

The Learning Lab

Woodstock's Own Adult Education Program Since 1999

Winter 2016 Courses



Herman Melville, Rosa Parks, and Carl Jung

The Learning Lab
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Winter 2016 Courses

Introduction to Jungian Theory and Practice - Melinda Haas, LCSW

Ways of Knowing: Chaos or Order? - Nira Granott Fox and Sarah Mitchell

Introduction to Memoir Writing - Margaret Edwards

Herman Melville's *Benito Cereno* and His Portraits of Psychological Realism - Margaret Edwards

Innocence and Corruption: *The Great Gatsby* and *All the King's Men* - Frank Gado

Understanding Race in American History - Ron Miller

Great Decisions 2016 - Bill Boardman and Dan Richardson

Cooking with Woodstock's Master Chefs - Ruth Schimmelpfennig, Rhys Lewis, Benjamin Pauly

Introduction to Jungian Theory and Practice

Melinda Haas, LCSW

Carl Jung broke away from Sigmund Freud over fundamental differences in their views of the breadth and depth of the unconscious. Freud understood the unconscious as the repository for past personal experience too fraught to assimilate, while Jung believed its deep layers are the repository for all of human history – its myths and imaginings. Jung believed that psyche is purposive and prospective. In Jungian analysis one encourages a dialogue between conscious and unconscious (through dreams, art, active imagination). This is the process of individuation, the forward motion towards becoming, towards an image of the possibility of wholeness. We will trace the development of Jung's thought that led him to his theory of archetypal energy and his work with dreams and the imagination.

Five Wednesdays beginning February 3, 3:00pm – 4:30pm, Norman Williams Public Library.

Melinda Haas, LCSW is a Jungian Psychoanalyst in private practice in New York City and Woodstock, Vermont. Her first career was as a professional musician – teacher, modern dance accompanist, composer for dance. She writes about the intersection of music and psyche. She is on the faculty of Vermont Institute for the Psychotherapies, a member of the Jungian Psychoanalytic Association in NY, and the New England Society for Jungian Analysts. She is past president of The Archive for Research in Archetypal Symbolism.

Ways of Knowing: Chaos or Order? *Our inter-related emotional, thinking, and healthy self*

Nira Granott Fox and Sarah Mitchell

This is a new course in Nira & Sarah's "Ways of Knowing" series of courses at the Learning Lab. In 4 meetings, the course presents research that shows our inter-related system of thought and emotion and how it affects our health and wellbeing. With the background of chaos theory, explaining how complex systems work, we'll discuss how this understanding can change our life, self-perception, and relationships with others. We'll talk about the different languages of love, the way thought and emotion can be managed to change our gene activation and wellbeing, and how understanding emotional intelligence gives us new tools to change at any age.

Four Mondays beginning January 4 (no class on MLK Day, Jan. 18), 10:30am – 12:30pm,
Norman Williams Public Library.

Nira Granott Fox worked as a professor at University of Texas at Dallas, specializing in the process of change in short time spans (microdevelopment). She was a founding director of the Microdevelopment Research Lab and taught graduate seminars on change and other courses at UTD, and taught Learning and Development through Interaction at Harvard. Nira received her Ph.D. from MIT Media Lab, where she researched microdevelopment of understanding unfamiliar robots, and Ed.M. from Harvard School of Education. Before coming to the US she worked as a senior analyst on developing educational and training software at Control Data Israel, and headed a multi-media project at the Israeli Educational TV, focusing on alternative ways of learning. She received MA in curriculum development from Tel Aviv University and BA in economics from the Hebrew University of Jerusalem. She enjoys photography, art, dancing, and more, and lives in South Pomfret.

Sarah Mitchell graduated from the Woodstock Country School in the mid-fifties, the Harvard Graduate School of Education in the mid-seventies, and gained her Ph.D. in the mid-nineties, demonstrating her commitment to lifelong learning. She focuses her work on the role of dialogue in student-centered, college education. She continues to explore this interest in her teaching, fostering interactive and collaborative discussions in seminars on English and American literature.

Introduction to Memoir Writing

Margaret Edwards

Have you ever thought to yourself, “I should write about my life someday”—or “I should write about my family history someday”—but that “someday” keeps eluding you? If you want to make “someday” happen, this introductory course is the “gateway.” People who have taken this first class begin a project that’s only a start, but they often keep on writing, working on a memoir or family history, attending the “Memoir Reunion Workshops” that follow year after year. To write autobiographically is not an act of egotism but an act of generosity. You will leave behind for family members—and for students of history—an account of your particular era as well as a narrative of your life. The lessons you’ve learned, the difficulties you’ve overcome, the good fortune you feel you should celebrate—all of it is valuable and interesting. This class helps you develop the discipline to sit down and write, and provides an audience for your output. Fear you can’t get started? This class (and its facilitator) will get you going.

Six Tuesdays beginning January 12, 10:15am – 12:15pm, Norman Williams Public Library.

Herman Melville’s *Benito Cereno* and His Portraits of Psychological Realism

Margaret Edwards

This seminar follows a fall 2015 course that was based on a review of the life and times of Herman Melville (along with William Cullen Bryant—both men of varying achievement & reputation in 19th century American letters). You need not have taken the fall course to join what will be a careful examination of Melville’s astonishingly modern story “Benito Cereno.” His insight into American racism seems eerily pertinent to today’s newspaper headlines. We will also discuss his other stories—“Bartleby, the Scrivener,” “The Lightning-Rod Man,” etc.—published in the same text, entitled *The Piazza Tales* (available at the Yankee Book Shop in Woodstock). We may also study some of Melville’s poetry, with the poems selected for discussion being photocopied and distributed in class.

Section 1: Four Tuesdays beginning January 12, 2:00pm – 4:00pm, at a home on River St.

Section 2: Four Thursdays beginning January 14, 10:30am – 12:30pm, at a home in Woodstock.

Margaret Edwards spent 30 years as a professor of English at the University of Vermont. Her specialty was Modern & Contemporary American Poetry. She also taught writing seminars, including one entitled “Expository Writing: the Personal Voice.” On her retirement in 2001, she moved from Burlington to Barnard, Vermont., where she and her husband now live. She earned her B.A. from Bryn Mawr College, and her M.A. and Ph.D. from Stanford University.

Innocence and Corruption: *The Great Gatsby* and *All the King's Men*

Frank Gado

As most literary historians will say, again and again, a chief marker of our fiction has been an apparent obsession with the concept of innocence and the inevitability of corruption: allusions to the American Adam pervade our cultural commentary, and the myth of Eden has been emblematic of the nation itself. A second distinguishing feature, particularly of the novel, has been the ambition to give life to an epic vision of the American experience in philosophical terms.

Examination of the two novels in this course will evaluate, in the traditional manner of literary study, their authors' artistic achievements, but it will also treat comparisons of the guiding ideas that F. Scott Fitzgerald and Robert Penn Warren employ in their idiosyncratically American stories. Both novels are set in the context of actual events in twentieth-century history, but their meaning emerges from questions about the conduct of life that transcend any particular time period. The first session will be devoted to a discussion of Fitzgerald's stories "The Diamond as Big as the Ritz" and "Winter Dreams."; please read beforehand. They are available on the internet: search for the titles at Project Gutenberg at no cost. Gutenberg also has *The Great Gatsby*, but you may prefer to purchase a used copy, along with *All the King's Men*.

Six Wednesdays: Jan. 6, 13, 20; Feb. 3, 10 and 17 10:30am – 12:30pm, Norman Williams Public Library.

Frank Gado returned to the Upper Valley in 1996 after thirty-three years on the faculty of Union College in Schenectady. Since then, he has directed, appeared on, and written for local stages (including Woodstock's New Woolhouse), and written many letters to the editor for the *Valley News*, but his principal effort in what is called retirement has been scholarly investigation into the origins of American literature, leading to two books, *William Cullen Bryant: An American Voice* and *The Complete Stories of William Cullen Bryant*, and an essay, "Asserting a National Voice," in the *Cambridge History of American Poetry*. He is also the author of *The Passion of Ingmar Bergman* and *First Person* (conversations with six major writers), and has published numerous other essays.

Understanding Race in American History

Ron Miller

Troubling events over the last several months have brought racial issues back to prominence. Didn't the civil rights movement solve those issues? Wasn't President Obama's election proof that America is now a "post-racial" society? Obviously not. Why are race and racism so deeply etched into American culture, and so persistent? In this historical survey we will review serious scholarship on the subject, including insightful work that has been done in recent years. We will listen to how African Americans, such as Frederick Douglass and W.E.B. DuBois, have described their experience in American society.

The goal of the course is a deeper understanding of the realities of American history, so that we can more fully comprehend the roots of actual social conflicts in our country today. As this issue is so emotionally charged, class discussion will be open to all respectful points of view; we are not aiming for what some might call "political correctness," but to consult the best historical scholarship available to expand our understanding.

Eight Tuesdays beginning February 9, 2:00pm – 4:00pm, Woodstock History Center.

Ron Miller, coordinator of the Learning Lab, teaches a popular series of courses on American history. Before coming to Woodstock in 2011, Ron taught at Goddard and Champlain colleges, founded two journals in the field of education, and helped establish an alternative school in the Burlington area. He has written or edited ten books on alternative educational approaches and the Vermont independence movement. Ron received a Ph.D. in American Studies from Boston University, where his research focused on alternative education movements, particularly in the 1960s. He is also the coordinator of the Bookstock Literary Festival and board chair of Sustainable Woodstock.

Great Decisions 2016

Bill Boardman and Dan Richardson

How do you think the US should relate to the rest of the world?

Our text, from the Foreign Policy Association, provides eight current subjects for consideration, one each week:

1. Middle East Alliances (define alliance)
2. The rise of ISIS (Islamic State)
3. The Future of Kurdistan (non-existent)
4. Migration (especially to Europe)
5. The Koreas (still technically at war)
6. The United Nations
7. Climate Change
8. Cuba and the US

This seminar is discussion-based. All points of view are welcome, and all challenges are equally welcome, the more fact-based and historically cogent the better.

Eight Fridays starting January 8, 10:15am – 12:15pm, Norman Williams Public Library.

William Boardman (Bill) works for Reader Supported News as a regular online contributor (for example: “US & Saudi War Crimes Keep Killing Yemenis” – <http://readersupportednews.org/opinion2/277-75/32114-focus-us-a-saudi-arabia-war-crimes-keep-killing-yemenis>). Boardman is a teacher, satirist, and former assistant judge. This is his sixth year facilitating Great Decisions.

Dan Richardson has over twenty-five years of administrative and teaching experience in independent schools in Virginia Delaware, Rhode Island, Connecticut, New York, and at Woodstock Country School. He has taught courses in Criminal Law, American Civil War, History of American Economics, Business, and Advanced Business. He holds a Masters in Education from the Harvard Graduate School of Education and a B.A. in Economics and History from the University of Denver. He has served on the boards of the National Association of Independent Schools, the Urban League of Hampton Roads (VA) and others.

Cooking with Woodstock's Master Chefs

Ruth Schimmelpfennig * Rhys Lewis * Benjamin Pauly

Building on the success of last year's culinary program, the Learning Lab will once again offer two great classes this winter. This year our guest presenters will be Ruth Schimmelpfennig, the owner and Executive Chef of Ruth's Kitchen, Rhys Lewis, Executive Chef of the Woodstock Inn, and Benjamin Pauly, Master Gardener for the Inn. They will provide a unique and interesting culinary experience.

Home cooks will have the opportunity to watch our talented professional chefs prepare tasty dishes, follow along with their own copies of the recipes, and best of all sit down and enjoy tasting the results. During and after the demonstration your questions will be welcomed for a true learning experience. What a great way to get out and shake those "mud season blues" and acquire some great new recipes and kitchen techniques!

The first class will be held at Ruth's Table on Monday February 1st from 5:30pm to 7:30pm. The second class, on February 8th from 5:30pm to 7:30pm, will be held at the Woodstock Inn.

It is advised that you register early for these classes. Due to room restrictions the classes are limited to 15 students. The \$50 course fee includes both classes and food.

Ruth Schimmelpfennig attended the Culinary Institute of America(CIA) and graduated in 1995 with honors. From there she moved to San Francisco and worked for Wolfgang Puck at his restaurant, Postrio. She then opened her first restaurant called Frascati, a 75 seat bistro that received rave reviews in the San Francisco Examiner. Building on that success Ruth opened a second San Francisco restaurant, Elan Vital. In 2000, she moved to Vermont with her husband and reopened the shuttered Barnard Inn Restaurant, implementing Max's Tavern, a place where locals and tourists could enjoy "heartfelt, honest food and each other's company." Ten years later, after Ruth and her husband separated, she moved to Woodstock and established Ruth's Table. In the short time that her restaurant has been open she has received rave reviews and strong support from the Woodstock community.

Rhys Lewis is the Executive Chef at the Woodstock Inn & Resort, overseeing the Red Rooster, 1 Richardson's Tavern, the Country Club's Fairway Green and Suicide Six Ski Area. He incorporates farm-fresh, carefully harvested and thoughtfully chosen ingredients into each of the seasonal menus. "Farm-to-table is a way of life in Vermont, not a lifestyle trend, and I am stunned at the abundance and choices available from regional purveyors as well as our own organic-certified Kelley Way Garden, which produces nearly two tons of produce each year," he says. Previously, Lewis was the Executive Chef of the Colonial Williamsburg Foundation, responsible for its entire food service operation, at the Williamsburg Lodge and Conference Center, and at the American Club Resort Hotel in Wisconsin, a AAA Five Diamond Award winner for 21 consecutive years. A graduate of the Culinary Institute of America, Lewis has received dozens of awards, accolades and certifications.

Benjamin Pauly started Kelly Way Gardens at the Woodstock Inn and Resort in the spring of 2013. He manages this 2 acre market garden to provide the Resort with certified organic vegetables, fruits, herbs, mushrooms and flowers grown 1 mile from the village. His background in gardening began growing up on a small farm in Minnesota and he holds a masters in architecture. Benjamin came to Vermont in 2008 after serving as Peace Corps volunteer as a sustainable farming extension agent in Togo, West Africa. His love of design and small scale artisan gardening makes his current position as Master Gardener at the Woodstock Inn his dream job.