

2009 Summer Program

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 three annual conferences.

Program Overview

The three-week program overview includes dates and times for the 25 courses listed on pages 2 and 4 plus optional activities listed on page 4.

Membership Fee and Benefits

Full membership for the 2009 summer session is \$115. Registration for courses may be made by returning the enclosed registration form with a check.

LLS members who paid \$215 last September or \$165 in January have already paid their summer membership and course fee. For a current associate member to take summer courses, the fee is \$55. Current members may call the office at (757) 269-4368 to register for summer courses.

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



Bill Peach, Smokie Phillips & James Moore/Photo by Gary Green

Full refund of summer membership and/or course fees will be granted if requested before July 13, 2009.

Visit the CNU-LLS Home Page at <http://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, disability, sexual orientation or political affiliation.

After that date no refund will be given. A 20-percent handling charge will be deducted on all refunds. Refunds will not be given for money paid for the year or spring/summer membership.

Economic Hardship

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

08-09 Parking Decal Sticker Required

A parking decal with current sticker is required to park in the CNU parking lots. If you do not have a parking decal (or the 2008-09 sticker), please use the registration page to request one.

Our office location is in the first house on the left at the corner of Oyster Point Road and Criston Drive. We are in the brick house across the parking lot from the Yoder Barn. Class locations and confirmations will be mailed to you after June 19.

Office Location:

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

Mailing Address:

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

2009 Summer Schedule

1. Ceramic Glaze-Making Class

May 18, 20, 25, 27; June 1, 3, 8, 10, 15, 17 Mon. & Wed., 9-11:30 a.m.
For students who are interested in learning to test and make their own glazes. Some wheel-work will also be done, but teaching emphasis will be on glaze-testing procedures. Students will make test tiles, search for glaze recipes, and make small test samples of glaze with various color additions, with the goal of finally making a gallon of glaze each for themselves. The amount of ware thrown in class equivalent to 10 5" x 5" pots will be fired for each student without charge. Ware exceeding this limit will incur a firing fee of 2.5 cents per cubic inch. A check for \$15 glaze fee made out to CNUEF and a \$30 course fee. Limited enrollment.
Instructor: Marshall Turner, CNU

2. Aerobics

June 8, 10, 12, 15, 17, 19, 22, 24, 26, 29 & July 1, 3 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 fee.
Instructor: Kasey Cyr-Robert

3. Body Fusion: Tone & Stretch

June 9, 11, 16, 18, 23, 25 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

4. Aerobics

July 13, 15, 17, 20, 22, 24, 27, 29, 31 & Aug. 3, 5, 7 Mon., Wed., Fri. 9-10:15 a.m.
Same as course #2. \$30 course fee.

5. Body Fusion: Tone & Stretch

July 14, 16, 21, 23, 28, 30 Tues., Thurs., 9:15-10:30 a.m.
Same as course #3. \$15 course fee.

6. The Phoenicians

July 13-17 Mon. through Fri., 9:30-10:45 a.m.
In spite of recent advances in historical and archaeological research, the story of the Phoenicians remains an elusive one. This course examines the Canaanite pre-historical period. \$4 syllabus fee.
Instructor: Glenn Markus, LLS

7. Watercolor Painting (a.m.)

July 13-17 Mon. through Fri., 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 - Register for a.m. or p.m. class, not both. **Class held in Yoder Barn.**
Instructor: Professor Betty Anglin, CNU

8. Gardens, Large and Small

July 13-17 Mon. through Fri., 11 a.m.-12:15 p.m.
Poor planting choices can cause even the most exquisite garden design to fail. Using images collected during a photo-journey through numerous public gardens and a few private ones in England, Austria and France, Dr. Johnson will discuss the role of plant selection in establishing successful gardens.
Instructor: Dr. Linda Johnson, CNU

9. Strength & Stretch

June 9, 11, 16, 18, 23, 25, 30 & July 2 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. \$20 course fee.
Instructor: Kasey Cyr-Robert

10. Strength & Stretch

July 14, 16, 21, 23, 28, 30 & Aug. 4, 6 Tues., Thurs., 11 a.m.-12:15 p.m.
Same course as #9. \$20 course fee.

11. Watercolor Painting (p.m.)

July 13-17 Mon. through Fri., 1:30-3:30 p.m.
Same as course #7. Register for a.m. or p.m., not both.
Class held in Yoder Barn.

12. Three Movies in the Afternoon

July 14, 21,28 Tuesday, 1:30-3:30 p.m.
You asked for it, and here it is for Three Movies in the Afternoon: John Wayne in a classic western, "The Searchers"; a screwball comedy, sometimes called a sex comedy without the sex, "It Happened One Night"; and a British film, "Waking Ned Devine." Come and enjoy!
Coordinator: Larry Smail, LLS

13. Fair Stood the Wind: Life on the High Seas

July 13-17 Mon. through Fri., 2:30-3:45 p.m.
During this weeklong course at The Mariners' Museum, we will explore life aboard a wooden sailing vessel and all of the accompanying adventures. Join us on a fun-filled journey that will be chock-full of things we bet you didn't know about life at sea.
Coordinator: Anneliese Harmon, Mariners' Museum

14. Basic Digital Photography

July 20-24 Mon. through Fri., 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

15. Novels by Patrick O'Brian

July 20-24 Mon. through Fri., 9:30-10:45 a.m.
Come and find out why O'Brian is often called the finest wordcrafter in the field of historical fiction. We will examine novels four, five and six in the series.
Instructor: Professor James A. Cornette Jr., CNU

16. Cooking with Erika: Fun Food for Summer

July 20, 22 Mon., Wed., 10 a.m.-12 noon
Quick and easy meals for you to prepare for yourself and your guests. Class held in ballroom of the David Student Union.
Instructor: Erika Nestler, CNU Executive Chef

17. Genealogy

July 20-24 Mon. through Fri., 11 a.m.-12:30 p.m.
This course will cover basic genealogy, family and home sources, research, vital records, and census records.
Instructor: Jim Sample, Tidewater Genealogical Society

18. Fun with Herbs

July 20 Monday, 12:30-2:30 p.m.
Come nourish your spirit, mind and body with fun facts about bathing and learn creative ways to use herbs for bathing and skincare. You will have the opportunity to make your own bath salts.
Instructor: Heidi Hartwiger

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

July 13	9-10:15 Aerobics 9:30-10:45 Phoenicians 9:30-11:30 Watercolor 11-12:15 Gardens 1:30-3:30 Watercolor 2:30-3:45 Life on High Seas	July 14	9:15-10:30 Body Fusion 9:30-10:45 Phoenicians 9:30-11:30 Watercolor 11-12:15 Gardens 11-12:15 Strength/Stretch 1:30-3:30 Watercolor Movie 2:30-3:45 Life on High Seas	July 15	9-10:15 Aerobics 9:30-10:45 Phoenicians 9:30-11:30 Watercolor 11-12:15 Gardens 1:30-3:30 Watercolor 2:30-3:45 Life on High Seas	July 16	9:15-10:30 Body Fusion 9:30-10:45 Phoenicians 9:30-11:30 Watercolor 11-12:15 Gardens 11-12:15 Strength/Stretch 1:30-3:30 Watercolor 2:30-3:45 Life on High Seas	July 17	9-10:15 Aerobics 9:30-10:45 Phoenicians 9:30-11:30 Watercolor 11-12:15 Gardens 1:30-3:30 Watercolor 2:30-3:45 Life on High Seas
July 20	9-12 Oils & Acrylics Workshop 9-10:15 Digital Photo 9-10:15 Aerobics 9:30-10:45 Patrick O'Brian 10-12 Fun Food for Summer 11-12:30 Genealogy 12:30-2:30 Fun with Herbs	July 21	9-12 Oils & Acrylics Workshop 9-10:15 Digital Photo 9:15-10:30 Body Fusion 9:30-10:45 Patrick O'Brian 11-12:15 Strength/Stretch 11-12:30 Genealogy 1:30-3:30 Movie	July 22	9-12 Oils & Acrylics Workshop 9-10:15 Digital Photo 9-10:15 Aerobics 9:30-10:45 Patrick O'Brian 10-12 Fun Food for Summer 11-12:30 Genealogy	July 23	9-10:15 Digital Photo 9:15-10:30 Body Fusion 9:30-10:45 Patrick O'Brian 11-12:15 Strength/Stretch 11-12:30 Genealogy	July 24	9-10:15 Digital Photo 9-10:15 Aerobics 9:30-10:45 Patrick O'Brian 11-12:30 Genealogy
July 27	8:30-10:30 Computer 1 9-10:15 Aerobics 9:30-10:45 Cool Fiction 10:30-11:45 Key Concepts 10:45-12:45 E-mail 9-12 Hampton History Museum	July 28	8:30-10:30 Computer 1 9:15-10:30 Body Fusion 9:30-10:45 Cool Fiction 10:30-11:45 Key Concepts 10:45-12:45 E-mail 11-12:15 Strength/Stretch 1:30-3:30 Movie	July 29	8:30-10:30 Computer 1 9-10:15 Aerobics 9:30-10:45 Cool Fiction 10:30-11:45 Key Concepts 10:45-12:45 E-mail 1-2:15 Art & the Military	July 30	8:30-10:30 Computer 1 9:15-10:30 Body Fusion 9:30-10:45 Cool Fiction 10:30-11:45 Key Concepts 10:45-12:45 E-mail 11-12:15 Strength/Stretch 1-2:15 Art & the Military	July 31	8:30-10:30 Computer 1 9-10:15 Aerobics 9:30-10:45 Cool Fiction 10:30-11:45 Key Concepts 10:45-12:45 E-mail 1-2:15 Art & the Military

NOTE: The class Ceramic Glaze-Making will be held May 18, 20, 25, 27 and June 1, 3, 8, 10, 15, 17; Aerobics will be held June 8, 10, 12, 15, 17, 19, 22, 24, 26, 29 and July 1, 3; Body Fusion will be held June 9, 11, 16, 18, 23, 25; Strength & Stretch will be held June 9, 11, 16, 18, 23, 25, 30 and July 2.

Other LifeLong Learning Society Activities Summer 2009

Tour the Chamberlain
with John Quarstein

Wed., June 24

4th of July Picnic

Tues., July 1
TBA

19. Oils & Acrylics Summer Workshop

July 20-22 Mon through Wed., 9 a.m.-12 noon
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

20. Computing I

July 27-31 Mon. through Fri., 8:30-10:30 a.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. \$15 course fee.

Instructor: Susan Daimler

21. Cool Fiction for a Hot Summer

July 27-31 Mon. through Fri., 9:30-10:45 a.m.
Plotting a good story is easier than you think.

Instructor: Heidi Hartwiger

22. Key Concepts in Critical Thinking

July 27-31 Mon. through Fri., 10:30-11:45 a.m.
The course is an examination of such concepts as implication,

contradiction and argument as they are discussed in the (technical) critical thinking field.

Instructor: Dr. Jeffrey Carr, CNU

23. Internet & E-mail

July 27-31 Mon. through Fri., 10:45 a.m.-12:45 p.m.
For persons who have completed Computer I and II. Learn to send and receive e-mail messages and use the Internet. Limited enrollment. \$15 course fee.

Instructor: Susan Daimler

24. Discover Hampton History

July 27 Monday, 9 a.m.-12 noon
Tour the Hampton History Museum and other historical spots with John Quarstein. Travel to the museum on your own. \$6 course fee.

Instructor: John Quarstein, Historian

25. Art and the Military

July 29-31 Wed. through Fri., 1-2:15 p.m.
A survey of artists' depictions of combat – at the front, behind the scenes and at home. Special attention will be given to PFAC's current exhibition of combat art, In the Line of Duty.

Instructor: Michael Preble, Program Director, PFAC

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LifeLong Learning Society

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

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Newport News, VA
Permit No. 2608



Register Now for
Summer Classes

CNU LIFELONG LEARNING SOCIETY

SUMMER 2009 COURSE REGISTRATION FORM

Name(s): _____ Phone: _____ Last four digits SS#: _____

Address: _____

Street City ZIP

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

Emergency Contact		
Name	Relationship	Phone #

Summer Courses

Please number courses in order of preference. Indicate total number of courses you wish to take ____.

- | | | |
|-------------------------------------|---|--|
| _____ 1. Glaze-Making | _____ 10. Strength & Stretch July | _____ 18. Fun with Herbs |
| _____ 2. Aerobics June | _____ 11. Watercolor Painting (p.m.) | _____ 19. Oils & Acrylics Workshop |
| _____ 3. Body Fusion June | _____ 12. Three Movies in the Afternoon | _____ 20. Computing I |
| _____ 4. Aerobics July | _____ 13. Fair Stood the Wind: Life on
the High Seas | _____ 21. Fiction for a Hot Summer |
| _____ 5. Body Fusion July | _____ 14. Basic Digital Photography | _____ 22. Key Concepts in Critical
Thinking |
| _____ 6. The Phoenicians | _____ 15. Patrick O'Brian | _____ 23. E-mail |
| _____ 7. Watercolor Painting (a.m.) | _____ 16. Fun Food for Summer | _____ 24. Hampton Museum |
| _____ 8. Gardens, Large & Small | _____ 17. Genealogy | _____ 25. Art and the Military |
| _____ 9. Strength & Stretch June | | |

WEEKLY 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, Christopher Newport University's Yoder Barn Theater, 660 Hamilton Drive, Newport News, VA 23602; in person at 660 Hamilton Drive, Yoder Barn House; or by telephone at (757) 269-4368. If you register by June 11 you will receive written confirmation of your courses and their room locations. If you register after June 11, information will be available in the LLS office.

If you paid \$215 for a fall membership or \$165 for a spring membership, you do not owe any additional membership fee.

If you are not currently a LLS member, your summer membership and course fee will be (\$115) \$ _____

If you are not currently a LLS member and you want to be an associate member, the fee will be (\$70) \$ _____

If you are currently an associate member and you now want summer courses (\$55) \$ _____

Additional fees:

Syllabus fee for Phoenicians Course (\$4) \$ _____

Course fee for Hampton Museum (\$6) \$ _____

Course fee (\$15 per course) for Body Fusion & Computer courses _____ x (\$15) \$ _____

Course fee (\$20) Strength & Stretch (\$20) \$ _____

Course fee (\$30 per course) for Aerobics and Glaze-Making _____ x (\$30) \$ _____

I want a blue decal _____ I want an 08-09 sticker _____ additional blue decal _____ \$ _____

No charge	No charge	\$22	TOTAL \$
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Payment Options: Payment may be made by cash or check. Credit cards are no longer accepted.

Check payable to CNU for \$_____ enclosed.

For LLS Office Use Only:

Processed by _____ on _____ paid by _____ for \$ _____

initials _____ date _____

check/cash

total amount

current member

_packet

_time rcv.

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    _date rcv.

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reinstated member

_name tag

blue book

_computer

new member

decals

confirmation

100