



**STOCKTON INSTITUTE FOR CONTINUED LEARNING (SICL)  
SCHEDULE OF WORKSHOPS AND SPEAKERS SERIES, FALL 2022  
Friday, September 9, 2022 - Friday, November 18, 2022**

Workshops are FREE and AVAILABLE ONLY to 2018 - 2022 Registered SICL Members (or their friends & family).  
Most workshops will be held on Zoom and maximum registration is 100 participants, unless otherwise indicated.  
Speaker Series is on Zoom, FREE and Open to the Public.

Disclaimer: SICL reserves the right to make changes in the schedule, if necessary. IF COVID restrictions change, registered members, who are affected for the in-person workshops, will be notified. For questions or more information, email: [sicl@deltacollege.edu](mailto:sicl@deltacollege.edu) Follow SICL on Facebook: [www.facebook.com/siclstockton](http://www.facebook.com/siclstockton)  
Visit the SICL Website: <http://www.siclstockton.com>

**MONDAY**

WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR
<b>Coffee and Conversation</b>	3	Sept. 12, 19, 26	10 - 11:30 a.m.	<b>Meredith McMindes and Allison Wegner</b>
If you miss seeing your SICL friends and the opportunity to meet new and interesting people, grab your coffee cup and join us. This will be an informal get-together to share ideas, laugh and have good conversations on a variety of topics.				Meredith has been an active SICL member for five years and is currently SICL's Curriculum Chair. Allison is a former teacher and has taught Sewing 101 for SICL for four terms. They are sisters who grew up in Stockton and enjoy each other's company.
<b>Film Club</b>	6	Sept. 12, 19, 26, Oct. 3, 10, 17	1:30 - 4 p.m.	<b>John Dierking</b>
The SICL "Film Club" will meet weekly, via Zoom, on six consecutive Mondays to view an award-winning film from the past. In addition to enjoying these films from the comfort of your own home, Club members will usually have an opportunity to share opinions in the open discussion during intermission and following each film. Get your popcorn ready and "join the Film Club" in watching these films! Never any homework, and advance preparation is discouraged!				John is a casual film buff who enjoys watching both old and new movies during his limited free time. An active member of SICL for more than 13 years, John has held several SICL Board positions and has taught at least 10 different SICL classes in the past.
<b>NEW!! Pickleball For the Rest of Us</b> <b>**meets in-person**</b>	4	Oct. 3, 10, 17, 24	9:30 - 11 a.m.	<b>Nancy Hennefer</b>
This workshop will give you an introduction to the fastest growing sport in America, Pickleball! Easy learning curve and guaranteed to give you a fun dose of physical activity in a social, friendly and encouraging environment! <i>Equipment will be supplied by instructor. Please wear comfortable clothing and appropriate footwear.</i>		<b>Participant Limit: 20.</b> <i>Workshop will be held at Kofu Park, 1145 S. Ham Lane, Lodi.</i>		Nancy has 40 years' experience teaching physical education and movement activities to all ages. She continues to help introduce people to the joy of movement... this time through Pickleball!

MONDAY (Continued)				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
<b>Master Gardener Series</b>	3	Oct. 31, Nov. 7, 14	10 – 12 p.m.	UC Master Gardeners
Join University of California Master Gardeners and Food Preservers for a series of three workshops. The proposed workshops are: <b>Gardening with California Natives:</b> Bring the beauty of California into your own landscape. Save water, lower maintenance, reduce pesticides and invite wildlife into your backyard. <b>Holiday Gifts from your Kitchen:</b> When it comes to gifts, nothing beats homemade! Learn some recipes and packaging techniques to create gifts from your own kitchen. <b>Planning your Summer Garden:</b> Time to think about your garden for 2023 and use your experiences this summer while they are still fresh in your minds!				UC Master Gardeners are volunteers who have gone through extensive training on various home horticultural topics. UC Master Food Preservers are experts in their field of food preservation.
TUESDAY				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
<b>U.S. History, WWII and the Cold War</b>	8	Sept. 13, 20, 27, Oct. 4, 11, 18, 25, Nov. 1	9:30 – 11:30 a.m.	Gregory Gores
World War II was history’s greatest and most destructive war, with the U.S. emerging the clear victor. Despite that, the U.S. was confronted by the new and bewildering world of the Cold War where former allies became our adversaries and our former enemies became allies.				Greg taught U.S. History and U.S. Government for 34 years as a secondary teacher in Lodi Unified School District.
<b>Book Club - Three Books, Three Hosts</b>	3	Sep. 13, Oct. 11, Nov. 15	12 – 1:30 p.m.	Sheri, Carolyn and Veray
The popular SICL Book Club is back with three books this term: Sept. 13, <b>Where the Crawdads Sing</b> by Delia Owens. Sheri Grimes hosts a discussion on this best seller in light of the recent movie. Oct. 11, <b>The Midnight Library</b> by Matt Haig. Carolyn Wischhusen hosts a discussion of the many lives of Nora Seed. Nov. 15, <b>The Bullet that Missed</b> by Richard Osman. Veray Wickham hosts the third installment of The Thursday Murder Club.				Sheri Grimes is an active SICL member. Carolyn Wischhusen has worn many hats with SICL’s Board and as an instructor. Veray Wickham has been a SICL member for many years and is the Speaker Series Chair.

<b>TUESDAY (Continued)</b>				
<b>WORKSHOP TITLE</b>	<b>#</b>	<b>DATE(S)</b>	<b>TIME</b>	<b>INSTRUCTOR(S)</b>
<b>Building Your Family Tree</b>	<b>4</b>	<b>Sept. 13, 20, 27, Oct. 4</b>	<b>2 - 4 p.m.</b>	<b>Jacqi Stevens and Bob Craner</b>
This hands-on beginner's workshop will guide you through the first steps in your exploration of online resources for genealogy. The four sessions in the course will introduce you to useful free tools and websites to document and organize the fundamental data of your family's story.				Both Jacqi and Bob have pursued a life-long passion for genealogy. They have worked together to help many people get started on the right road toward reaching their goals with genealogy. Jacqi currently serves as President of the San Joaquin Genealogical Society and is a daily family history blogger on "A Family Tapestry." Bob serves as Director of Communications for the San Joaquin Genealogical Society. He has been researching his family history for 25 years.
<b>NEW!! Wonders (and Geology) of the National Parks</b>	<b>3</b>	<b>Oct. 18, 25, Nov. 1</b>	<b>12 - 1:30 p.m.</b>	<b>Dave Scheffer</b>
Come, join in watching a few short films (from The Great Courses series) on the National Parks. We will be talking about Yellowstone, Yosemite, Redwoods, Sequoias and the Sierra Nevada, Mesa Verde and Ancient Settlements, Bryce Canyon, Canyonlands, and Arches. A discussion of the parks and personal experiences will follow. We will share all the tips and tricks that can make our future visits even better.				Dave has been visiting National Parks for about 60 years. He always tries to include a visit to a new park on his frequent travels in the U.S.
<b>Ancestry.com</b>	<b>4</b>	<b>Oct. 11, 18, 25, Nov. 1, Revised Dates</b>	<b>2 - 4 p.m.</b>	<b>Jacqi Stevens and Bob Craner</b>
Do you have good intentions to transform the "stuff" of your family's history into a permanent record of your family tree? One of the best ways to organize and preserve that story is by using an online database management system. This four-part workshop, designed specifically for subscribers to the genealogy website Ancestry.com, will walk you step-by-step through the hands-on process of building and maintaining your family tree on Ancestry.com.				Jacqi and Bob continue to help SICL members dig deep into their family histories. Jacqi has been teaching for SICL since Fall 2015, adapting as the science of genealogy changes.

WEDNESDAY				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
<b>NEW!! Stockton Chinatown, Past and Present <b>**meets in-person**</b></b>	1	Sept. 14	10 a.m. – 1:30 p.m.	Janwyn Loy Funamura
Get to know an important part of Stockton's past by joining us on a walking tour of Chinatown in downtown Stockton. We will be using a publication of the San Joaquin County Historical Society and Museum as a guide and link to the past. Following the tour, we will enjoy lunch at a local Chinese restaurant.		<b>Participant Limit: 24. Cost \$30: (Includes a copy of the San Joaquin Historian \$15, and light lunch \$15, including tax and tip). Payment information will be sent after registration. Once payment is received, the registration will be confirmed and the meeting location will be provided.</b> <b>Requires a vaccination card or California online vaccination record with proof of full vaccination and at least one booster. Masks are optional.</b>		Janwyn is a fourth-generation Stocktonian whose ancestral home is in Guangdong Province, China. She enjoys sharing tales of the Stockton Chinese community of her childhood and her China roots.
<b>Express Yourself Through Creative Writing</b>	8	Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9	9:30 - 11 a.m.	Jean Sahyoun
This class is for those who wish to write stories, poems, and memoirs. We share our stories aloud and get positive, helpful feedback from classmates and the instructor. Your short work can be non-fiction or fiction.				Jean taught English for 37 years at the secondary level. She has been teaching Creative Writing for SICL since 2011.
<b>Continuing Ukulele Jam</b>	5	Sept. 21, 28, Oct. 5, 12, 19	1 - 2:30 p.m.	<b>The Strumingos: Judith Gores, Clair Trujillo, Roxane Wills, Susan Krietemeyer</b>
Dust off your uke and join us! No worries if you're feeling rusty. Each session will include a little instruction and lots of jamming using music appropriate for all uke skill levels.				Dust off your uke and join us! No worries if you're feeling rusty. Each session will include a little instruction and lots of jamming using music appropriate for all uke skill levels.
<b>Cucina Giovanetti</b>	3	Oct. 26, Nov. 2, 9	12 - 1:30 p.m.	Gary Giovanetti
Watch award-winning cook, Gary Giovanetti, prepare three classic Italian dishes. His skill and bonhomie make each class entertaining and informative. His recipes are original and pared down, making the dishes easy to prepare at home.		A complete list of ingredients will be emailed to you after you register and several days before each class.		Gary has won numerous cooking contests and gives his time to do Zoom cooking workshops for SICL and The Pacific Italian Alliance. A self-taught chef, he combines his family history and his love of cooking.

WEDNESDAY (Continued)				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
<b>Tai Chi Qigong 18, Meditation, and Stretches</b>	4	Oct. 26, Nov. 2, 9, 16	2:30 - 4 p.m.	Dr. Ray Tom
Learn the ancient art of exercise that involves a soft approach to achieving a healthy body and mind. This is an introduction to the Chinese wellness exercise of Qigong. The sessions will include meditation, the 19 Qigong exercises performed in sitting and standing positions, and a set of stretches that stretch most of the body's muscles.				Dr. Tom is a certified instructor for the International Yang Family Tai Chi Chuan Association. He has been teaching Tai Chi Chuan and Qigong in the Stockton area since 1983.
<b>NEW!! Unique Wooden Churches of Eastern Europe, the History and Culture</b>	1	Nov. 16	10 - 11:30 a.m.	Renata Bricka
Join popular instructor Renata Bricka, as she takes us on a Zoom tour of wooden churches and buildings that have survived fires and wars, all researched on location. We will talk about the iconography that is a part of the interior, going back to the history and culture of the Byzantium where these traditions were sourced.				Renata is a MA in Fine Arts & Art History and Russian Language and Literature. She has taught at Linn-Benton Community College in Oregon, Theater Arts Department at UOP and SJ Delta College. She designed professionally for productions at CSU Stanislaus, UOP Conservatory and Theater Arts, SJ Delta College, Gallo Center in Modesto, Stockton Opera and many other companies.
THURSDAY				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
<b>How to Implement a Whole Food Plant-based Diet to Prevent and Reverse Chronic Disease.</b>	4	<b>This workshop has been cancelled due to unforeseeable circumstances.</b>		Hugh Lilly
Learn about Lifestyle Medicine and Self-care, using a wholefood plant-based diet to prevent and reverse chronic disease. Learn why Lifestyle Medicine and Self-care is often better than drugs alone. Hugh is passionate about helping people achieve optimal health and vitality. Learn about his story and how he has reversed his type 2 diabetes, hypertension, and obesity.				Hugh is a certified health coach and recently completed a course in Plant-Based Nutrition through eCornell.

THURSDAY (Continued)				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
<b>NEW!! Gary Giovanetti's Lunch and Bocce Ball <b>**meets in-person**</b></b>	1	Oct. 20	11:45 am - 2:15 p. m.	Gary Giovanetti
Join us at the <b>Italian Athletic Club, 3541 Cherryland Ave. Stockton</b> , to have lunch and learn to play Bocce! Gary will be our host and Bocce instructor. We'll meet at the Italian Athletic Club for their Thursday lunch and learn to play Bocce with Gary after lunch. <b>For Bocce, please wear flat bottom, soft sole, sneakers or tennis shoes.</b>		<b>Participant Limit: 32. Italian Athletic Club, Cost: \$20. (\$15 lunch, \$5 Bocce). Pay day of attendance. Requires a vaccination card or California online vaccination record with proof of full vaccination and at least one booster. Masks are optional.</b>		Gary is a chef and instructor of SICL's popular workshop "Cucina Giovanetti". He loves to share his Italian heritage!
<b>Taste of Stockton <b>**meets in-person**</b></b>	4	Oct. 27, Nov. 3, 10, 17	1:30 - 3:30	Linda Webb
Attention Foodies and adventurous eaters! If you enjoy eating out, come join some old and new friends to visit local restaurants, hear their stories and taste their food. We will meet at different restaurants weekly.		<b>Participant limit: 20. Approved registrants will receive the restaurant locations prior to the start of class. Requires a vaccination card or California online vaccination record with proof of full vaccination and at least one booster. Masks are optional.</b>		Linda was a teacher and Program Specialist for 30 years. She is retired from Stockton Unified School District. Presently she is the Curriculum Committee assistant and a member of SICL's Board
<b>Sewing 101: 30 Minute Table Runner</b>	1	Nov. 3	9:30 - 11:30 a.m.	Allison Wegner
Learn an easy method to make an attractive table runner in less than 30 minutes. So easy that you can make them for different holidays and seasons.... and make some as gifts too!				Allison is a retired Special Education teacher. She holds a B.A. in Home Economics and taught sewing. She started sewing at age nine and spends lots of time behind her sewing machine.
FRIDAY				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
<b>Kayaking and Mindfulness Workshop <b>**meets in person**</b></b>	1	SEPT. 16	9 a.m. - 12 p.m.	Dorbea Cary
Enjoy a beautiful morning kayaking at Lodi Lake with mindfulness coach Dorbea Cary. We will rent kayaks and paddle to locations on the lake where Dorbea will conduct mindfulness meditations. No kayaking skill necessary- everyone welcome!		<b>Participant limit: 30. Cost: \$69.83 for kayak rental due by Sept. 6th. Please make your payment directly to Headwaters Kayak, 1101 W. Turner Road, at Lodi Lake. You will receive a link to their website and a phone number to contact them. Once payment is received your registration will be confirmed. Please arrive by 8:30 a.m.</b>		Dorbea received her Mindfulness Teacher Accreditation through a year-long program at the Mindfulness Training Institute. She has taken meditation courses in mindfulness in nature and mindfulness self-compassion. She has a daily meditation practice and enjoys hiking, being outdoors, and seeing her grandkids!

FRIDAY (Continued)				
WORKSHOP TITLE	#	DATE(S)	TIME	INSTRUCTOR(S)
<b>New!! Fall Garden Adventure 2022</b> <b>**meets in-person**</b>	4	Sept. 23, 30, Oct. 7, 14,	10 - 11:30 a.m.	<b>Julie Morehouse</b>
Come along on this fall garden adventure! First class will meet at In Season Garden and Nursery to create and explore. During our four weeks together, we will also include trips to the nursery and gardens at Delta College and learn what the students are creating there.		<b>Participant limit: 25.</b> <b>Cost: \$20 (cash or check only) is due to instructor first day of workshop.</b> <b>Workshop will meet at In Season Market and Nursery, 215 E Alpine Avenue, Stockton, 209-949-2499</b>		Julie is a horticulturalist with 30 years in the nursery and landscape industry. A former Delta College Horticulture instructor and landscape designer, she now co-owns In Season Market and Nursery in Stockton.
<b>Café y Conversación</b>	8	Sept. 23, 30, Oct. 7, 14, 21, 28, Nov. 4, 11	1 - 2:30 p.m.	<b>Carol Woo and John Dierking</b>
Come "charlar" with other intermediate-advanced Spanish speaking students to practice your conversational Spanish. This class is not for beginners or non-Spanish speakers, as we strive to conduct the entire class in Spanish. We will discuss topics of interest presented by the instructors and/or participants and explore the language in a variety of formats (music, literature, etc.). Resources for ongoing practice will be shared. For one or two sessions the group will gather for lunch at a Mexican/Latino restaurant to practice Spanish in an authentic setting.				Carol and John enjoy working on their Spanish skills and are making it fun for all participants!
<b>New!! Auguste Rodin: Sculpting with Scissors</b>	1	Oct. 28	10 a.m. - 12 p.m.	<b>Ronda Sanders</b>
Learn how sculptor Auguste Rodin used paper cutouts. Participants will practice his technique using paper and scissors.				Ronda is an award-winning artist and SICL Acrylic Painting instructor. She brought her skill online with two previous online workshops on Matisse cutouts.
<b>New!! Simplify the Landscape with Georgia O'Keeffe</b>	2	Nov. 4, 11	10 a.m. - 12 p.m.	<b>Ronda Sanders</b>
Participants will learn how Georgia O'Keeffe simplified the landscape in her watercolor and oil paintings. Then, looking at a landscape photo, we will try her technique.				Ronda is an award-winning artist and past SICL Acrylic Painting instructor.

SPEAKER SERIES				
<b>What is Cruising?</b>	<b>1</b>	<b>Sept. 9</b>	<b>3:00 p.m.</b>	<b>Laura Fortune</b>
Have you ever wondered what it's like to live aboard a small boat and travel to foreign shores? Our speaker and her husband did just that. They spent four years on a sailboat. Her presentation shows the good, the bad, the ugly, and the sublime of cruising through Central America, the Caribbean, and the US East Coast.				Stockton native Laura Fortune has always been around boats and first sailed to Mexico in 1981. After retiring, she and her husband embarked on an open-ended cruise that took them through the Panama Canal and eventually up to Maine.
<b>Indigenous Peoples of the Delta</b>	<b>1</b>	<b>Sept. 16</b>	<b>3:00 p.m.</b>	<b>David Stuart</b>
The peripheries of the Sacramento-San Joaquin Delta were home to many Native nations. The region was the most densely populated area in North America except for Central Mexico prior to the European invasions. The presentation will show how Indigenous nations lived in large year-round towns and carefully managed habitats to sustainably maximize important plants and animals. Examples will illustrate cultural innovations that spread from the Delta to other areas of California.				David Stuart recently retired as director of the San Joaquin County Historical Society and Museum (in Micke Grove Park). He led the expansion and updating of the Native Peoples exhibition there and wrote the two-volume book, <i>The Native Peoples of San Joaquin County</i> . Stuart is a fourth-generation native of the county and studied anthropology at Fresno State and University of Colorado. He worked for History Colorado, the National Park Service and, as director of museums in Ventura, the Sacramento Science Center and the Sacramento History Museum.
<b>Online Safety, Security and Privacy</b>	<b>1</b>	<b>Sept. 23</b>	<b>3:00 p.m.</b>	<b>David Diskin</b>
Scared to go online because of hackers and viruses? Don't be. This engaging lecture about online safety will help you stay safe with up-to-date advice on avoiding viruses, spyware, junk mail, phishing, and more. You'll learn how to be smart about your password while keeping your computer safe.				Through his business, Applied Office, David has been teaching about technology and Microsoft Office applications throughout the country since 2005. He is a frequent lecturer for the University of the Pacific's OLLI program and lives in Lodi, CA.