



LIFELONG LEARNING SOCIETY

'99 Fall Program



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 Relations, 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, grades, or homework in the courses. 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.

Opening Session: Monday, August 30, 1999

- 12:30 p.m.** New Member Orientation – Alumni Room, Student Center
- 1:00 p.m.** All-Member Reception – Alumni Room, Student Center
Course Registration – Lobby, Gaines Theatre
- 2:00 p.m.** Lecture by Dr. Harold Cones, CNU
The 1925 MacMillan Arctic Expedition – Gaines Theatre, Student Center

Program Overview

The six Monday afternoon lectures and one CNU In Concert for all LLS members are listed on page 4.

Session A and Session B courses will meet either once or twice each week for five weeks at dates and times indicated on pages 2 and 3. In addition to five field trips, a number of optional activities will be announced during the semester.

Membership Fee and Benefits

Full membership for the 1999-2000 fall, spring, and summer sessions is \$110. This includes Monday afternoon lectures, 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 \$60. 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, 1999. After that date, no refund will be given for membership fees. Course fee refunds will be made in accordance with the established policies. A 10% handling charge will be deducted from all refunds.

Economic Hardship

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

Any Questions?
Call 594-7568 any time

LLS is 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.

Session A Courses

September 6 - October 8, 1999

A1 – Computer 101

Mondays and Wednesdays, 9:00 – 10:15 a.m.

Introduction to Windows 98, writing letters with Microsoft Word, surfing the World Wide Web, sending and receiving e-mail. Limited enrollment.

Instructor: Dr. James R. Tarr, CNU

A2 – Computer 102

Mondays and Wednesdays, 10:30 – 11:45 a.m.

Create and edit documents with Word, learn the basics of Excel spreadsheets, and enhance your WWW and e-mail skills. Prerequisite: Computer 101. Limited enrollment.

Instructor: Dr. James R. Tarr, CNU

A3 – Tai Chi Chaun – Yang Style

Tuesdays, 9:00 – 10:15 a.m.

Improve your posture, circulation, flexibility of joints, and vitality through this exercise method.

Instructor: Anthony Anderson

A4 – Computer Word Processing

Tuesdays and Thursdays, 11:00 a.m. – 12:15 p.m.

A hands-on approach to writing personal and business letters, newsletters, manuals, graphics, brochures, and more, using Microsoft Word97.

Instructor: Harry Gates, LLS

A5 – Poetry Writing

Tuesdays, 1:00 – 2:15 p.m.

Discussions of poetry energy, image, metaphor, sound, line breaks and persona. Participants will write poems based on these discussions.

Instructor: Patricia Flower Vermillion

A6 – Perspectives on Art

Tuesdays, 1:00 – 2:15 p.m.

We will look at art from several perspectives, including those of the visitor, the artist, the curator, and the collector. Held at the Peninsula Fine Arts Center. Limited Enrollment.

Instructor: Bobbi Hutchko, PFAC

A7 – History and Culture of the Sea

Tuesdays, 2:30 – 3:45 p.m.

Five classes at the Mariners' Museum: Its History and Biology (during a 1-mile walk along the Noland Trail); Life of the Naval Prisoner of War; Lighthouses: Legends and Lore; The Birth of the U.S. Navy; and Two Navies and Two Strategies of the Civil War.

Coordinator: Vince Scott, LLS

A8 – Fundamentals of Sculpture

Wednesdays and Fridays, 9:00 – 11:00 a.m.

A basic course in ceramics introducing a variety of methods, including hand-building and wheel-throwing techniques, glaze materials, and processes used in the making of sculptures. Limited enrollment.

Instructor: Prof. Gregory A. Henry, CNU

A9 – Introduction to Feng Shui

Wednesdays, 11:00 a.m. – 12:15 p.m.

The ancient art of Placement—how to configure home or work environments to promote health, happiness and prosperity, and ensure the healthy circulation of energy.

Instructor: Dianne Prentice Jordan, Consultant

A10 – The Chesapeake Bay

Wednesdays, 1:00 – 2:15 p.m.

When and how the Bay was settled, its existence as a biological entity, and the current status and probable future of the Bay's commercial seafood industry.

Instructor: Dr. Harold Cones, CNU

A11 – Washington and Jefferson

Wednesdays, 2:30 – 3:45 p.m.

A critical examination of their lives and careers. Our goal will be to develop new insights on the meaning of America in its early days, and for today.

Instructor: Dr. Robert M. Saunders, CNU

A12 – Writing Fundamentals

Thursdays, 9:30 a.m. – 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

A13 – The Age of Virginia's Dynasty: 1790-1860

Thursdays, 11:00 a.m. – 12:15 p.m.

A survey of the economic, political, social, and cultural history of Virginia from the Constitution to the Civil War.

Instructor: Dr. Timothy E. Morgan, CNU

A14 – Approaches to Better Health

Thursdays, 1:00 – 2:15 p.m.

Alternative choices for preventing, treating, and often reversing chronic health problems will be discussed.

Coordinators: Dr. Philip Murray and Norma Richburg, LLS

A15 – Gilbert and Sullivan

Thursdays, 2:30 – 3:45 p.m.

An examination of the wit, musical zest, and masterful lyrics of the Gilbert and Sullivan repertoire such as *The Mikado*, *Iolanthe* and *Pirates of Penzance*.

Instructor: George X. Tsirimokos, LLS

A16 – Gallery Hopping

Fridays, 9:00 a.m. – 2:00 p.m.

Meet at CNU for car pooling to enjoy guided tours of art galleries in Williamsburg and the cities of Hampton Roads. Limited Enrollment.

Coordinator: Beverly Thomas, LLS

A17 – Painting: Watercolor and Acrylic

Fridays, 2:00 – 4:00 p.m.

Choose your medium and 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: Prof. Betty Anglin, CNU

Session B Courses

October 18 - November 19, 1999

B1 – Computer 101

Mondays and Wednesdays, 9:00 – 10:15 a.m.

Same as Course A1.

B2 – Computer 102

Mondays and Wednesdays, 10:30 – 11:45 a.m.

Same as Course A2.

B3- Tai Chi Chaun – Yang Style

Tuesdays, 9:00 – 10:15 a.m.

Same as Course A3.

B4 – Computer Word Processing

Tuesdays & Thursdays, 11:00 a.m. – 12:15 p.m.

Same as course A4.

B5 – Issues of Our Later Years

Tuesdays, 11:00 a.m. – 12:15 p.m.

Topics to be examined include adjusting to retirement, enhancing the aging body, caring for an ill spouse, dealing with loss, and sexuality in later years.

Instructor: Dr. Ruth Mulliken, W&M (Ret.)

B6 – The Art and Science of Navigation

Tuesdays, 1:00 – 2:15 p.m.

A study of how navigational problems are solved, including: dead reckoning, celestial observation, radar, hyperbolic technology, electronic charts, and laser-based inertial systems.

Instructor: George X. Tsirimokos, LLS

B7 – Victorians, Our Contemporaries, Part III Anthony Trollope

Tuesdays, 2:30 – 3:45 p.m.

Set in the milieu of London's West End squares and clubs, *The Way We Live Now* is Anthony Trollope's novelistic response to what he called "a certain class of dishonesty... that if it can become splendid will cease to be abominable." Text: *The Way We Live Now* (Penguin).

Instructor: Prof. Barry Wood, CNU

B8 – Fundamentals of Sculpture

Wednesdays and Fridays, 9:00 – 11:00 a.m.

Same as Course A8.

B9 – First Ladies

Wednesdays, 11:00 a.m. – 12:15 p.m.

An overview of the roles played by the wives of American Presidents and an in-depth look at some of the most influential women to fill these roles.

Instructor: Jane C Wilkinson, LLS

B10 – The Future of Global Security

Wednesdays, 1:00 – 2:15 p.m.

A survey of major security issues such as proliferation of ICBMs, nuclear, biological and chemical weapons, and worldwide

terrorism in major regional areas such as: the U.S., Europe, The Middle East, South Asia, and North Asia.

Instructor: Prof. Corlis Tacosa, AFSC

B11 – Mystics and Theologians

Wednesdays, 2:30 – 3:45 p.m.

A comparative study of how mystics seek union with the divine through trance-like contemplation while theologians employ rational inquiry into religious questions.

Instructor: Dr. Kenneth Rose, CNU

B12 – Advanced Writing for "Historians"

Thursdays, 9:30 – 10:45 a.m.

This course is for members who have completed the writing fundamentals course. Strengthen your skills in recording your experiences. Limited Enrollment.

Instructor: Doris Gwaltney

B13 – Advanced Writing

Thursdays, 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: Prof. Heidi Hartwiger

B14 – Organizing the Family Filing System

Thursdays, 9:30 – 10:45 a.m.

A workshop to help update and discuss your important family documents with assistance in building an efficient system for maintaining essential family papers and instructions.

Instructor: Guy Manchester, LLS

B15 – The Psychological Aspects of Aging

Thursdays, 11:00 a.m. – 12:15 p.m.

Memory, depression, sexuality, and the sensory processes of aging with a focus on research findings in these areas. Also included are the personality attributes associated with health.

Instructor: Dr. Vincent Rose, CNU

B16– Approaches to Better Health

Thursdays, 1:00 – 2:15 p.m.

See course A14.

B17 – Astronomy I: The Solar System

Thursdays, 2:30 – 3:45 p.m.

A history of the solar system, from formation to today. Comparative discussions of all nine planets, plus the sun, meteorites, asteroids, moons and comets.

Instructor: Dr. Kelly Herbst, Virginia Living Museum

B18 – Painting: Watercolor and Acrylic

Fridays, 2:00 – 4:00 p.m.

Same as course A17. Limited enrollment.

FIELD TRIP SCHEDULE

Wednesday, September 22

Richmond: Splendors of Ancient Egypt
at Virginia Museum of Fine Arts and IMAX

Friday, October 15

Hampton – “Tour de Trash”

Hampton’s Integrated Waste Disposal Process
Lunch at “The Grill” – The Hampton Golf Course

Friday, October 29

Richmond: Virginia House,
Agecroft and Wilton House Museum.

Friday – Sunday, November 12-14

A walking tour of Alexandria, VA; a guided bus tour of
Washington, D.C.; Holocaust Museum; Corcoran Gallery
of Art; and Stratford Hall. Theater options:
Le Cid at the Kennedy Center or the National Folk
Theatre of Ireland at Ford’s Theater.

December – Date to be Announced

Washington, D.C.
Christmas Tour of the White House

Field trip registration forms and details on
times and costs will be available at the
Monday afternoon lectures, or by calling
the LLS office at 594-7568.



LIFELONG LEARNING SOCIETY

Christopher Newport University
1 University Place
Newport News, VA 23606

MONDAY AFTERNOON LECTURES

2:00 p.m. – Gaines Theatre
CNU Student Center

August 30 – Dangerous Crossing:
The 1925 MacMillan Arctic Expedition
Dr. Harold Cones, CNU

September 13 - A Generation of Brats
Dr. Jane Webb, CNU

September 20 – CNU In Concert
Dr. Mark Reimer, CNU

September 27 – European Security and
Russia’s Future
Prof. Corlis Tacosa, AFSC

October 4 – Chill Out: The World of the Ice Age
Prof. Ed Bottoms. Archaeologist. UVA/ODU

October 25 –The Future of CNU
CNU President, Paul S. Tribble

November 1 – What Makes a Story Newsworthy
Kathy Waltz, President, Daily Press

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CNU-LLS FALL, 1999 MEMBERSHIP REGISTRATION FORM

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

Street: _____ City _____ State _____ Zip _____

Are you enrolling as a new member of the CNU LifeLong Learning Society? ____ yes ____ no

- | | |
|--|-------|
| <input type="checkbox"/> A. Associate membership, Sept. 1999 - Aug. 2000 (lectures and optional activities, no courses)..... | \$60 |
| <input type="checkbox"/> B. Full membership (as above) plus fall, spring, and summer 2000 courses | \$110 |

If you checked B, place a "1" by your first choice and a "2" by your second choice and "3" by your third choice for each session. Do you wish to take two or three courses per session if there is room? (Y/N) ____ If yes, how many? ____

SESSION A: September 6 – October 8, 1999

- ☐ A1 - Computer 101
- ☐ A2 - Computer 102
- ☐ A3 - Tai Chi Chaun – Yang Style
- ☐ A4 - Computer Word Processing
- ☐ A5 - Poetry Writing
- ☐ A6 - Perspectives on Art
- ☐ A7 - History and Culture of the Sea
- ☐ A8 - Fundamentals of Sculpture
- ☐ A9 - Introduction to Feng Shui
- ☐ A10 - The Chesapeake Bay
- ☐ A11 - Washington and Jefferson
- ☐ A12 - Writing Fundamentals
- ☐ A13 - The Age of Virginia's Dynasty
- ☐ A14 - Approaches to Better Health
- ☐ A15 - Gilbert and Sullivan
- ☐ A16 - Gallery Hopping
- ☐ A17 - Painting: Watercolor and Acrylic

SESSION B: October 18 – November 19, 1999

- ☐ B1 - Computer 101
- ☐ B2 - Computer 102
- ☐ B3 - Tai Chi Chaun – Yang Style
- ☐ B4 - Computer Word Processing
- ☐ B5 - Issues of Our Later Years
- ☐ B6 - The Art and Science of Navigation
- ☐ B7 - Victorians, Our Contemporaries, Part III
- ☐ B8 - Fundamentals of Sculpture
- ☐ B9 - First Ladies
- ☐ B10 - The Future of Global Security
- ☐ B11 - Mystics and Theologians
- ☐ B12 - Advanced Writing for "Historians"
- ☐ B13 - Advanced Writing
- ☐ B14 - Organizing the Family Filing System
- ☐ B15 - The Psychological Aspects of Aging
- ☐ B16 - Approaches to Better Health
- ☐ B17 - Astronomy I: The Solar System
- ☐ B18 - Painting: Watercolor and Acrylic

PAYMENT OPTIONS

Check payable to CNU for \$ _____ enclosed. Charge \$ _____ to my _____ VISA or _____ MasterCard

Account # _____ Exp. date _____

Name on credit card _____

WEEKLY GROUP ACTIVITIES – OPEN TO ALL MEMBERS.

☐ Lunch Bunch ☐ What's News Discussion Group ☐ Race Relations Revisited

LLS Committee and Volunteer Service - Fall Semester, 1999

The CNU LifeLong Learning Society is managed by and for its members. If you are willing to help, please check the committees in which you would be interested.

☐ Hospitality and Special Events ☐ Membership ☐ Program Planning ☐ Telephone Tree
☐ Teaching a Course ☐ Course Assistant ☐ Volunteering in the LifeLong Learning or Continuing Education Office

You may register either by phone (594-7568) or by mail. If you register by August 17, you will receive by mail confirmation of your courses, their room locations, and a receipt for your payment. For persons who register after August 17, this information will be available in the LLS Office and at the first two Monday afternoon lectures.

PLEASE COMPLETE AND MAIL THIS FORM TO:

LifeLong Learning Society, Christopher Newport University, 1 University Place, Newport News, VA 23606

For Office Use Only

<input type="checkbox"/> Current Member	_____	Packet	Date Received: _____
<input type="checkbox"/> Reinstated Member	_____	Name Tag	Green Book: _____ Comp: _____
<input type="checkbox"/> New Member	_____	Decal	Confirmation: _____