

Fall Registration is OPEN!

The FCAAE Insider

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Who Are We?

FCAAE provides a dynamic and evolving menu of adult enrichment classes and provides an avenue for passionate adults to share their knowledge and talents with others.

Our goal is to inspire curiosity, cultivate skills, nurture a love for learning, and encourage individuals to discover, learn, and thrive.

? Did you know?

FCAAE is the only organization in western PA whose sole focus is adult education. Since 1962, this nonprofit has continuously provided diverse, accessible, high-quality adult enrichment opportunities. It's not just a part of what we do – it's who we are!

FCAAE course offerings are available to *all* adults, no matter where you live. In our opinion, lifelong learning has no boundaries.



In August, FCAAE was honored to be highlighted in the Fox Chapel [Stroll Magazine](#). This feature article reminded us of our growth over the past 61 years and how we reached this point. At the very top of our list - our success has been and continues to be a team effort. So here's to our team: our instructors, FCASD, volunteers, local businesses, borough organizations, and YOU! We thank you for the honor of growing with you, changing with you, and being a part of your lives.

Sue Goodwin, Executive Director

[Read the Stroll article](#)

Inspiring Instructors: Spanish with Diana Morales

Diana Morales came to the U.S. from



Guatemala City, Guatemala in 2008 with her husband Juan, and two children Juan and José. Juan was offered a job opportunity in Pittsburgh and so Diana left her career as a chemical engineer and came to the Fox Chapel area.

To overcome her limited English skills and to begin to move forward and connect with the community, she enrolled in an English as a Second Language (ESL) program. Diana explained that she “was very thankful for the

instructors’ efforts to teach me English and to also provide guidance on how to become involved in the community.” This experience left her with the desire to pay it forward and help others.

Also, during that very first year, she and her family frequented the local library where she discovered an FCAAE brochure. Diana says “FCAAE was the first place that allowed me to meet people through different activities...In the FCAAE classes I found a perfect opportunity to practice the English that I knew and to learn more about my favorite pastime, which is cooking. In addition, the evening schedule of classes allowed my husband to stay with the children while I went to class.” She has taken many courses with FCAAE over the years.

One day in 2019, while working at the circulation desk at Cooper-Siegel Library, she heard from a friend that FCAAE was looking for a Spanish teacher and so began the relationship that we, at FCAAE, are thrilled about.

Diana’s favorite part of teaching Spanish is the interaction that she has with her students. She knows how intimidating it can be to learn to speak a new language, having been through the process herself. In her class, she focuses on pronunciation and conversation to try to conquer the anxiety it can cause. She is very proud of her student’s participation in and enjoyment of her class, and above all, how much they progress. “Teaching my language, culture, and traditions is a wonderful experience. I feel as though I am a Guatemalan ambassador in Pittsburgh.”

Since FCAAE was online during the pandemic, Diana’s Spanish classes moved online, as well. “It’s a very convenient option to learn a new language,” explains Diana. She has noticed that “the students participate more in repetitions, conversations, and asking questions from the comfort of their own home.”

FCAAE is proud to say that we have a win-win relationship with Diana. She grows her English skills and loves what she does, and we have a wonderful Spanish teacher and friend. According to Diana, she feels “fortunate to live in this very open and friendly neighborhood. We have met many amazing people that have welcomed us and helped us to integrate smoothly into this new culture – with a new language and different customs and traditions. Although we left our families behind in Guatemala the friends that we have made in Pittsburgh we consider our family, too.” FCAAE is proud to be a part of that family.

There's still time to register for Diana's fall class, **Spanish for Beginners**. Here's what other students shared about joining Diana: ♦

- *I've taken other Spanish classes, and no one ever actually taught me how to pronounce the vowel sounds and the tips and tricks that Diana taught us. I love it. -Jennifer C-S.*
- *Diana is very passionate, which shines through in her teaching and is appreciated :) --Jennifer D.*
- *She takes her time with us and always asks if we have any questions! I applaud her and her teaching abilities. Great job! --Donna M.*
- *Signing up for this class was a gift to myself. --Kelly M.*

Cool Weather, Cool New Classes



Lilith Bailey-Kroll

Yoga for Back Care

For more than 15 years, Lilith has been exploring the mechanisms by which humans build resilience while experiencing chronic pain. Lilith combines her scientific training in Chinese medicine, medical anthropology, biotechnology, and neuroscience with her yoga expertise to offer an evidence-informed practice. At the

same time, she embraces her client's needs. If you suffer from chronic back pain, Lilith offers a pathway to a better life. Join her this fall and learn to become calmer and more relaxed, with diminished pain and more energy to do what you love. ♦

Dr. William I. Brustein

Anti-semitism: Past and Present

Dr. Brustein, professor emeritus, was awarded the Global Citizen Award by Texas Tech University in 2022. He has received multiple honors in his field, which focuses on political extremism and social/ethnic/social prejudice. He has written four books on the topic, his most recent is [The Socialism of Fools?: Leftist Origins of Modern Anti-Semitism](#). His 1996 book, [The Logic of Evil: The Social Origins of the Nazi Party, 1925-1933](#) won the 1997 James S. Coleman Distinguished Contribution to Rational-Choice Scholarship. Join him for what is sure to be an informative and compelling one-night lecture and conversation.

♦



Sally Meyers

French for Beginners and Travelers

Sally recently retired from the Fox Chapel Area School District where she taught French and Drama for 29 years. She continues to teach a variety of topics including French, Theatre Arts, and [Facing History](#) in local schools and organizations. Her methodical language instruction focuses on pronunciation, basic grammar, and vocabulary. Whether you are preparing

for a trip to France, wanting to converse with French-speaking friends and

relatives, or looking to learn something new, join Sally for a fun way to learn French for everyday conversation. ❖

Andrea Jackson

Making Herbs Work For You

Andrea has more than 30 years' experience studying, lecturing and loving herbs. She is a member of the [Herb Society of America](#), Western Pennsylvania Unit, the [American Herbalists Guild](#), the Piccadilly Herb Club, and the [American Botanical Council](#). A Phipps and Penn State Master Gardener with additional certification in Sustainable Horticulture, Andrea lectures to groups ranging from professional organizations to garden clubs. She was featured on an ABC local news affiliate (about a) segment on medicinal herbs. Among her special interests are the medicinal uses of herbs, herbal lore and beneficial uses of weeds. Join her to learn - and taste - herb preservation methods from simple drying and freezing to herbal infusions, and so much more. ❖



[See all classes on our website](#)

FCAAE is a 501(c)(3) non-profit organization run by a [volunteer board](#), and an Executive Director. We are an extension of Fox Chapel Area School District and have access to their facilities, but receive no tax or District money. FCAAE relies on your purchase of classes to fund our modest budget.

Thank you to all who donate, support, register, and teach for FCAAE. We would not exist without you.



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