IFELONG LEARNING

Fall 2009

The LifeLong Learning Society (LLS) of Christopher Newport University is a membership organization dedicated to persons of retirement age who seek opportunities for learning in an environment of sharing and fellowship.

There are no requirements as to previous educational experience. Intellectual curiosity is the only admission requirement. Managed by and for its members, LLS is a program of the Office of University Advancement and is an affiliate of the Elderhostel Institute Network. Through a variety of activities — including lectures, courses, study and discussion groups, lunches, dinners and field trips — persons of diverse backgrounds come together to share a common interest in learning. There are no exams or grades in the courses, although some courses include assigned readings and the possible purchase of a text. All persons of

retirement age are encouraged to join if they are interested in being challenged by new ideas in the company of other eager learners. LLS shares its program with the community by participating in joint learning efforts with other educational and research institutions, retirement groups, industries and museums and by co-sponsoring two annual conferences.

Opening Session: Wednesday, September 2, 2009

Ferguson Center for the Arts

1 p.m. New Member Orientation

SOCIETY

Music and Theatre Hall Lobby

1:30 p.m. All-Member Reception

Vast Masis and Theater Hall Lot

2:30 p.m. Presenter: The Honorable Paul S. Trible, Jr., CNU President Music and Theatre Hall

Program Overview

The dates and times for the 46 five-week and two 10-week courses are listed on pages 2, 3 and 4. These courses will meet either one, two or three times per week. In addition to four field trips, a number of optional activities will be announced during the semester. The eight Monday afternoon lectures and two concerts for LLS members are listed on page 6.

Membership Fee and Benefits

Full membership for the 2009-10 fall, spring and summer sessions is \$225. This includes Monday afternoon lectures and concerts; fall, spring and summer courses, and the opportunity to participate in optional activities such as field trips by paying the activity fees.

An associate membership for the 2009-10 fall, spring and summer sessions is available for \$130. This includes the Monday afternoon lectures and concerts and the group and other optional activities, but no courses.

A member may bring a guest one time to any of the Monday lectures or class meetings or to an optional activity if there is space available.

Refund Policy

Refund of membership and/or course fees will be granted if requested before September 2, 2009. A 20-percent handling charge will be deducted on all refunds. After that date, no refund will be given.

Economic Hardship

Fee waiver is possible, and inquiries are invited. Please call the LLS Office at (757) 269-4368 for details.

New Parking Decal Sticker Required 2009-10

A parking decal is required on Christopher Newport University property. If you want a parking decal (or the 2009-10 sticker) please use the registration page for your request.

Office Location:

660 Hamilton Drive Newport News, VA 23602 Telephone: (757) 269-4368

Class locations and confirmations will be mailed to you if your registration is received by August 17. Otherwise, information will be available at the LLS office and the first two Monday lectures. Most classes will be in Yoder Barn. Our office location is in the first house on the left at the corner of Oyster Point Road and Criston Drive.

Mailing address:

LifeLong Learning Society Christopher Newport University's Yoder Barn Theater 660 Hamilton Drive Newport News, VA 23602-6925

Visit the CNU-LLS home page at lifelonglearning.cnu.edu

LLS is an affirmative action/equal opportunity organization. Christopher Newport University does not discriminate in admission, employment or any other activity on the basis of race, color, age, religion, national origin, veteran status, physical handicap or political affiliation.

Session



Courses

Sept. 7 - Oct. 9, 2009

Aerobics

Mon., Wed., Fri., 9-10:15 a.m.

A conditioning program to improve your strength, balance, range of motion and muscular and cardiovascular endurance. \$30 course

Instructor: Kasey Cyr-Robert

Basic Digital Photography Mon., 9-10:15 a.m.

This course will teach basic digital photography. From opening the box to taking great photographs, it all starts with the first few steps. Limited enrollment.

Instructor: Karen Alvis, Motophoto

Beginning Spanish

Mon., Wed., 9:30-10:45 a.m.

10-week course

For beginners with limited or no exposure who want to learn the basics of conversing in Spanish for travel and fun. \$30 course fee. Instructor: Saundra Hansford

Intermediate Spanish

Mon., Wed., 11 a.m.-12:15 p.m.

For members who have had a beginning Spanish course or practical language experience and wish to expand their communication skills. \$15 course fee.

Instructor: Saundra Handsford

Computing I

Mon., Wed., 12:30-1:45 p.m.

This beginner course is for anyone who wants to learn how to use a computer. The student will be introduced to the parts of a computer, the desktop and basic computing. Students should own or have access to a computer to practice their skills. Students may bring their own laptop computers to use in class. \$15 course fee. Instructor: Susan Daimler

Clay: On the Potters Wheel Mon., Wed., 1-3 p.m.

Beginners start with making basic wheel-formed pottery, while returning students refine their skills and learn advanced techniques. Clay and tools may be purchased from the CNU Bookstore. An amount of ware equivalent to (10) 5"x5"pots will be fired for each student without further charge. Ware exceeding this limit will incur a firing fee of 2.5 cents per cubic inch. (No math required - a spreadsheet will figure this out.) \$30 course fee. Also a check for \$5 glaze fee made out to CNUEF. Limited enrollment.

Instructor: Marshall Turner, CNU

Computing II

Mon., Wed., 2-3:15 p.m.

Students should have completed Computing I before enrolling in this course. Students will learn the basics of Microsoft Word. Students should own or have access to a computer to practice their skills. Students may bring their own laptop computers to use in class. \$15 course fee.

Instructor: Susan Daimler

Body Fusion: Tone & Stretch Tues., Thurs., 9:15-10:30 a.m.

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment. \$15 course fee.

Instructor: Lisa Wingfield, CNU

Rome Against Carthage: Punic Wars

Tues., 9:30-10:45 a.m.

A review of the three Punic wars between 264 and 146 B.C., after which Rome would no longer face any serious rivals to her power monopoly in the West. \$3 syllabus fee.

Instructor: Glenn R. Markus

10. Oils and Acrylics

Tues., 9:30-11:30 a.m.

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Limited enrollment.

Instructor: Brian Murphy

11. Practicing Poetry

Tues., 11 a.m.-12:15 p.m.

This course will include poems of description, mood, Haiku, love and poetic license.

Instructor: Patricia Flower Vermillion

12. Stretch and Strength

Tues., Thurs., 11 a.m.-12:15 p.m.

This class addresses high-risk clients: those with multiple medical problems, either past or current; or those who have not exercised for a very long time and would have difficulty with a standard program, or those who are currently dealing with physical problems that limit movement, mobility, stamina; or those who are experiencing pain. \$15 course fee.

Instructor: Kasey Cyr-Robert

13. Jane Austen's Mansfield Park and Emma Tues., 11 a.m.-12:15 p.m.

Come and join us as we finish our survey of Jane Austen's six novels, examining the two novels most critics agree comprise her most

Instructor: Dr. Kara Keeling, CNU

14. Great Speeches in History

Tues., 1-2:15 p.m.

This course examines great speeches during different historical eras in the history of the West. It explores the character of the speakers, the rhetoric of the speech and the historical context in which they were delivered.

Instructor: Tony Williams

15. Topics in Modern Astronomy

Tues., 1-2:15 p.m.

Learn about the wonders of the skies during the International Year of Astronomy. A new topic of current interest in modern astronomy will be discussed at each class.

Instructor: Dr. Kelly Herbst, Virginia Living Museum

16. Beginning Arabic

Wed., 9:30-10:45 a.m.

10-week course

In this course students will learn the Arabic alphabet, basic grammar and rules to write Arabic. Throughout the course, students will learn how to read and speak classical and modern Arabic.

Instructor: Mrs. Diana Obeid Timani

17. China's Psyche on Its Foreign Policies

Wed., 9:30-10:45 a.m.

This course explores China's foreign and domestic policies and the impact of China's history and the Chinese psyche on them. We will

look at the logic behind China's decisions and how Chinese thought differs from western thought.

Instructor: Steve Louie

18. Arabian Nights

Wed., 11 a.m.-12:15 p.m.

We will discuss and analyze selected stories from the literature and will explore its influence on the Arab culture; its interpretation in the West and the scholarly approach to its sociological, anthropological and historical themes; and its representation of class and gender in the "medieval" Arab world.

Instructor: Mrs. Diana Obeid Timani

19. The Qur'an Part 2

Wed., 12:30-1:45 p.m.

We will discuss basic Islamic theology, compare major themes in the Qur'an and the Bible, and explore Jesus and Mary in the Islamic scripture.

Instructor: Dr. Hussan Timani, CNU

20. Graveyard of the Atlantic Wed., 2:30-3:45 p.m.

The treacherous waters of the Graveyard of the Atlantic have wrecked more than 2,000 ships and claimed the lives of countless mariners. Join scholars from the Mariners' Museum as we uncover the history behind some of the most intriguing wreck sites.

Coordinator: Armalita Holley, Museum Educator

21. Ancient Explorers of America

Thurs., 9:30-10:45 a.m.

This course provides a broader understanding of the "melting pot" process that has taken place in America for 18,000 years. From the end of the last Ice Age up to the beginnings of English exploration we have had visits by Chinese, Phoenician, Hebrew, Irish, Welsh, Viking, Portuguese and Spanish people.

Instructor: Aleck Loker

22. Wine Appreciation Course

Thurs., 11 a.m.-12:15 p.m.

This course will include a brief overview of such topics as wine history, the relationship of the vine and the winemaker, Old World versus New World wines, wine styles, and food and wine pairing. *Instructor:* Professor Roy Williams, ODU, Emeritus

23. The Geologic Past and the Future of the Earth *Thurs., 1-2:15 p.m.*

This course explores how the past provides insight into future events and how it will affect the earth and life in time to come. Diverse topics discussed will be catastrophic events, intermediate rate phenomena and longer-term changes that affect humans on earth. *Instructor:* Dr. Gerald Johnson, W & M, Emeritus

24. Genealogy

Thurs., 1-2:15 p.m.

This course will cover basic genealogy, family and home sources, research, vital records, and census records. Limited enrollment. *Instructor:* Jim Sample, Tidewater Genealogical Society

25. Understanding Opera: LaBoheme and The Daughter of the Regiment

Thurs., 2:30-3:45 p.m.

This class will feature historical background as well as illuminating musical analysis illustrated with audio and video excerpts. Ideal for both opera lovers and beginners.

Instructor: Glenn Winters, Community Outreach Musical Director, Virginia Opera Association

26. Watercolor Painting

Fri., 1:30-3:30 p.m.

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Limited enrollment. Register for either A or B session, not both.

Instructor: Professor Betty Anglin, CNU

Session



Courses

Oct. 19 - Nov. 20, 2009

27. Aerobics

Mon., Wed., Fri., 9-10:15 a.m.

Same as course #1. \$30 course fee.

Course #3 Continued: Beginning Spanish Mon., Wed., 9:30-10:45 a.m.

28. Advanced Spanish

Mon., Wed., 11 a.m.-12:15 p.m.

For members who have had an intermediate Spanish course, have a good basic command of the language and wish to refine communication skills relative to specific topics. \$15 course fee.

Instructor: Saundra Hansford

29. ***CANCELLED***: On the Potters Wheel Mon., Wed., 1-3 p.m.

Same as course #6. Course fee \$30. Glaze fee \$5 made out to CNUEF.

30. Body Fusion

Tues., Thurs., 9:15-10:30 a.m.

Same as course #8. \$15 course fee.

31. Oils & Acrylics

Tues., 9:30-11:30 a.m.

Same as course #10.

32. Computing II

Mon., Wed., 12:30-1:45 p.m.

Students should have completed Computing I before enrolling in this course. Students will learn the basics of Microsoft Word. Students should own or have access to a computer to practice their skills. Students are welcome to bring their own laptop computers. \$15 course fee.

Instructor: Susan Daimler

33. Computing III

Mon., Wed., 2-3:15 p.m.

For persons who have completed Computer I and II. Learn to send and receive e-mail messages and use the Internet. Students are welcome to bring their own laptop computers. \$15 course fee.

Instructor: Susan Daimler

34. Transmission of Ancient Texts

Tues. 9:30-10:45 a.m.

This course explores the transmission of the great literature of Greece and Rome, from the collapse of the Roman Empire through the Middle Ages and the Renaissance, to the invention of the printing press in the 15th century.

Instructor: Glenn Markus

35. Stretch and Strength

Tues., Thurs., 11 a.m.-12:15 p.m.

Same as course #12. \$15 course fee.

36. Great Disasters of the 18th Century Tues., 11 a.m.-12:15 p.m.

This course looks at a number of natural disasters in 18th century Europe and America including a flood, hurricane, volcanic eruption, earthquake and disease epidemic. This course will provide an analysis of each and examine their political, social, economic, scientific and religious implications.

Instructor: Tony Williams

37. Steinbeck's California

Tues., 1-2:15 p.m.

In this class we will read three short works that John Steinbeck wrote in the 1930s and that are set in California. These books, *The Red Pony, Tortilla Flat* and *Of Mice and Men*, are available in many editions and found in libraries, online or in bookstores.

Instructor: Dr. Roark Mulligan, CNU

38. Getting the Most Out of the New CNU Trible Library Wed., 9:30-10:45 a.m.

The CNU library is full of print, electronic and online materials that are freely available for your use. Get an introduction to these different types of resources and begin to take advantage of this incredible collection. Limited enrollment.

Instructor: Amy Boykin, CNU

Course #16 Continued: Beginning Arabic Wed., 9:30-10:45 a.m.

Understanding the Effects of Personal Psychology on Managing Investment Assets Wed., 9:30-10:45 a.m.

Managing our own personal wealth and financial investments is a challenging process. While investing requires technical knowledge and analytical skills, there is increasing interest in the effects of personal psychology on the investment management process. This course will explore the psychological effects on how we make investment decisions. Textbook: Nofsinger, *The Psychology of Investing*, Third Edition, Pearson Prentice Hall, 2008.

Instructor: Arthur C. Gudikunst, Ph.D., Ret. CNU Professor

40. Intermediate Arabic

Wed., 11 a.m.-12:15 p.m.

In this course we will learn to connect the Arabic letters, write and read full sentences, and learn more vocabulary. Also there will be more conversation.

Instructor: Mrs. Diana Obeid Timani

41. Don't Repeat History

Wed., 11 a.m.-12:15 p.m.

How food, nutrition and history can affect your life and what we learn and how we use it.

Instructor: Mary Rountree

42. Simply Sondheim

Wed., 2:30-3:45 p.m.

A look at the life and works of Steven Sondheim. *Instructor:* Professor George Hillow, CNU

43. Creative Nonfiction Writing

Thurs., 9-10:45 a.m.

For writers of all levels who enjoy writing nonfiction with a creative flair and wish to craft stories from real life.

Instructor: Heidi Hartwiger

44. Advanced Writing for "Historians"

Thurs., 9:30-10:45 a.m.

Strengthen your skills in recording your experiences. Family stories always find an audience, with family, with community, and sometimes in the wider world as social history. Limited enrollment. *Instructor:* Doris Gwaltney

45. Creative Thinking

Thurs., 11 a.m.-12:15 p.m.

Brain research shows the way to improved thinking. Solving problems is one of the most complex and important human skills. Break the bounds of your own mind and increase your capacity to think, remember and interact with others.

Instructor: Pat Buoncristiani, Educational Consultant and Dr. Martin Buoncristiani, CNU Emeritus

46. Study of Writings of Gabriel Garcia Marquez *Thurs.*, 1-2:15 p.m.

A study of Gabriel Garcia Marquez, *One Hundred Years of Solitude* and an anthology of his short stories titled *No One Writes to the Colone!*

Instructor: Dr. Scott Pollard, CNU

Tales From the Swamp: Swamp Things and Other Ecological Relationships

Thurs., 2:30-3:45 p.m.

How do you recognize wetlands, how do they work and who lives there?

Instructor: Dr. Rob Atkinson, CNU

48. Watercolor Painting

Friday, 1:30-3:30 p.m.

Same as course #26 (Register for either A or B session).

Thank you to our corporate sponsors

Minuteman Press The Old Point National Bank Old Point Trust

Interest Groups:

1. Bridge Group

Monday, noon in Yoder Barn House

2. Lunch Bunch

Monday, 12:30 p.m. at local restaurants

To sign up for interest groups, see the registration page.

FIELD TRIP SCHEDULE

Sail Away for a Day Thursday, October 15, 2009

Our day includes a motor coach tour of the Virginia Port Authority and Naval Station Norfolk. Lunch will be at Freemason Abbey, a renovated 136-year-old church located in downtown Norfolk. After lunch, we board the *Victory Rover*, a navy-themed vessel, for a two-hour narrated cruise on the Elizabeth River past Naval Station Norfolk and the Port Authority. Enjoy fascinating and entertaining commentary while you see aircraft carriers, nuclear submarines, guided missile cruisers and all of the other ships that form the world's most powerful fleet.

Terra Cotta Warriors & Architectural Tour of National Cathedral December 3, 2009

Enjoy a guided tour of the National Cathedral for an in-depth look at aspects of Cathedral artisanship and Gothic architecture. Lunch will be a buffet at the Meiwah Restaurant. Visit the national Geographic Museum and see the special exhibit, Terra Cotta Warriors, of more than 100 objects including solders, armor, weapons, coins and more.

Guided tour of the United States Capitol & Matinee performance of the Broadway Play Jersey Boys December 9, 2009

Take a guided tour of the United States Capitol beginning in the Capitol Visitor Center with its soaring spaces and skylight views

of the Capitol dome. On the tour you will learn about how Congress works and how the magnificent building was built. Lunch will be at the Capitol Visitor Center Restaurant found on the lower level of the Visitor Center. Your lunch voucher can be used for a variety of meals. Enjoy *Jersey Boys* at the National Theatre. This documentary-style musical is based on the lives of the 1960's rock 'n roll group, Frankie Valli and the Four Seasons. The show includes more than 25 of their hits — it's a fabulous show!

White House Tour To be announced

A request has been made; notification will be in mid-November.

Philadelphia Flower Show Longwood Gardens & Winterthur February 28 - March 2, 2010

Our 2 night trip to Philadelphia is highlighted by a VIP before-the Philadelphia Flower show tour of the lavish exhibits led by our expert guide. The trip also features a "mural arts' motorcoach tour through historic and city center areas, a progressive "city-food-tour" and the Wanamaker organ recital. On the way home enjoy a guided tour of the Conservatory at Longwood Gardens, lunch in the Café and a guided tour of Winterthur.

Call the LifeLong Learning Office, (757) 269-4368 to sign up for these trips or for more information.



Jim Townsend and his painting



Platinum Gala Reception

MONDAY AFTERNOON LECTURES

Opening Lecture

Wednesday, Sept. 2, 2:30 p.m.

Music & Theatre Hall

The Honorable

Paul S. Trible, Jr., CNU President

Monday Lectures

Sept. 14, 2:30 p.m.
Music & Theatre Hall
Virginia State Legislature
Senator John Miller

Sept. 21, 2:30 p.m. Music & Theatre Hall USS Cumberland

Gordon Calhoun Hampton Roads Naval Museum Sept. 28, 2 p.m. Studio Theatre Nuclear Proliferation Dr. Nathan Busch

Oct. 5, 3 p.m.
Studio Theatre
Dr. Mark Reimer, CNU in Concert

Oct. 19, 2:30 p.m.
Studio Theatre
Where Is the Computer
Taking Us?
Dr. Martin Buoncristiani
CNU Emeritus

Oct. 26, 2:30 p.m.

Music & Theatre Hall

Great Leadership of the Peninsula

John Quarstein

Nov. 2, 2:30 p.m.

Music & Theatre Hall

Private Military Companies: The

Answer to War in the Future

Dr. Corliss Tacosa

Nov. 9, 2:30 p.m.

Music & Theatre Hall

Impact of Global Warming

Irving Fuller

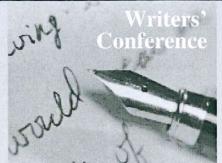
November 16, 2:30 p.m.

Music & Theatre Hall

Dr. Mark Reimer, CNU in Concert

Conferences

The LifeLong Learning Society is proud to co-sponsor two popular CNU conferences in 2010. Mark your calendar for these exciting events.



The 29th Annual Writers'
Conference & Writing Contest will
be held on Friday evening, March
12 and Saturday, March 13, 2010.

Talented writers will conduct workshops in the areas of music, non-fiction, fiction, juvenile fiction, poetry and the business of writing; and cash prizes will be awarded for works in fiction, non-fiction, juvenile fiction and poetry. This is a "must do" for any aspiring writer.

(In collaboration with the CNU Department of English and the Writers' Advisory Council)

MARCH 12-13, 2010



CNU's 13th Annual Gardening Symposium will take place on Saturday, April 10, 2010. Topics of workshops address many phases of successful gardening. The day also includes plant sales, displays, prize drawings and raffles.

(In collaboration with the CNU Grounds Department and the Virginia Cooperative Extension Service)

APRIL 10, 2010

CNU LIFELONG LEARNING SOCIETY FALL 2009 COURSE REGISTRATION FORM

	THE RESERVE OF THE PARTY OF THE	F	Phone:	SS#:	(last four digits only)
Address: _					
	Street		City	Stá	ate ZIP
Are you er	nrolling as a new member of LL	S? Yes_	No E-mail address:		
How did yo	ou hear about LLS?		Emergency Contact:		
				Name	Phone #
If a current	t LLS member recommended L	LS to you,	please give their name		<u> </u>
Course R	egistration: Please number co	urses in ord	der of preference for each se Session A Courses	ssion.	
1	Aerobics	10		19	The Qur'an Part II
2	Basic Digital Photography	11	Practicing Poetry	20	Graveyard of Atlantic
3	Beginning Spanish	12		21	Ancient Explorers
4	Intermediate Spanish	13	Jane Austen	22	Wine Appreciation
5	Computing I	14	Great Speeches	23	The Geologic Past/Future
6	Clay: On Potters Wheel	15	Modern Astronomy	24	Genealogy
7	Computing II	16	Beginning Arabic	25	Understanding Opera
8	Body Fusion	17	China's Psyche	26	Watercolor Painting
9	Punic Wars	18	Arabian Nights		
			Session B Courses		
27	Aerobics	34	Ancient Texts	42	Simply Sondheim
28	Advanced Spanish	35	Stretch & Strength	43	Nonfiction Writing
29	Clay: On the Potters Wheel	36	Great Disasters	44	Writing for Historians
30	Body Fusion	37	Steinbeck's California	45	Creative Thinking
31	Oils & Acrylics	38	Trible Library	46	Writings Gabriel Marquez
	Computing II	39	Understanding Investments		Tales from Swamp
32					
		40	Intermediate Arabic	48	Watercolor Painting
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