February 16 Meeting

- **Delivery:** Zoom (link will be emailed to all members)

10:30 Meeting and Program

**President:** Gary Hartlieb

**AT A GLANCE**

**Monthly Meetings:**
- March 16, 2022
- April 20, 2022
- May 18, 2022
- June 15, 2022

**QUESTIONS?**
Email SILIR at silir@siu.edu or call 618/536-7751

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**February Speaker: Phil Anton**

Associate Professor and Program Director for Exercise Science

*Strong Survivors Exercise and Nutrition Program for Cancer Survivors and Caregivers*

The Strong Survivors Exercise and Nutrition Program for Cancer Survivors and Caregivers utilizes exercise as a therapeutic tool to help cancer survivors and caregivers manage the treatment and recovery process. Exercise programs are individualized for each participant and are based on medical and fitness histories, initial fitness assessment results, and quality of life goals. All programs are created and administered by SIU student staff members who have completed the Strong Survivors Staff Training Class. The free program is co-sponsored by the SIUC School of Human Sciences, the SIH Cancer Institute and John A. Logan College. Exercise sessions occur at the John A. Logan Fitness Center and the Julie A. Honerkamp Strong Survivors Cancer Rehabilitation Laboratory located in Davies Gym on the SIU campus.

Dr. Phil Anton is the Program Director in Exercise Science in the School of Human Science at Southern Illinois University. He is also Director of SIU’s Strong Survivors program, which he created at Southern, and the Director of the Julie A. Honerkamp Strong Survivors Cancer Rehabilitation Laboratory. He holds degrees from Alma College, in Alma Michigan, The University of Colorado, Boulder, and a PhD in Sport and Exercise Science from the University of Northern Colorado at Greeley.

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**Membership Directory**

In the next few weeks, I will email SILIR members an addendum listing new members to be inserted with your Fall 2020 Membership Directory.

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**Logan Museum**

"Voices and Votes: Democracy in America" is an exhibit at the Logan Museum, 1613 Edith St., Murphysboro, IL, Feb. 12 to Mar. 16, Tu-Fri 1-4 and Sat and Sun 10-4. It addresses the origins of America's democratic system, the expansion of the right to vote, the electoral process, civic participation, and the rights and responsibilities of citizens. The exhibit includes historical and contemporary photos, educational and archival video, and historical objects including campaign souvenirs, voter memorabilia and protest material. The exhibit is free and may be of interest to LIR members.

Visit the SI Learning in Retirement web page at:

https://conferenceservices.siu.edu/silir
SILIR Monthly Interest Groups

**Musical of the Month Interest Group**

Interested in taking over the Movie Musicals class?

Please contact Mike Hanes hanes@siu.edu

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**Monthly Book Club**

The Book Club meets on the 3rd Monday of the month at 9:30 am at Epiphany Lutheran Church unless notified to meet by Zoom.

**February 21**

February's book selection is

**The Girls in the Wild Fig Tree** by Nice Leng'ete

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**Monthly Lunch Discussion Group**

Members are invited to join this group to meet monthly to share lunch and open conversation.

**February 24**

Location:

Watch your email for the location.

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**Wildflower Walks**

**March 30 and April 6**

**Instructor:** Jill Adams

March 30 and April 6  
1:30 - 3:30 pm  
Registration Fee: $10.00

We will take two wildflower walks. I enjoy walking and identifying many of the wildflowers in our area. Caution: there are mobility challenges on these walks.

On **March 30th**, we will follow a loop trail of about 1.5 miles at Rocky Bluff on Crab Orchard National Wildlife Refuge. There is a descent and a set of steps to return to the parking area. There is a handrail for the steps back to the parking lot, but the path before that is uneven with rocks, tree roots and stream crossings. A hiking stick or trekking pole may be useful. We will not be doing the whole trail but will take a short cut to complete a shorter loop. If you have the federal senior lifetime pass for national parks and lands, please bring it for the Rocky Bluff walk. Jill will have a few day passes if you do not.

On **April 6th**, we will walk a trail on Green Earth’s Chautauqua Bottoms, which is less physically challenging.

Walk leader Jill Adams does not claim comprehensive knowledge of botany, but will help identify spring ephemerals that are in bloom. Likely wildflowers in bloom include, cleft phlox, woodland phlox, Virginia Spiderwort, blue-eyed Mary, bellwort Solomon's seal, false Solomon's seal, False rue anemone, celadine poppy, Virginia bluebells, jack-in-the-pulpit, etc. Wear shoes suitable for hiking and clothing for a wooded area. Be prepared for uneven surfaces and inclines. Bring a walking stick or trekking pole and tick spray.

**NOTE:** THESE WALKS REQUIRE MORE THAN USUAL ACTIVITY LEVEL.
SILIR Session II Classes — March 14-April 15, 2022

Please note: All classes will be in-person with a limit of 20 participants, masked and socially distanced.

Monday

Islamic Cinema

Instructor: Walter Metz
Registration Fee: $10.00
March 14-April 11
9:30 - 11:30 am
Epiphany Lutheran Church

This course offers a trans-national examination of Islamic mass media cultures. We will watch and analyze contemporary films made in Palestine, Saudi Arabia, and Egypt. The course builds toward an intensive case study of Iranian cinema, from the 1979 Islamic Revolution to the present moment, at which Asghar Farhadi (A Separation, Salesman) stands as one of the world’s most accomplished working filmmakers. We will grapple with the trajectory of Iranian New Wave Cinema, which began with an at least tepid embrace of Islamism (the 1980s films of Mohsen Makhmalbaf) to the exile of Iran’s most celebrated filmmaker, Abbas Kiarostami.

Tuesday

Is Democracy in Peril in America Today? Polarization, the Primaries and the Polls

Instructor: John Jackson
Registration Fee: $10.00
March 15-April 12
9:30 - 11:30 am
Epiphany Lutheran Church

President Joe Biden insists that the American model of separation of powers and checks and balances, devised in the 1790s, can still work, but he faces deep divisions in the Congress and the nation which constantly challenge his party’s ability to govern. These are profound issues surrounding mass democracy in the era of party realignment and deep polarization which dominates the American system today. These fundamental issues will constitute the backdrop for both the intra-party fights in the primaries and the run up to the crucial mid-term elections coming up quickly on November 8, 2022. This course will set the stage and define the stakes for the fall campaigns and elections.

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Hamlet

Instructor: Katie Carl
Registration Fee: $10.00
March 15-April 12
1:30 - 3:30 pm
Epiphany Lutheran Church

This course will explore Hamlet, the play as well as the complex character. We will discuss various interpretations of Hamlet and his actions/inaction, looking at the text for evidence to support them. Participants should plan to read one act per week, and prepare observations and questions for each session. We will also watch “Discovering Hamlet,” a documentary which follows a small theater troop as they prepare a performance of the play.
Required: a copy of Hamlet

Current LIR member, Mary Louise Mantovani, passed away on January 12, 2022.
SILIR Session II Classes (cont.) — March 14-April 15, 2022

Please note: All classes will be in-person with a limit of 20 participants, masked and socially distanced.

Thursday

Bitcoin: Money or “Novelty”?

Instructor: Thom Mitchell  Registration Fee: $10.00
March 17-April 14  9:30 - 11:30 am
Epiphany Lutheran Church

The class will look at a brief history of money, then delve into digital money, Bitcoin and digital currencies. We will consider transaction security in an online world and where we go from here.

Birds of Southern Illinois

Instructor: George Waring  Registration Fee: $10.00
March 17-April 14  1:30 - 3:30 pm
Epiphany Lutheran Church

The instructor will provide each participant a list of birds that have been seen in southern Illinois. This handout also will provide information on when during the year each of those bird species is most likely to be present and in what habitat. The lectures will show photos of the bird species that have been observed in southern Illinois. There will be time for participants to ask questions and to enlighten us on their observations as well.

Friday

Short Fiction

Instructor: Beth Lordan  Registration Fee: $10.00
March 18-April 15  9:30 - 11:30 am
Epiphany Lutheran Church

Students who enroll in this class will help the instructor determine at the beginning what to read.

SILIR BOARD OF DIRECTORS 2022

Executive Committee

President  Gary Hartlieb  Email: igary@appleguy47.me
Vice President  Roland Person  Email: rpers@siu.edu
Secretary  Kathy Fatz  Email: kathyfatz@sbcglobal.net
Treasurer  Marcia Anderson  Email: mandersn@siu.edu
Immediate Past President  Tom Britton

Board Members for a One-Year Term:

Tom Britton  John Pohlmann
Roland Person  Bobbie Ogletree
Kathy Fatz  Kevin Bame

Board Members for a Two-Year Term:

Marcia Anderson  Dennis Leitner
Gary Hartlieb  Ken Loving
Dick Matthews

Committee Chairs:

Roland Person — Curriculum
Marcia Anderson and Kevin Bame — Finance
Bobbie Ogletree — Membership and Publicity Committee
**REGISTRATION FORM**

*Please fill out and send entire form with payment*

**SILIR REGISTRATION FORM (PLEASE FILL IN YOUR NAME AND ADDRESS.)**

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<thead>
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<th>First Name</th>
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*E-mail Address*

**NEW MEMBERS:** How did you hear about us?  
☐ Friend  ☐ Newspaper  ☐ Social Media/Online  ☐ Radio/TV

**If you are registering more than yourself for a class/trip, please list the name(s) of the SILIR member you are registering.**

<table>
<thead>
<tr>
<th>Name: (22W0901901)</th>
<th>FY22 Membership Dues $13 x ___ = ____</th>
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<td>Addtl. Name: (22W0901901)</td>
<td>(Half-year membership — January 1, 2022 — June 30, 2022)</td>
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<td>If you are receiving this newsletter via snail mail, you do NOT need to renew membership until July 1, 2022</td>
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**INTEREST GROUPS — July 1, 2021—June 30, 2022**

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**Session II Classes — March 14-April 15**

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<td>Name: (22W0901919)</td>
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<td>Name: (22W0901920)</td>
<td>Is Democracy Peril $10 x ___ = ____</td>
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<td>Name: (22W0901921)</td>
<td>Hamlet $10 x ___ = ____</td>
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<td>Name: (22W0901922)</td>
<td>Bitcoin $10 x ___ = ____</td>
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<td>Name: (22W0901923)</td>
<td>Birds of So. Il $10 x ___ = ____</td>
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<tr>
<td>Name: (22W0901924)</td>
<td>Short Fiction $10 x ___ = ____</td>
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**TOTAL:**  

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**LEARNING IN RETIREMENT PROGRAM WAIVER DISCLAIMER:** Most SILIR activities require very little mobility. When an activity requires traveling up to 1 mile or more or navigating 10 steps or more, or involves longer waiting or standing times, we will alert you so that you may choose wisely.

Signature __________________________ Date __________

My signature confirms that I have read and understand the activity level of any trip sponsored by Learning in Retirement and accept the risks and conditions of the trip. I am aware that some trips may encounter rough terrain and closed-toe shoes will aid in maintaining my safety.

Please submit a check payable to “SIU Carbondale” or credit card information below.

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Mail to: Conference & Scheduling Services  
Student Center - Mail Code 6705  
Carbondale, IL 62901  

or call Registration at 618-536-7751 to register with your credit card.
What will you learn today?

Visit the SI Learning in Retirement web page at:
https://conferenceservices.siu.edu/silir