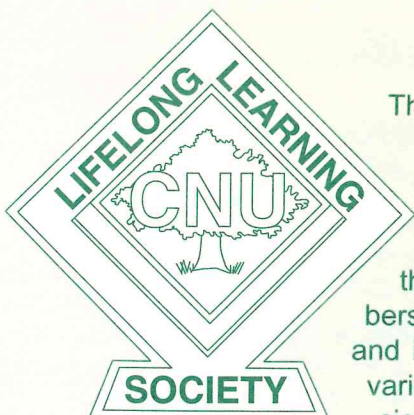


Fall 2004



The LifeLong Learning Society 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, the 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. The 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 three annual conferences.

Opening Session: Wednesday, September 1, 2004

12:45 p.m. New Member Orientation: Ferguson Center for the Arts
 1:30 p.m. All Member Reception: Ferguson Center for the Arts
 2:30 p.m. Lecturer: William R. "Bill" Biddle,
 Executive Director, Ferguson Center for Arts

Program Overview

The six Monday afternoon lectures and two concerts for LLS members are listed on page 6. The dates and times for the 44 five-week courses and one 10-week course are listed on pages 2, 3 and 4. These courses will meet either once or twice per week. In addition to one field trip and an overnight trip, a number of optional activities will be announced during the semester.

Membership Fee and Benefits

Full membership for the 2004-2005 fall, spring and summer sessions is \$165. 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 is available for \$90. This includes the Monday afternoon lectures 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

Full refund of membership and/or course fees will be granted if requested before September 6, 2004. After that

date no refund will be given. A 15 percent handling charge will be deducted on all refunds.

Economic Hardship

Fee waivers are possible and inquiries are invited. Please call the LLS office at 594-7568 for details.

Parking Decal with Current Sticker Required

As of September 6, 2004 a new "04-05" sticker must be placed on your CNU parking decal. If you have not already purchased the "04-05" sticker, you may do so when you complete the enclosed registration form.

Plenty of Parking!!!

We are fortunate to have obtained classroom space on the third floor of Building 6 for most of our courses this year. There is a large parking area in the back of Building 6. Please park in the rear of Building 6, enter by the back door, proceed straight down the hall to the elevator by the front door.

Mailing Address:

LLS/CNU
 1 University Place
 Newport News, VA 23606

Office location:

12420 Warwick Blvd., Bldg. 6, 2nd floor • Newport News, VA 23606

Visit the CNU-LLS home page at <http://www.cnu.edu/lls>

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



September 6 - October 8, 2004

Normal courses meet one time a week. For any class meeting in addition to that, there will be an additional fee, which is listed with the course description.

1. Play Ball

Mon. & Fri., 8:45-10 a.m.

A conditioning program to improve your strength, balance, range of motion and muscular/cardiovascular endurance. An exercise ball is required and can be purchased locally. Limited enrollment. \$15 course fee.

Instructor: Roxanne Lord

2. Beginning Spanish

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

For beginners who want to learn the basics of conversing in Spanish for travel and fun. \$15 course fee.

Instructor: Francisca Cronk

3. Introduction to Computers

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

For persons with little or no computer skills. Learn computer fundamentals and develop basic hands-on computer skills. \$15 course fee. Limited enrollment.

Instructor: Susan Daimler

4. Advanced Spanish

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

For members who have had a beginning Spanish course and want to strengthen their skills. \$15 course fee.

Instructor: Francisca Cronk

5. Aerobics

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

A conditioning program to improve your strength, balance, range of motion and muscular/cardiovascular endurance. \$15 course fee.

Instructor: Kasey Cyr-Robert



Mary Allen and Helen Ahearn

6. Writing Fundamentals

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

The basic tools for descriptive, narrative and expository writing, with your experiences as your source material. Limited enrollment.

Instructor: Prof. June Soud, CNU

7. Creations in Clay

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

We will explore ceramic form using hand building and wheel-throwing techniques, surface decoration, and finishing processes such as glaze application. Instructor will not be present on Friday.

Instructor: Beth Turbeville

8. Exploring Poetry

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

The sonnet, sestina, blank verse, rhyming dictionary and wrap-around lines, plus serious, humorous and love poems—young, old, modern or no!

Instructor: Patricia Flower Vermillion

9. Learning to Use Microsoft Word

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

Members with basic computer skills will learn to create letters, newsletters, manuals, brochures, color graphics, labels, logos, greeting cards and more. Limited enrollment. \$15 course fee.

Instructor: Harry Gates, LLS

10. Computer Club

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

For persons with computer expertise. Get answers to your questions.

Advisor: Ted Darby, LLS

11. Organizing Your Family Filing System

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

A workshop on family important documents and the need for a well-designed and manageable system for organizing, updating and safekeeping of those documents.

Instructor: Guy Manchester, LLS

12. Exploring Major Findings in Memory and Cognition

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

Our primary focus will be on the major findings in memory plus select research findings from studies at CNU. Also, the areas of decision-making, problem solving, creativity, and language will be discussed.

Instructor: Dr. Jeffrey Gibbons, CNU

13. Oceanography: Oceans in Motion

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

Learn some basic oceanography that will make any trip to the beach more fun. Topics include biological, chemical and physical oceanography, such as waves, tides and beach dynamics.

Instructor: Dr. Harold Cones, CNU

14. Maritime History in Popular Culture

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

We will explore the many ways that maritime history and popular cultures have merged in literature, music and film from ancient tales to modern cinematic productions. A 10 week course.

Coordinator: Anne Marie Millar, Mariners' Museum

15. Two French 20th Century Contemporaries

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

A class discussion from Jean-Paul Sartre's Existentialism to Albert Camus' Humanism, two of the greatest French minds of the mid-twentieth century based upon the analysis of selected readings to be distributed by the professor.

Instructor: Dr. Richard Guthrie, CNU (Emeritus)

16. Thomas Mann's "Death in Venice"

Thurs., 9:30-11:20 a.m. (4 weeks)

Thomas Mann's 1912 novella is a classic of the 20th century, which includes myth, history, art, commerce, health, disease, the beautiful and the ugly, love and death. The aged artist Gustave von Aschenbach is drawn into Europe's most fascinating plague-ridden city. Text: Thomas Mann: "Death in Venice", W. W. Norton, ISBN: 0-393-96013-7.

Instructor: Prof. Barry Wood, CNU (Emeritus)

17. Approaches to Better Health

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

Alternative choices for preventing, treating and often reversing chronic health problems will be discussed. *Disclaimer: This course is not intended as medical advice endorsed by LLS. Any questions regarding this information should be discussed with your personal physician.*

Coordinator: Dr. Phil Murray, LLS

18. Votes for Women

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

Explore why the 19th century women's suffrage movement in

England failed while stimulating other improvements in women's status.

Instructor: Dr. Theodora Bostick, CNU

19. Philosophy Overview: Ancient to Modern

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

Discussions of a variety of topics related to the research interests of five of CNU's Philosophy faculty, from ancient Confucianism to "Can Machines Think?"

Coordinator: Dr. George Teschner, CNU

20. Collage, Assemblage & Three-Dimensional Constructions

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

Learn to work with "found objects" and "cast-offs" to create three-dimensional constructions that could be painted or decorated with collage.

Instructor: Dr. David F. Alexick, CNU

21. The Diversity of Our Faiths

Fri., 10 a.m.-12 noon

An opportunity to visit four different churches and a synagogue in Newport News, Hampton and Williamsburg. This will be a time to learn and ask questions regarding Unitarian Universalist, Hindu, Korean Baptist, Conservative Jewish and Catholic religions.

Coordinator: Helen Mittelman, LLS

22. 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 course 22 or 45, not both.

Instructor: Prof. Betty Anglin, CNU

Session

Courses



October 18 - November 19, 2004

Normal courses meet one time a week. For any class meeting in addition to that, there will be an additional fee, which is listed with the description.

23. Play Ball

Mon. & Fri., 8:45-10 a.m.

Same as course 1. \$15 course fee.

24. Beginning Spanish

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

Same as course 2. \$15 course fee.

25. Introduction to Computers

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

Same as course 3. \$15 course fee.

26. Advanced Spanish

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

Same as course 4. \$15 course fee.

27. Using the Internet

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

For persons with basic computer skills. Learn how to send and receive e-mail messages and use the internet. \$15 course fee. **Instructor:** Susan Daimler

28. Aerobics

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

Same as course 5. \$15 course fee.

29. Etruscans

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

Explore the history and archaeology of the Etruscans, including their encounters with Greeks, Carthaginians, Celts, and the Romans. Though eventually conquered by Rome, the Etruscans exerted important influences on Roman political, social, religions and artistic traditions. Syllabus fee \$3.

Instructor: Glenn Markus

30. Creations in Clay
Tues. & Fri., 9:30-11:30 a.m.
 Same as course 7.

31. Learning to Use Microsoft Word
Tues. & Thurs., 11 a.m.-12:15 p.m.
 Same as course 9. \$15 course fee.

32. Countdown 2004
Tues., 12:30-1:45 p.m.
 Will this bitterly partisan Bush-Kerry presidential campaign hinge on an October surprise? Stay tuned.
Instructor: Richard McGowan

33. Computer Club
Tues., 1-2:15 p.m.
 Same as course 10.

34. Recent Advances in Medicine
Tues., 2:30-3:45 p.m.
 Recent advancements in Radiology, Neurological Aspects of Memory and Anesthesiology, Physical Medicine and exercise for senior citizens by a Psychiatrist, and nutrition for senior citizens by a Nutritionist. *Disclaimer: This course is not intended as medical advice endorsed by LLS. Any questions regarding this information should be discussed with your personal physician.*
Coordinator: Dr. William Peach, LLS

35. Reformation
Wed., 9-10:15 a.m.
 Our discussion will highlight major reformers like Luther and Calvin and the revolutionary ideas that recast the church and society.
Instructor: Dr. Stephen Strehle, CNU

36. James Joyce's Portrait of the Artist as a Young Man
Wed., 11 a.m.-12:15 p.m.
 This course continues our focus on the Irish writer James Joyce, reading his first full-length (and autobiographical) novel about a boy growing up in turn-of-the-century Dublin.



LifeLong Learning Society members enjoy their trip to Bucks County, Pennsylvania.

Text: A Penguin book with introduction and notes by Seamus Deane. ISBN 0-14-018683-2.
Instructor: Dr. Tracey Schwarze, CNU

37. American Paintings of the 18th and 19th Centuries
Wed., 1-2:15 p.m.
 This course will cover important concepts such as the birth of this nation and its political leaders, westward expansion and colonization and the beauty of the American landscape.
Instructor: Dr. Mary L. (Belle) Pendleton, CNU

38. Backyard Astronomy
Wed., 2:30-3:45 p.m.
 Learn the basics of observing the night sky from your own backyard. Topics include observing, safe solar observations, binoculars & telescopes, identifying constellations, and deep sky objects.
Instructor: Dr. Kelly Herbst, VLM

39. Advanced Writing for "Historians"
Thurs., 9:30-10:45 a.m.
 For members who have completed the writing fundamentals course. Strengthen your skills in recording your experiences. Limited enrollment.
Instructor: Doris Gwaltney

40. Creative Nonfiction Writing
Thurs., 9:30-10:45 a.m.
 For writers of all levels who enjoy writing nonfiction with a creative flair and wish to craft stories from real life. Limited enrollment.
Instructor: Heidi Hartwiger

41. Emotional Aspects of Aging and Retirement
Thurs., 11 a.m.-12:15 p.m.
 A discussion of different aspects of growing older including health, retirement and loss of loved ones.
Instructor: Dr. Ruth Mulliken, W&M (Ret.)

42. More of Johnson's Geology
Thurs., 12:45-2 p.m.
 This course will focus on various topics in Geology, relating them to world events, both current and historic.
Instructor: Dr. Gerald Johnson, W&M, (Ret.)

43. NASA Speaks
Thurs., 2:30-3:45 p.m.
 Atmospheric Science researchers from NASA Langley Research Center will give presentations about their ongoing investigations of atmospheric, radiative, chemical and dynamical processes which help to explain global climate changes and human impact on the atmosphere.
Coordinator: Harla Sherwood, NASA/CNU

44. Collage, Assemblage & Three Dimensional Constructions
Fri., 9:30-11:30 a.m.
 Same as course 20.

45. Watercolor Painting
Fri., 1:30-3:30 p.m.
 Same as course 22. (Register for either course 22 or 45, not both).

Benefactors

Donors of \$1,000 or more to LifeLong Learning Society

Mr. Gordon E. Barlow, Jr.
 Mr. Robert Chappell
 Mr. and Mrs. Vance B. Field
 Mrs. Florence Fiscella
 Mr. Gene Hardin
 Mr. Wylie C. Kirkpatrick
 Mr. and Mrs. Robert Liverman

Mr. and Mrs. Lee Montgomery
 Dr. James I. Moore
 Mr. William D. Parker
 Dr. William F. Peach
 Mr. Vernon Reed
 Mr. and Mrs. Richard W. Ruehe
 Dr. Robert C. Smith

Mr. and Mrs. Curt G. Spear
 Mrs. Jane B. Sulzberger
 The Chesapeake Retirement Community
 Ms. Barbara Todd

FIELD TRIP SCHEDULE 2004

The Civil War Goes South
with John Quarstein
Including Charleston and Savannah
Saturday, October 9 - Wednesday, October 13, 2004
5 days/4 nights

This fall brings an exciting trip south as we study the Civil War in the coastal Carolinas and Georgia under the guidance of John Quarstein, Director of the Virginia War Museum. Join us on our 5-day/4-night trip to Kinston, Beaufort and Wilmington, NC, as well as the history-laden cities of Charleston and Savannah.

We travel south to Kinston, NC to visit the CSS Neuse, the Confederate navy's ill-fated ironclad gunboat that was built to protect New Bern and the lower Neuse River and was burned by its crew in 1865 to avoid being captured by Union troops. Our trip continues south to Beaufort and a visit to Fort Macon, whose ramparts stand stately and weathered on an island at the southerly end of the Outer Banks of North Carolina. Our night is spent at the Oceanfront Sheraton Atlantic Beach.

Our next stop is Wilmington, where we tour Fort Fisher, which was responsible for keeping North Carolina's port open to blockade-runners who supplied the Confederate armies inland. After a trip across the river on the Cape Fear Ferry, we pay a visit to Fort Moultrie on Sullivan's Island and then continue on to Charleston. We spend two nights in the Doubletree Guest Suites on the Historic Market in Charleston, giving us wonderful access to walking through the historic district, as well as visiting Fort Sumter and the Battery and waterfront of Charleston.

We journey to Savannah, our furthest point south, with a tour of Fort Pulaski before visiting several of Savannah's historic homes (Andrew Low House, Davenport House, and Owens-Thomas House). Our overnight at the Radisson Hotel on Bay Street gives us access to walks of the historic district of Savannah. We will enjoy a carriage tour of the historic area during our ride to the Olde Pink House for our final dinner.

Our last day is spent traveling north and back to Newport News, with stops along the way to visit the Bentonville Battlefield and Fort Branch in North Carolina.

There is not a better way to master the history of the coastal Carolinas and Georgia than under the tutelage of John Quarstein. Join us in an awe-inspiring educational experience!!

THE SPIES OF WASHINGTON MONDAY, NOVEMBER 8, 2004

Learn about famous spies of the world and their techniques with our visit to Washington's International Spy Museum in conjunction with our Spy City Tour, taking you beyond the walls of the Museum and into the streets of Washington, DC and northern Virginia to discover the area's notorious spy history. One of our stops will be the newly opened World War II Memorial. Under the guidance of Carol Bessette, a retired Air Force intelligence officer, Vietnam veteran, lecturer and licensed Certified Master Tour Guide, you will get an insider's view of life in the world of espionage and intrigue.

SPRING 2005 ADVANCE NOTICE Cruise from Norfolk to Bermuda On Board Celebrity Cruise Line's Zenith SATURDAY, MAY 14, 2005

The spring of 2005 brings the opportunity to cruise with your LLS friends directly from Norfolk to beautiful Bermuda on board Celebrity Cruise Line's *Zenith*. This 1374-passenger cruise ship docks in both St. George and Hamilton to allow you the opportunity to tour both towns conveniently from the ship. Enjoy spacious staterooms, spectacular vistas, elegant dining and attentive service for seven delightful days and nights. While on board, numerous shipboard activities are available to keep you as busy as you want to be, or you can settle back and relax as your floating hotel brings you new sights each day. What a wonderful way to see and experience the pleasures of Bermuda...pink sand beaches, shimmering turquoise water, British charm and hospitality, ideal shopping and great sightseeing! Group space and pricing is limited, so book early!!

Call the LifeLong Learning Office, 594-7568, to sign up for these trips or for more information.

AFTERNOON LECTURES

Opening Lecture
Wednesday, September 1, 2:30 p.m.
Ferguson Center for the Arts
William R. "Bill" Biddle,
Executive Director
Ferguson Center for the Arts

Monday Lectures
Sept. 13, 2:30 p.m.
Ferguson Center for the Arts
John Quarstein, Director, Virginia War Museum
Coastal Carolina during the Civil War

Sept. 20, 3 p.m.
Ferguson Center for the Arts
Dr. Mark Reimer, CNU
CNU in Concert

Sept. 27, 2:30 p.m.
Ferguson Center for the Arts
Dr. Marshall Booker, CNU,
Professor Emeritus of Economics
Experiences in Azerbaijan, a country bordering
the Caspian Sea between Russia and Iran

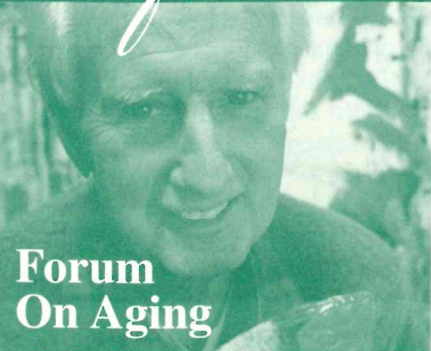
Oct. 4, 2:30 p.m.
Ferguson Center for the Arts
Celebrity Cruise Lines on LLS's Cruise to Bermuda

Oct. 18, 2:30 p.m.
Ferguson Center for the Arts
Dr. Lindsay Gibson
Putting Yourself First:
How to Find a Life that Fills You Up
Instead of Draining You Dry

Oct. 25, 2:30 p.m.
Ferguson Center for the Arts
Dr. Corliss Tacosa: The Russian Intelligence Service:
A Move Toward Authoritarianism

Nov. 15, 3 p.m.
Ferguson Center for the Arts
Dr. Mark Reimer, CNU
CNU in Concert

Conferences

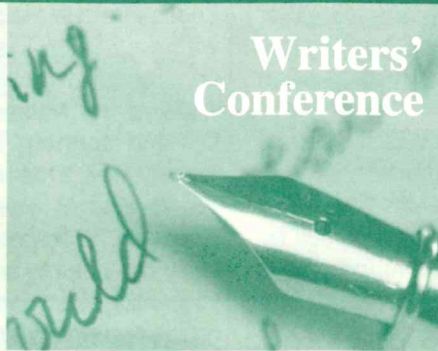


Forum
On Aging

The 24th Annual Community Forum on Aging will be held on Friday, March 4 at Christopher Newport University. The forum will consist of numerous education workshops on topics of vital interest to seniors, their family members, and caregivers. This conference is an essential source of information regarding the elderly.

Co-sponsored with Peninsula Agency on Aging and the CNU Social Work and Gerontology Programs

MARCH 4, 2005



Writers'
Conference

The 24th Annual Writers' Conference & Writing Contest will be held on Friday evening, Saturday, April 1 & 2. Talented local writers will conduct workshops in the areas of romance, script-writing, music, nonfiction, 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.

Co-sponsored with the CNU English Department and Writers' Advisory Council

APRIL 1 & 2, 2005



Gardening
Conference

Gardening Symposium 2005 CNU's 8th annual gardening symposium will take place on Saturday, April 16. Topics of workshops address many phases of successful gardening.

Co-sponsored with the CNU Grounds Department, CNU Horticulture Program and the Virginia Extension Service

APRIL 16, 2005

CNU LIFELONG LEARNING SOCIETY
FALL 2004 COURSE REGISTRATION FORM

Name(s): _____ Phone: _____ SS# _____

Address: _____
Street City State Zip

Are you enrolling as a new member of LLS? Yes _____ No _____ E-Mail address: _____

Emergency Contact: _____
Name Relationship Phone #

Course Registration:
Please number courses in order of preference. Indicate total number of courses you wish to take. _____

- | | | |
|-----------------------------|-------------------------------|--------------------------------|
| Session A Courses | | |
| ____ 1 Play Ball | ____ 8 Exploring Poetry | ____ 15 French Contemporaries |
| ____ 2 Beginning Spanish | ____ 9 Microsoft Word | ____ 16 Thomas Mann |
| ____ 3 Intro. to Computers | ____ 10 Computer Club | ____ 17 Appro. Better Health |
| ____ 4 Advanced Spanish | ____ 11 Family Filing | ____ 18 Votes for Women |
| ____ 5 Aerobics | ____ 12 Major Findings Memory | ____ 19 Philosophy Overview |
| ____ 6 Writing Fundamentals | ____ 13 Oceanography | ____ 20 Collage Construction |
| ____ 7 Creations in Clay | ____ 14 Maritime History | ____ 21 Diversity of Faiths |
| | | ____ 22 Watercolor |
| Session B Courses | | |
| ____ 23 Play Ball | ____ 30 Creations in Clay | ____ 38 Backyard Astronomy |
| ____ 24 Beginning Spanish | ____ 31 Microsoft Word | ____ 39 Writing for Historians |
| ____ 25 Intro. to Computers | ____ 32 Countdown 2004 | ____ 40 Creative Writing |
| ____ 26 Advanced Spanish | ____ 33 Computer Club | ____ 41 Aging in Retirement |
| ____ 27 Using the Internet | ____ 34 Adv. in Medicine | ____ 42 Geology |
| ____ 28 Aerobics | ____ 35 Reformation | ____ 43 NASA Speaks |
| ____ 29 Etruscans | ____ 36 James Joyce | ____ 44 Collage Construction |
| | ____ 37 American Painting | ____ 45 Watercolor |

WEEKLY GROUP ACTIVITIES - OPEN TO ALL MEMBERS: _____ BRIDGE

Our Society is managed by and for its members. If you are willing to help, please check one or more of the following:
____ Hospitality & Special Events ____ Membership ____ Program Planning
____ Telephone Tree ____ Course Assistant ____ Teaching a Course ____ Office Volunteer

You may register either by mail to LLS/CNU, 1 University Place, Newport News, VA 23606, or in person at 12420 Warwick Blvd., Bldg. 6, 2nd floor. **Please park behind the building.** If you register by Aug. 20th, you will receive written confirmation of your courses and their room locations. If you register after Aug. 20th, this information will be available in the LLS office and at the first two Monday lectures.

Full membership Sept. 2004 - Aug. 2005 lectures, courses & optional activities(\$165) \$ ____
Associate membership Sept. 2004 - Aug. 2005 lectures & optional activities. No courses(\$90) \$ ____
Course fee (\$15 per course)..Play Ball, Aerobics, Spanish & Computer courses (____ x \$15) \$ ____
Syllabus fee - Glenn Markus course(____ x \$3) \$ ____
CNU Parking Decal(____ x \$18) \$ ____
TOTAL \$ _____

Payment Options: Payment may be made by cash, check, or credit card check. Credit cards are no longer accepted.

Check payable to CNU for \$ _____ enclosed.

For LLS Office Use Only:
Processed by _____ on _____ date paid by _____ for \$ _____
initials date check/cash/cccheck total amount
____ current member _____ packet _____ time recv. _____ date recv.
____ reinstated member _____ name tag _____ blue book _____ computer
____ new member _____ decal _____ confirmation

The Spies of Washington
Monday, November 8, 2004

Join us for an intriguing day on our Spy Tour of Washington! Our motorcoach departs Newport News from behind the LLS office at 12420 Warwick Boulevard (Building 6) at 6:30 a.m. (with boarding promptly at 6:15 a.m.) for our trip to Washington. We begin our morning in Washington with a self-guided tour of the 2-year-old International Spy Museum, the only public museum in the U.S. solely dedicated to the tradecraft, history and contemporary role of espionage. The high-tech museum's eclectic collection includes such items as a replica of James Bond's Aston Martin and the mailbox once used as a signal site by CIA turncoat Aldrich Ames, as well as exhibits that present the tradecraft of espionage through the stories of individuals and their missions, tools and techniques, including School for Spies, The Secret History of Espionage, Spies Among Us, War of the Spies, and the 21st Century.

After our tour of the International Spy Museum, we will enjoy a buffet lunch in the Dirksen Senate South Dining Room, where we will meet Carol Bessette, our tour guide for the afternoon. Ms. Bessette is a retired Air Force intelligence officer, Vietnam veteran, talented lecturer and licensed Certified Master Tour Guide. She will share her knowledge of espionage as she guides us to many sites in and around Washington, including the new World War II Memorial. We end our day with dinner on our own at Pentagon City before we depart for home. We expect to arrive back in Newport News at approximately 10:00 p.m.

The price for the tour is **\$104.00 per person** and includes round-trip deluxe motorcoach transportation with snacks/drinks on board, entrance fees and tours as outlined, buffet lunch, and driver/escort services and gratuities. We are offering an **early booking member discount of \$5.00 per person** for any LLS member who books and pays for this trip by **August 16**. *Deadline for reservations is October 4, 2004.*

If LLS members do not fill the bus by the deadline date, members may bring guests. Guests may be waitlisted in advance of the deadline date and will be cleared based upon availability at that time. Guests must pay a 10% non-member fee.

This tour has a considerable amount of difficult walking and is not recommended for handicapped travelers.

Make your checks payable to **Covington Tours** or pay by MasterCard, Visa or Discover. You may deliver the payment in person to the LLS office at 12420 Warwick Boulevard, Bldg #6, 2nd Floor, Suite 223 or mail your payment to CNU/LifeLong Learning Society, 1 University Place, Newport News, VA 23606. If you are paying by credit card, you may call in your reservation to 594-7568.

-----Detach here and return portion below with payment-----

The Spies of Washington
November 8, 2004

Name(s) _____ Phone _____

Address _____

_____ LLS Member

_____ Non-Member

_____ Payment of \$104.00 per person _____ Early Booking Member Discount of ^{Rate}\$99.00 per person

Check made payable to **Covington Tours** in the amount of \$ _____ is enclosed **OR**

Please charge \$ _____ to _____ Visa _____ MasterCard _____ Discover

Card # _____ Expiration Date _____

Your name as it appears on the credit card _____

a true departure.SM

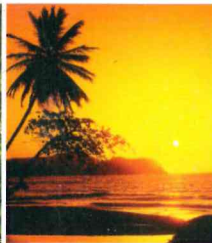
For one week. For two weeks. For three, if you choose. You can be treated famously aboard one of our cruises. From a world-class spa and gourmet cuisine to unparalleled service, your Celebrity cruise is bound to be a vacation you won't forget. Book your Celebrity cruise today.



S. America/Panama Canal



Hawaii



Caribbean



Bermuda

LifeLong Learning Society's Cruise to Bermuda from NORFOLK! Celebrity's "Zenith" May 14-21, 2005

Join Christopher Newport University's LifeLong Learning Society on a fabulous cruise from Norfolk to the beautiful island of Bermuda, spending one day in St. George and 3 days in Hamilton. Enjoy spacious staterooms, spectacular vistas, elegant cuisine and attentive service for seven delightful days. A variety of shipboard activities are yours for the asking, or simply relax to your heart's content. What a wonderful way to see and experience the pleasures of Bermuda - pink sand beaches, shimmering turquoise water, British charm and hospitality, ideal shopping and great sight-seeing. Please book early for seven days of delightful cruising!

SPECIAL RATES - CRUISE ONLY:

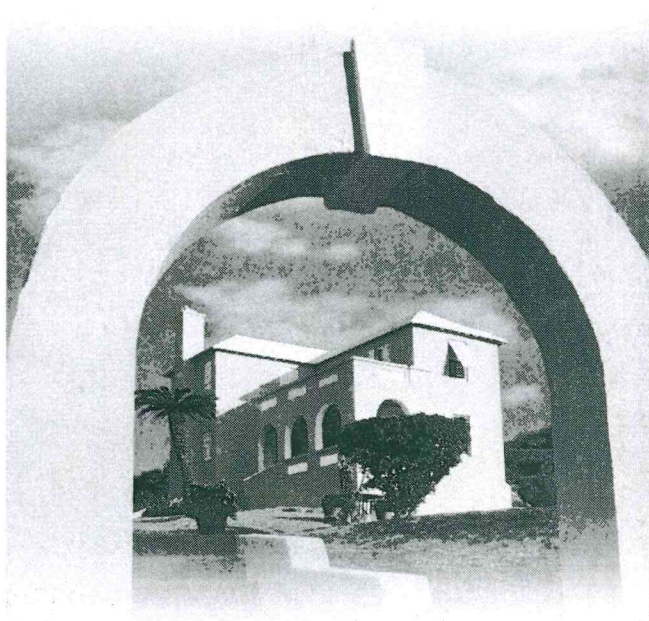
Stateroom category:

11	Inside	\$ 961.00
9	Inside	\$1041.00
6	Outside	\$1091.00
4	Outside	\$1151.00
CC	Outside Deluxe	\$1351.00

- Rates are per person, double occupancy

RATES INCLUDE:

- Seven nights shipboard accommodations
- Port tax and government fees
- All meals and entertainment aboard ship



MOTORCOACH TRANSPORTATION:

- With a minimum of 30 passengers, we will provide roundtrip motorcoach service from Newport News to Norfolk at a cost of \$45.00 per person.

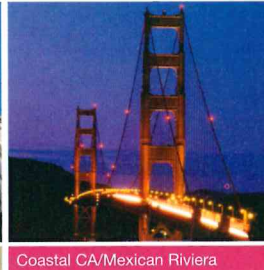
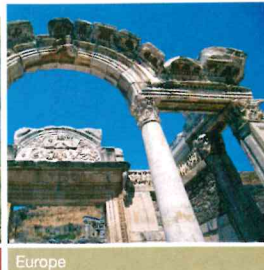
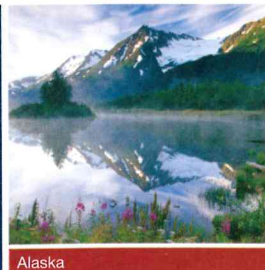


Covington Cruises[®]

COVINGTON INTERNATIONAL TRAVEL

804-747-4194

800-707-7717



Deposits and Payments

A \$250 per person deposit is required to reserve your cabin. Final payment is due February 23, 2005. Please make your checks payable to Covington International Travel. Payments may also be made by credit card.

Cancellations and Refunds

All cancellations are subject to a \$25 per person administrative fee, up to 10% of the total cost of the trip. For refund of all monies paid less administrative fee, a notice of cancellation must be received by Covington International Travel no later than 70 days prior to the date of sailing.

Other cancellation fees apply as follows:

Cancellations received 69-30 days prior to the date of sailing

\$250 per person

Cancellations received 29-8 days prior to the date of sailing

50% of the fare per person

Cancellations received less than 7 days prior to the date of sailing

No Refund

Cancellation insurance is recommended and may be purchased at time of deposit or final payment.

Pre-existing conditions are covered if insurance is purchased within 21 days of deposit.

Travel Documents

Passenger names on travel documents must match the names on personal identification. Name changes after the reservations are made incur fees.

Personal Identification

Passengers must carry proof of U.S. citizenship, such as an original or certified birth certificate with raised seal plus valid government-issued photo ID, or a U.S. passport. Children under the age of 18 not traveling with both of their natural parents must have a notarized permission letter from absent parent(s). If child is adopted, adoption papers are required.



To make your reservation, please complete the form below and send it to:

Covington Cruises

4401 Dominion Blvd. Suite 110

Glen Allen (Metro Richmond), VA 23060-3322

For more information, please call:

Sheri Layne, Covington Cruises

804-747-4130 or 800-707-7717

SI

LifeLong Learning Society's
7-Night Bermuda Cruise from Norfolk on Celebrity's "Zenith"
May 14-21, 2005

Please accept my deposit in the amount of _____ (\$250 per person).

☐ Check enclosed. ☐ Credit Card # _____ Exp. Date _____

Cardholder's signature: _____

I understand that final payment is due at Covington on or before February 23, 2005.

Name(s) and birthdate(s) of passenger(s) _____

Mailing address _____

Telephone (H) _____ (W) _____ Cabin Category _____

Dining Preference: Main Seating(6:15pm) _____ Late Seating(8:30pm) _____

Are you celebrating a special event during this cruise? _____

Motorcoach transportation to/from Norfolk(\$45per person) _____ YES _____ NO

LIFELONG LEARNING SOCIETY Membership

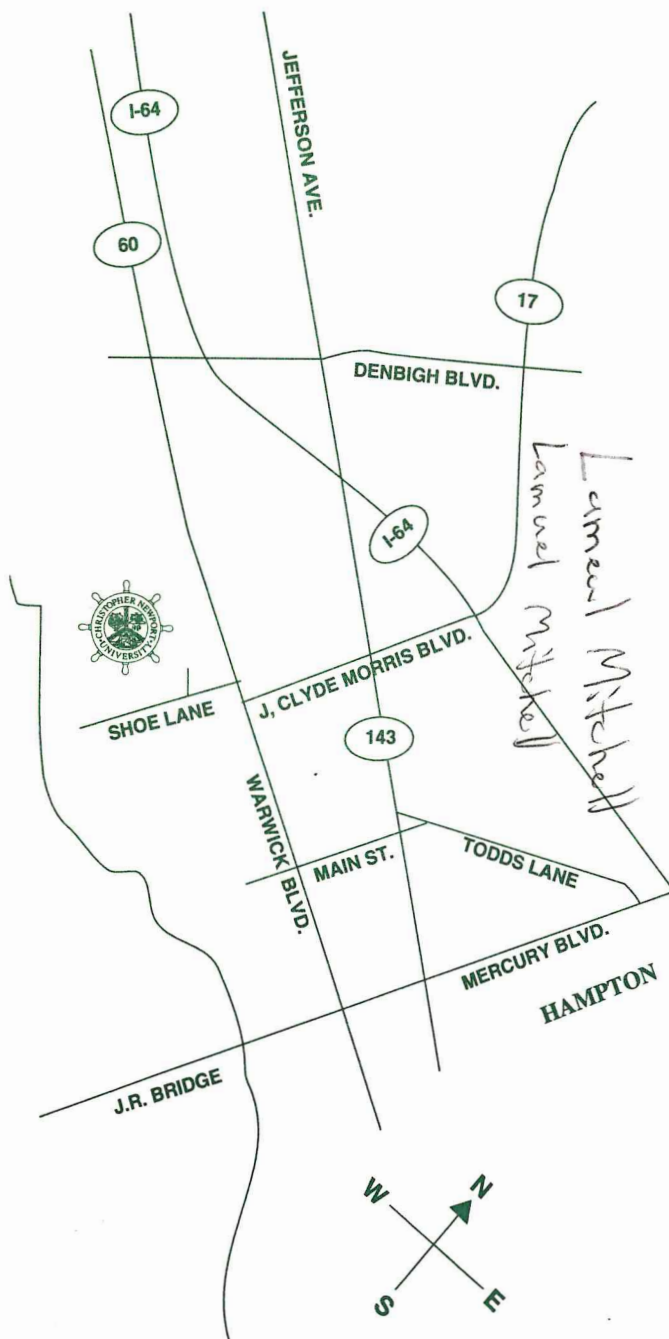
- It is open to anyone willing to be a participant in the program.
- Members are encouraged to serve on committees, coordinate activities, help with special events and projects, as well as take classes and attend lectures.

Your Membership Includes

- The opportunity for personal growth
- Intellectual challenge at the University level
- Monday afternoon lectures
- Field trips
- Luncheons and receptions
- Christopher Newport University parking permit
- Use of the Christopher Newport University Library

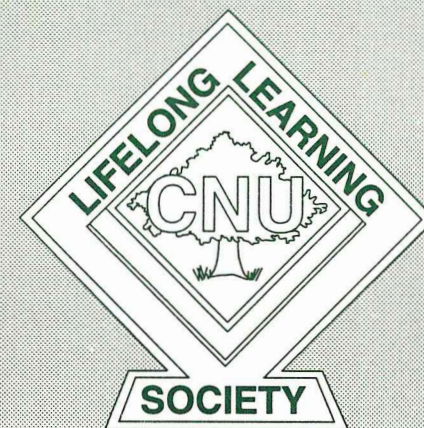
Membership Fees

Membership fees run from \$25 to \$110 depending on the level of participation.



LIFELONG LEARNING SOCIETY

*community-based
membership
organization of
retirement age
persons who share
a love of learning.*



Christopher Newport University
Newport News, VA 23606

(757) 594-7568

What is the LIFELONG LEARNING SOCIETY?

- Your opportunity for intellectual stimulation at CNU
- Your chance to learn more from a broad field of subjects
- Your opportunity to make new friends in classes, luncheons, receptions, and day and overnight trips to interesting destinations

How does it work?

- Ten or more courses are offered during each of two five-week sessions in the Fall and Spring.
- Additional courses are also offered during the summer.
- Courses are taught by professors, professionals, peers, and other life-qualified individuals.
- Distinguished persons speak at the Monday Lecture Series.
- Three to four field trips are scheduled for each semester.
- Brochures listing all courses are sent out about six weeks before each semester.

Who is eligible to join?

- There are no requirements for previous educational experience.
- Intellectual curiosity is the one admission requirement.
- Persons of retirement age who seek opportunities in an environment of sharing and fellowship are welcome.

How is it Managed?

- The Lifelong Learning Society is a membership organization.
- The Society is managed **by and for** its membership.
- It is a program of the Christopher Newport University Office of Continuing Education and Special Programs.
- It is an affiliate of the Elderhostel Institute Network.

What about Exams?

- There are no exams or grades.
- Some courses include assigned reading and may require purchase of a textbook.
- Your reward will be new knowledge, interest in new fields, and new friends.

Course Topics

*C*ourses have included music, arts, psychology, beginning and advanced writing, landscape design, watercolor painting, philosophy, other cultures, foreign policy, American history, poetry writing, the art of conversation, computer use, western civilization, Russian Imperial art, and the week-in-review discussion.

**YES! I want to know more about the
LIFELONG LEARNING SOCIETY**

Name _____

Home Address _____

City _____ State _____ Zip _____

Daytime Telephone Number _____

Mail to: **LIFELONG LEARNING SOCIETY**
Christopher Newport University
Newport News, VA 23606

Or Call: **757-594-7568**

As an affirmative action/equal opportunity institution, 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.