

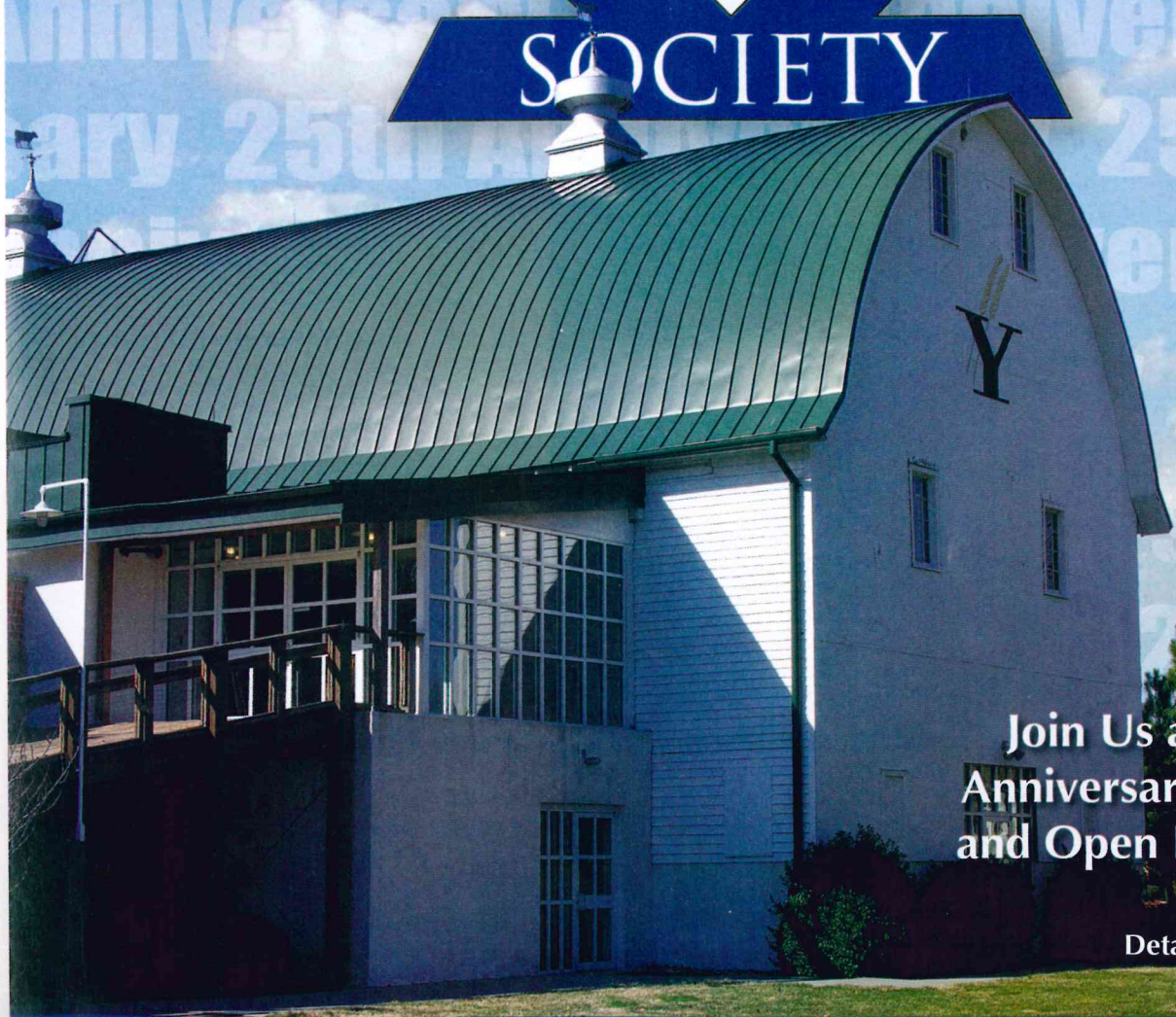
CHRISTOPHER NEWPORT UNIVERSITY

LIFELONG
LEARNING
SOCIETY

FALL 2014 CLASSES



Life, Simplified



Join Us at Our 25th
Anniversary Celebration
and Open House Events!

Details inside

lifelonglearning.cnu.edu

Join Us for the LifeLong Learning Society's 25th Anniversary Celebrations

As we look back on 25 incredible years, LLS has several activities planned in honor of our silver milestone. Please save the dates for the following anniversary events, and stay tuned for additional details to come!

Wednesday, August 20
Fall Open House
Yoder Barn @ 1 p.m.

Saturday, September 6
Football Game Reception with
Halftime Recognition
CNU vs. Salisbury
POMOCO Stadium @ 7 p.m.

Sunday, October 19
Anniversary Celebration
LifeLong Learning Through the Years
Freeman Center

In addition to the above events, several other anniversary-year programs are currently being planned.

We are also excited to debut our new **Admirals Club**, an opportunity to recognize members involved with LLS for four or more years — a perfect way to honor our “faithful” LifeLong Learners as alumni. More details on the Admirals Club and corresponding benefits will be announced soon.

This promises to be a year to remember as we reconnect with cherished friends and build new relationships. **Here's to our first 25 years ...** and here's to the next exciting chapter for CNU's LifeLong Learning Society.



Gardening Conference Registration, 2009



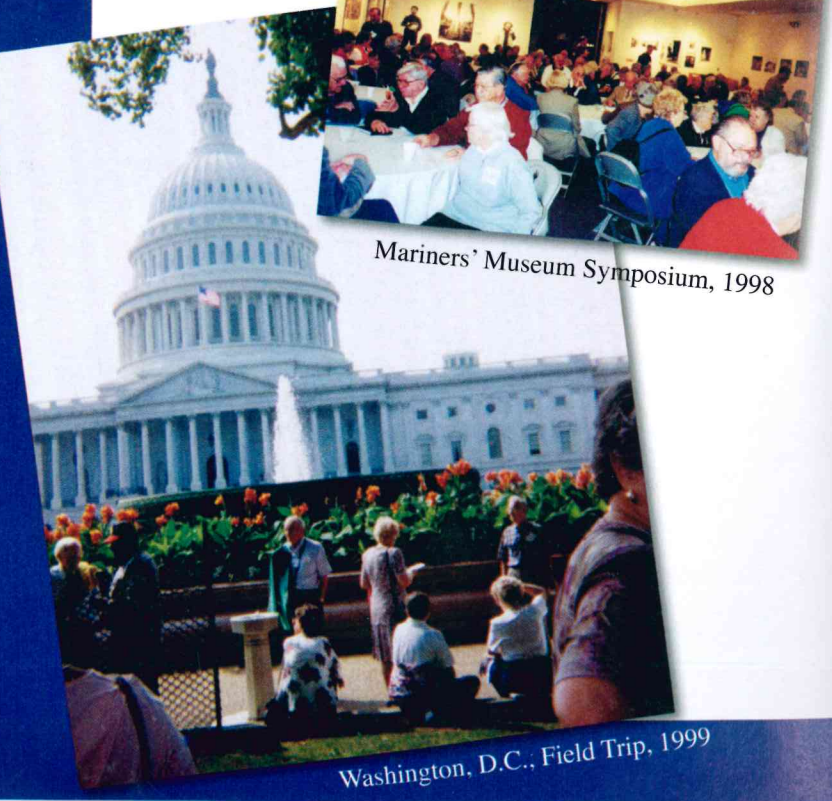
Hilton Head Field Trip, 2002



Williamsburg
Field Trip, 2004



Mariners' Museum Symposium, 1998



Washington, D.C., Field Trip, 1999

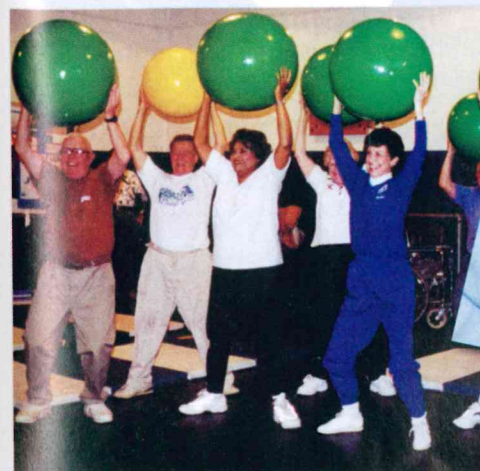


Philadelphia Field Trip, 1997

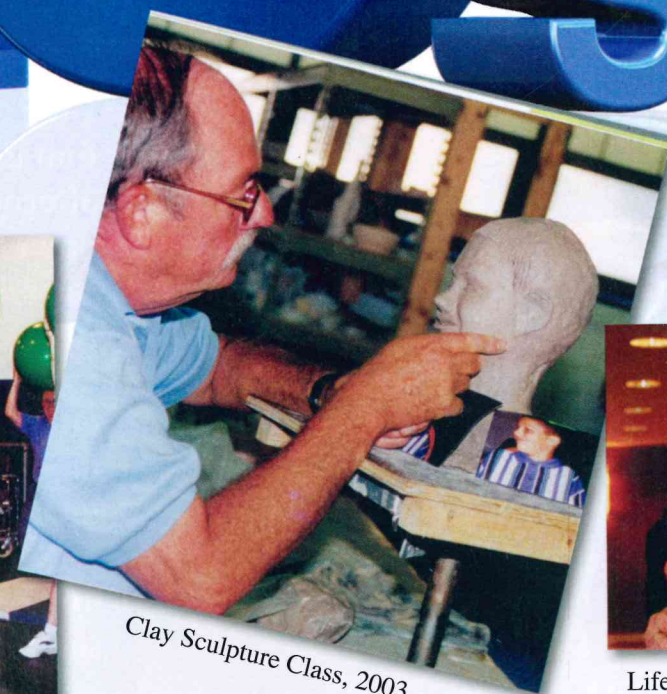


Golf Tournament, 2002

25TH ANNIVERSARY



Fitness Class, 2001



Clay Sculpture Class, 2003



LifeLong Learning Society Friends, 2013

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

The LifeLong Learning Society (LLS) of Christopher Newport University is dedicated to persons of retirement age who seek to learn in an environment of sharing and fellowship.

There are no requirements as to previous educational experience. Intellectual curiosity is the only admission requirement. Through lectures, courses, study and discussion groups, lunches, dinners, and field trips, members share a common interest in learning.

LLS shares its program with the community, participating in joint learning efforts with other institutions, retirement groups, industries and museums and by co-sponsoring three annual conferences.

Managed by and for its members, LLS is a program of the Office of University Advancement and an affiliate of the Elderhostel Institute Network.




CHRISTOPHER NEWPORT
UNIVERSITY

We Want You!

If you haven't had the opportunity to find out what our group is all about, August 20 is your chance!

CNU professor Dr. Ed Brash of Glasgow Kiss fame will perform "The 33rd County: The Influence of Irish Emmigration on the Music of Newfoundland."

Be our guest at Open House!

**Wednesday, August 20
1 p.m.**

**CNU LifeLong Learning Society
Yoder Barn Theatre
660 Hamilton Drive
Newport News, VA 23602**

Join us for a rollicking, fun afternoon of entertainment open to the public. Light refreshments will be served following the musical. Don't forget to have your questions ready regarding membership, including trips, luncheons, picnics and interest groups. You may be missing out on the best-kept secret in Tidewater.

(757) 269-4368
lifelonglearning.cnu.edu

ABOUT THE LIFELONG LEARNING SOCIETY

Travel and other opportunities

LLS membership includes the option of special Monday afternoon lectures, interest groups and travel.

Membership fee and benefits

Full membership for the 2014-15 fall, spring and summer sessions is \$235. 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 2014-15 fall, spring and summer sessions is available for \$140. This includes the Monday afternoon lectures and concerts and the group and other optional activities, but no courses.

A new feature has been offered. You can now pay for your registration fee by credit card. There will be a charge of \$3 to cover the cost to LLS.

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.

Class locations and confirmations will be mailed to you if your registration is received by August 15, 2014. Otherwise, information will be available at the LLS office and the first two Monday lectures. Most classes will take place in the Yoder Barn.

Location and registration

LLS is located at the house at the CNU Yoder Barn Theatre at 660 Hamilton Drive, Newport News. Call (757) 269-4368 or visit lifelonglearning.cnu.edu.

Session A Courses: September 8–October 10, 2014

1. 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

2. Beginning Chinese Mon., Wed., 9:30-10:45 a.m. 10-week course

This course is designed for beginners who want to learn basics of travel and daily life conversations in Chinese.
\$30 course fee.

Instructor: Zhao Qing Zhang, LLS

3. Yoga Mon., 10:30-11:45 a.m.; Wed., 2:30-3:45 p.m. 10-week course

Learn a gentle style appropriate for all levels and adaptable to each person's needs. All classes begin with a warmup to prepare the spine and muscles, then move through a series of yoga postures. After the postures have relaxed the body, yoga moves us toward a calm mind, with breath work and meditation.
\$30 course fee.

Instructor: Rose Winter, MPT, CMT, RYT

4. Intermediate Spanish Mon., Wed., 11 a.m.-12:15 p.m. Limited enrollment

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 Hansford

5. Body Fusion: Tone and Stretch Tues., Thurs., 9-10:15 a.m. 10-week course

This exercise class will focus on muscle strength, muscle endurance, flexibility, balance and coordination combined with the use of a variety of equipment.
\$30 course fee.

Instructor: Lisa Wingfield, CNU

6. Computing I Tues., Thurs., 9-10:15 a.m. Limited enrollment

This is the first course in a three-course progression. 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 Microsoft Office 2010. Students should own or have access to a computer to practice their skills. Students are welcome to bring their own PC laptops to class. \$15 course fee.

Instructor: Susan Daimler

7. Dead Sea Scrolls Tues., 9:30-10:45 a.m. 10-week course

On the western shore of the Dead Sea, about eight miles south of Jericho, lies a complex of ruins known as Khirbet Qumran. The site occupies one of the lowest spots on earth. At this location were found more than 900 ancient individual documents that shook the world of biblical studies. Known as the Dead Sea Scrolls, the documents

contain not only the oldest books of the Jewish Bible (Old Testament), but also other texts that date from the 3rd century B.C. through Rome's catastrophic war with Judea during the 1st century A.D. Syllabus: \$4 due on registration.

Instructor: Glenn R. Markus, LLS

8. Painting in Oils and Acrylic I Tues., 9:30-11:30 a.m. Limited enrollment

Explore painting from direct observation (life) starting with charcoal then on to limited and full-color palettes. Learn the importance of direct observation and using various tools (sketchbooks and photo references) to work out compositional and color problems. There will be demonstrations, lectures and supporting in-class exercises. Register for a.m. or p.m. class, not both.

Instructor: Jenny Linn Loveland, MA, BA

9. Computer Internet and Email Tues., Thurs., 10:45 a.m.-noon Limited enrollment

Learn to send and receive email messages (including attachments) and use the Internet. Students should have an email account and own or have access to a computer to practice their skills. Students are welcome to bring their own PC laptops to class. \$15 course fee.

Instructor: Susan Daimler

10. Practicing Poetry Tues., 11 a.m.-12:15 p.m.

Practice poetry using sonnets, open verse, ballads, sense of place and spirituality.

Instructor: Patricia Flower Vermillion, LLS

11. Strength and Stretch Tues., Thurs., 11 a.m.-noon 10-week course / Limited enrollment

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.

Instructor: Betty Peach, LLS

12. Continental Army and the War for American Independence (1775-1783)

This course will examine the American Revolution from a military perspective, with a particular focus on the exploits of the Continental Army. Topics to be discussed will include the army's command structure, 18th-century military strategy and tactics, and the conflict's major campaigns. The course will also examine the war's impact on the families of Continental officers and enlisted men.

Instructor: Dr. Phillip Hamilton, CNU

13. Painting in Oils and Acrylic II
Tues., noon-2 p.m.
Limited enrollment

For painters who have had experience working from direct observation (life) using oils and acrylics. Session One: Working from life, emphasis will be on color studies, use of brush and palette to improve core skills in representational painting. Session Two: Be prepared to start with individual ideas and projects using instructor-approved references. Assignments will be available, if desired. Instructor-led demonstrations, lectures and supporting in-class exercises for both sessions included. Register for a.m. or p.m. class, not both.
Instructor: Jenny Linn Loveland, MA, BA

14. Integral Yoga Class
Tues., 1-2 p.m.;
Thurs., 2:30-3:30 p.m.
10-week course / Limited enrollment

Learn a gentle style appropriate for all levels and adaptable to each person's needs. All classes begin with a warmup to prepare the spine and muscles, then move through a series of yoga postures. After the postures have relaxed the body, yoga moves us toward a calm mind, with breath work and meditation.
\$30 course fee.
Instructor: Tara Joseph, PT, MA, RYT

15. Civil War 1864
Tues., 1-2:15 p.m.

By 1865 the Civil War had raged for three years with tens of thousands of casualties. Both sides had missed prime opportunities in 1862 to secure victory and end the war. In 1863 the Union scored major victories at Gettysburg, Vicksburg and Port Hudson. The Union had secured the Mississippi River and blunted Confederate General Robert E. Lee's second invasion of the North, but was unable to deliver a mortal blow. In March 1864 Lieutenant General Grant was appointed general-in-chief. This course examines the campaigns, participants and leaders who shaped the year 1864.
Instructor: Michael Moore, Civil War Site Curator, Lee Hall Mansion

16. Clay: On the Potter's Wheel
Tues., Thurs., 2-4:30 p.m.
Limited enrollment

Beginners start with making basic wheel-formed pottery while returning students refine their skills and learn advanced techniques. Upon signing up, students will be given a list of

supplies to bring and where to find them.
\$30 course fee.

Instructor: Marshall Turner

17. Tai Chi

Tues., 2:30-3:45 p.m.;
Thurs., 1-2:15 p.m.
10-week course

This class will teach the introductory form of Tai Chi, nine movements in the Yang Style. Tai Chi, a nonaerobic exercise, will benefit those who want to improve their balance and muscle strength. \$30 course fee.
Instructor: Bill Hansell

18. iPads, iPhones and Androids
Tues., 2:30-3:45 p.m.

Each class will be for a different device: Android phones, Android tablets, iPhones, iPads and Smart accessories to help better and enhance life at home/work/travel, etc.

Coordinator: Marion Crowley, Verizon Wireless Experience Specialist

19. Sherlock Holmes: The Great Detective

Wed., 9:30-10:45 a.m.
Sherlock Holmes is easily the most famous fictional detective of all time, and indelibly associated with Victorian London. Join us for a survey of several of his most famous stories, which we will discuss as examples of the literary detective story Sir Arthur Conan Doyle raised to great heights, and an examination of their cultural context.

Instructor: Dr. Kara Keeling, CNU

20. Mind and Memory
Wed., 11 a.m.-12:15 p.m.
10-week course

Our memories shape who we are as human beings. Without them, we cease to exist in today's world. The goal of this course is to provide a description of the cognitive and biological basis of human memory and what happens when things "go wrong" as we age. We will discuss and practice techniques to improve our memory as well as some changes in our lifestyle that can delay, or even possibly prevent, the onset of degenerative diseases affecting the brain.
Instructor: Dr. William Peach, LLS

21. History of Comics
Wed., 12:45-2 p.m.

This course will focus on the emergence of the comic book and its relationship to American society from the 1930s through the 1950s. Accordingly, we will explore the origins of comic

books, the emergence of the superhero and other genres, and the increasing challenges these publications faced in the postwar era. At the same time, the course will emphasize connections between comic books and broader social developments such as the Depression, World War II, Red Scare and Cold War.
Instructor: Dr. Brian M. Puaca, CNU

22. Down to the Sea: The American Maritime Experience in Words, Images and Sounds
Wed., 2:30-3:45 p.m. held at Mariners' Museum

This course will take a broad look at the American experience with the sea through popular literature, paintings, photographs and music.
Coordinator: Mark Arduini, Manager Adult Learning, Mariners' Museum

23. American Women, 1750-1815

Thurs., 9:30-10:45 a.m.
This course will explain the active role women played during the generation that lived from 1750 to the end of the War of 1812, analyze their accomplishments and failures, and interpret their legacy to American women today.
Instructor: Conover Hunt, Social Historian

24. Watercolor Painting
Thurs., 11 a.m.-1 p.m.
Limited enrollment

Learn to select, mix and apply. Enhance your skill in composition. If you are no longer a beginner, continue to develop your skills. Register for one watercolor class in either A or B session.
Instructor: Betty Anglin, Retired CNU Professor

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

This course will consist of five parts covering the future of America's Human Space Exploration Program. The parts are Orion, Space Launch System, Spacecraft, Habitats and Radiation Protection, Mars Entry, Descent, and Landing with Humans and the Asteroid Redirect Mission.

Instructor: Stephen P. Sandford, Director Space Technology and Exploration, Langley Research Center

26. Italian for Lovers
Thurs., 1-2:15 p.m.
10-week course

Are you a lover of opera? How about a lover of fine food, fast

cars or cinema? Join us as we learn about the Italian language and culture through Italy's greatest cultural contributions. No previous knowledge of Italian is necessary ... come to class ready to channel your inner Sophia Loren (or Marcello Mastroianni, as the case may be).
Instructor: Erika St. Dennis, LLS

27. Drawing
Thurs., 2-4 p.m.
Limited enrollment

Drawing has come into its own as a lively and viable art form. Whereas drawing of the past can be largely classified as objective, today's drawings are frequently subjective. Assignments are designed to develop the student's hand-eye skills, as well as encourage the formation of ideas and feelings in conjunction with the creative process of drawing. Register for one drawing class in either A or B session.
Instructor: Betty Anglin, Retired CNU Professor

28. Understanding Opera, Part 1
Thurs., 2:30-3:45 p.m.

This course will present detailed discussion and analysis of the first two productions of Virginia Opera's 2014-15 season, Sondheim's brilliant musical "Sweeney Todd: The Demon Barber of Fleet Street" and the classic operetta "H.M.S. Pinafore" by Gilbert and Sullivan.
Instructor: Glenn Winters, Community Outreach Musical Director, Virginia Opera Association

29. Meanderings
Fri., 9 a.m.-3 p.m.
Limited enrollment

We will carpool weekly to discover new museum exhibits from Norfolk to Williamsburg and lunch in delightful eateries nearby. Participants are responsible for expenses, such as lunch and admission fees.
Coordinator: Jane Dickson, LLS

30. 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. Register for only one watercolor class in either A or B session.
Instructor: Betty Anglin, Retired CNU Professor

Course #1 — Continued: Beginning Spanish
Mon., Wed., 9:30-10:45 a.m.

Course #2 — Continued: Beginning Chinese
Mon., Wed., 9:30-10:45 a.m.

Course #3 — Continued: Yoga
Mon., 10:30-11:45 a.m.; **Wed., 2:30-3:45 p.m.**

31. 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: Sandra Hansford

Course #5 — Continued: Body Fusion
Tues., Thurs., 9-10:15 a.m.

32. Computing II
Tues., Thurs., 9-10:15 a.m.
Limited enrollment
Students should have completed Computer I before they enroll in this course. Students will learn the basics of Microsoft Office 2010. The classroom is equipped with Windows 7 desktop computers. Students should own or have access to a computer to practice their skills. Students may bring their PC laptops to class. \$15 course fee.
Instructor: Susan Daimler

Course #7 — Continued: Dead Sea Scrolls
Tues., 9:30-10:45 a.m.

33. Painting in Oils and Acrylic I
Tues., 9:30-11:30 a.m.
Same as course #8. Register for only one course in A or B.

34. Excel 2010
Limited Enrollment
Tues., Thurs., 10:45 a.m.-noon

This class will be taught using Microsoft Excel 2010. The classroom is equipped with Windows 7 desktop computers. Students will learn to enter, edit, sort and filter data. They will be introduced to basic formulas and simple charts. Students should own or have access to a computer to practice their skills. Students are welcome to bring their own PC laptops to class. \$15 course fee.
Instructor: Susan Daimler

Course #11 — Continued: Strength and Stretch
Tues., Thurs., 11 a.m.-noon

Session B Courses: October 20–November 21, 2014

35. Ancient Explorers of America
Tues., 11 a.m.-12:15 p.m.

This course provides a broader understanding of the "melting pot" process that has taken place in America to the beginnings of English exploration we have had including visits by Chinese, Phoenician, Hebrew, Irish, Welsh, Viking, Portuguese and Spanish people.
Instructor: Aleck Loker

36. Painting in Oils and Acrylic II
Tues., noon-2 p.m.
Same as course #13. Register for only one course in A or B.

37. A Brief Look at the Veeps
Tues., 1-2:15 p.m.
An overview of the vice presidents between John Adams and Alben Barkley: some worthies, some mid-worthies, some forgettables and a bunch of good stories.
Instructor: Feather Swartz Foster

Course #14 — Continued: Integral Yoga
Tues., 1-2 p.m.;
Thurs., 2:30-3:30 p.m.

Course #17 — Continued: Tai Chi
Tues., 2:30-3:45 p.m.; **Thurs. 1-2:15 p.m.**

38. Topics in Modern Astronomy
Tues., 2:30-3:45 p.m.
Five topics currently making news in astronomy will be discussed. Topics will most likely include weird moons, the Keller belt, dark matter, space rocks and Saturn's moon Titan.
Instructor: Dr. Kelly Herbst, VLM Astronomy Curator, Abbitt Observatory and Planetarium

39. Nutrition and Aging: Practical Considerations for the "Wrinklies"
Wed., 9:30-10:45 a.m.
As children we want nothing more than to grow up, get big enough for a real bike, old enough to drive a car and all the good things about being grown up. Problem is, the process does not stop. Then we call it growing old, aging and "joining the Wrinklies." For five weeks we will look at the uses of food choices and nutritional considerations for healthy later years.
Instructor: Dr. Mary C. Rountree

40. Getting to Know the Tribble Library at the Yoder Barn
Wed., 9:30-10:45 a.m.

Need the latest financial or medical news? Want to see the newest *Consumer Reports* or get the most recent travel information? Learn about the wide range of information available, in print and electronically, in the library and begin to take advantage of resources and services that can meet your information needs.
Instructor: Amy Boykin, Instructional Librarian, CNU

Course #20 — Continued: Mind and Memory
Wed., 11 a.m.-12:15 p.m.

41. Understanding World Politics Through Intelligence, Analysis and Methodology
Wed., 1-2:15 p.m.
What is really happening in global politics today? This course will provide the tools to be able to critically examine current global issues, including the veracity of media coverage, what is really happening, why it is happening and how it is actually being executed. Current global issues will be used as examples.
Instructor: Dr. Corliss Tacosa

42. Unidentified Flying Objects (UFOs) #2
Wed., 2:30-3:45 p.m.
Sightings of Unidentified Flying Objects continue with more than 1,000 reported during 2013 in Canada alone. We will continue our fall 2013 study of UFOs by considering additional encounters with both UFOs and USOs (Unidentified Submersible Objects), the evolution of UFO vehicles, scientific studies of reported abductions by aliens, reports of human/alien hybrids, UFO/USO entry portals, and even psychics' accounts of alien races and their home planets.
Instructor: Richard Davis, LLS

43. Creative Nonfiction Writing
Thurs., 9-10:45 a.m.
Limited enrollment
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., 9-10:45 a.m.
Limited enrollment
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.
Instructor: Doris Gwaltney

45. VSO Chorus 25th Anniversary Season Repertoire
Thurs., 9:30-10:45 a.m.
We'll explore choral and orchestral masterpieces, including Orff, Beethoven, Handel and Brahms. You'll be the most knowledgeable member of the audience as the Virginia Symphony Orchestra Chorus presents its 25th anniversary season.

Instructor: Rob Keene, Organist and Director of Music, Trinity Evangelical Lutheran Church

46. The Wives of Henry VIII
Thurs., 11 a.m.-12:15 p.m.
Divorced, beheaded, died: divorced, beheaded, survived. In this course we will look beyond this dismissive characterization of the six wives of Henry VIII. We will explore the lives of the real women set in their historical context and evaluate their significance, through marriage, as memorable figures in English history.
Instructor: Dr. Theodora Bostick, Retired CNU

47. Watercolor Painting
Thurs., 11 a.m.-1 p.m.
Limited Enrollment
Same as course #24. Register for only one watercolor class in A or B session.

Course #26 — Continued: Italian for Lovers
Thurs., 1-2:15 p.m.

48. Drawing
Thurs., 2-4 p.m.
Same as course #27. Register for one drawing class in session A or B.

49. Five Great Artists of the 20th Century
Thurs., 2:30-3:45 p.m.
This course will consist of a lecture series on "Five Great Artists of the 20th Century." One artist will be covered each week with an in-depth lecture on that particular person.
Instructor: Diana L. Blanchard Gross, Curator, PFAC

50. Watercolor Painting
Fri., 1:30-3:30 p.m.
Same as course #30. Register for only one watercolor class in session A or B.

Field Trips

Monticello in the Fall
September 26, 2014

Winterthur and Longwood Gardens
October 11-13, 2014

Richmond's History
December 4, 2014

White House Tour
December 2014

The Great Rivers of Europe
May 2015

Conferences

The 33rd Annual Community Forum on Aging

The forum will be held March 3, 2015, at the Ferguson Center for the Arts at CNU. (In collaboration with the Peninsula Agency on Aging and the Forum on Aging Planning Committee)

The 34th Annual Writers Conference

The 34th Annual Writers Conference will be held February 27-28, 2015, at The Freeman Center. (In collaboration with the CNU Department of English and the Writers Advisory Council)

The 18th Annual Gardening Symposium

CNU's 18th Annual Gardening Symposium will be held April 11, 2015, at The Freeman Center. (In collaboration with the CNU Grounds Department)



OLD POINT is PROUD to SUPPORT LEARNING at ANY AGE.

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We recognize wisdom is a combination of experience and continued education.

In 1923, Old Point made an investment in the Hampton Roads community. We built a business pairing financial solutions tailored to fit the needs of our neighbors. To this day, we still strive to learn new ways to serve our community.



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