

**FREE Classes in
November & December**

**PILLAR
INSTITUTE**



LEARNING FOR THE FUN OF IT

P.I.L.L.A.R. Preview

Peak Institute for Living, Learning, And Rejuvenation

A local center for lifelong learning

Fall 2024 Edition



Welcome to PILLAR, the Pikes Peak region's only institute for lifelong learning for the past 25 years! Each year over 150 lifelong learning opportunities are created, for and by adults, with no homework, no tests, no papers. *Just learning for the fun of it!* PILLAR offers lifelong learning in a variety of subjects including history, science, philosophy, literature, art history, music appreciation, global affairs, and more.

PILLAR's Mission: To provide lifelong learning, volunteer, and social opportunities for engaged adults.

PILLAR's Vision: PILLAR Institute for Lifelong Learning seeks to stimulate adult brain health through interactive learning, volunteer, and social opportunities.

A GIFT OF TIME FROM PILLAR

Good news during this transition! PILLAR has finished rescheduling all of its November and December classes. As a gift for being so patient, the PILLAR Board has decided to make all of the classes for November and December **FREE**.

There is a limit on how many people will be able to be in a class due to room size, so register early. And please if you can't make it, let the office know so someone on the waiting list will be able to take the class. Check the times as some classes will be longer than others and some will start earlier than 10am. Also, New Altitude welcomes PILLAR participants to sit or socialize before or after class in their lobbies. They want us to feel welcome. Registration starts Saturday, November 2nd.

There is one change to the New Altitude conference rooms and that is there will be no more coffee/tea/hot water service due to the cost to them; however, you are welcome to bring your own drinks.

New Altitude has also locked the door to the offices. If you need to go down to the office, just ask at the New Altitude desk and they will let you in to go back. Office hours will resume Tuesday, November 5th, 9:30am-12:30pm. Again, thanks for being patient as we make this important new transition.

One last thing, board members are making a commitment to being in the lobby after classes if you would like to meet them or ask them questions. One board member has signed up to be available after each class in November and December. This is one more way that PILLAR is aiming to be transparent.

We hope you enjoy these FREE classes. As always,

The PILLAR Board of Directors and Vickie Heffner, PILLAR Interim Executive Director

Where is PILLAR located?

PILLAR is located at 6385 Corporate Drive on the New Altitude floor of The Resource Exchange Building across from Furniture Row. You can take I-25, Nevada Ave., or Woodmen Rd. to get to Corporate Drive.

You must park on the north side of The Resource Exchange building. The south doors are usually locked as that floor is The Resource Exchange. The north entrance will have you enter directly into the New Altitude floor without having to climb stairs or use the elevator. That is the floor on which our office is located and our classes are held. Check in with the receptionist next to the PILLAR sign.

New PILLAR office hours:

Tuesday, Wednesday, and Thursday
9:30am - 12:30pm.

PILLAR Institute for Lifelong Learning

6385 Corporate Dr., Suite 200
Colorado Springs, CO 80919
719-633-4991

<https://www.PillarInstitute.org>
director@PillarInstitute.org

Important Class Registration Information

- Pre-registration is required for all classes and tours as all classes have maximums.
- Check the times and locations of each class as some are at different times, lengths, or locations.
- Register for classes online yourself at <https://www.PillarInstitute.org/learn>, call the office at 719.633.4991, mail in a registration, or come in when the office is open. Register early, as classes are limited in size.
- The most current class schedule is on the website and in weekly emails. Make sure you are on the PILLAR email list. Classes are subject to change due to instructor illness or weather.
- Print catalogs are \$3. A mailed print catalog is \$5. Call or come by the office to request one.
- Cancellations: As each conference room is reserved and paid for, registrations cannot be canceled at the last minute. Please read the new cancellation policy below.

The Pillar Institute Cancellation and Refund Policy

PILLAR Cancellations: PILLAR Institute reserves the right to cancel, combine, or reschedule classes to adjust for enrollment, technical difficulties, weather, instructor illness, or other unavoidable circumstances. If it is necessary for PILLAR Institute to cancel a class for any reason, all registered participants will be informed as soon as possible. If possible, the class will be rescheduled. If the class cannot be rescheduled, then the class fee can be transferred to another class within the same term, donated, or refunded.

Participants' Cancellations: If participants cannot attend a previously registered class, they will need to cancel the class with the office by email or phone call (do not leave a message) 72 business hours before the class is to be held to receive a class credit.

Registration Minimums: Since each conference room is reserved and paid for by the number of people registered, classes may be canceled if the minimum registrations are not received. If the class is canceled by PILLAR, registered participants will receive a class credit.

Membership: There are no refunds on membership.

Day Trips and Special Events: Day trip and special event fees are non-refundable as fees are paid in advance to secure buses, performers, admissions, food, books, etc. However, day trip and special event fees are transferable to another person.

Participants will be charged currently acceptable fees for all returned checks and chargebacks of credit cards.

Amended and Adopted by PILLAR's Board of Directors : 1-4-2024.

Weather Considerations: PILLAR classes are located all over the Pikes Peak region, which means different weather in different locations. If School District 11 is closed due to weather, then PILLAR is closed. If D-11 has a two hour delay, then PILLAR will open at noon and the morning classes are canceled. Closing notifications will also be made by email and posted on the PILLAR website.

Volunteer Opportunities

PILLAR is run mostly by volunteers, people love to learn. Ask participants why they love PILLAR, and they will tell you that they like to learn, volunteer, and socialize. Ask PILLAR instructors why they love PILLAR, and they will tell you that they never met a more engaging group of people interested in learning. There are many ways you can volunteer at PILLAR. Work as a receptionist once a week, become active on PILLAR's curriculum committee, volunteer as a board member, or volunteer to help with social activities. This is a *wonderful* way to meet new people, share your skills, have fun, and learn.

Contact our office at 719-633-4991 for further information.

PILLAR Mah Jongg Play Mah Jongg with the 2024 National Mah Jongg League card. Starting November 6, Mah Jongg will be on Wednesday mornings, 10am.



#5003 PILLAR's Annual Membership Meeting
Wednesday, November 13
1:00 pm at PILLAR
Must RSVP at 719-633-4991

All PILLAR members are asked to attend this year's annual membership meeting. This is an important meeting as we figure out PILLAR's future together. Please come with your questions and suggestions. Thank you!

Festive = bright, cheerful, ebullient, glad, happy, jovial, merry, joyful

Join us for our festive Christmas Party on Friday, December 6 at PILLAR!

There's new energy at PILLAR and we want to share it with you, our valued supporters! Let's all get into that new spirit of PILLAR as we welcome the spirit of the holidays to come. There will be wine or punch, hors d'oeuvres, and special sweet treats! We'll enjoy a fun game, music and singing, the company of old friends, and meeting those new to PILLAR.

Please mark your calendars now for December 6th from
1-4 pm at PILLAR and **RSVP to 719-576-2231** by
November 29.

We are looking forward to seeing you at this special
holiday event.



<< November 2024 >>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
				7		
			6	#5001 Urban		
			#5000 IGP: Sixty	Blues, Race		
3	4	5	Years of James	Music, and	8	9
			Bond	Rhythm and		
				Blues		
		12				
		#5002 Secrets	13		15	
		From Deep Inside	#5003 PILLAR		#5004 Natural	
10	11	the Atom. You	Annual	14	Hacks to Support	16
		Will Never Guess	Membership		Memory	
		What Everything	Meeting			
		is Made Of.				
		19				
		# 5005 Fannie	20			
		Mae Duncan and	# 5006 Visiting			
17	18	the Cotton Club	The Land of Oz	21	22	23
		of Colorado	Australia			
		Springs				
24	25	26	27	28	29	30

<< December 2024 >>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		3 #5007 U.S. Domestic Political Issues 1960-65	4 # 5008 Abraham-Part II	5 #5009 Aviation Mishaps	6 #5010 PILLAR Christmas Party!	7
1	2					
			11 #5011 Xu Beihong – The World Famous Chinese Artist You Probably Never Heard Of!	12 #5012 Introduction to “Big History.” The History of Everything and Everyone		
8	9	10 #5010 U.S. Domestic Political Issues 1965-69			13	14
				19 #5015 The Politics of Building a Weapon: Early History of the A- 10 Warthog.		
15	16	17 #5013 U.S. Foreign Policy Issues 1960-69	18 #5014 Geopolitics of China		20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

November Classes *Classroom is limited by size. Register early and notify PILLAR if you cannot attend, so our waiting list can be utilized.*

5000 *Sixty Years of James Bond* (note location)

From the books written by Ian Fleming to the iconic music to the famous line “Bond, James Bond”—for just over 60 years the 007 character has been in the forefront of our entertainment world. Join us for this fun class to learn more about Bond, James Bond, his creator, and the movies that made him famous.

Instructor: Sandy Halby: BS in Mathematics from the University of Alaska. She is a military veteran and is retired from the federal government as a civil servant. Currently, she is president of a local Mensa group and active in the Pikes Peak Beekeepers Association.

Cost: Free class, but participants must register online starting November 2.
Wednesday, November 6, from 10:00 to 11:30 am at the Inn at Garden Plaza

5001 *Urban Blues, Race Music, and Rhythm and Blues 1920-1955*

The first urban musicians were African American women vocalists, like Mamie Smith, Ma Rainey, and Bessie Smith, centered in the Harlem area of New York City. The blues singers were often accompanied by ragtime and jazz musicians, including Jelly Roll Morton and Louis Armstrong. The interaction among blues vocalists and ragtime and jazz musicians resulted in blurring of the lines among these genres which led to a black-white audience for the music that became known as “race records,” recordings that included blues, jazz, and gospel music.

Instructor: Dick Fairley, PhD in Computer Science and Systems Engineering from UCLA. He worked as an engineer, university professor, consultant, and as a jazz disk jockey at KRCC.

Cost: Free class, but participants must register online starting November 2.
Thursday, November 7, from 10:10 am to 12:00 pm at PILLAR.

**#5002 *Secrets From Deep Inside the Atom.*
*You Will Never Guess What Everything Is Made Of***

Trust us. You won’t have to be a scientist to understand this class. Gertzman will explain the different types of nuclei, the different types of subatomic particles, and the surprising story of superheavy elements.

Instructor: Henry Gertzman, PhD in Nuclear Physics from the University of Rochester and a BS in Physics from MIT. He is retired from the National Center for Atmospheric Research in Boulder. He specializes in teaching astronomy, cosmology, and nuclear particle physics, along with various other offbeat topics for PILLAR.

Cost: Free class, but participants must register online starting November 2.
Tuesday, November 12, from 10:10 am to 12:30 pm at PILLAR

November Classes *Classroom is limited by size. Register early and notify PILLAR if you cannot attend, so our waiting list can be utilized.*

#5003 PILLAR's Annual Membership Meeting
Wednesday, November 13
1:00 pm at PILLAR
***Please RSVP. Limited seating.**

5004 *Natural Hacks to Support Memory*

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.

Instructor: Dawn Franz: BS in Nutritional Science with a minor in Biochemistry from the University of Arizona. She has been a Nutritional Health Coach for Natural Grocers since 2005.

Cost: Free class, but participants must register online starting November 2.

Friday, November 15, from 10:00 am to 11:00 am at Natural Grocers, 7298 N. Academy Blvd.

5005 *Fannie Mae Duncan and the Cotton Club of Colorado Springs*

Fannie Mae Duncan was a successful African American businesswoman in the 1950's and 1960's when segregation was practiced in Colorado Springs. She catered her businesses to the African American community, owned a restaurant and night club, and was a millionaire by the time she was 35!

Instructor: Steve Antonuccio : MLS from Emporia State and BS in Communications from the University of Colorado. He worked as a Media Specialist for Pikes Peak State College, managed Cable Channel 17 for the Pikes Peak Library District for twenty years, and was a Library Branch Manager for the Pueblo City/County Library District for six years.

Cost: Free class, but participants must register online starting November 2.

Tuesday, November 19, from 10:10 am-12:30 pm at PILLAR

November Classes *Classroom is limited by size. Register early and notify PILLAR if you cannot attend, so our waiting list can be utilized.*

5006 Visiting The Land of Oz

Have you ever dreamed of seeing Australia, but were worried about the expense and hassle of going with a group tour with no flexibility? Guess what? You can DIY it! Dr. Johnson will explain every step you need to take to visit and explore Australia while saving thousands of dollars. Dr. Johnson will tell you what visa you need, the best way to get there, when to get your tickets, tips on cars and how to drive on the left, how to avoid crowds, and the best deals on lodging—including holiday parks and caravanning. (She has done both in three trips over the past 14 years—the latest in November of 2023)

Instructor: Deb Johnson, M.D. from CU School of Medicine, Denver, Colorado, and an **MS** and **BS** in Chemistry from CU Boulder and Texas Tech Lubbock respectively. She had a post-graduate residency in anatomic clinical pathology at UC Health and The Children's Hospital and a forensic pathology fellowship in the Office of the Medical Investigator, University of New Mexico. For 27 years, she was employed as a forensic pathologist/Medical Examiner at various locations. She is self-employed as a consultant in her own business, Pikes Peak Forensics, PC, founded in 2003. There she served as Clinical Laboratory Improvement Amendments (CLIA) medical director at Chematox in Boulder. She has also worked extensively for the Colorado Public Defender's Office since 2017.

Cost: Free class, but participants must register online starting November 2. Wednesday, November 20, from 10:10 am to 12:00 pm at PILLAR



Join us for a brown bag lunch on **November 20 at 12:00** noon at PILLAR. Bring your favorite sandwich or other lunch staple and meet and greet your fellow PILLARITES for a casual lunch with good old fashioned conversation! We'll provide the drinks and some homemade cookies for dessert. No RSVPs needed.

Membership Benefits—We encourage you to sign up for a PILLAR membership. Membership benefits include:

- An automatic discount on individual class fees.
- Being a part of a social network that welcomes peer interaction.
- Opportunities to volunteer.
- Support of a great nonprofit!

December Classes Classroom is limited by size. Register early and notify PILLAR if you cannot attend, so our waiting list can be utilized.

American Domestic and Foreign Policy Issues in the 1960's

This is a 3-part course.

#5007 U.S. Domestic Political Issues 1960-65 The first part will focus on the years 1960-1965 to include the 1960 presidential campaign between Nixon and Kennedy, the early Kennedy administration's civil rights initiatives, the 1963 Kennedy assassination, the 1964 presidential campaign between Johnson and Goldwater, and conclude with Johnson's Great Society programs. *December 3*

#5010 U.S. Domestic Political Issues 1965-69 The second part will feature the domestic turmoil that embroiled the United States during the Johnson administration involving the civil rights movement, and the protests against the expanding Vietnam war, LBJ's decision not to seek re-election in 1968, the assassinations of Martin Luther King and Robert Kennedy, and the 1968 presidential campaign pitting Nixon against Hubert Humphrey. *December 10*

#5013 U.S. Foreign Policy Issues 1960-69 The third part will address the major foreign policy issues of the sixties. Although dominated by the expanding Vietnam war, this presentation will also include the 1962 Cuban missile crisis, the 1963 Limited Test Ban Treaty with the Soviet Union, and the U.S. space program from Kennedy's pledge to put a man on the moon by the end of the decade to the Apollo 11 mission and Neil Armstrong and Buzz Aldrin's walk on the moon. The discussion on the Vietnam war will include the Kennedy decision to send military advisors to the Republic of Vietnam, Johnson's expansion of the war after the passage of the 1964 Gulf of Tonkin Resolution, the decision to "Americanize" the war with the introduction of large scale ground forces in 1965, the expansion of the air war over North Vietnam, and the disastrous 1968 Tet Offensive. This session will conclude with Richard Nixon's "Vietnamization" strategy to end the war after his 1968 election. *December 17*

Instructor: Bill Berry, PhD in International Relations with a focus on East Asian Politics from Cornell University. He was a career Air Force Officer, retiring with the rank of colonel. He served in several East Asian assignments. Dr. Berry also taught at the Air Force Academy, the National War College, and the Asian Pacific Center for Security Studies.

Cost: Free class, but participants must register online starting November 2.
Tuesdays, December 3, 10, 17 from 10:10 am to 12:30 pm at PILLAR (note time)

5008 Abraham-Part II

In Part I, we got up to and through the renaming of Abram to Abraham and Sarai to Sarah. Now we'll try to finish from Genesis 18-25. This includes the visit by three men, Sodom and Gomorrah, Lot and his daughters, Isaac's birth, the binding of Isaac, finding Isaac a wife, and Abraham's death.

Instructor: Jamie Foster, BA in Geology from Carleton College in Northfield, Minnesota. Jamie has been a primary and secondary school teacher and has developed and taught several church-related courses. ["God Is Good" (from Genesis and Exodus), "Saint Nicholas Tells His Story," "In His Own Hand" (a look at the four times God wrote in His own hand), "Is God Expanding, Too?" (a study on cosmology and creation), "Out of the Ashes," (stories and characteristics of resurrections), and "This Train is Bound for Glory," (the chapel car experience).]

Cost: Free class, but participants must register online starting November 2.
Wednesday, December 4 from 10:10 am to 12:00 pm at PILLAR

December Classes Classroom is limited by size. Register early and notify PILLAR if you cannot attend, so our waiting list can be utilized.

#5009 Aviation Mishaps

Most of us travel on commercial flights without a lot of concern for our safety. While the safety questions are always in the back of our minds, they are tucked WAY back there for most of us. The fact is that mile for mile traveling by commercial air remains by far the safest way to travel, but it's not perfect. Why is it so safe? What are the REAL risks that remain? And how does "the system" respond when a mishap occurs?

Instructor: Mark Dickerson: MS in Aero and Astro Engineering from Stanford University and an MBA from Regis University. He has experience as an FAA and USAF Flight Instructor, a Test Pilot, an Adjunct College Faculty member, and was President of the Colorado Chapter of the Tuskegee Airmen. He is also a volunteer with the Pikes Peak Regional Office of Emergency Management.

Cost: Free class, but participants must register online starting November 2.
Thursday, December 5, from 10:10 am to 12:00 pm at PILLAR

#5010 PILLAR Christmas Party!

Friday, December 6 from
1:00 to 4:00 pm at PILLAR

Ho Ho Ho!

RSVP by November 29th



**It's Never Too
Late To Be Great!**



**Age is a state of
mind. Look at
what these
"seniors" accom-
plished in their
later years**

At age 65, Laura Ingalls Wilder published *Little House in the Big Woods*, the first of her eight volume Little House series.

At age 68, Lillian Carter, mother of President Jimmy Carter, joined the Peace Corps and served for two years in India.

At age 76, Clara Barton, founder of the American Red Cross, rode mule wagons and worked as a nurse during the Spanish-American War.

At age 91, Hulda Crooks climbed Mount Whitney, the second highest peak in the continental United States.

At age 96, Martha Graham premiered her choreographed work *The Maple Leaf Rag*.

December Classes *Classroom is limited by size. Register early and notify PILLAR if you cannot attend, so our waiting list can be utilized.*

#5011 *Xu Beihong – The World Famous Chinese Artist You Probably Never Heard Of!*

Xu Beihong (1895 – 1953) is one of the most famous artists in China and is well known throughout Asia, but practically unheard of in the United States. After the founding of the People's Republic of China in 1949, he served as the President of the Central Academy of Fine Arts and the Chairman of the Chinese Artists' Association. We will take a look at his life, his work, and his continuing legacy in China.

Instructor: Sandy Halby, BS in Mathematics from the University of Alaska. She is a military veteran and is retired from the federal government as a civil servant. Currently, she is president of a local Mensa group and active in the Pikes Peak Beekeepers Association.

Cost: Free class, but participants must register online starting November 2. Wednesday, December 11 from 10:10 am to 12:30 pm at PILLAR

"To hold on to the same views at forty as we held at twenty is to have been stupefied for a score of years and take rank, not as a prophet, but as an unteachable brat, well birched, and none the wiser."

Robert Louis Stevenson

"To know something requires evidence. If what you know is false then you never knew it, you only believed it."

Don Rossi

#5012 *Introduction to "Big History:" The History of Everything and Everyone*

"Big History" is a relatively new and highly interdisciplinary course first taught in 1989 by Professor David Christian at Macquarie University in Australia. This course, now taught at both the high school and university levels all over the world, connects written history with what we have learned through research in the many disciplinary lenses in the natural and social sciences. Big History exposes students to the entire 13.8 billion year development of the universe. The panel named below will share information about the origin and evolution of the universe and the Earth, the experiences of teaching Big History, and the many resources now available on this topic.

Panelists: **Shane Burns**, Professor Emeritus of Physics at Colorado College; **Dan Hillman**, Big History teacher; **Eric Leonard**, Professor Emeritus of Geology at Colorado College; and **Randy Stiles**, Senior Military Professor of Aeronautics (retired) at the United States Air Force Academy.

Cost: Free class, but participants must register online starting November 2. Thursday, December 12, from 9:30 am to 11:00 am at PILLAR

December Classes *Classroom is limited by size. Register early and notify PILLAR if you cannot attend, so our waiting list can be utilized.*

#5014 *Geopolitics of China*

The relationship between nations is not so much about politics as much as it is about Geopolitics. Geopolitics is the study and practice of the relationship between geography, demographics, the economy, culture, the history of a nation and politics, and how these affect its relationship with other nations. This talk will go over the basics of the geography (not as boring as it sounds), history, culture, and economics of China, so we can better understand the current issues facing China and how they may react. Did you know China is considered one of the cradles of civilization with the first written record dating back to 1250 B.C. It has the 3rd and 6th longest rivers (Yangtze and Yellow) in the world. It has the fastest aging population in the world. Will China become the largest economy in the world by the end of the decade, as so many think? We will find out about the relationship that China has with its neighbors, such as Taiwan, Japan, Australia, Africa, etc. Also, what is this Belt and Road initiative? How it is working out? What is the future relationship between China and the US? How does Mexico play into this?

Jim Poole, PhD in Applied Statistics from University of Northern Colorado, MS in Economics, MS in Geology. Dr. Poole spent 5 years working as a geologist and 35 years in various roles working for major banks. Jim retired in 2015 and spends a lot of time traveling, reading, and studying geopolitics, and photography, his real true passions.

Cost: Free class, but participants must register online starting November 2.
Wednesday, December 18, from 10:10 am to 12:30 pm at PILLAR

#5015 *The Politics of Building a Weapon: Early History of the A-10 Warthog.*

Close Air Support failed in the Korean War. It failed again in the Vietnam War. The Army had had it with the Air Force and its disdain for the land battle. So, Army leaders designed a super-helicopter that cost twice as much as any fighter jet of the time. This threatened Air Force budgets and so forced the fly guys to very reluctantly design America's first and only Close Air Support attack jet. This fully illustrated presentation details the design considerations that resulted in the truly ugly and supremely effective Warthog.

Instructor: Ed Herlek : BS in Engineering and Political Science from the US Air Force Academy and MA in National Security Studies from California State University. Ed is a recognized authority on "near space" or stratospheric unmanned systems. He is a pilot (both military and civilian aircraft), and served in the Air Force Space Command developing unmanned systems.

Cost: Free class, but participants must register online starting November 2.
Thursday, December 19, from 10:10 am to 12:30 pm at PILLAR

Merry Christmas!!

The Door

I think opportunities are out there in front of us every moment

And there is always one,

At least every day the sun rises.

Sometimes it is not easy to see an opportunity coming to us

And what is most important, see what's behind it.

Since I see opportunities like a door,

You can see every day as a new door,

There are thousands of them!

The only problem is you can't see what is behind it...

I wonder,

Would you choose to go where that door stands,

Open it and explore what is behind it?

It is natural for us to seek out those that can help us,

Either directly or through inspiration,

Seeking advice, a mentor.

However,

All the knowledge or teachers in the world can't help you, if you

Don't apply anything in your life. You have all you need!

Could it be that you are intimidated? Could it be that you have a big ego?

Could it be that you are lazy and want someone else to do the work for you? Could it be that

You are afraid of stepping outside your comfort zone? Or even worse, afraid of being

successful? A teacher can open the door, but you still need to walk through.

Daniela Ochtera

This compelling poem exemplifies all the doors we open every day in our lives. PILLAR identifies the doors within our own organization—***Learning, Volunteering, and Socializing***.

All three doors lead to greater enrichment in our lives. Enter all, enter one or two. You'll find that your life is a little more purposeful, and enjoyable, and you will feel a little more connected to the world around you.