

Jefferson Educational Society March 2021

All programs are held at times scheduled on the Jefferson Facebook Page, or www.facebook.com/JeffersonErie.

For more information, visit www.JESerie.org, or our Facebook page, or call 814.459.8000. SCHEDULE IS SUBJECT TO CHANGE.

<i>Digital Lectures, Panel Discussions, and Programming</i>			
When	What	Who	Series
Tuesday, March 2 4 to 5 p.m.	Democracy's Long Odds	Dan Moulthrop <i>CEO of the City Club of Cleveland</i>	JES Digital Programming
Wednesday, March 3 12 to 1 p.m.	Innovation Bottrop—A Successful Example of Energy Efficient and Climate Friendly Urban Redevelopment	Lord Mayor Bernd Tischler <i>Mayor of Bottrop, Germany</i>	JES Digital Programming
Friday, March 5 12 to 12:30 pm	Basic Mindfulness: Using Counting as a Point of Focus	Penny Mechley-Porter, <i>Founder of Thrive Therapy Space</i>	Meditation and Mindfulness Series
Thursday, March 11 4 to 5 p.m.	Lower Parade Street: Erie's "Ellis Island"	Ed Whitbred <i>Host and Producer of "The Amazing Grays"</i>	JES Digital Programming
Friday, March 12 12 to 12:30 p.m.	Basic Mindfulness: Using Mindfulness with Pain	Penny Mechley-Porter, <i>Founder of Thrive Therapy Space</i>	Meditation and Mindfulness Series
Monday, March 15 4 to 5 p.m.	Food Insecurity Crises at Home and Abroad: Why Biden Must Lead on Both	Caitlin Welsh <i>Director of the Global Food Security Program at the Center for Strategic and International Studies</i>	JES Digital Programming

Tuesday, March 16 7 to 8 p.m.	Lincoln and Davis: Triumphs and Tragedies	Rick Tome <i>Member of Hagen History Center</i>	In partnership between the Hagen History Center, the Civil War Round Table, and JES
Wednesday, March 17 12 p.m.	Ethnic Holidays: A Nation of Immigrants Celebrates Its Origins	Dr. Andrew Roth <i>JES Scholar-in-Residence</i>	American Holidays Series
Thursday, March 18 5 to 6 p.m.	Creating a State Park: Road Ways and Other Major Decisions That Led to Presque Isle Becoming a Pennsylvania State Park	Dr. David Frew <i>JES Scholar-in-Residence</i>	Accidental Paradise Series
Friday, March 19 12 to 12:30 p.m.	Basic Mindfulness: Walking Meditation	Penny Mechley-Porter, <i>Founder of Thrive Therapy Space</i>	Meditation and Mindfulness Series
Tuesday, March 23 4 to 5 p.m.	Reconstruction to Riot on the Capitol: How We Are Living Our "Peculiar" History	Diane Chido <i>Founder and President of DC Analytics</i>	JES Digital Programming
Thursday, March 25 4 to 5 p.m.	Stormwater Runoff: Impacts and Solutions	Sarah Bennett <i>PennFuture's Campaign Manager for Clean Water Advocacy in the Lake Erie Watershed</i> Renee Reber <i>PennFuture's Campaign Manager for Clean Water Advocacy in the Susquehanna basin, Pennsylvania state lead for the Choose Clean Water Coalition</i>	In partnership between Penn Future and JES
Friday, March 26 12 to 12:30 p.m.	Basic Mindfulness: Loving Kindness for Self	Penny Mechley-Porter, <i>Founder of Thrive Therapy Space</i>	Meditation and Mindfulness Series

Digital Lectures, Panel Discussions, and Programming

3.2

Democracy's Long Odds

If there's one lesson from the last election cycle and its aftermath, it's this: democracy in America is not as nearly resilient as we might like to think. So what does a truly functioning democratic republic look like -- and what is required of us to actually create it? Dan Moulthrop is the CEO of the City Club of Cleveland, one of the nation's oldest free speech forums. One of their recent projects, Democracy Unchained, looked at these questions with the help of more than 100 different thinkers, writers, and elected officials. Join us for a conversation with Dan about what it will take to preserve democracy for future generations.

- Dan Moulthrop, C.E.O

3.3

Innovation Bottrop—A Successful Example of Energy Efficient and Climate Friendly Urban Redevelopment

Join Bottrop, Germany Mayor Bernd Tischler as he explains what InnovationCity is and the impact its had as an organization of a successful process of urban redevelopment accompanied by technological and process innovations that is based on a broad and solid backing by the citizenry.

- Bernd Tischler, Mayor

3.5

Basic Mindfulness: Using Counting as a Point of Focus

Join Penny as she helps you deepen your mindfulness practice. In this simple exercise, you'll mindfully count your breath cycles to 7 and then restart. *Over time, this practice can help you improve focus, as well as learn self forgiveness when you get lost in thought. You simply start again.*

- Penny Mechley-Porter, N.C.C, L.P.C.

3.11

Lower Parade Street: Erie's "Ellis Island"

Almost from the establishment of Fort Presque Isle in 1753, the neighborhood around Lower Parade Street has been a kind of "Ellis Island" of Erie County. And curiously, it continues to fulfill that role to this day. With the use of pictures and anecdotes, we explore the role of this neighborhood's ethnic churches, businesses, and social organizations in Erie's history. These are interspersed with contemporary photos showing the same evolution with different cultural focuses. This is not serious history but rather an informal reminder that other than Native Americans, we all come from strangers in a strange land.

- Ed Whitbred, B.S.

3.12

Basic Mindfulness: Using Mindfulness with Pain

Join Penny as she helps you deepen your mindfulness practice. In this exercise, you'll become a watchful observer: noticing your automatic thoughts when you're in pain; your emotions such as fear; the clenching around pain that happens in your body. Then we'll use the imagery of flowing water to bathe the pain points. Over time, this practice can help you change your relationship to the pain you experience.

- Penny Mechley-Porter, N.C.C, L.P.C.

3.15

Food Insecurity Crisis at Home and Abroad: Why Biden Must Lead on Both

Food security forecasts project that the Covid-19 pandemic will have caused the most severe global food security crisis in recent history both

nationally, with potentially upwards of 16 percent of the population becoming food insecure, and globally, with 270 million pushed into acute food insecurity in 2020 alone.

"How the Biden administration responds to each will affect food security—and the U.S. reputation as a global leader—for decades to come," writes Caitlin Welsh, director of the Global Food Security Program at the Center for Strategic and International Studies (CSIS) in Washington, D.C.

In conversation with JES Vice President Ben Spengen, Welsh will review impacts to domestic and foreign food security in the wake of the Covid-19 pandemic, update where both stand in 2021, and address why she calls for the Biden administration to not approach these challenges "either/or" but to understand how the U.S.'s "ability to lead globally hinges on our ability to address challenges at home."

- Caitlin Welsh, M.P.A.

3.16

Lincoln and Davis: Triumphs and Tragedies

Born in Kentucky just eight months apart, the lives of Abraham Lincoln and Jefferson Davis passed from ordinary to extraordinary. From the influences of their younger days to their family lives, from their political careers to war time presidents, Rick Tome will present and examine the life shaping events that provide a compelling tale of the triumphs and tragedies of these two historical American giants. This event is in partnership between the Hagen History Center, the Civil War Round Table, and the JES.

- Rick Tome, B.S.

3.17

Ethnic Holidays: A Nation of Immigrants Celebrates Its Origins

Where did Uncle Sam come from? Find the answer in this episode of *American Holidays* as we explore a new thread in the stories of how Americans weave the common objects of their love into the national fabric. We'll peruse America's many ethnic holidays as a nation of immigrants celebrates their origins. We'll look in some detail at St. Patrick's Day – and ask 'What's the shamrock test'? – Columbus Day and a number of other less famous ethnic celebrations, such as National Tartan Day, Cinco de Mayo, Dutch American Day and St. David's Day. American Holidays and Celebrations of America's Ethnic Cultural Heritage.

- Andrew Roth, Ph.D.

3.18

Creating a State Park: Road Ways and Other Major Decisions That Led to Presque Isle Becoming a Pennsylvania State Park

These days we drive onto Presque Isle and take the roadways for granted. During the early years of the state park, however, decisions regarding where and how to connect the peninsula with the mainland had enormous and lasting consequences. Beginning with the earlier recommendations of celebrated urban planner, John Nolan, Presque Isle embarked upon a series of politically motivated engineering decisions that will influence our park forever. In addition to Nolan, the most important early players in the creation of the state park and its roadways included Isadore Sobel (the unsung hero), Waldameer Park, Erie Waterworks, Sherman Fairchild (inventor of aerial photography), the Erie Yacht Club and a strange downtown political committee that controlled all park decisions.

- David Frew, Ph.D.

3.19

Basic Mindfulness: Walking Meditation

Join Penny as she helps you deepen your mindfulness practice. In this simple exercise, you'll use movement (walking) as the anchor for your awareness. *Over time, this practice can help you be mindful in unexpected places and provide an excellent alternative to a sitting practice.*

- Penny Mechley-Porter, N.C.C, L.P.C.

3.23

Reconstruction to Riot on the Capitol: How We Are Living Our "Peculiar" History

The U.S. Army was tasked to stabilize the former Confederate states after the Civil War. This was the beginning of continued use of our military to conduct nation-building at home and then repeatedly abroad to the present day. Until Reconstruction was halted by a corrupt backroom deal only 12 years after the end of hostilities, the Army achieved Herculean success in integrating 4 million newly freed people and attempting to remake a new South with the end of slavery, that "peculiar institution."

Once the Army retreated, the Old Southern political powers returned to their old posts and their old animosities and worked diligently to reverse the gains made by American citizens of African descent.

These efforts resulted in Jim Crow laws and a century of disenfranchisement, incarceration, and economic oppression that continue to plague society today. If the moment has finally come to make America truly inclusive and equitable, how do we do it? Whose job is it to reverse White Supremacist policies at every level of every institution placed intentionally into the Constitution itself?

The U.S. Army contracted Diane Chido to explore the Army's role in Reconstruction in 2017. She will discuss her newly released book on this topic and explore needed solutions in conversation with JES's Ben Spегgen.

- Diane Chido, M.S.

3.25

Penn Futures: Green Stormwater Infrastructure

PennFuture and 12 regional partners published *Our Water, Our Future: A Common Agenda for Protecting Pennsylvania's Lake Erie Watershed* in December 2020. They identified surface runoff as the number one threat to water quality in the region. Join Sarah Bennett and Renee Reber from PennFuture to learn what impacts stormwater runoff can have on water quality and what can be done to reduce these impacts.

- Sarah Bennett, M.A. & Renee Reber, M.S.

3.26

Basic Mindfulness: Loving Kindness for Self

Join Penny as she helps you deepen your mindfulness practice. In this 'Loving Kindness' exercise, you'll use the phrases, 'May I Be Happy,' 'May I Be Healthy,' 'May I Be Safe,' and 'May I Find Peace' to invite increased well-being into your life. *Over time, this practice can help you experience more peace and help you recognize when you're being really hard on yourself.*

- Penny Mechley-Porter, N.C.C, L.P.C.

JES Presenter Biographies

Sarah Bennett, M.A., is PennFuture's Campaign Manager for Clean Water Advocacy in the Lake Erie Watershed. She earned her B.S. and M.S. in Zoology at Michigan State University. After earning her degrees, Sarah spent 13 years teaching biology at the college level. She served as Chairperson of the Biology Department and Co-Director of the Environmental Science program at Mercyhurst University for two years and was also their Sustainability Officer for two years. Sarah is a member of the NWPA Chapter of Sigma Xi and the university representative on the Keep Erie County Beautiful advisory committee. She has organized many litter and dump site cleanups in the area.

Diane Chido, M.S., is founder of Erie-based research firm, DC Analytics, and a former faculty instructor with the Mercyhurst University Department of Intelligence Studies. Recently returned from a three-year contract as the Security and Intelligence Policy Advisor to the U.S. Army's Peace Keeping and Stability Operations Institute (PKSOI), she looks forward to applying her 25-plus years of expertise in supporting post-conflict and fragile societies to Erie's current challenges. She has published and lectured widely on security, intelligence, socio-cultural and economic development topics and possesses an M.S. in Applied Intelligence Analysis and an M.A. in Russian Language.

David Frew, Ph.D., author of "Accidental Paradise: 13,000-Year History of Presque Isle," is a Jefferson Scholar-in-Residence. He is an emeritus professor at Gannon University, where he held a variety of administrative positions during a 33-year career. Dr. Frew is also emeritus director of the Erie County Historical Society. He has written or co-written 35 books and more than 100 articles, cases, and papers.

Penny Mechley-Porter, N.C.C, L.P.C., is a licensed professional counselor in private practice serving adults and children. After receiving her M.A. in counseling from Edinboro University, she worked at Sarah Reed Children's Center and in the Dean Ornish Program. Earlier in her career, Penny was a Peace Corps volunteer in Mali, West Africa, then used her computer science degree from Indiana University as a trainer in businesses across the United States.

Dan Moulthrop, M.A., is CEO of The City Club of Cleveland, one of the nation's great free speech forums. Founded in 1912, The City Club convenes more than 120 programs every year on just about every issue and topic of importance to Northeast Ohio. He was a co-founder of The Civic Commons, a Knight Foundation project creating a social media environment designed for civil civic dialogue. Prior to that, he was the award-winning host of Sound of Ideas on 90.3 WCPN idea stream.

Renee Reber, M.S., leads PennFuture's clean water advocacy efforts in the Susquehanna basin and serves as the Pennsylvania state lead for the Choose Clean Water Coalition and the Coalition for the Delaware River Watershed. Renee works to strengthen state efforts to improve the Chesapeake Bay Watershed, she has spearheaded the revision and publication of the PA Clean Water Legislative Briefing Book, and she organizes Clean Water Education Week for state legislators each year. Renee holds a B.S. in Environmental Geography and a M.S. in Environmental Studies, both from Ohio University. When she is not hard at work, Renee enjoys spending her time exploring Penn's woods and waters .

Andrew Roth, Ph.D., is a Jefferson Scholar-in-Residence and has been working in the higher education field for 49 years. From lecturing to leading, he taught various courses before serving in administration at Mercyhurst University in Erie and as President of Notre Dame College in Cleveland for more than a decade. Dr. Roth also served as the interim president at St. Bonaventure University. He is director of the Jefferson's Raimy Fellows Program as part of the society's Civic Leadership Academy. In addition to his extensive writing and research, Dr. Roth is a frequent presenter whose programs include "America in 1968" and "American Tapestry: 'We Tell Ourselves Stories'" – deep explorations into the "culture wars" and the stories Americans tell themselves about what it means to be an American.

Lord Mayor Bernd Tischler, finished his studies of urban planning at the University of Dortmund. After the clerkship at the District Government of Cologne and the Great State examination for higher technical management services in 1987, he worked from 1987 to 1989 as deputy chief officer in the office of urban affairs and business development in Dormagen. In 1989 he was appointed as department manager for environmental planning in Bottrop. He was then head officer of land-use planning and deputy director of the planning office before he was promoted to director of the city planning office in 1996. In 2004 he was appointed executive director of the department of buildings and planning. Since 2009 Mr. Tischler heads the planning commission of the Ruhr Regional Association. In the 2009 municipal elections he was elected mayor of the city of Bottrop and re-elected by a large majority in 2014 as well as 2020.

Rick Tome, B.S. is a member of the Hagen History Center and is a frequent presenter for the Erie Civil War Round Table and has volunteered as a 7th and 8th grade religious education instructor at Our Lady of Peace Parish for the past decade. Tome, a lifelong Erie, Pennsylvania resident, earned his bachelor's degree in general science with a minor in secondary education from Gannon University in 1983. He taught briefly in the Erie, General McLane, and Millcreek School districts in the 1980s. He spent most of his career at St. Vincent Hospital in patient care and as the initial Guest Relations Coordinator. Now retired, Tome spends time golfing, traveling, reading, and cultivating a passion for the history of the American Civil War.

Caitlin Welsh, M.P.A., is the director of the Global Food Security Program at the Center for Strategic and International Studies (CSIS), where she provides insights and policy solutions to global food security challenges. She served most recently in the National Security Council and National Economic Council as director of global economic engagement, where she coordinated U.S. policy in the G7 and G20 across multiple summits. Prior to the White House, Ms. Welsh spent over seven years in the Department of State's Office of Global Food Security. She has also lived and worked in Morocco's breadbasket region as a Peace Corps volunteer. She received her B.A. from the University of Virginia and M.P.A. from Columbia University's School of International Public Affairs. She hails from Erie, PA and speaks Arabic and French.

Ed Whitbred, B.S., is an Erie "Lifer" who grew up in the neighborhood he will discuss. He spent 35 years at Procter and Gamble where he wore a number of hats but was always paid by the sales department. For 18 years he has been one of the hosts and producers for "The Amazing Grays," a senior-oriented television show produced by Community Access Media.