Message from the CALL Office
by Sonja DeJong and Marjo Jordan

Growing more brain cells. Can this be true? The Black-capped Chickadee has plenty to teach us.

Enjoy this 2013 blogspot by Robert Krulwich, cohost of Radiolab and former science correspondent for NPR:

What Chickadees Have That I Want Badly

First I look in my right coat pocket. Nothing. Then my left. Nothing. Then my pants, right side — no. Then my pants, left side — yes! This is me at my front door, looking for my keys. Every day.

I have this extraordinary ability to not remember where my keys are. It's uncanny. Every morning, I lock the front door, step away, fall into a 2 ½ second trance during which I place my keys in lord-knows-which pocket, even if a second earlier I was saying to myself, "OK, remember where you put your keys." But I don't. Which is why, around this time of year, I envy chickadees. They've solved this problem.

You know these birds. Here in the Northeast, they are everywhere, and they stick around during the winter. The "black-capped" ones are most familiar, with two-tone heads that make them look like masked bank robbers. The thing about them is that in the late fall, they have an enormous amount of remembering to do.

Starting in October, they are busy flying around their territory — which can cover about 10 square miles — gathering seeds from fruiting bushes and trees, and then caching them, storing them, in hundreds and hundreds of hiding places. So if you're a chickadee you have to remember ...

... that you left seeds on the upper-left window sill of a particular house, also on the upside of that house's chimney, also between twigs two and three on the tree on the right side of that house, and on and on, creating a list so long (especially compared to my own paltry four pockets) that it would make my head explode.

Which is, by the way, what happens to chickadees' heads. They (almost literally) explode. Every fall.

Birds With Elastic Brains

According to professor Diane Lee at Cal State University, Long Beach, every fall the part of the chickadee's brain responsible for remembering where things are expands in volume by approximately 30 percent, stays big during the winter, and then shrinks back in the spring.

Let me say that again: They grow more brain when they need to remember things; then shrink that brain when the "remembering" season ends.

That doesn't mean they look like this:

Diane says that while the overall size of the brain might grow a little, the real change is in the number of

(cont., pg. 2)
neurons, or brain cells. When the bird thinks, "OK, I've just put some sunflower seeds under this brick," new brain cells (and new connections between those cells) spring into being and become a memory. If you count the cells in a chickadee brain before the fall, and then count them after, Diane wrote me, "the number of neurons definitely goes up in the hippocampus, and a number of us have confirmed that (including my lab)."

What Seed? What Brick?
After winter is over, the bird will erase those connections, and all memory of the sunflower-seed-under-the-brick disappears. Sort of like your memory of the room you stayed in at the Day's Inn four months ago.

If don't use it, you lose it. But in the chickadee's case, the brain itself, its cellular count, shrinks. Thirty percent is a lot of shrinkage. (Or, as winter comes on, a lot of extra capacity.) So these birds have, in effect, elastic brains. Only certain birds have this ability (some to cache food in the fall; some, like the canary, to learn songs in the spring.) Twenty years ago, this was an astonishing notion. When neuroscientist Fernando Nottebohm first described cell growth in chickadees back in 1994, brain scientists thought, "This can't be." They believed that animals didn't add brain cells once they became adults, that a mature brain stays the same. But we now know that's not true — not true of us, and not true of chickadees.

But, while humans can also grow new brain cells in adulthood, it seems to me, especially when I'm standing at my door every evening searching pockets, that we could grow a few more.—This article is reprinted from NPR's website.

At CALL, we can grow a few new brain cells.

Register for a summer course today! And if you choose Birding Ottawa Parks, you likely will have an opportunity to converse with a chickadee.

The final film of the season is Thursday, May 11, at 7:00 p.m. with Rick Ray presenting Promised Land: Adventure in the Middle East.

Noted filmmaker Rick Ray, a former Lonely Planet backpacker, will be present for the film. It is an in-depth, personal journey through Turkey, Lebanon, Israel and Jordan.

When you hear the words The Middle East, what images are conjured in your mind? Do you imagine unparalleled hospitality, dynamic people, breathtaking desert scenery and fascinating archeological sites dating back to the dawn of time? Or do you imagine instead terrorism, religious intolerance, and fanatic political figures?

Join intrepid filmmaker Rick Ray on a personal journey in words through several Middle Eastern countries to uncover a side of this region sometimes overlooked by the Western World. Journey to Israel, Jordan, Lebanon and Turkey to discover such wonders such as Petra, Jerusalem, the Cedars of Lebanon, and Cappadocia.

Tickets are $6 each online at www.calvin.edu/boxoffice or you can call the box office at 526-6282.
The 52nd annual Passport to Adventure Travel Film Series, sponsored by the Calvin Academy for Lifelong Learning (CALL) with support from Witte Travel and Tours, is included in your mailing today.

This next season, beginning in September, includes some of our favorite cinematographers weaving captivating stories of their travels to destinations both new and old.

The new season includes the following engrossing destinations:

- East Africa Safari
- India
- Paris
- U.S. National Parks
- Guatemala

Submit season ticket orders for the 2017-2018 Passport film series to the Calvin Box Office at any time. Until June 15, tickets can only be ordered by mail, phone, or in person. All seats are reserved. Ticket mailing date is July 1.

Anyone wishing to repeat a season ticket order must submit the order form by June 1, after which time any uncommitted seats are released for general sale. For those wishing to purchase season tickets for the first time, your orders will be filled in order of date received with the best seats available.

CALL Annual Meeting and Luncheon
Thursday, May 25, is the annual CALL meeting and luncheon at the Prince Conference Center. Doors open at 11:15.

Guests will enjoy ricotta and mozzarella cheese, rolled in lasagna pasta and topped with a creamy parmesan sauce, garnished with roasted peppers and served with broccoli spears, salad, rolls, and dessert.

Our entertainment includes special music by Half-n-Half acapella quartet and CALL’s Brass Band Ensemble.

The short meeting will include Distinguished Service Award, confirmation of recommended new board member Pat Knoester, and recognition of our retiring committee chairpersons for Member Events (Don and Shirley Lautenbach) and Public Events (Henry and Ruth Baron).

The CALL program underwrites a portion of the cost for this event so that the meal price is just $10 per person. This event will conclude by 1:00 p.m. and offers CALL members an enjoyable occasion for fellowship in this growing lifelong learning program. Our typical attendance for this event averages 200 persons.

Sign-up online under the “Member Events” tab or mail the form with payment on page 5.
Announcements
by Sonja DeJong

NOTES FROM THE OFFICE

Board Members:
The following is the proposed new Board Member beginning in June 2017. Affirmation by CALL members will be requested at the Annual Meeting and Luncheon on May 25.

Pat Sneller Knoester ('73) and her husband Arie ('74) have been married for nearly 45 years, and have 4 adult children and 4 grandchildren.

Pat graduated from Calvin College with a fine arts group major and an elementary education degree. She began her teaching career at Moline Christian, and eventually taught nearly every grade level from preschool through 9th grade. The majority of these years were spent teaching fifth grade at Oakdale Christian School in Grand Rapids. Pat earned a Master's degree from MSU in guidance and counseling, but enjoyed teaching too much to pursue a career in the field of school counseling.

Seventeen summers of her life were spent working at Camp Tall Turf, a Christian Camp for inner-city kids in western Michigan.

In addition to spending more time with her grandchildren and husband in retirement, Pat enjoys traveling, biking, reading, occasional substitute teaching, and supporting the Detroit Tigers. She looks forward to seeing what adventures and opportunities God has yet in store for her.

Retiring Board Members:
We extend our heartfelt thanks to Janet Borgdorff for her four years of service and valuable contributions to our organization as board member and liaison to Summer Programs. We also thank Ed Westenbroek, Frank Spies, and Diane Noorman for accepting second terms on the CALL Board.

Same, any new members wanting to join MVP will receive deeper cost savings if they join the CALL program first.

Spanning Generations
This spring the CALL course, When the Blues Left America was a key example of lifelong learning spanning multiple generations.

The picture above shows how interconnected our CALL students can be with relationships bridging many decades as far back as the 1950’s.

The instructor of the CALL course, Mark Vanden Berge, was a 4th grade elementary student in 1972 of Dorothy Lyzenga, who, along with Mark’s mother Mary De Jonge, were biology students of Henry De Wit at Grand Rapids Christian in 1954. Now the youngest is teaching his teacher and their teachers!

MVP Rate Changes Increase the Benefit for CALL
Recently the CALL office was made aware that non-CALL rates at MVP increased on January 1, 2017. Since the rates for CALL remained the same, here is a summary of the savings they would receive the first year:

- 2 persons over 60 - save $487
- 2 persons aged 50-59 - save $541
- 1 over 60, 1 between 50-59 - save $613
- 1 person 60+ saves $256
- and 1 person 50-59 saves $357

Why not share this savings information with a friend, pool buddy or neighbor and help them save money.

This same information is available on our main web page or they can call us in the office to confirm the correct pricing relative to their age category.

Pictured (l. to r.): Henry DeWitt, Dorothy Lyzenga, Mary De Jonge (Mark’s mother) and Mark Vanden Berge (the teacher of this CALL course).
Member Events
by Shirley Lautenbach

Cheer for the Tigers, Thursday, June 29
27 seats reserved to date

The Detroit Tigers will play the Kansas City Royals at Comerica Park on Thursday, June 29 at 1:00 pm. CALL members may invite their friends and grandchildren. The bus leaves the Prince Conference Center parking lot at 8:30 am. Coffee and rolls en route. At the game you will have a voucher for a hot dog and a soft drink. We will return to Calvin by 7:30 pm.

Cost - $89.00 per person.
Event hosts – Don (901-2170) and Shirley Lautenbach (299-3584).

Member Events Registration

Two ways to register:

1. Online: www.calvin.edu/CALL > Member Events
2. Complete this form (make checks payable to CALL) and send to CALL, Youngsma Center, 3201 Burton St. SE, Grand Rapids, MI 49546. Event fees are per person. CALL will notify you if an event has filled.

May 25       Annual Meeting and Luncheon       $10
June 29      A Day at the Ball Park           $89

Name: ____________________________
Phone: ____________________________
Email:    Confirm by email?    Yes    No, I don’t use email

Contact Shirley with questions: 299-3584 or lautenshirley@gmail.com

The cancellation policy is posted on the CALL website
Summer Courses - Any Age, Membership Not Required

CALL is pleased to announce the 2017 Summer Course schedule. It's important to note you can invite any friends of any age to attend without membership fees. Only the course fee of $25 per course applies. We hope you enjoy these courses offered and we look forward to seeing you in June! All classes are in the DeVos Building, next to the Prince Conference Center, on the east side of the East Beltline (where the skywalk ends).

1. Office of the U.S. President: What Makes a Good Leader?
   June 5-8, 9:00-10:15, DC140

From George Washington to Donald Trump, forty-four people have occupied the office of president. All but one of European descent, and all male, they came to the office from a wide range of backgrounds, bringing an equally wide range of hopes, agendas, and personalities to the job. Some rose to historical immortality, others sank into the ranks of villains. Many have simply been forgotten. This course will examine how history influences our views of this select group of people, the contrast of their personalities, their performances in office, and the legacies they created. What do we, as citizens, expect of those chosen to lead a nation - and what makes a good leader in a democratic society.

Style: presentation and discussion

Robert Schoone-Jongen, leader, is an assistant professor of history at Calvin College and former high school history instructor. He teaches courses on the topics of immigration and the American presidency. The specific historical contexts upon which he concentrates are immigration to the United States through 1920, the American presidency, and the impact of religion on everyday lives.

2. Church Between Borders
   June 5-8, 9:00-10:15, DC170

This course is a series of workshops that walk Christians through immigration in the US: how the system works, how it got that way, and how Christians are called to engage it.

Session One: Through a simulation exercise, we'll take on the story of an immigrant or refugee and learn how someone "gets in line" to navigate coming to the country legally.

Session Two: We'll construct a timeline of important immigration events in the country that have shaped our policy and attitudes toward immigrants and refugees -- including our own family's stories of immigration.

Session Three: We'll consider the role of Scripture and our faith as we think and speak about immigration and the policies that shape it.

Session Four: We'll talk about the current political situation, and how Christians are called to engage in conversations, actions, and advocacy that benefit the "stranger in our midst."

Style: presentation and discussion

Rev. Kate Kooyman, leader, is a project developer for the CRCNA's Office of Social Justice. She's passionate about teaching about the facts and myths of immigration in the U.S. so that Christians can discover how they're called to raise their voices on behalf of "the stranger in our midst".
3. **Beyond Prisons, Restoring Justice**  
**June 5-8, 10:30-11:45, DC160**

This course describes some of the theory and practice of justice and citizenship with emphasis on repairing the harm caused by criminal behavior. Learn how one man, who spent more than two decades in prison, is now serving God and others in “free” society. The course is structured in the following four sessions:

**Session 1:** The history of dispute resolution and restorative justice.

**Session 2:** A story of REAL change - Troy Rienstra and the Church Behind Bars.

**Session 3:** The practice of restorative justice before, during and after incarceration.

**Session 4:** Practical suggestions for kingdom citizens to contribute to a more just society.

**Style:** presentation and discussion  

**Instructors:** Carol Rienstra, co-leader, is president of the Restorative Justice Coalition of West Michigan and Associate Director of the Micah Center.  

Troy Rienstra, co-leader, is founder of The Life Change Group at Handlon Correctional Facility and Network for Real Change.

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4. **TED Talks: Challenge Your Perceptions**  
**June 5-8, 10:30-11:45, DC170**

TED started in 1984 as a conference where technology, entertainment and design converged, TED today shares ideas from a broad spectrum — from science to business to global issues — in more than 100 languages and 1,400 talks. Once a select forum of the great and good, the Technology Entertainment and Design (TED) conference now has millions of avid online fans. This course will view one or two videos each day, followed by discussion questions prepared in advance by the course leader. Offered by many lifelong learning institutions around the country, TED talks are highly popular courses where students love to share their reactions and explore new ideas with one another on some of the most fascinating and profound subjects.

**Style:** video presentation and discussion

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5. **Dorothy Day and the Catholic Worker Movement**  
**June 5-8, 1:30-2:45, DC140**

From bohemian to radical to Catholic activist, Dorothy Day devoted her life to the poor, however unlovable. This course will outline Day’s life and characterize her spirituality using her own words. We will discuss Day’s conversion and commitment to the Roman Catholic Church, her continuing call for a Christianity that practices what it preaches, and her criticism of the culture of war and consumption.

**Suggested Reading:** *Dorothy Day: Love in Action*, by Patrick Jordan  

**Style:** presentation and discussion

**Paul Milanowski**, leader, is a retired Roman Catholic priest whose thought and parish ministry have been heavily influenced by the writings of Dorothy Day.

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6. **The Power of Story**  
**June 5-8, 1:30-2:45, DC170**

Books and stories are more than just entertainment. They have the universal ability to guide us through the never-ending decisions and dilemmas that life offers as we navigate through life. We often unconsciously jump from reader to being one with the characters. *How would I act, given similar circumstances?* is just one of the myriad of questions a good story poses. Join us for a thought-provoking session as we decipher through discussion and activities, the many hidden roles and life challenges that stories probe us to ponder and help us come to a better understanding of ourselves and our world.

**Suggested readings:** *Tell Me A Story*, Daniel Taylor, ISBN 978-0970651105  
Style: presentation and interactive discussion

Dave Kampfschulte, leader, is Director of Amazing Circles Workshops, a nationally known speaker, and author of I’m Dying to Talk with You: Twenty Five Years of Conversations on End of Life Decisions. Dave uses his empathy, humor, energy, and 30 years as an educator and hospice volunteer to facilitate his interactive and enlightening workshops. He has a Master’s in Education and is a preceptor with Michigan State University College of Human Medicine.

7. Changing the World, One Apple at a Time
June 5-8, 1:30-2:45, DC160

Technology is ever-changing and will be for years to come. When looking at the types of technology we currently have available, a lot of it comes from the creative minds at Apple. In most cases, they were and continue to be the first to come up with a new idea. Getting familiar with some of these products will help ensure that technology, much like youth, is not wasted on the young. This course delves into the world of Apple products from iPads, iPhones, and Apple TV and demonstrates how technology products can keep you active, informed and entertained, and help keep in touch with family and friends. Students will need to own and bring to class an iPhone (iPad is optional) and students should understand the basics of operating an iPhone with a suggested use of six months or more. Content for this course is specific to Apple devices.

Session 1: iPad/iPhone/iOS Tips Every Owner Should Know
Session 2: One hour to better iPhone photos
Session 3: Cutting the cable with Apple TV
Session 4: The power of the (virtual) notepad

Style: presentation and hands-on

James Morin, leader, is a former Apple trainer, gadget aficionado, daddy-blogger, and youth ministry coordinator. Michael Haan, assistant, has worked in IT at Calvin for the past fifteen years and is an Apple trained technician.

Note this course runs on different days- Tuesday and Thursday both weeks

The Smithsonian Art Museum will offer a four-part video-conferencing program that provides the opportunity to explore a topic through a variety of lenses in highly interactive discussions, not lectures, with American Art Museum study group leaders. Leveraging the Museum’s tremendous digitized collection, online assets, and strong scholarship, participants and Smithsonian American Art Museum study group leaders will work together to uncover and discuss a variety of topics explored by artists throughout American history. Artists give us a unique window on American life, reflecting the cultural, social, and political climate of the time in which they work. What can we learn about America through its art? Participants will examine America through the eyes of artists in four discussion-based sessions, each focused on a separate era.

Session 1: To See Is to Think: focuses on the analysis, interpretation, and critique of artworks, providing a foundation and common vocabulary for subsequent sessions.

Session 2: Early America: Participants will explore the historical context of the creation of our nation, as well as the resulting political infrastructure and economic development through artworks from colonial to Jacksonian America.

Session 3: Wars At Home and Abroad: Beginning with the Civil War and stretching through WWII, artists’ depictions of America during troubled times reflect a changing national identity. Themes may include the effect of the Civil War on soldiers, families, and African Americans; the ideals and debates related to plans to reconstruct America; the Great Depression and WPA programs; and the World War II home front experience.

Session 4: Contemporary Life: Themes may include works made in response to various movements (Civil Rights, social justice movements like the Farm Workers boycotts, the feminist movement), the role of technology in modern life, and works that ask us: “What is an American today?”

Style: interactive discussion and video-conference format sponsored by the Smithsonian

8. Picturing America with the Smithsonian American Art Museum
**Tuesday and Thursdays, June 6, 8, 13, 15, 1:30-2:45, DC150**
9. Israel’s Conquest of Canaan according to the Bible and an Archaeologist

June 5-8, 3:00-4:15, DC140

Did you know that you could walk around the city of Jericho in 20 minutes? Does evidence support the walls tumbling down? Can we confirm the Israelites burned and destroyed the city with fire? Archaeology has confirmed the historical accuracy of the Bible, improves our understanding of the Bible, and helps illustrate and explain Bible passages. Learn how the archaeological evidence addresses the historical accuracy of the biblical account in every detail from first-hand accounts of archaeological digs and research.

Style: presentation and discussion

Neal Bierling, leader, began his Middle Eastern Archaeological digging adventures in 1972, and has through 2012, worked in twelve countries surrounding the Mediterranean Sea. Besides supervising at excavations, he and his son, Joel, have done photography at 100’s of archaeological locations. Neal has written in part or completely nine books relating to Middle Eastern Archaeology.

10. The Battle of Leyte Gulf, October 1944

*Wednesday, June 7 only, 3:00-5:30, DC150

*This one-day course is $15, rather than $25

Join veteran CALL instructor and war expert Ryan Noppen in a special one-day lecture to discuss the largest naval battle in all of history, the Battle of Leyte Gulf. In late 1944, after extensive debate, Allied leaders elected to begin operations to liberate the Philippines. Aware of American intentions in the Philippines, Admiral Soemu Toyoda, commander of the Japanese Combined Fleet, initiated plan Sho-Go 1 to block the invasion. Students of this course will learn how more than 800 ships and 1,800 aircrafts battled over 100,000 square miles of sea to secure the liberation of the entire Philippine archipelago and contribute to the end of World War II. Ryan will join us via Skype from Virginia to lecture on this world-changing battle.

Style: presentation and discussion

Ryan Noppen, leader, is currently a headmaster of a small private school in Virginia after leaving Calvin in 2016. Formerly a popular CALL instructor, Ryan has instructed 20 courses for CALL since 2006 and filled over 1,000 seats for those classes.

11. Birding Ottawa County Parks

**June 13-16, 9:00- sometimes 10:15, sometimes longer, DC160

This course runs on different days- Tuesday through Friday

This course features one day of campus classroom instruction and three days of outdoor guided birding walks at Ottawa County’s best hotspots, instruction by a leading Michigan wildlife expert, and the opportunity to enjoy the company of your fellow birders. Field trips include Grand River and Hager Parks in Jenison on day two and three, culminating with the Nature Center at Hemlock Crossing in West Olive on day four, which offers 239 acres of woods and wetlands along the Pigeon River. (The West Olive excursion will be considerably longer in length). Students can hone their birding skills as they identify various species by sight and sound. For anyone new to birding, we will have binoculars and bird books for those who don’t have equipment. An optional book Birds of Ottawa County, Michigan – An Annotated Checklist by Chip Francke, Carl Manning and Judi Manning will be available for purchase from your leader for $15, cash or check only.

Note: The classroom instruction day may be rearranged with one of the outdoor observation walks based on weather and students will be informed of any adjustments in the schedule by email.

https://www.miottawa.org/Parks/parks.htm

Style: presentation and off-site hands-on.

Curtis Dykstra, leader, is an Ottawa County Parks Naturalist and graduate of Dordt College in Sioux Center, Iowa with a degree in Environmental Studies. Since then, he has gained over 17 years of experience as an educator and naturalist. He strives to connect people to the outdoors in practical and enjoyable ways. Curtis is an avid birder and delights to share this passion with others.
12. The Era of Irish Revolution: 1900 through the 1920s
June 12-15, 9:00-10:15, DC150

Although the Irish and the English had struggled for centuries prior to 1900, the drive for Irish independence came to a head in the era of World War I. While British attention was directed toward the Continent, revolutionary leaders in Ireland chafed under British domination, and events came to a head in the days around Easter, 1916. Later known as the Easter Uprising, or simply as the “Rising,” events focused in Dublin, where a handful of rebels took on the British army. The Rising itself was met with mixed feelings from Dubliners, but the tide shifted when the British overreacted in the aftermath and executed several of the rebellion’s leaders. War broke out and lasted into the 1920’s, until an agreement was reached that gave partial independence to Ireland. However, the struggle was not over. Protestant Irish in Ulster resisted independence, fearing Catholic dominance. At the same time, the independence movement split over the nature of the agreement and its obligations.

Session 1: The long background leading up to these events.
Session 2: Irish revolutionary leaders and parties of the era.
Session 3: The Easter Rising.
Session 4: The Anglo-Irish War and Ulster resistance to independence.

Style: presentation and discussion

Gary W. Burbridge, leader, taught anthropology and history at GRCC for thirty-six years. While at GRCC, he developed courses in Native American Cultures, Introductory Archaeology, and Irish Archaeology. As a professor, he co-led tours to Europe, including study tours to Ireland.

13. Write & Publish Your Personal Stories
June 12-15, 9:00-10:15, DC140

Explore, brainstorm and write three types of creative nonfiction—personal experience, place essay, and spiritual memoir—while learning story-enhancing tools like dialogue, setting, and characterization. On Thursday meet local publishing expert, writer and agent Ann Byle, who will discuss steps to get your writing published.

Style: presentation and discussion

Cynthia Beach, co-leader, is a long-time English professor and writer. Her articles, short stories, and contributions appear in newspapers, literary journals, and books like Hope in the Mourning Bible (Zondervan, 2013) and Horse of My Heart (Revell, 2015). She cofounded the two-day Breathe Christian Writers Conference and is currently marketing her novel, The Seduction of Pastor Goodman.

Ann Byle, co-leader, is a freelance writer for magazines including Publishers Weekly and Grand Rapids Magazine; a literary agent with Credo Communications; speaker at numerous writers conferences; and author of several books. She is also a cofounder of Breathe.

14. Jesus on Location
June 12-15, 10:30-11:45, Bytwerk, lower level

In this course we will go on location with Jesus to walk where he walked and to stand where he stood as we learn about what it means to be a disciple of Jesus Christ. We will study the history, culture, and geography of the land of Israel with an emphasis on illuminating the world of the Bible. Making use of maps and photographs, we will experience the land that formed the stage on which so many biblical events were played out. This course will introduce you to sites in Jerusalem, Galilee, the Dead Sea area, and Bethlehem. It will bring the Bible alive in a new way, giving its stories new dimensions and deeper meaning as you see the places where biblical events took place—from the archaeological remains of Old Testament kingdoms to the locations of Jesus’ ministry. We will journey to learn from Jesus where he lived and how to be with Jesus where we are.

*This is a repeat course based on its popularity in 2016.

Style: presentation and discussion

Daniel Kroeze, leader, is a professor of biblical studies at Kuyper College. He is ordained in the RCA and currently serving as the Teaching Pastor at Newhall Community Church in Wyoming
15. Understanding and Managing Stress

June 12-15, 10:30-11:45, DC170

We live in a culture where ongoing stress is a part of our very existence. While a certain amount of stress is normal (and productive), stress can lead to dissatisfaction, unhappiness and even health problems. This class is designed to give participants a holistic perspective on the components of stress. Participants will become familiar with mind-set, self-compassion, and resilience as methods to help reduce sources of stress in their lives. Participants will learn techniques related to mindfulness to help cope and manage stress.

During this course, students will be able to:

1. Define the 2 major types of stress.
2. Identify 3 potential sources of stress in their lives.
3. Recognize what stress feels like in their body.
4. Understand neuroplasticity and Shawn Achor’s theory on happiness.
5. Identify physical, mental-emotional and cognitive components of stress.
6. Understand General Adaptation Syndrome and how stress can have an impact on their long-term health.
7. Understand the 6 steps in reducing stress.
8. Learn about the role of self-compassion, resilience and mindfulness in managing stress.

Style: presentation, discussion, and hands-on

Pat Latus-Kennedy, leader, is a 25 year veteran educator and trained school counselor. During her tenure as a high school health teacher she became increasingly aware of the impact of stress on the lives of adults in our culture. She uses her training and education in psychology, school counseling, health, sociology and Hakomi psychotherapy to develop a stress class that focuses on the social/emotional, physical, cognitive and neurological components of stress awareness and management. Pat uses an engaging, interactive and experiential approach to teach this class.

16. Religion and Politics in Turkey

June 12-15, 1:30-2:45, DC140

Turkey is not just another country, but an important key to understanding today's news about the Middle East: Islam, ISIS, terrorism, the never-ending conflicts there and God's work among the nations. Join us for a pastoral perspective regarding the continuing hatred and violence flowing from the Middle East. We will sort out the important events, issues, and people involved - to better inform our opinions, prayers, and actions.

Style: presentation and discussion

Doug Van Bronkhorst, leader, is a life-long student of history and religion. He is the Executive Pastor for Cascade Fellowship CRC and traveled extensively in Central Asia and the Middle East in his last job as Executive Director for Interserve, USA, an interdenominational mission sending organization.

17. Dementia, Aging, and End of Life Support

June 12-15, 1:30-2:45, DC160

We are all facing a journey for which many of us are not well prepared. Medical advances have increased our life expectancy with a greater probability of frailty as an unwelcome consequence. In this series, we reflect on one of the most feared aspects of aging, dementia, and how to walk faithfully alongside people with dementia and those who care for them. We will also learn how to prepare for the inevitable through advance care planning, and understanding how the medical community approaches end-of-life care issues.

Session 1 (June 12): Dealing Faithfully With Dementia, Part 1

Session 2 (June 13): Dealing Faithfully With Dementia, Part 2:

Session 3 (June 14) End of life care in America: understanding Hospice and Palliative care

Session 4 (June 15): Medical Decisions that Matter: understanding advance care planning and decision making.

Style: presentation and discussion

Suzanne McDonald is the co-leader for days 1 & 2. She is Professor of Historical and Systematic Theology at Western Theological Seminary in Holland. She teaches on a range of theological topics, in addition to teaching a course titled "Ministry, Aging, and Dementia". Lisa VanderWel, co-leader for days 3 & 4, is the Senior Administrator for the Hospice and Palliative Care at Spectrum Health Continuing Care. She has 23 years of Hospice experience enabling her to share in-depth knowledge of hospice operations at all levels.
Registration Information- $25 per course, except #10, which is $15

Sign up is available online on our website using the red register button in the center of the webpage. Favor your mouse to enter the required data. For paper registration, mail the form below with check payment to the address on pg. 14.

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<td>8. Picturing America with the Smithsonian</td>
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<td>9. Israel’s Conquest of Canaan</td>
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<tr>
<td>10. The Battle of Leyte Gulf- Only Wednesday June 7, $15</td>
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<table>
<thead>
<tr>
<th>2017 Summer Class Summary</th>
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<tbody>
<tr>
<td><strong>June 12-15, Monday-Thursday, except course #11</strong></td>
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<tr>
<td>11. Birding Ottawa County Parks, Tue-Friday</td>
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<td>12. The Era of Irish Revolution</td>
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<tr>
<td>13. Write and Publish Your Personal Stories</td>
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<td>14. Jesus on Location</td>
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<td>15. Stress Management</td>
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<td>16. Religion and Politics in Turkey</td>
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<tr>
<td>17. Dementia, Aging, and End of Life Support</td>
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* Denotes special days

Course Registration Form

Summer 2017 Courses- $25 per course, except for course #10, which is $15.

Name:

Phone: (____)____

E-mail:

| 1. Office of the U.S. President | 9. Israel’s Conquest of Canaan |
| 2. Church Between Borders | 10. The Battle of Leyte Gulf, October 1944, ($15) |
| 4. TED Talks | 12. The Era of Irish Revolution |
| 5. Dorothy Day and the Catholic Worker | 13. Write and Publish Your Personal Stories |
| 6. The Power of Story | 14. Jesus on Location |
| 7. Changing the World...One Apple at a Time | 15. Stress Management |
| 8. Picturing America with the Smithsonian | 16. Religion and Politics in Turkey |
| | 17. Dementia, Aging, and End of Life Support |
Extended Trips

by John Apol

Stratford Festival, June 7-June 9, (7 spots remaining)
with Gary Schmidt

Join Calvin friends for this delightful trip to Ontario for the 2017 Stratford Festival, led by Newbery Award-winning author and Calvin English professor Gary Schmidt. Packed with a full itinerary including five theatre productions, three group dinners, transportation, accommodations, and more. This tour will be entertaining and get you thinking!

Trip Highlights

See Shakespeare’s play, *Twelfth Night* and *Romeo & Juliet*

See the play, *The Virgin Trial* and *Treasure Island*

See Gilbert and Sullivan’s play, *H.M.S. Pinafore*

Share the experience with the knowledgeable Professor Gary Schmidt and other travelers.

Free time for shopping and sightseeing in Stratford, Ontario.

American Southwest, Sept 7-Sept 18, (3 spots remaining)
with John Apol

Immerse yourself in the Native American culture and the beauty of Canyon de Chelly National Monument and Monument Valley.

Discover the uniqueness of Antelope Canyon and the stunning magnitude of the Grand Canyon. Experience hiking in the fascinating hoodoos of Bryce Canyon and take in the views at Zion National Park.

Highlights

Sky City Pueblo, Canyon de Chelly (4x4 tour), Monument Valley, Antelope Canyon, Grand Canyon, Bryce Canyon, Zion Canyon National Park, Salt Lake City and Temple Square.

The Cities of the Reformation, Sept 12-Sept 22, (filled, waitlist)

with Karin Maag

Experience the fascinating history and modern-day significance of the German and Swiss Reformation while retracing the steps of Martin Luther, Ulrich Zwingli and John Calvin.

Highlights

Wittenberg, Erfurt, Heidelberg, Strasbourg, Zurich, and Geneva. Lectures by Dr. Maag will add to the enjoyment and provide enlightening insights into the Reformation.

Looking ahead to 2018

Consider the following anticipated trips offered through CALL in 2018:

Netherlands, Canadian Rockies, Civil War Sites, Acadia National Park bicycling, South Africa, Peru, and an Alaskan Cruise.
Experience Enrichment

Physical address:
Youngsma Center 218
1580 East Beltline

Mailing Address:
CALL
3201 Burton St SE
Grand Rapids, MI 49546

CALL Office Hours:
M-Th 8:30 am - 4:00 pm
Fri 9:00 am - 12:00 pm

CALL Website:
www.calvin.edu/call

Phone: 616.526.8777
email: call@calvin.edu

Sonja DeJong
Administrative Coordinator

Marjo Jordan
Membership Assistant

Grand Rapids Opera, one of our partner organizations, finishes its season with a production of The Barber of Seville on May 12 and 13. The performances feature a mezzo-soprano who recently performed the production’s star role at The Metropolitan Opera. Ginger Costa-Jackson starred as Rosina in The Metropolitan Opera’s December 2015 production of “The Barber of Seville” and will perform the same role in Opera Grand Rapids’ upcoming production. Tickets are discounted when you identify your CALL membership. Discounts apply to single performances only and not to season ticket purchases.

For those with interest to the upcoming 2017-2018, Opera Grand Rapids will celebrate its 50th anniversary with Rigoletto, I Dream, The Marriage of Figaro, and Forte Tenors. Season tickets are discounted 25% until May 31. Individual tickets go on sale August 15. Find out more details at www.operagrd.org.