is one of the richest, most diverse, and most dynamic landscapes in the US. It is also, in places, one of the most poor and parochial.

In this course we will use the exemplary landscape of Pennsylvania to learn about the field of geography and about our home state. The field of geography provides powerful tools to understand how people live in their worlds.

We will approach Pennsylvania thematically, as a typical human geography textbook would: what resources are available on the land, which people came to use those resources, how they adapted to that land, how they earn livings, how they created full social lives, what the land came to mean to them, how their towns are shaped and used, and so forth.



Here is a tentative list of topics:

- What does geography do?
- Cultural / symbolic landscapes
- The physical land we live on, as an organizing principle
- The pre-European world
- Immigration, ethnicity and identity
- Organization of the industry and the economy
- The shape of our towns and cities
- The car, freeways, and the modern city
- Mapping class, race, power, gender

NOTE: Class will not meet at the Union County Government Center on Apr. 1. However, an optional alternative activity may be offered for that date.

BEN MARSH is professor emeritus of geography and environmental studies at Bucknell University where he taught about human ecology, mapping, and Pennsylvania landscapes. Raised in central Pa., he has taught and written extensively about the state, including co-authoring chapters in *A Geography of Pennsylvania* and in *The Atlas of Pennsylvania*. He has previously taught BILL courses about mapping and about food and the environment.

TUESDAY 1–4 p.m.
May 6–June 17

COURSE #643

**RESTORATIVE JUSTICE 2:
AN INSIDE/OUT COURSE**

COURSE LEADERS:

CARL MILOFSKY and SANDY ELION

LATE START!

5/6 in **BILL #1**;

5/13, 5/20, 5/27, 6/3, 6/10 and 6/17 in **SCI Coal Twp.**

7 sessions | 3–7 participants

This is an Inside/Out course where most course meetings will happen at the State Correctional Institution/Coal Township. It is a follow-up for the Restorative Justice course offered in the 2024 Fall term (BILL # 618). Students who participated in BILL 618 will be given preference for enrollment, although enrollment in the previous course is not required.

The first class meeting on May 6 will be held in Lewisburg in the BILL office classroom and will be an orientation class. Classes from May 13 to June 17 will be held at SCI Coal Township and will include prisoners (who we call “insiders” in contrast to BILL students who are “outsiders”). Sandy and Carl have partnered to lead several insider groups in prison and several semesters of Inside/Out classes through BILL.

Restorative justice is the process by which people who have been subject to trauma reconstruct the story of individuals’ traumas, engage the people who caused the trauma and, by engaging the offenders and cooperating with them, seek to come to terms with the trauma and to reduce its current impact on the lives of victims. While traumatic events experienced by individuals and initiated by an offender are an important focus, traumatic events happen in the contexts of community life. Restorative justice involves communities recognizing that offenses have occurred repeatedly and that the community has a responsibility to address and support resolution and reconciliation in terms of the traumatic events.



Restorative justice was suggested as the focus of our Inside/Out class by men living in the prison who were part of previous courses. Restorative justice is difficult in a prison because men who have been offenders generally cannot contact, interact with, or resolve life damages experienced by victims of crimes. However, restorative justice is important within the prison for managing conflict and inside men have read materials and discussed concepts related to restorative justice among themselves, in insider discussion groups.

Inside men will tell the class how they use restorative justice to manage conflicts that occur within prison. The class will also discuss how restorative justice has been used to address trauma in Northern Ireland and the importance of storytelling by both victims and offenders as a way of reconciling conflict between offenders and victims.

REQUIRED TEXTS/MATERIALS:

Howard Zehr, *The Little Book of Restorative Justice*

In addition to the required text by Zehr, selected chapters from *Justice From the Inside Up* by Felix Rosario (Living Justice Press) will be supplied by the instructors.

Expectations of Participants: Email, Some writing will be required, Cell phone or other means for making contact on class days.

NOTE: Students must submit forms to be screened and approved by the prison; they must adhere to rules about clothing and professional behavior.

WEDNESDAY 9:30-11:30 a.m.
Mar. 12–Apr. 16

COURSE #644

MEMOIR: FROM MEMORY TO MEANING

COURSE LEADER:

RACHAEL HUNGERFORD

3/12, 3/19, 3/26, 4/2, 4/9 and 4/16

BILL #2 | 5–12 participants

What was your first day of school like? Where did you go to feel safe when you were young? Who said NO to you when you were a child? Can you recall an adventure you had with an animal? Who is sitting quietly on the edge of your memory, waiting for you to remember her or him?

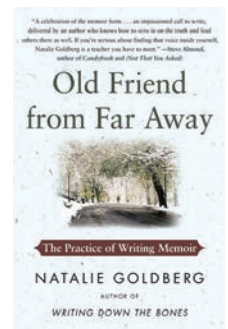
Your feet have taken you to many places. My goal with this course is to offer you the opportunity to own your own life, to remember the strengths you have and the memories you carry. I am most interested in story and helping people find their own: your story, your memories, your meaning.

Prompts and techniques will be offered weekly. Classes will include opportunities for sharing, but always as an option. Whether you are new to memoir or an experienced writer, you are invited to join us on this journey.

REQUIRED TEXTS/MATERIALS:

Old Friend From Far Away: The Practice of Writing Memoir by Natalie Goldberg

Writing tools and journal/notebook



SANDY ELION has a master's degree in education from the University of Iowa and received her bachelor's in child development from Connecticut College. She taught at the private West Branch School in Williamsport for 34 of her 37 teaching years, where she helped to lead the school as a curriculum designer and developer, filled the role of co-school director, and served as a board member. She was also very active in their theatre arts program. For 24 years she was an assistant varsity swim coach at Bucknell University. Wife of Carl Milofsky, Sandy was drawn into the SCI Coal Township, Inside/Out discussion group and has served as co-leader of the group, comprised inside and outside people, since Spring of 2022. She has co-taught the BILL Inside/Out class since the Fall of 2023.

CARL MILOFSKY see pg. 21



RACHAEL HUNGERFORD is professor emerita and retired chair of the education department at Lycoming College, where she also was a lecturer in women's studies. Every course she taught included a strong writing component. She is a certified Journal to the Self instructor and has led workshops at women's retreats, YWCAs, The Salvation Army, and Diakon counseling services. Over the past ten years, she has also conducted writing workshops at Penn Tech, the public library in Wellsboro and the James V. Brown Library in Williamsport. She continues to meet weekly in her home with a long-running writing group.

"I like that BILL courses give me exposure to areas in which I haven't had prior experience as well as more information about some in which I already have background."

~Carole Madle

WEDNESDAY 10-11:30 a.m.

Mar. 12–Apr. 23

COURSE #645

NOT-SO-BAD THINGS ABOUT AGING

 ONLINE, VIA ZOOM

COURSE LEADER: **GENIE GERDES**

3/12, 3/19, 3/26, 4/2, 4/9 and 4/23

(no class on 4/16) | 6–15 participants

People over 65 are the fastest growing age group in the United States and globally. Currently, the average 65-year-old man in the U.S. will live to be 84 and the average 65-year-old woman will live to be 87. This means that half the people live past that age—in fact, the percentage of people living to age 100 is increasing. Yet, most of us have aged without studying aging. We have lousy “longevity literacy.”

Of course, genetics and luck play a major role in our longevity and health. But so do controllable factors. In this course, we will first discuss our perceptions of what it means to be aging. Then, we will discuss the effects on our cognitive and physical health and our longevity of factors such as social connections, anticipation, gratitude, optimism, a sense of purpose, and—of course—lifelong learning.

We’ll focus on the good news about aging. We’ll discuss resources from the Stanford Center for Aging and its Longevity Project including their weekly newsletter, “Three Not-So-Bad Things on Aging and Longevity,” and their podcasts. Each week, the course leader also will provide links to some readable social science findings.



Our discussions will be enriched by our own ideas for how to augment the positive influences on aging.

Expectations of Participants:

Computer Literacy/Access, Email.

GENIE GERDES is professor emerita of psychology and dean emerita of Bucknell’s College of Arts & Sciences. She taught courses on social psychology and psychology of women as well as courses on higher education. Her research focused on discrimination against women and differences in men’s and women’s work roles and stress. She is chair of the BILL steering committee.



My first class hooked me. I have been a member of the first Advisory Committee and helped Ruth [Burnham] establish the newsletter. I led bus trips and organized art exhibits of members’ work. I would never have thought of myself as doing any of those things, but BILL opened up those opportunities and more for me. I learned a lot and formed many friendships along the way. BILL truly has grown my mind and enriched and changed my life. Happy 15th to BILL! Long may you flourish!

~Pat Bontinen

WEDNESDAY 10 a.m.–noon
Mar. 12–Apr. 16

COURSE #646

STARTING OVER

COURSE LEADER: **MARY BERNATH**

3/12, 3/19, 3/26, 4/2, 4/9 and 4/16

BILL #1 | 4–12 participants

Life is full of surprises, some good and some not. Whether it's a wonderful opportunity that presents itself or a disaster that strikes, we are faced with a decision: shall we stay put and make the best of things or shall we take a leap into the unknown and start over? All the characters we will meet in the literature we read in this course have decided to take a chance and to reinvent themselves. Their struggles and triumphs will encourage us to think about our own capacity to change and grow.



We'll read Fredrik Backman's best-selling novel *Britt-Marie Was Here* and shorter stories and essays by a cluster of authors that include Margaret Atwood, Jamaica Kincaid, Charlotte Perkins Gilman, and Jhumpa Lahiri. We'll also do some personal reflection and written responses to questions raised by the characters we meet.

Participants should purchase *Britt-Marie Was Here* by Fredrik Backman. Other readings will be provided by the instructor or available on the web for download.

REQUIRED TEXTS/MATERIALS:

Britt-Marie Was Here by Fredrik Backman.

Expectations of Participants: Computer Literacy/Access, Email, Some writing will be required.

MARY BERNATH taught literature and writing as an English professor at Bloomsburg University for 40 years, retiring in 2020. Besides teaching BILL courses, she is a regular writer of news features for *The Danville News*, *The Daily Item*, and *Inside PA* magazine.

WEDNESDAY 1–3 p.m.
Mar. 12–Apr. 9

COURSE #647

UNCONVENTIONAL CREATIVITY: ALTERED BOOKS

COURSE LEADER: **MARGARET SNOW**

+ \$20 art supplies

3/12, 3/19, 3/26, 4/2 and 4/9 (five sessions)

East Buffalo Township municipal building

4–15 participants

Books are beloved objects to almost everyone and indeed works of art themselves. However, consider the unconventional idea of using a physical book to create a work of art, does it send chills down your spine to consider pulling a page from a book or do you feel creatively inspired? This course will introduce students to the artistic medium of books as artworks, in particular "altered" books. Throughout this course students will gain a deeper understanding and appreciation for books and all their components as a medium for art making. Students will work with books they have selected which will result in an "altered" book through different artistic approaches.

In addition to discovering various artistic approaches to "altered" book art, students will study early versions of "altered" books, including Thomas Jefferson's Bible (pictured here) as well as a variety of artists working in this unique and unconventional medium.



Smithsonian National Museum of American History

ADD'L MATERIALS/EXPECTED COSTS:

An additional \$20 fee per student for supplies.

Expectations of Participants:

Computer Literacy/Access, Email, Some writing will be required.

MARGARET SNOW is a textile artist and a certified K–12 Art Educator with a bachelor of fine arts degree in textiles and art history. She has taught art in different Pa. school settings, including many art-related courses for the BILL program.

WEDNESDAY 1:30–3 p.m.
Mar. 12–Apr. 16

COURSE #648

**MOONSTRUCK:
OUR FASCINATION WITH AND CONNECTION
TO EARTH’S NEAREST CELESTIAL NEIGHBOR**

COURSE LEADERS: **KAY** and **GARY NOTTIS**

3/12, 3/19, 3/26, 4/2, 4/9 and 4/16

Spring Run Conference Room | 7–15 participants

“The Moon makes Earth unique, certainly in our solar system and possibly in the broader cosmos. It made us who we are, in ways that scientists are just beginning to understand...”

(Boyle, 2024, p. XVIII).



People have long been fascinated by and felt connected to the moon. They have stared hypnotically as tidal forces moved water, carefully planning military maneuvers. They have used the moon to plan the planting of their crops, attributed supernatural changes in humans to its effect, and even explained mental health changes with its variations. This golden orb that dominates the nighttime sky, has inspired stories, music, films, and art. How was our nearest celestial neighbor formed? How has it impacted life on Earth? How does it continue to inspire us? What secrets does it hold?

Drawing its inspiration from Rebecca Boyle’s book, *Our Moon* (2024), this six-week course will examine all things lunar, from the astronomical and geological to the mythological, literary, and artistic. As a co-taught course, instructors will take the lead on alternate weeks, using lecture, discussion, PowerPoints, and instructor-provided materials. Each class will examine a lunar topic ranging from the creation of the moon and its geology to its impact on the evolution of life to the art, music and literature that has been inspired by it.

KATHARYN E. K. NOTTIS is professor emerita in education at Bucknell University where she developed and taught a course on the teaching of science to teacher education majors, as well as courses on research, educational psychology, development, and gender. She has been a quantitative researcher in STEM areas, primarily geology, chemical engineering and astronomy. She received her doctorate in educational psychology from the State University of New York at Buffalo. Prior to coming to Bucknell she was the Education Specialist at the National Center for Earthquake Engineering Research.

GARY NOTTIS see pg. 12

Expectations of Participants:
Computer Literacy/Access, Email.

**2025
DATES
TO NOTE**

FEBRUARY 3: Course registration opens at 11 a.m.

WEEK OF MARCH 10: Spring classes begin

WEDNESDAY 2–3:30 p.m.
Mar. 12–Apr. 16

COURSE #649

CRASH COURSE IN WELL-BEING

COURSE LEADER: **CHERYL NEWBURG**

3/12, 3/19, 3/26, 4/2, 4/9 and 4/16

Asbury RiverWoods | 5–15 participants

What does it take to experience a sense of well-being? Psychologists, therapists, researchers, writers, and anyone else who likes to think about “why people are the way they are,” have tried to answer this question for years. So, let’s get into it!

In this course, we will explore the five basic elements of well-being, as described by Dr. Martin Seligman, a pioneer in the field of positive psychology. We will look at these elements from the perspective of research evidence, but also in terms of our own experiences. We will explore the role of:

- 1) positive emotion,
- 2) engagement,
- 3) relationships,
- 4) meaning, and
- 5) achievement.

Each class will include both lecture material and discussion. Lectures will present findings from the research literature about each of the aforementioned elements of well-being. Students will be encouraged to think about their views on these findings and to discuss how these findings may or may not relate to their own life experiences.

CHERYL NEWBURG is a professor emerita from Lock Haven University, where she was a faculty member in the psychology department for 32 years. Her field is clinical psychology, and she has taught many courses in the areas of psychopathology and psychotherapy. She worked as a practicing psychologist, in addition to her faculty position, maintaining a private practice in Lock Haven for 30 years.

THURSDAY 10–11 a.m.
Mar. 13–May 1

COURSE #650

YOUR BRAIN, MUSIC AND MORE!

 **ONLINE, VIA ZOOM**

COURSE LEADER: **KAREN ZERECONSKY**

3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24 and 5/1

(8 sessions) | 4–20 participants)

We will explore the incredible impact music can have on the human brain. We will learn about synaptogenesis and the ability we have to control and reduce anxiety and negative emotions, as well as keeping our minds active and generated. We will also explore the benefits of Qigong therapy, whose origin spans more than 7,000 years ago from the Buddhist monks. In addition we will look at the implications of the Golden Section and Fibonacci series.

“Music allows you to think in a way that you used to not think and transcends other cognitive faculties that have nothing to do with music” (Albert Einstein).

Expectations of Participants: Computer Literacy/Access.



KAREN ZERECONSKY is a graduate of the Juilliard School with a doctoral degree of music. She continued her studies at the Moscow Conservatory of Music in Russia and has performed for NATO, the United Nations, the Institute on Nuclear Disarmament and Conflicts, the Vatican, and Embassies worldwide. She has taught at Princeton University, Teacher Colleges in China, and Master classes in Asia, Europe, Canada and North America. In the field of neuroscience, Karen has furthered her studies at Harvard University. She is founder and president of the LUMEN Academy and Brain Research Center in Rome, Italy.

Karen uses her music as a vehicle for raising charitable funds and has received numerous honors from prominent institutions including the International Rotary Club, the Peter Pan Association and the International Alliance for Women. Her life has been spent delving into and exploring varying fields of study from music to neuroscience to math to discover interrelations to the human body and mind, the planets, architecture, music and much more.

THURSDAY 10 a.m.–noon
Mar. 13–Apr. 17

COURSE #651

THE HISTORY OF COOKBOOKS

COURSE LEADER: **MARY ZIMMERMAN**

3/13, 3/20, 3/27, 4/3, 4/10 & 4/17

Course leader's Lewisburg home

4–8 participants

The class will cover a very brief survey of early cookbooks but will be primarily devoted to American cookbooks with an emphasis on developments in cookbooks in the last 40 years. We will look at changing format, ingredients, and the impact of technology as well as changing views on good nutrition.

Before the first class, all registrants will be contacted with the exact Lewisburg address of the instructor's home, in which this class will be held.

REQUIRED TEXTS/MATERIALS:

Amelia Simmons: *American Cookery*.

There are a number of editions available in hard copy, however, the full text is available online, free.

Other requirements/student expectations:

Students may at various times be asked to bring different types of cookbooks to class, but no cookbook other than that of Amelia Simmons will be required for the first class. Students are expected to have an email account.

MARY ZIMMERMAN holds a bachelor of arts degree from Carleton College and a master of arts degree from Vanderbilt University (completing all but the dissertation for her doctorate). Zimmerman taught a variety of history courses, including Women in American History, for more than 30 years at Northern Virginia Community College. In retirement, she has taught courses on the history of American home cooking and now turns to focus on the history of cookbooks.

OWEN FLOODY is professor emeritus of psychology at Bucknell University, where he was affiliated with the University's programs in animal behavior and neuroscience. His research included study of the hormonal and brain mechanisms controlling reproductive and aggressive behaviors in animals. He travels extensively to pursue his interests in nature and photography.

THURSDAY 10:30 a.m.–noon
Mar. 13–Apr. 17

COURSE #652

HOW BLIND ARE THE COLOR BLIND?

COURSE LEADER: **OWEN FLOODY**

3/13, 3/20, 3/27, 4/3, 4/10 and 4/17

BILL #1 | 5–12 participants



Roughly 10% of human males are “color blind.” Therefore, it seems likely that you, one or more of your relatives, or others you know are color blind, as is the driver approaching the stop light on your right. But what does it mean to be color blind? Or, turning this question around, what does it mean to NOT be color blind?

We will begin with a brief description of the brain, focusing on the parts most relevant to vision. Given that background, we can begin to learn about color blindness, including issues such as:

- how color blindness is defined and tested
- common and uncommon forms of color blindness
- the genetic and neural characteristics of color blindness
- the prospects for the treatment of color blindness
- the possibility of “super” (better than normal) color vision

These issues will be of interest to someone who is colorblind. But learning about vision, especially color vision, should be of interest to all.

REQUIRED TEXTS/MATERIALS: Oliver Sacks, *The Island of the Colorblind*, Vintage Books, 1998, ISBN 0-375-70073-0.

Expectations of Participants: Computer/email access.

THURSDAY 1–2:30 p.m.
Mar. 13–Apr. 17

COURSE #653

HEALTHY SOIL, HEALTHY PLANTS, HEALTHY PEOPLE

COURSE LEADERS: **SID FURST** and **CARL MILOFSKY**

3/13, 3/20, 3/27, 4/3, 4/10 and 4/17

BILL #2 | 6–12 participants

The six-week course will focus on the elements of the three parts of the course title. Enrollees will be introduced to the best practices and research of healthy soil, healthy plants, and healthy people. The enrollees will leave the course with knowledge to use in their own gardening and we will dispel the idea of “I don’t have a green thumb.”

The soil health section will deal with how to create and manage healthy soil, soil chemistry, and soil biodiversity. The section on healthy plants will include planting practices, plant health management, and crop sustainable practices. Lastly, the course will introduce current thinking on the nutritional value of plants and plants as medicine.

The course will involve lectures, discussion, reading, and internet videos. Enrollees will be given reading assignments. Books will be recommended and copies of articles distributed. If feasible, we may schedule some visits to the Lewisburg area community gardens.



There are no required texts for this course, but interested participants wanting to read about the topic are recommended the following books:

- Bartholomew, Mel. *Square Foot Gardening* (Quarto Publishing Group USA Inc., 2018) – newest edition.
- Halm, Brad and Colin McCrate. *Food Grown Right, In Your Backyard: A Beginner’s Guide to Growing Crops at Home* (Skipstone; 2012).

SID FURST is the manager of the Salvation Army’s Williamsport Red Shield Community Garden.

Sid graduated from Hanover College with a bachelor of arts in biology with concentration in plant biology, biodiversity, and sustainable practices. After retiring from a business and consulting career, he completed the Penn State University Master Gardener program and engaged with the Salvation Army to establish a community garden program. This volunteer-run urban farm has been operating since 2014 and covers 40,000 sq ft. It is located in Williamsport on ground in the 700-800 block area of Park Avenue.

For the 10 years of the Garden’s operation, Sid developed and introduced best practices based on horticultural data and research to optimize sustainable growing practices that are utilized to guide, teach and produce organic produce along with the social and wellness benefits to the community.

Sid is also a member of the Arbor Foundation and the Pennsylvania Native Plant Society.

CARL MILOFSKY is professor emeritus of sociology at Bucknell. His research has focused on human service organizations, the sociology of medicine and the sociology of communities. He taught Inside/Out classes with Bucknell students for five years and works as a volunteer with two inmate groups. He is co-author, editor, or co-editor of a number of journal articles and academic handbooks and authored *Smallville: Institutionalizing Community in Twenty-first Century America*, a book about community nonprofit organizations in Central Pennsylvania.

THURSDAY 1–3 p.m.
Apr. 3–May 8

COURSE #650

MORE (TO) POE

COURSE LEADER: **LUANN O’CONNELL**

4/3, 4/10, 4/17, 4/24, 5/1 and 5/8 **LATE START!**

BILL #1 | 5–12 participants

Does it surprise you to learn that Edgar Allan Poe “was most known in his day as a scathing literary critic, a cynical humorist, a writer of hoaxes, a literary philosopher, a Romantic poet, and a caustic satirist” (M. Grant Kellermeyer)? Do you perceive him as a gloomy and humorless drunkard who failed to gain fame in his lifetime? Do you know the many places he lived before he died in Baltimore? Do you know Abraham Lincoln’s connection with Poe or what the Poe Toaster is? Can you spell his name without looking?

We’ll explore more Poe writings beyond the mostly macabre stories of the 2024 fall course by Mary Bernath, “Getting to Know Poe” (which inspired this class). From the genres mentioned in the Kellermeyer quote, as well as adventure and sci-fi genres, we’ll learn there’s more to Poe’s life beyond common “mythconceptions”. We will also armchair travel to the several American cities and London where he lived and is memorialized through museums, houses and/or historic markers. And we’ll consider where we think Poe was successful or not in his life and beyond and why.

REQUIRED TEXTS/MATERIALS:

Edgar Allan Poe: The Fever of Living by Paul Collins.

Unless you can find a truly comprehensive collection of Poe’s works, a standard physical book may have some but not all the works we need as they tend to focus on the well-known stories. Thus, access to an online collection of Poe’s writings, such as eapoe.org or the Kindle e-book *Oakshot Complete Works of Edgar Allan Poe (Illustrated, Inline Footnotes)* (Classics Book 1) at Amazon is needed. You can also listen via a podcast, YouTube or website (LibriVox.org) to many of the stories—I’ll let you know where. The shorter works, such as letters or critiques, I can send via email.

Expectations of Participants: Computer Literacy/Access, Email, Some writing will be required.

LUANN O’CONNELL homeschooled her children K–12 and taught literature classes at a homeschool co-op. She has degrees from University of Rochester and worked at an education NGO and college. She is a spiritual director and retreat leader. As a Sherlock Holmes fan, she created an evocation of Holmes’ study in her home. LuAnn reads nearly 100 books yearly in diverse genres and loves to travel in person and via Google maps.

THURSDAY 1:30–3 p.m.
Mar. 13–Apr. 17

COURSE #655

TWO CENTURIES OF SONG II

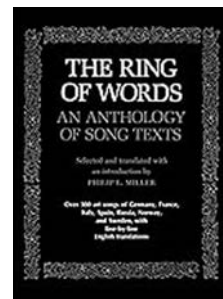
COURSE LEADER: **GARY BOERCKEL**

3/13, 3/20, 3/27, 4/3, 4/10 and 4/17

Asbury RiverWoods | 5–25 participants

In the late 18th century, the popularity of lyric poetry, the development of the piano, and the spirit of romanticism contributed to the rise of the “art song”—at first in Austria and Germany and later in other countries. In *Two Centuries of Song II*, we will consider the evolution of songs in Great Britain, North and South America, Italy, Spain, Scandinavia, Russia, and Eastern Europe from the works of Vaughan Williams, Copland, Villa-Lobos, de Falla, Grieg, Bartok, Mussorgsky, Dvorak, and many others.

REQUIRED TEXTS/MATERIALS:



Philip L. Miller
The Ring of Words
(Norton Library)

The Miller text should be purchased before the first meeting. It is readily available online at modest prices.

NOTE:

Two Centuries of Song I is NOT required to enjoy this wonderful survey of music.

GARY BOERCKEL taught piano and music history at Lycoming College for more than 30 years until his retirement in 2012. Since then, Gary has taught a class or two at Bucknell University almost every semester. This will be his 17th BILL course. “Retirement showed me that I love teaching as much as I dislike meetings and paperwork.”

THURSDAY 1:30–4:30 p.m.
Mar. 27–May 15

COURSE #656

EXPLORE OLD BUILDINGS – BILL STYLE

COURSE LEADER: **BILL BROBST**

3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8 and 5/15 **LATE START!**

at area historic locations | 6–16 participants

You are invited to join Bill Brobst for an exclusive look into some fascinating, unique and rarely discoverable local historic sites. You will see, touch and experience elements of the built environment spanning 250-plus years. In addition to explanation and discussion of architectural styles, decorative devices, materials and construction techniques, we will explore an abundance of local history. The colorful individuals and families who had (and in many cases still have) connection to these creations are bound to add plenty of intrigue to this course.

Participants will meet at the historic sites for class on each Thursday. The very first session begins at the Dale-Engle-Walker House: 1471 Strawbridge Road, just outside of Lewisburg. From there, you will be treated to a number of unique tours, all within an enjoyable, convenient drive to properties in the surrounding counties. Bill will confirm a schedule for visiting these subsequent sites with students, including directions to each, at the first class.

Several of the classes will be followed by **OPTIONAL** delightful dinners at very special restaurants near the sites we've visited, should any of our members care to partake. These gatherings were extremely popular last year — they're "dutch treat" (pay for yourselves), and you are welcome to invite guests to the meals, of course.

SPECIAL NOTE:

Participants are required to arrange for their own transportation to each historic site. You should wear comfortable clothing and suitable shoes for walking — this course requires visits into and around old structures and touring various properties.

BILL BROBST is a retired city and regional planner from Bloomsburg. He has a lifelong interest in American architectural history. He has taught BILL courses on the history and appreciation of the built environment of Lewisburg and the surrounding area. In addition to providing professional consultation to the owners and stewards of historic properties, he is also concentrating on conducting tours of very unique structures within the region.



SPECIAL PRESENTATIONS

BILL Special Presentations explore a range of topics with distinguished presenters. All BILL Special Presentations are free and open to the public; no membership is required. These programs can provide an introduction to BILL, so please, join us. Members are encouraged to invite their friends and neighbors.



Mark your calendars for these opportunities to learn with BILL!

Space is limited, however, so you must register at least five days in advance of each Special Presentation to attend. An email invitation with instructions for registering is sent to BILL members and contacts before each program. You may also contact the office to register. BILL may take photos and video recordings at events to be used in promotional material following the event.

This spring, all of the BILL Special Presentations have been scheduled as Tea & Talk programs. Registered attendees may arrive at 3 p.m. to enjoy light refreshments and some social time before the presentation begins at 3:30 p.m.

 **TUESDAY
JAN. 21
3:30 P.M.**


Post Election Analysis
BY CHRIS ELLIS, BUCKNELL UNIVERSITY

Buffalo Valley Lutheran Village Common, 6 Tressler Blvd., Lewisburg



This talk will explore what pollsters and political scientists have to say about the results of the 2024 presidential election. We'll work through how both scientific- and market-based forecasts of the election thought about what would happen, and how and why those predictions matched (or did not match) reality. We'll also discuss the challenges and benefits of polling in the modern, "post-landline" context, and how we should think of what polls are able to do in this environment. Finally, and most importantly, we'll discuss what the results mean for American public policy and the near- and long-term, with a particular focus on the limits of policymaking in a polarized age.

CHRIS ELLIS is a professor of political science at Bucknell University. He teaches courses in American politics, public opinion, and the politics of higher education. He is the author of four book and many journal articles on ideology, political representation, and American elections. Ellis is the director of the Bucknell survey research laboratory and multidisciplinary effort at Bucknell to support faculty research and engage students in the process of survey research. Chris earned his doctorate at the University of North Carolina and his bachelor of arts from Bucknell University.

 **TUESDAY
MARCH 11
3:30 P.M.**

Psychology of Pain
BY WENDY STERNBERG, BUCKNELL UNIVERSITY

Buffalo Valley Lutheran Village Common*, 6 Tressler Blvd., Lewisburg



In this presentation, Provost Sternberg will provide an overview of her scientific research program that considered the many sources of variability in the experience and expression of pain in laboratory animals and human participants. Among the factors to be discussed are differences in pain behavior related to sex, hormonal status, stress, age, and the social environment.

Provost WENDY STERNBERG joined Bucknell University in July 2024. Prior to Bucknell, she served at Haverford College, Union College (N.Y.), and most recently, Occidental College, where she served for seven years as the chief academic officer. Sternberg spent 18 years as a faculty member in Haverford's psychology department, with a specialty in behavioral neuroscience, where she taught courses and conducted research on the neural and hormonal determinants of pain and stress. Provost Sternberg holds a doctorate and master's in Psychology from the University of California, Los Angeles.

* Please note this location change from what was published in our Fall 2024 newsletter.

Tea & Talk

MONDAY
APRIL 21
3:30 P.M.

Exploring Black Studies

BY JAYE WILLIAMS, BUCKNELL UNIVERSITY

Buffalo Valley Lutheran Village Common, 6 Tressler Blvd., Lewisburg



What is Black study in its many contours, and why is it critical to examine today, especially in the face of all that is moving to shut down any direct engagement with it? In tackling this compound question, Williams will share with the audience her background, and why she was compelled to move from her first career in the professional theatre to her current one in academia, focusing on the intersection of the arts and Black study today.

JAYE AUSTIN WILLIAMS is an associate professor and chair of critical Black studies at Bucknell. A scholar, director, playwright, actor, teacher, writer and consultant, her work has appeared on and off Broadway and regionally over the past thirty years. She is a specialist in the melding of drama theory, cinema and performance with critical Black studies. As a scholar-artist, Professor Williams' applied practice in academia has been through directing works that ground students' discovery of Black drama and performance as portals into not only the psychological underpinnings of characters' circumstances and the gesture of uplift that might be prompted by them, but also, the systemic and ongoing violence that impacts Black existence on a global scale. Jaye earned her doctorate in a joint doctoral program in drama and theatre, University of California Irvine and San Diego, her M.F.A. in dramatic writing at New York University's Tisch School of the Arts and her bachelor in science in theatre at Skidmore College.

EDWARD
COTTER
MEMORIAL
LECTURE

In 2023, BILL introduced the Cotter Memorial Lecture to be offered annually among our Special Presentations, in honor of Edward "Ed" Cotter. Professor emeritus of geology at Bucknell, Ed was instrumental in forming BILL in 2009 and served as BILL's director for its first six years.

This year's Cotter Memorial Lecture comes from Ben Hayes, Director of the Watershed Sciences and Engineering Program of Bucknell's Center for Sustainability and the Environment. Ben's scholarship is in the geosciences and he previously worked with Professor Cotter as a colleague in the Geology department.

Tea & Talk

TUESDAY
MAY 13
3:30 P.M.

Buffalo Creek Watershed – Past, Present, and Future

BY BEN HAYES, BUCKNELL UNIVERSITY

Fellowship Hall, St. John's UCC, 1050 Buffalo Road, Lewisburg



The Buffalo Creek watershed in Union County is home to over 15,000 people and representative of most areas in central Pennsylvania, with farms, small towns and industry located in broad valleys surrounded by forested mountains. This talk synthesizes landform analyses, biological and hydrological studies, computer models and historical/social analyses that are shedding light on a number of important uncertainties, including: How does the watershed's fascinating geologic past and anthropogenic changes over the past two centuries affect its present? What do ongoing scientific studies tell us about the health of the watershed today? What stressors are most critical to address? What do the models tell us about possible outcomes for its future? What things can we do to protect this landscape for future generations?

BEN HAYES is the director of the Watershed Sciences and Engineering Program of Bucknell's Center for Sustainability and the Environment, where he is responsible for creating new teaching, research, and outreach opportunities focusing on the hydrologic, geomorphic, ecologic, and engineering sciences. Ben's scholarly niche and research interests include fluvial geomorphology, river metabolism and behavior, catchment hydrology, and he loves teaching classes in stream ecology and restoration. A registered geologist and professional river guide, he has worked in watersheds across the United States, Iceland, South Africa, Costa Rica, and Canada. He currently serves on the Scientific and Technical Advisory Committee for the Chesapeake Research Consortium and on the advisory board of the Pennsylvania Water Resources Research Center. Ben has bachelor of science, master's and doctoral degrees in the geosciences as well as a master in divinity degree in pastoral ministries.

GENERAL POLICIES & GUIDELINES

COURSE REGISTRATION

Courses are filled on a first-come, first-served basis with the provision that online registrations are instantaneous once the member completes their transaction, whereas registrations through the BILL office (in person, by mail or by phone) will be processed in the order they are received, beginning at 11 a.m. on Monday, Feb. 3, 2025. For the best selection, register as soon as possible after registration opens, or mail the membership and course registration form (p. 28) as early as possible. Making sure your membership is active and up to date will expedite your online registration. Enrollment remains open until classes begin. Waiting lists are kept for filled courses and those on a list are contacted on a first-come, first-served basis if space becomes available.

Please be considerate of your BILL peers – BILL asks that members refrain from registering for more than two courses in the first two weeks after registration opens. After Feb. 14, you will be welcomed to sign up for additional courses from those with seats remaining open. Thank you.

REFUND POLICY

Course tuition fees will be returned if a request is made before the start of the first class. The membership fee is generally not refundable, but a refund or extension will be considered in cases where a member has not been able to enroll in any member programs.

EXPECTATIONS

Members are expected to treat each other with respect. Course leaders and others in charge of BILL events are expected to maintain an open and respectful learning environment. BILL reserves the right to revoke the membership of anyone whose behavior is disruptive or inappropriate.

PHOTOGRAPHS AND VIDEOS

Registering to become a member of this Institute gives us permission to use any photos and videos that include you in our print and electronic publications. If you do not want us to use your photograph, please notify the photographer at the event.

COMMUNICATION AND COMPUTER USE

If you supply an email address, we will use it to send news, calendars of events, newsletters and invitations. If you do not supply an email address, we will, as much as possible, use the postal service to send the same information. If you do not currently have an email account, we can assist you in setting up a free one. If you do not have computer access, the Union County Library System has computers that are free to use.

NOTE

To ensure BILL emails do not go to your spam folder, make sure the following email address is recorded in your online address book/contacts: lifelonglearning@bucknell.edu. If you discover you aren't receiving general emails from BILL, contact the office to "opt in" to our email service.

TRANSMISSIBLE DISEASE POLICY FOR IN-PERSON EVENTS FOR SPRING 2025

Attendance at any public event involves certain unavoidable risks such as exposure to or infection by transmissible diseases, viruses, and other illnesses (including, but not limited to, COVID-19 and its variants). Your presence at BILL events, including classes, indicates your assumption of any and all such risk as well as your agreement to adhere to those policies intended to mitigate the spread of transmissible illnesses.

As a member of our community or guest, it is your responsibility to practice basic health, safety, and sanitation measures. BILL prohibits your attendance at in-person events if you are symptomatic of any

commonly spread transmissible illness.

Masking at in-person events will be optional; please respect the decision of those who choose to mask. BILL strongly encourages you to follow CDC recommendations (October 31, 2024): everyone over 6 months of age receive the 2024-2025 COVID-19 vaccine and that those ages 65 years and older and anyone who is moderately or severely immunocompromised get two doses of a 2024-2025 COVID-19 vaccine 6 months apart.

Transmissible disease precautions are subject to change as conditions change.

FEES AND PAYMENT

MEMBERSHIP FEES:

BILL membership is required to register for courses and to enjoy “members only” privileges. Membership is purchased on an annual basis and includes two terms with BILL. The cost of the annual membership is \$65.

COURSE TUITION:

\$60 (plus fees to cover any listed materials/supplies) unless otherwise noted in the class description.

Financial aid scholarships are also available for membership and course tuition. Please contact the BILL office to inquire about a scholarship.

PROGRAM FEES:

Many BILL programs are free. When a fee is applicable, it will be listed in the program details of the registration pages and in the advertisements about the program. Some programs are free or offered at a discounted cost to members, but include a fee for non-members.

PAYMENT OPTIONS: Payments may be made online with a credit card or by mail with a check, payable to Bucknell University. Tuition and fees for each course or program are due before its start.

HOW TO REGISTER:

Remember, courses are filled on a first-come, first-served basis. You can register...

ONLINE: Starting at 11 a.m. on Monday, Feb. 3, 2025.

Go to <https://reg138.imperisoft.com/Bucknell/Search/Registration.aspx> (or access it through www.bucknell.edu/lifelonglearning) and LOGIN with your BILL username and password. If you don't know your username and password, use the link to request an email to reset them, or contact the office for help. Do not create a New User profile unless you are truly brand new to BILL.

BY REGISTRATION FORM

(page 28)—mailed/emailed to the BILL office. All requests will be entered in the order they are received, starting at 11 a.m. on Feb. 3, 2025. You are also welcome to come in person during office hours. Call 570-522-0105 to make sure someone is in the office.

SPECIAL NOTE: As a member you can sign up for a course to hold your spot. Payment is due before the first meeting. (If you mail in your registration form, please post-date your check and include a note of your intention to hold payment until that date.)

CANCELLATION POLICIES

Occasionally a BILL course or Special Presentation may have to be canceled.

IN CASE OF SEVERE WEATHER AND OTHER EMERGENCIES:

Classes and Special Presentations will be canceled when the Lewisburg Area School District closes due to inclement weather. BILL classes will be held as scheduled when the school district is running on a delayed opening schedule. Be alert to the potential for midday cancellations and check information sources accordingly.

ONLINE:

www.lasd.com
www.pahomepage.com/weather/closings/

TELEVISION: WNEP or WYOU

RADIO: WKOK

BY A COURSE LEADER:

Participants will be notified by email or telephone if a class session is canceled. Makeup dates and times will be arranged by the course leader in consultation with course members.

BY A SPECIAL PRESENTATIONS SPEAKER:

If a speaker is unable to meet his or her commitment, BILL may cancel the session if adequate notice can be given and we cannot schedule a substitute speaker.

SCHEDULE SUBJECT TO CHANGE:

BILL reserves the right to change class size and to cancel classes if there is insufficient enrollment. A specific class schedule or location assignment may be altered in response to unforeseen circumstances. The ability to offer classes in person may depend on public health considerations, including decisions of Bucknell University or governmental authorities. Registered participants will be contacted to notify them of changes to the scheduled program.

MEMBERSHIP FORM

Please use one form per registrant

NAME _____

PREFERRED NAME/SALUTATION _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE(S) _____

EMAIL _____



Grow Your Mind!

I AM A BRAND NEW MEMBER RENEWING MEMBER

**Financial assistance is available!
Contact the office for more information.**

Please make check payable to: **Bucknell University**
(you may add "BILL" to the memo line, if you like.)
Send the completed form and payment to
BUCKNELL INSTITUTE FOR LIFELONG LEARNING,
115 Farley Circle, Suite 111, Lewisburg, PA 17837.

Please give me a new Calendar Year membership (through Dec. 31, 2025).

\$65.00

Register me for courses once registration opens at 11 a.m. on Feb. 3: (\$60 each; fees noted in description):

1st COURSE _____ \$ _____

2nd COURSE _____ \$ _____

If your 1st/2nd choices are unavailable, do you want to be registered for an alternative course or courses? If so, specify the substitutions below:

Would you like to add a tax-deductible donation?

\$ _____

Thank you!

Total Amount to Enclose

TOTAL \$ _____

www.bucknell.edu/lifelonglearning | 570-522-0105 | lifelonglearning@bucknell.edu

MEMBERSHIP FORM

Please use one form per registrant

NAME _____

PREFERRED NAME/SALUTATION _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE(S) _____

EMAIL _____



Grow Your Mind!

I AM A BRAND NEW MEMBER RENEWING MEMBER

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Would you like to add a tax-deductible donation?

\$ _____

Thank you!

Total Amount to Enclose

TOTAL \$ _____

www.bucknell.edu/lifelonglearning | 570-522-0105 | lifelonglearning@bucknell.edu

LEADERSHIP & VOLUNTEERS

Bucknell Institute for Lifelong Learning (BILL) is a self-sustaining program and relies on donations of funds and time from the many volunteers who serve in multiple capacities. When you lead a course, serve on a committee, present an Armchair Travel slideshow, deliver catalogs to your local library, send a check, or write a thank you note to a BILL host, you are contributing to BILL and being purposeful in your support of lifelong learning.

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Pam Benfer
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Elaine Hopkins
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MaryAnn Griffin

Thank you to each and every member, donor, and volunteer who make this vibrant organization possible.

Susquehanna University's Institute For Lifelong Learning (IFLL) invites community members to participate in a series of lectures and luncheons, promoting fellowship and encouraging continued lifelong learning.

10:15 - 11 am - Social Gathering 11 am - 12 noon - Presentation 12 noon - Optional Lunch

Wednesday programs in early 2025

February 5 - Scott Fear, former Assistant Director of the United States Park Police in Washington, D.C., former Director of Security for the Washington Nationals baseball team and now Head of Security of the National Geographic Society.

February 19 - Dr. Matthew Restall, Director of Latin American Studies and Professor of History and Anthropology at Penn State University, author of the upcoming book "The Nine Lives of Christopher Columbus."

March 5 - Dr. Pat Bruno, Pediatric physician, one of the founders of the Child Advocacy Centers, which uses a multidisciplinary approach to support child well-being and author of "How Can I Not", the story of the author's passion for child advocacy.

March 19 - Joe Staggers, historian, teacher and lecturer of distinction who has done four previous talks for the SU IFLL. Topic TBA.

April 2 - Dave Hamlett, Vice President and Senior Engineer for the engineering firm Gannett Fleming of Camp Hill. Gannett Fleming is the engineering partner in the construction of the Southern section of the CSVT.

April 16 - The Commonwealth Brass Quintet, a group founded forty years ago with deep roots to Susquehanna University. Vic Rislow was a founder of the group and three of the current members studied with him at SU. Selections will be chosen from a variety of genres.

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To be added to the mailing list or for further details, please contact: Joe Herb at kapajoe@ptd.net or at 570-374-9911 Jayme Long at longj@susqu.edu or at 570-372-4354



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